

# Hockey

# Skills and Drills

## Individual Drills

### #1. (Individual-Stationary) 5 Essential Components

**A. Tuck** (tuck stick under dominate arm with blade below the waist and pointing away)

**B. Grip** (grip stick diagonal across chest with 2 hands and blade below the waist with dominant palm at the bottom of the stick facing away from the body and non-dominant palm at the top of the stick facing towards the body)

**C. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

**D. Foot Work** (slide left, slide right, slide forward, slide backward)...lateral and 45 degree angles

#### E. Motor Skills Cues

##### 1. Dribbling Cues (step by step progression with stick and no ball)

**A. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

**B. Dribble** (push the ball forward gently with the inside or outside blade of the stick)

**C. Absorb** (absorb ball with both the inside or outside blade of the stick)

**D. Eyes Up** (see where you are going)

## 2. Passing Cues (step by step progression with stick and no ball)

### Forehand

- A. Turn** (1/4 rotational turn towards dominant side of the body- pivot and drop-step...with blade of stick on the floor in a backswing position)
- B. Step** (step with opposite foot of striking hand towards target)
- C. Pass** (rotate your shoulders and hips along with transferring your weight from your back foot to your front foot...strike ball towards target with appropriate force ....extend arm and snap wrist)
- D. Freeze Frame** (after striking ball and following through, hold stick out pointing blade straight at target)

### Backhand

- A. Turn** (1/4 rotational turn towards non-dominant side of the body- pivot and drop-step with...with blade of stick on the floor in a backswing position)
- B. Step** (step with opposite foot towards target)
- C. Swing** (rotate your shoulders and hips along with transferring your weight from your back foot to your front foot...strike ball towards target with appropriate force ....extend arm and snap wrist)
- D. Freeze Frame** (after striking ball and following through, hold stick out pointing blade straight at target)

### **3. Receiving Cues** (step by step progression with stick and no ball)

**A. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

**B. Window** (make a target with the blade sideways, facing the ball and on the floor)

**C. Receive** (look the ball in to your blade to track and absorb the ball with your stick)

**D. Freeze Frame** (after receiving the ball, continue to hold ball at that location and keep eyes focused on the ball)

### **4. Shooting Cues** (step by step progression with stick and no ball)

**A. Turn** (1/4 rotational turn towards either dominant or non-dominant side of the body-pivot and drop-step...with blade of stick on the floor in a backswing position)

**B. Step** (step with opposite foot of striking hand towards target)

**C. Shoot** (rotate your shoulders and hips along with transferring your weight from your back foot to your front foot...shoot ball towards target with appropriate force ....extend arm and snap wrist)

**D. Freeze Frame** (after shooting ball and following through, hold stick out pointing blade straight at target)

**#2. (Individual-Stationary) Quick Touches** (forehand and backhand passes)

**#3. (Individual-On the move) Dribble Weave** (forehand and backhand passes)

## Partner Drills

**#4. (Partner-On the move) 1v1 Dribble Keep away** (forehand and backhand passes)

**\*Explain**

**F-Force** (light, medium, heavy)

**A-Angle** (45 degrees, 90 degrees, parallel, perpendicular)

**C-Contact Point** (center of blade-sweet spot of stick)

**T-Trajectory** (flight path of the ball)

**#5. (Partner-Stationary) Passing and receiving cues** (forehand passes)...2 times each partner

(Passing) Turn-Step-Pass-Freeze Frame      (Receiving) Stance-Window-Receive-Freeze Frame

**#6. (Partner-Stationary) Passing and Receiving** (forehand passes)

**#7. (Partner-Stationary) Passing and receiving** (forehand and backhand passes)

**#8. (Partner-Increase Distance) Challenge passing and receiving** (forehand passes)...

1 partner takes 1 step back after both partners receive a pass

**#9. (Partner-On the move) Lead passing and receiving** (forehand and backhand passes)

### Group of 3 Drills

**#10. (Group of 3-Stationary) Triangle passing and receiving with a fake** (forehand and backhand passes)

**#11. (Group of 3-On the move) Monkey in the middle** (forehand and backhand passes)

**#12. (Group of 3-On the move) Give and go** (forehand passes)

**#13. (Group of 3-On the move) Three man weave** (forehand and backhand passes)

### Group of 4 Drill

**#14. (Group of 4-On the move) 2v2 Keep away** (forehand and backhand passes)