

Hockey Canada NCCP Instructional Stream



Skills – U7/U9 - On – Ice Plan

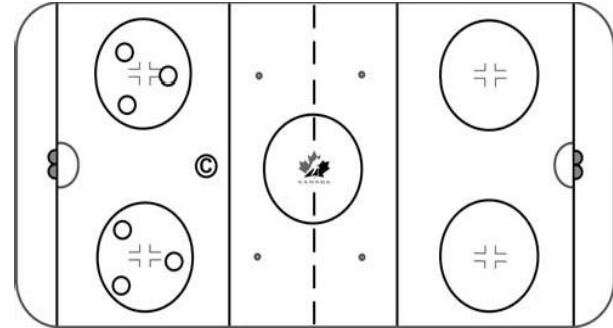
Drill Name & Description

Skills – Stationary Puck Control

Skaters in circles – 3 or 4 to circle

Perform stationary stickhandling

- Narrow
- Narrow / wide
- Wide with 1 hand on backhand
- Side / front / side
- Toe drags to front
- Toe drags to side



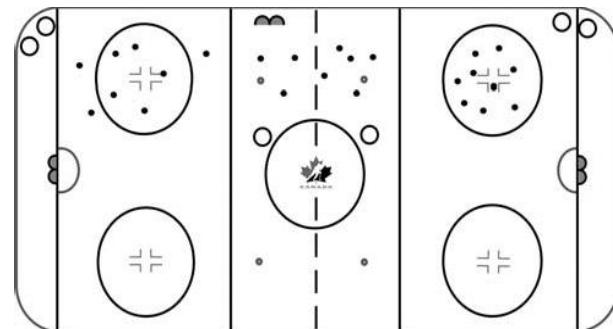
Drill Name & Description

Skills – Small Space Puck Control

Utilize 3 stations or areas of the ice to work on 3 variations of set ups of small area puck skills.

1) Land Mines

- place pucks randomly in a small area and have skaters skate and handle the puck in the confined space.
- use the same skills as stationary – quick hands, range of motion, toe drags



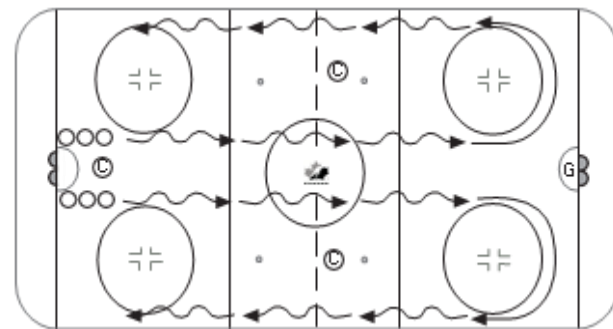
Drill Name & Description

Skills – Moving Puck Control Warm – Lanes

Have skaters line up in two lines at the hash marks and skate down the middle of the ice and back along the boards performing the puck skills demonstrated by the instructor.

- Narrow
- Narrow wide / 1 hand to backhand
- Fast hands toe up
- Side / front / side
- Crossovers while skating
- Random moves

Emphasize the ease of using lanes for repetition and ability to correct



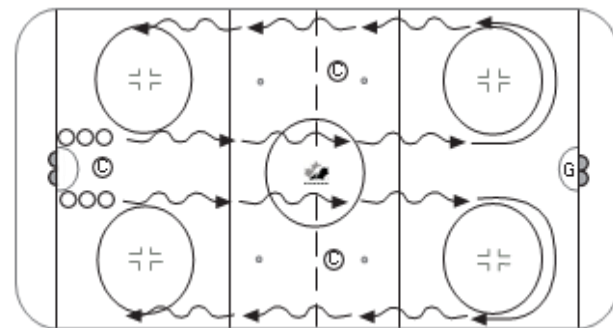
Drill Name & Description

Skills – Moving Puck Control Warm – Puck Control Warm Up

Have skaters line up in two lines at the hash marks and skate down the middle of the ice and back along the boards performing the puck skills demonstrated by the instructor.

- Narrow / Narrow wide / 1 hand to backhand
- Fast hands toe up
- Side / front / side
- Crossovers while skating
- Open ice carry
- Random moves

Emphasize the ease of using this set up as a puck control warm up for repetition, skill correction and variety of skills used



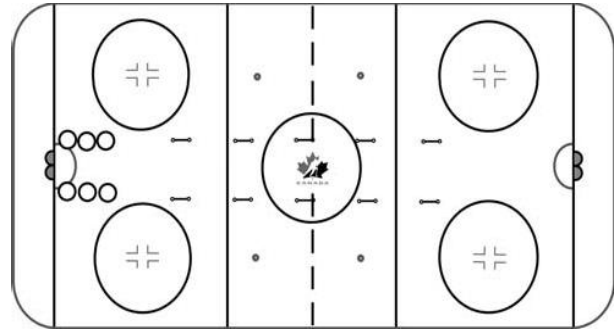
Drill Name & Description

Skills – Puck Control Warm – Up – Random Obstacles

Have skaters line up in two lines at the hash marks and skate down the middle of the ice and back along the boards performing the puck skills demonstrated by the instructor.

Place obstacles down the ice in each lane (stick shafts / sticks with pucks / pylons etc....)

Skaters perform various moves

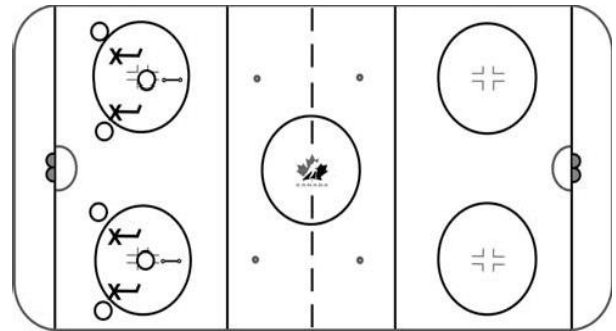


Drill Name & Description

Skills - Puck Control – Figure it Out

Place 3 or 4 skaters in each circle, place obstacles in the circle to for skaters to stickhandle around

Emphasize randomness and creativity going at a speed where they maintain control of the puck



Drill Name & Description

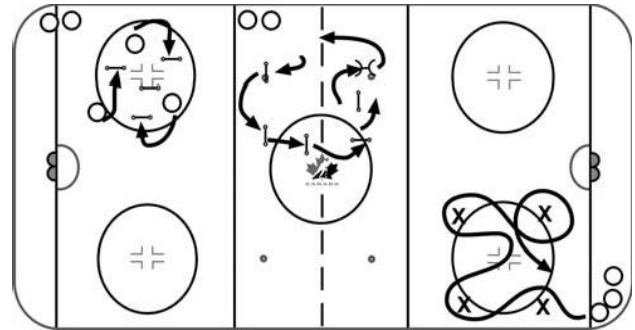
Skills - Puck Control - Creativity

Place skaters in 3 stations as shown

- 1) 4 Pylon Agility
- 2) NZ Stickhandling obstacles
- 3) Random Stickhandling with obstacles

Emphasize randomness, creativity, and deception.

Increase speed and add a chaser for stress or pressure



Drill Name & Description

Skills – Skills in Combination

Place skaters in 4 stations using the 4 quarters of the ice

- 1) Agility Nets
- 2) Delay / Double Delay
- 3) Double Obstacle Nets
- 4) Puck Protect

These stations emphasize the use of skills in combination and game like situations.

