



**RETURN  HOCKEY**

COVID-19 RESPONSE

# Alternative Skills Training

Version 1.0 | Published December 4, 2020

[WWW.SHA.SK.CA/RETURNTOHOCKEY](http://WWW.SHA.SK.CA/RETURNTOHOCKEY)



## WELCOME

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The Alternative Skills Training resource has been provided for Coaches and Team Officials to assist with training sessions with a reduced group size and with attention to physical distancing measures. This resource will be expanded as new drills become available or regulations surrounding restrictions are loosened or strengthened. The following are the current restrictions for hockey training groups in the province as of December 4, 2020;



**ALL PLAYERS / TEAM OFFICIALS MUST WEAR FACE COVERINGS AT ALL TIMES WHILE INSIDE THE FACILITY AND ON THE ICE SURFACE**



**MAXIMUM EIGHT (8) PLAYERS ON-ICE SURFACE AT ONE-TIME**



**MAXIMUM TWO (2) TEAM OFFICIALS ON-ICE SURFACE AT ONE-TIME**  
- WITH EXCEPTION TO UNDER-7 WHICH IS ALLOWED FOUR (4) REGISTERED TEAM OFFICIALS ON-ICE



**PLAYERS / TEAM OFFICIALS MUST MAINTAIN THREE (3) METRES OF DISTANCE BETWEEN EACH OTHER**

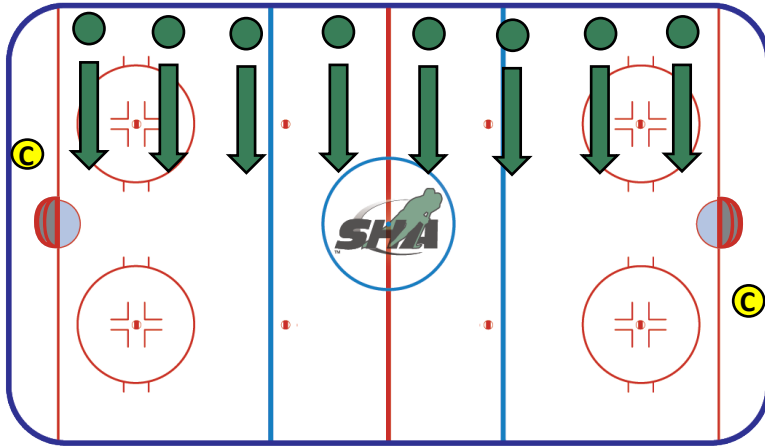


**TRAINING GROUPS MUST ADHERE TO THE CONTACT TRACING AND PRE-ACTIVITY SCREENING REQUIREMENTS BEFORE EACH SANTIONED ACTIVITY**

These drills are presented as guides and each Team Official should consider the age and skill level of their training group. The “sequences” listed within each drill description becomes more difficult with each progression.

If you have any questions, please contact the SHA office at 306-789-5101 during regular business hours or email the appropriate staff member by following the link [HERE](#).

# SKATING



**NOTES:** \_\_\_\_\_  
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## DRILL DESCRIPTION

Players line up along boards with no puck. Players skate forward while performing the skill below as instructed. This should be performed going forwards and backwards. Rotate through the skills every 3-5 minutes.

### SEQUENCE #1

- Inside edge glide
- Slalom skating
- Alternate lead foot

### SEQUENCE #2

- Jumping skate to skate
- Stride and bend
- Gliding on one skate

### SEQUENCE #3

- One crossover each way
- Two crossovers each way
- Linear crossovers

### SEQUENCE #4

- Backward c-cuts
- Backward one crossover (reach)
- Backward gliding with knee bend

### SEQUENCE #5

- Shoot the duck – fwd/bkwd
- One leg weaving – fwd/bkwd

### SEQUENCE #6

- Forward scissor skate – small
- Backward scissor skate – small
- Slalom – alternating lead foot

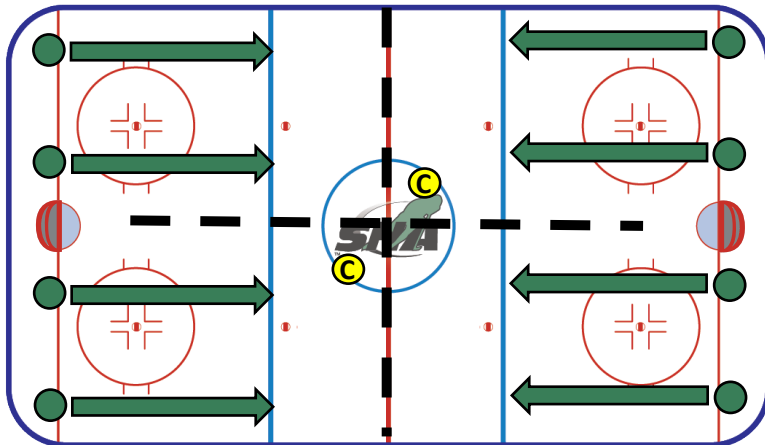
### SEQUENCE #7

- Inside edge glide
- Backward scissor skate – large
- Forward scissor skate – large

### SEQUENCE #8

- Crossover start
- Front v-start
- Backward c-cut start

# FOUR-ZONE SET-UP



**NOTES:** \_\_\_\_\_  
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## DRILL DESCRIPTION

Coaches can either teach the same skill in each zone or assign a separate task for each zone. Rotate through the zones/skills every 3-5 minutes.

### SEQUENCE #1

- Edge control
- Crossovers
- Pivots

### SEQUENCE #2

- Gliding on two skates
- Gliding on one skate
  - Forward and backward
- Gliding with knee bend

### SEQUENCE #3

- Shoot the duck
  - Forward and backward
- One leg weaving – forward
  - Forward and backward

### SEQUENCE #4

- Inside edge glides
- Scissor skate
  - Forward and Backward

### SEQUENCE #5

- Linear crossovers
- Backward c-cuts
- Crossovers on circle
- Random agility skate

### SEQUENCE #6

- Slalom skating
- Random skating pattern
- Slalom – alternating lead foot

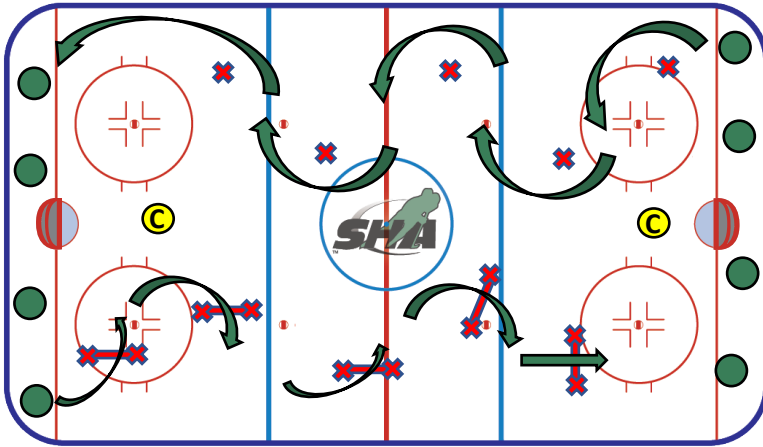
### SEQUENCE #7

- Speed progressions
- Edge control
- Backward skating
- Jump stride – forward

### SEQUENCE #8

- 360s left and right
- Pivots – backward to forward and forward to backward
- Backward crossovers

## MOVING PUCK CONTROL



NOTES: \_\_\_\_\_  
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### DRILL DESCRIPTION

The two-lane set-up works well with pylon courses as well as open-ice puck-control skills. Players are organized at opposite ends and flow through one lane per repetition. Coaches can identify one skill to be practiced in both lanes or identify one skill per lane.

#### SEQUENCE #1

- One hand / open ice carry / forehand

#### SEQUENCE #2

- Hands together / open ice carry / backhand

#### SEQUENCE #3

- Open ice carry – combination / hands wide

#### SEQUENCE #4

- Switch hands / Weaving with puck

#### SEQUENCE #5

- Forehand only – with pylons
- Three crossovers – carry the puck

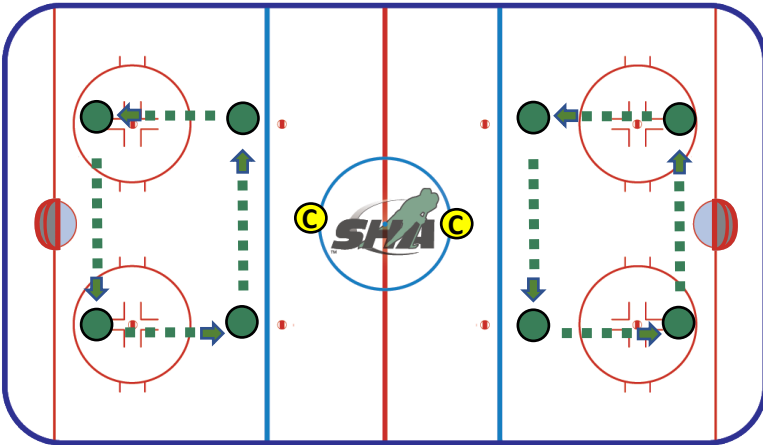
#### SEQUENCE #6

- Forehand – one hand – with pylons
- Three crossovers – stickhandling the puck

#### SEQUENCE #7

- Backhand – one hand – with pylons
- Two pucks

## STATIONARY PASSING AND RECEIVING



NOTES: \_\_\_\_\_  
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### DRILL DESCRIPTION

Split your group into two groups. A coach should be stationed in between zones to facilitate learning. The coach can vary the passing length by adjusting the position of the players. Challenge players by adding obstacles, which players must pass over / around.

#### SEQUENCE #1

- Stationary forehand pass
- Stationary backhand pass
- Passing support

#### SEQUENCE #2

- Stationary backhand pass – forehand receive
- Stationary forehand pass – backhand receive
- Stationary saucer pass – forehand

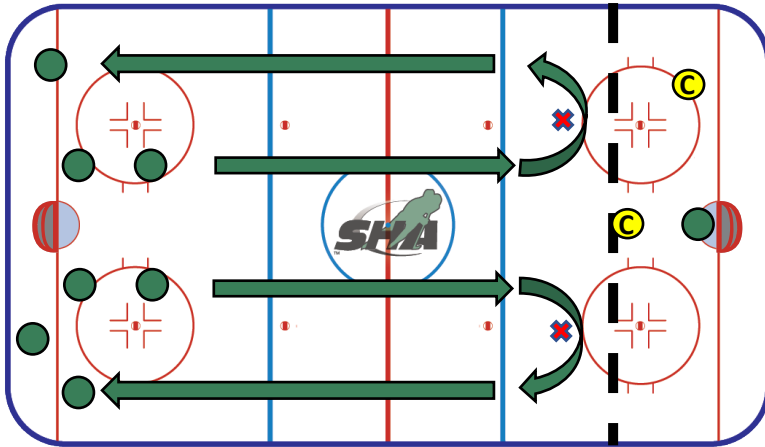
#### SEQUENCE #3

- Stationary saucer pass – backhand
- Flip puck to partner – knock down pass back
- Pass behind – pull puck back through legs

#### SEQUENCE #4

- Pass behind – take off skate to stick
- Pass and follow
- Stationary saucer pass – forehand

## BUTTERFLY LANE SET-UP



NOTES: \_\_\_\_\_  
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### DRILL DESCRIPTION

Players are organized into two lines and flow through the butterfly pattern – down the middle and back along the wall. Coaches can identify different skills to be practiced.

#### SEQUENCE #1

- Edge control
- Crossovers
- Pivots

#### SEQUENCE #2

- Gliding on two skates
- Gliding on one skate – forward
- Gliding on one skate – backward
- Gliding with knee bend

#### SEQUENCE #3

- Shoot the duck – fwd / bkwd
- One leg weaving – forward
- One leg weaving – backward

#### SEQUENCE #4

- Inside edge glides
- Forward scissor skate
- Backward scissor skate

#### SEQUENCE #5

- Linear crossovers
- Backward c-cuts

#### SEQUENCE #6

- Random agility skate
- Slalom skating
- Random skating pattern
- Slalom – alternating lead foot

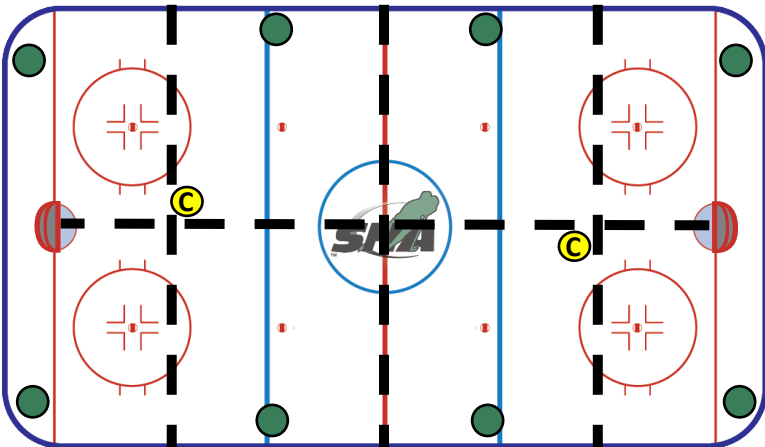
#### SEQUENCE #7

- Speed progressions
- Edge control
- Backward skating
- Jump stride – forward

#### SEQUENCE #8

- 360s left and right
- Pivots – backward to forward and forward to backward
- Backward crossovers

## STATIONARY PUCK CONTROL



NOTES: \_\_\_\_\_  
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### DRILL DESCRIPTION

Identify one stationary Puck-handling skill to be taught at each zone. Rotate zones or skills every 3-5 minutes. Each skills sequence provides a sample of puck control skills to be used.

#### SEQUENCE #1

- Stationary puck control – narrow, wide, hands together, hands wide, two pucks
- Stationary puck dots

#### SEQUENCE #2

- Stationary puck control – narrow & wide combination, one hand, toe drag – side, switch hands, figure 8s, two hands, side - front – side

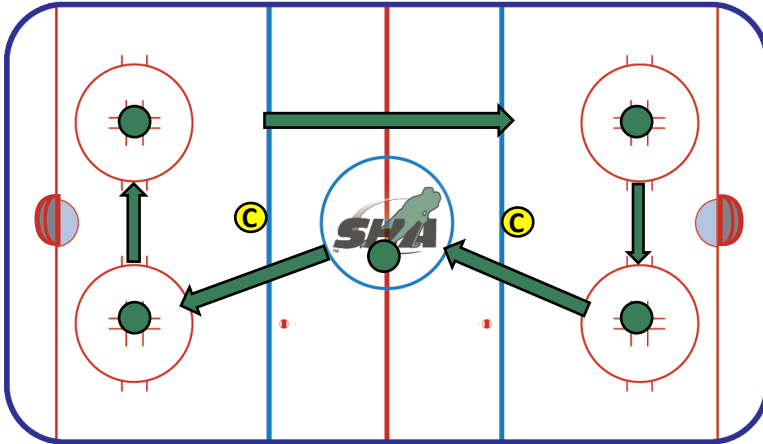
#### SEQUENCE #3

- Stationary puck control – toe drag (side and front), around the body (triangle), puck through legs from back, body / stick (opposite), puck scoop (forehand)

#### SEQUENCE #4

- Stationary puck control – rotation, toe drag (front), figure 8s (one hand), around the body (box), stick through legs

# FIVE CIRCLE PUCK CONTROL



NOTES: \_\_\_\_\_  
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## DRILL DESCRIPTION

Use the five circles and identify one stationary puck-handling skill to be taught at each circle. Coaches should be stationed so they can instruct at 2-3 circles to facilitate teaching. Follow the rotation outlined every 3-5 minutes.

### SEQUENCE #1

- Stationary puck control – narrow, wide, side-front-side, toe drag (side), one hand

### SEQUENCE #2

- Stationary puck control – narrow & wide combination, hands together, hands wide, toe drag (side), puck scoop (forehand)

### SEQUENCE #3

- Stationary puck control – rotation, toe drag (front), figure 8s – two hands, around the body (box), puck scoop (backhand)

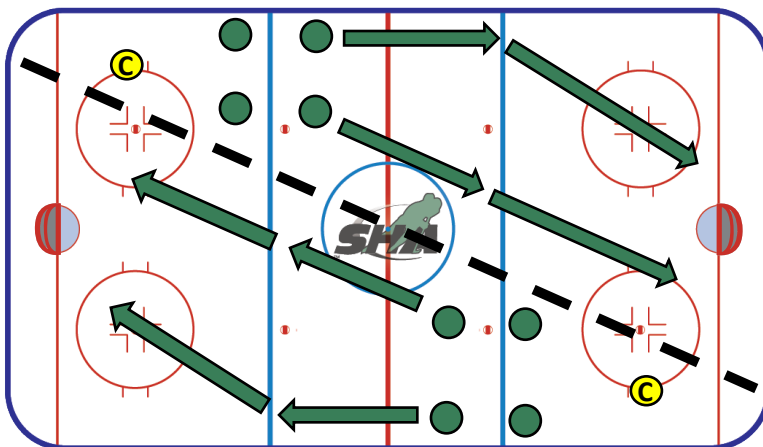
### SEQUENCE #4

- Stationary puck control – toe drag (side & front), figure 8s (one hand), around the body (triangle), stick through legs

### SEQUENCE #5

- Stationary puck control – puck through legs from back, switch hands, bounce puck on blade, flip puck up and knock down

# MOVING PASSING AND RECEIVING (DIAGONAL SETUP)



NOTES: \_\_\_\_\_  
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## DRILL DESCRIPTION

The diagonal set-up allows the players to practice their passing and receiving at various distances throughout the length of the ice. This set-up allows the players to finish the drill with a scoring opportunity. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Goalies receive shots at the end of the drill.

### SEQUENCE #1

- Moving forehand pass
- Moving backhand pass

### SEQUENCE #2

- Moving forehand pass / receive – one touch
- Moving backhand pass / receive – one touch pass – forehand

### SEQUENCE #3

- Moving saucer pass – forehand / backhand

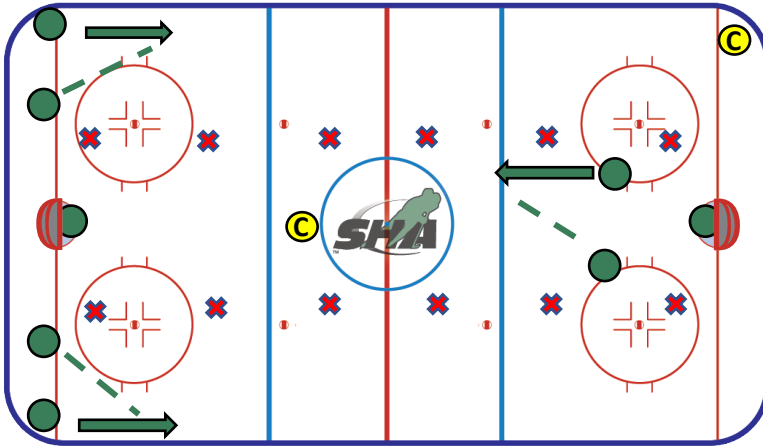
### SEQUENCE #4

- Moving bank pass – forehand / backhand

### SEQUENCE #5

- Pass behind – pull puck through legs
- Pass behind – off skate to stick

# MOVING PASSING AND RECEIVING (NARROW/WIDE SETUP)



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## DRILL DESCRIPTION

The narrow/wide set-up allows for maximum ice use while challenging players' passing/receiving skills. Narrow/wide lanes go at the same time in order to offer players an added challenge.

### SEQUENCE #1

- Moving forehand pass
- Moving backhand pass

### SEQUENCE #2

- Moving forehand pass /receive – one touch
- Moving backhand pass /receive – one touch

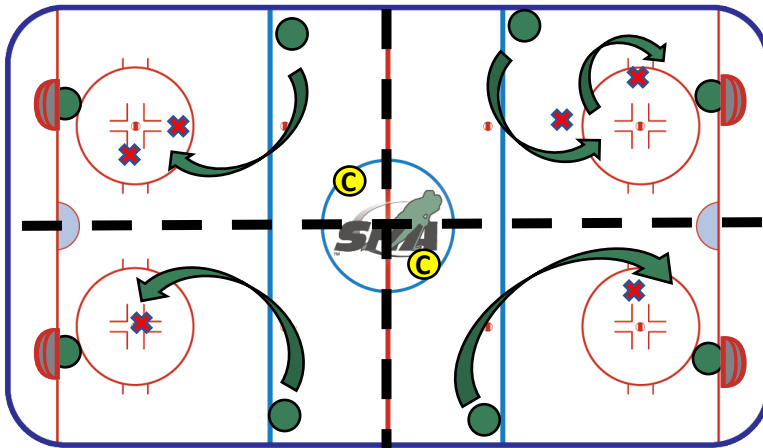
### SEQUENCE #3

- Moving saucer pass –forehand
- Moving saucer pass –backhand

### SEQUENCE #4

- Pass behind – pull puck through legs
- Pass behind – off skate to stick

# MOVING SHOOTING AND SCORING



NOTES: \_\_\_\_\_  
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## DRILL DESCRIPTION

Use the four-zone set-up to teach shooting and scoring in motion. Positioning the nets along the goal line gives the shooter more space before attempting a shot. Coaches should be stationed between zones to facilitate teaching. Rotate every 3-5 minutes.

### SEQUENCE #1

- Wrist shot / backhand
- Puck protect with shot
- Shoot front foot

### SEQUENCE #2

- Fake shot forehand – go backhand
- Fake shot backhand – go forehand

### SEQUENCE #3

- Change angle
- Fake shot shoot
- Slap shot – in motion

### SEQUENCE #4

- Backhand
- Snap shot
- Shoot in motion

### SEQUENCE #5

- Delay – net drive
- Change angle
- Shoot on inside foot

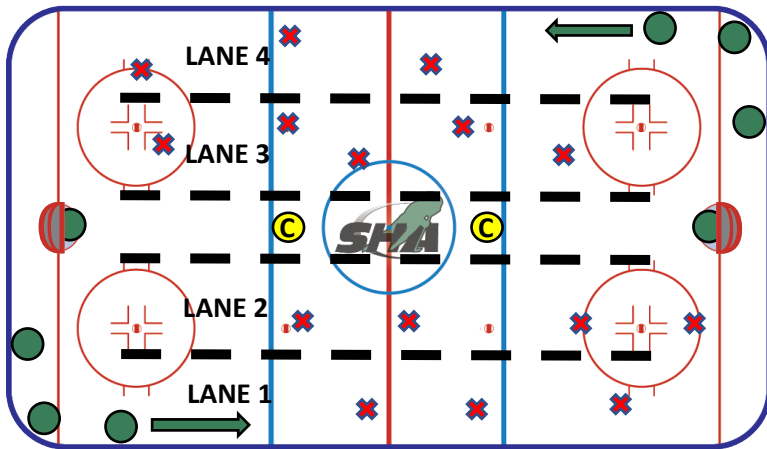
### SEQUENCE #6

- Pull in / push out
- Backhand
- Shooting on outside leg

### SEQUENCE #7

- Stick through legs flip shot
- Quick release

# OFFENSIVE ATTACK (FOUR-LANE SET-UP)



**NOTES:** \_\_\_\_\_  
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## DRILL DESCRIPTION

The four-lane set-up works well with pylon courses as well as open-ice puck-control skills. Pylons can be staggered narrow or wide. Players are organized into a single line and flow through all four lanes. Coaches can identify one skill to be practiced in all four lanes or identify four separate skills to be practiced in each individual lane. Rotate through different skills every 3-5 minutes. Goalies receive shots in Lane 2 and Lane 3.

### **SEQUENCE #1**

- Moving puck control – open ice carry – forehand, weaving with puck, one leg – left and right, open-ice carry – backhand

### **SEQUENCE #2**

- Moving puck control – open-ice carry (combination), one hand, three crossovers (carry the puck), switch

### **SEQUENCE #3**

- Moving puck control – three crossovers, stickhandling the puck, 360 spin (left and right), forehand only (with pylons), edge control (inside edge)

### **SEQUENCE #4**

- Moving puck control – slalom narrow and wide / toe drag combination, backhand (one hand – with pylons), puck in feet, puck inside pylon (off stick)



## Additional Resources

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**Hockey Canada – Alternative Skills Instruction:**

[https://sha.sk.ca/public/images/HC\\_RTH\\_SAFEGUIDE\\_AlternativeSkillsInstruction\\_8.5X11\\_ENG\\_1.pdf](https://sha.sk.ca/public/images/HC_RTH_SAFEGUIDE_AlternativeSkillsInstruction_8.5X11_ENG_1.pdf)



**Hockey Canada – Network App:**

<https://www.hockeycanadanetwork.com/>



**Hockey Canada – Drill Hub:**

<https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub>



**Ice Hockey Systems:**

<https://www.icehockeysystems.com/hockey-drills>