

On Ice Skill Development

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Calgary Flames Hockey Club

Objectives

- On Ice Skill and Conditioning Coach:

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 - Definition

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 - Responsibilities

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 - Responsibilities
- Identifying skills sets and Breaking Down Game Sequences

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- On Ice Skill and Conditioning Coach:
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 - Responsibilities
- Identifying skills sets and Breaking Down Game Sequences
- Implementing In Season & Off Season skill plans

What is a On Ice Skill and Conditioning Coach?

What is an On Ice skill coach?

- Give players individual attention to work on their own skill set

Responsibilities

- Determine Player's weaknesses

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- Provide player on ice skill development plan for In Season and Off Season

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- Determine Player's weaknesses
- Provide player on ice skill development plan for In Season and Off Season
- Work with Medical & Strength staff to ensure player is prepared for regular practice and games after returning from injuries

Identifying desirable skills sets and breaking down game sequences

- Identify what skills are needed to be able to perform sequence

Zone Entry, Zone Time



03/07/15 2 0 0 04:45 Shot by DENGLI IINS Backhand by 87 S. CDOSRY Saved

Cross Over Acceleration – Game Video



02/10/13 3:12:08:00 Faceoff - Won by CAPITAL S - Neutral Zone WSH 83 - I REAGI Eye

13



05/08/15 1 1-1 15:23 GOAL by FLAMES Wrist Shot by 23 S MONAHAN Scoring: 23 S MO

Identifying desired skill set and Breaking Down Game Sequences

- Identify what skills are needed to be able to perform sequence
- Create progressions that can build up to desired sequence

Cross over acceleration



Heel To Heel (Crosby Turn)



Crosby



Off Season Skill Plan

- Compliment Strength and Conditioning Program

Off Season Skill Plan

- Compliment Strength and Conditioning Program
- Essential for Off ice to On Ice Adaptations

Off Season Plan



PATRICK SIELOFF

DOB	HAND	POS	HT	WT
94-05-15	L	D	6'0	214

DEVELOPMENT FOCUS

- PUCK SKILLS
- PASSING
- FLUIDITY
- SMOOTH HANDS

DRILLS

OFFICE	ONICE				
<input type="checkbox"/> QUICK/SMOOTH HANDS	<input type="checkbox"/> QUICK/SMOOTH HANDS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> EDGING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> AGILITY MAN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> O-ZONE MAN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCHEDULE

	JUNE 1ST	JUNE 15TH
<input type="checkbox"/> EDGING	1 WEEK	
<input type="checkbox"/> AGILITY MAN	1 WEEK	
<input type="checkbox"/> OZONE MAN	1 WEEK	
<input type="checkbox"/> QUICK/SMOOTH HANDS	1 WEEK	OFFICE 2 WEEK

TECHNIQUE

QUICK/SMOOTH HANDS

20 PUCKS (DOWN & BACK = 1)

- 2K CENTER, LEFT SIDE (RIGHT)
- 2X TOE DRAGS (FOR HAND & BACKHAND)
- 2K SIDEWAYS FIGURE 8
- 2K HARD PULL
- 2K REACH
- 2K NARROW WIDE

5 PUCKS (DOWN & BACK = 1)

- 2K PUCK FIRST
- 2K SHORT LONG
- 2K TOE DRAG
- 2K SMOOTH BACKHAND TOE DRAG
- 2K FAKE SHOT SEQ (KOIVU F&B, BH, SPIN)
- 2K TUTTER (FOR HAND & BACKHAND)
- STICK FLIPS (F&B)
- CROSBY STICK (ARROW, BURSINOV)

- PARTNER STICK HANDLE (F&B)
STATIONARY, MOVING

EDGING

EACH DRILL 2 LENGTHS

- INSIDE EDGE (F&B)
- INSIDE EDGE BUMP ACROSS (F&B)
- INSIDE EDGE HOLD (F&B)
- OUTSIDE EDGE (F&B)
- OUTSIDE EDGE BUMP ACROSS (F&B)
- C-CUT PUSH UNDER (F&B)
- C-CUT PUSH UNDER ALT (F&B)
- KOIVU
- KOIVU ALT
- SINGLE LEG SCULLING (FRWD & BKWD)
- INSIDE/OUTSIDE ACROSS
- OUTSIDE/INSIDE
- SLTURNS (2ES) 60°, 180° BOTHWAYS
- VANOV TURN
- CONTINUOUS BKWD PIVOT

AGILITY MAN

LENGTH OF ICE DOWN & BACK = 1

- 2K XOA (F&B) (1, 2, 1-2-2-1)
- 2K ESCAPES (BKWD TIGHT TURN)
- 2K VANOV TURN
- 2K CONTINUOUS BKWD PIVOT
- 2K WANDLE STOP (10 STOPS)
- 2K INSIDE FOOT IRON CROSS (CIRCLE)
- TRANSITION AGILITY
- 3 PYLON AGILITY
- PASSING WHILE FADING BACK
- SKATE (NET WHEEL, SHORT SIDE, NZ ESCAPE)

AGILITY FORWARD

LENGTH OF ICE DOWN & BACK = 1

- 2K XOA (1, 2, 1-2-2-1)
- REF IR CIRCLE (2K ES)
- XOVER WITH KOIVU TURN (4K ES)
- KOIVU W/ TIGHT TURN (4K ES)
- 2K INSIDE FOOT IRON CROSS (CIRCLE)
- SKATE (BIG AND SMALL) (2ES)
- HEEL TO HEEL ACCELL
- SALZBURG

PUCK PROTECT

ONCE

- 2K WEIGHT TRANS (SIDE, OPPOSITE) 1 & 2 PUCK (D & B = 1)
- WEIGHT TRANSFER TO KOVER
- HALF CIRCLE/TWO STICKS (XOVER, KOIVU) (3 EACH)
- STICK (COVER, OTHER) (XOVER, KOIVU) (3 EACH)

SHOOTING IN STRIDE

- XOA (1, 2, 1-2-2-1)
- OUT OF CORNER (XOVER, KOIVU) (2K EACH, EACH SIDE)
- BACKHAND RECEPTION (2K 20)
- OZ ATTACK (3ES)
- STICK (COVER, OTHER) (XOVER, KOIVU) (3 EACH)

Quick Smooth/ Hands



Edging



Edging



In Season Skill Plan

- Short, daily skill work to create the habit

In Season Skill Plan



!!!!!!PATRICKSIELOFF



DEVELOPMENT FOCUS

- ! EFFICIENCY/INCONSISTENCY IN PASSING
- ! ESCAPES
- ! AGILITY/QUICKNESS (QUICK TO PUCK)
- ! QUICK/SMOOTH HANDS

BUILD UPS

SKILL	4 DAY	3 DAY	2 DAY	1 DAY
4 DAY IBG ! ! !! ! ! !	EDGING TOUCH PASSING STATIONARY ! SHADOWING ATTACKER (NO BLADE) BLUE LINE RECEPTIONS S.A.A./ESCAPES !	! ! ! !		
3 DAY IBG ! ! ! ! !	EDGING QUICK/SMOOTH HANDS! ! OZ RETRIEVALS/BL WALKS AGILITY/QUICKNESS VARIOUS ANGLE SHOTS	EDGING QUICK/SMOOTH HANDS! ! OZ RETRIEVALS/BL WALKS AGILITY/QUICKNESS VARIOUS ANGLE SHOTS !		
2 DAY IBG ! ! !	EDGING TOUCH PASSING MOVING ! SHADOWING ATTACKER (NO BLADE) BLUE LINE RECEPTIONS S.A.A./ESCAPES !	EDGING TOUCH PASSING MOVING ! SHADOWING ATTACKER (NO BLADE) BLUE LINE RECEPTIONS S.A.A./ESCAPES	EDGING TOUCH PASSING MOVING ! SHADOWING ATTACKER (NO BLADE) BLUE LINE RECEPTIONS S.A.A./ESCAPES	
1 DAY IBG ! !	EDGING QUICK/SMOOTH HANDS! ! OZ RETRIEVALS/BL WALKS AGILITY/QUICKNESS VARIOUS ANGLE SHOTS	EDGING QUICK/SMOOTH HANDS! ! OZ RETRIEVALS/BL WALKS AGILITY/QUICKNESS VARIOUS ANGLE SHOTS	EDGING QUICK/SMOOTH HANDS! ! OZ RETRIEVALS/BL WALKS AGILITY/QUICKNESS VARIOUS ANGLE SHOTS	EDGING QUICK/SMOOTH HANDS! ! OZ RETRIEVALS/BL WALKS AGILITY/QUICKNESS VARIOUS ANGLE SHOTS

	BEFORE PRACTICE
	AFTER PRACTICE

In Season Skill Plan

- Short, daily skill work to create the habit
- Variety

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- Short, daily skill work to create the habit
- Variety
- Specific (Attention to detail)

In Season Skill Plan

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- Specific (Attention to detail)
- Game like scenario

In Season Skill Plan

- Short, daily skill work to create the habit
- Variety
- Specific (Attention to detail)
- Game like scenario
- With a purpose

Blue Line Agility - Game Example



Blue Line Agility



Escapes



NBA News UTAH Jazz sign G Alec Burks to a multi-year contract.

Escapes



Head up



05/20/14 3:23:10:22 GOAL (Power Play) by KINGS Wrist Shot by 27 A MARTINEZ See

Habits



05/05/15 3-3-3 00:20 GOAL! (Power Play) by FLAMES Wrist Shot by 13 J GAUDREAU Sc

Closing

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