



HOCKEY CANADA



Crowfoot Skill Development – Puck Control

TEAM: _____

PRACTICE OBJECTIVES: _____

TEAM RECORD: W _____ L _____ T _____

DATE: _____ TIME: _____

LINE UP / FORMATION

FORWARDS	DEFENSE	GOALIES
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

LEGEND	
Ⓢ	COACH
○●	FORWARDS
△▲	DEFENDERS
Ⓜ	GOALTENDERS
	STOP
X	PYLON
⦿	PUCKS
→	PUCK CARRYING
⇒	SHOOTING
⋯→	PASS
↘→	DROP PASS
↶	BACKWARD SKATE
	LATERAL MOVEMENT
⊥	DEFENSIVE PRESSURE

DRILL: Butterfly Pattern Puck Control Warmup	COACH: Lead	TIME: 15-20 Minutes
GOALIE PURPOSE: Add shots to include goaltenders		WORK/REST RATIO:
DESCRIPTION: <ul style="list-style-type: none"> - Quick Hands - Range - Toe Drags - Top Hand Forehand side Only - Spins - Multi-puck/Crazy Legs/Creativity 		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> - Proper Technique/Execution - Heavy Direct Instructional Feedback - Not a Race 		

DRILL: Puck Control Stations	COACH: All	TIME: 6-7 Mins Per Station
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: <ol style="list-style-type: none"> 1) Agility Skate – Body one way, puck the other 2) Straddle Puck Control 3) Minefield with Shot 4) Chaos King of the Hill Challenge – Protect your puck, try to knock others out of the circle 		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> - Emphasize Technique - Direct Feedback - Progress to specific moves 		



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DRILL: Puck Control Stations	COACH: All	TIME: 6-7 Mins Per Station
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: <ol style="list-style-type: none"> 1. Circle Chaos 2. Agility skate with Puck and Shot 3. 3 Puck Stationary Control 4. 5 Puck Creativity 		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> - Emphasize Technique - Direct Feedback - Progress to specific moves 		

DRILL: Puck Control Stations	COACH: All	TIME: 6-7 Mins Each
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: <ol style="list-style-type: none"> 1) Low Cuts/Curls and Attack – quick fakes 2) Figure 8 Puck Control through sticks 3) Agility Nets with pucks – quick fakes 4) Land Mines with Shot 		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> - Get on edges - Quick moves/Creativity - Try new things/Leave comfort zone 		

DRILL: Puck Control Drills	COACH: All	TIME: 6-8 Mins Each
GOALIE PURPOSE: Rebound Control/Angles		WORK/REST RATIO:
DESCRIPTION: <ol style="list-style-type: none"> 1) Escape Turns Puck Protection – Always turn away from cone to protect puck 2) Spider Pass and Control – Player in Middle passes to player, receives puck back then makes moves around that player. Change after all players in circle have been engaged. 		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> - Body Control - Awareness - Agility 		



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DRILL: Competitive Games	COACH: All	TIME: 6-8 Mins Each
GOALIE PURPOSE: Focus, Angles		WORK/REST RATIO:
<p>DESCRIPTION:</p> <ol style="list-style-type: none"> 1) Hi- Lo – F tags around cone with puck, D tags low cone and defends – use blue line and goal line for older players or to increase challenge for younger players 2) Protect the Gate – C dumps puck, 2 players try to win possession, player with puck must try to skate through gate, other defends gate, tries to win puck – swap roles on change of possession 3) 1 v 1 v 1- free for all 		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> - Head up with puck - Be creative, try moves with stick and feet - Deceptive fakes – head, shoulders, etc. 		

DRILL: Box Creativity Chase Games	COACH: All	TIME: 5-6 Mins Each
GOALIE PURPOSE:		WORK/REST RATIO:
<p>DESCRIPTION:</p> <p>Offensive player leaves with puck and tries to get around all 4 cones in a creative pattern to get shot on goal.</p> <p>Defensive player chases offensive player, trying to steal puck.</p>		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> - No Cutting Corners/Cheating - Race to pucks, second efforts, don't give up - Defensive player must bring skates and stick around cone if offensive player does 		



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PRACTICE EVALUATION					
		1 = WEAK	3 = GOOD	5 = VERY GOOD	
CRITERIA	COMMENTS	HC	AC	GC/AC	
PACE					
SKILL DEVELOPMENT					
TACTICAL DEVELOPMENT					
TEAM PLAY DEVELOPMENT					
SPECIFICITY					
EXECUTION					
TEACHING					
WORK ETHIC					
PLAYER COMMUNICATION					
GOALTENDERS					
BELOW 30 NI	30-39 GOOD	40-50 VERY GOOD	TOTAL SCORES		
RECOMMENDATIONS					
NEXT PRACTICE		COMMENTS			
Date:		Lead:			