

# GHC Skills Sequence Program 2020/2021

## Purpose:

- To teach players foundational skating and puck control skills through **creative programming and consistent practice**
- To provide coaches with a program they can easily and confidently integrate into practices

## ASK:

- Coaches integrate a sequence for 7-10 minutes every practice as a group warm-up or as a station during practice

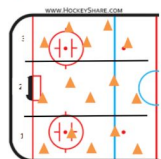
## Sequence Structure:

- There are two groups of sequences: 1) skating, 2) puck control
- Each sequence focuses on 3 - 4 foundational skills with suggestions for regressions and progressions. In addition, reactive modifications are provided for the entire sequence (see chart below)

<b>A: Skill Groupings</b> (robotic, deliberate practice)	<b>B: Reactive Modifications</b> (gamelike, creative variations)
<b>Purpose:</b> teach and practice proper technique	<b>Purpose:</b> to improve decision making ability (creativity), balance, coordination and core strength These simple, playful, and challenging modifications can be made to any of the sequences.
<b>Focus is on...</b> <ol style="list-style-type: none"> <li>1) Doing the skill correctly (improve efficiency)</li> <li>2) Doing the skill with more power/speed</li> <li>3) Doing the skill with a puck (for skating sequences) without compromising power and speed</li> </ol>	<b>Focus is on...</b> <ol style="list-style-type: none"> <li>1) Not thinking too much about technique</li> <li>2) Making things fun and challenging</li> </ol>

## Sequence Set-Up:

Option #1



Option #2



		Key Teaching Points and Video Demo	Progressions and Regressions	Reactive Modifications
S K A T I N G	1	<b>Inside edge</b>	Hold edge until you feel like you are going to fall, then step down to two foot neutral glide, bend knees (or deep knees), head and stick lead, keep head and eyes up, no bobbing, stay level and low, hear the turn, <a href="#">Inside Edge</a>	<ul style="list-style-type: none"> <li>★ Make it a race</li> <li>★ Use a puck</li> <li>★ Do individual time trials</li> <li>★ Do it without sticks</li> <li>★ Do it with sticks over head</li> <li>★ Add one legged modifications</li> <li>★ Add knee drop modifications</li> <li>★ Add jump modifications</li> <li>★ Use more than one puck</li> <li>★ Add a chaser</li> <li>★ Have players move through the obstacles in opposite directions (every time the whistle blows, the next player starts)</li> </ul>
		<b>Outside edge</b>	Same as for inside edge – Stick has to lead, head turns and shoulders turn, try to get to neutral first, hear the turn, <a href="#">Outside Edge</a>	
		<b>C-cuts</b>	Bend at hip and knees entire time (no bobbing), fully extend pushing leg, non-pushing leg stays under body and toe faces forward, heads up and chest up, skate blade flat - power is from heel, <a href="#">C Cuts</a>	
		<b>Stopping</b>	Stopping - up, turn (skate), sit (push skate into ice), <a href="#">Hockey Stop Progression</a>	
2	<b>Forward crossovers</b>	<a href="#">Forward Crossover</a> , knees bent, stay low, lean in and stick in, need strong inside and outside edges	R -Karaoke (lead with head, toes pointed straight ahead)	
	<b>Backward c cuts</b>	Stay low, knee bend, level hips, keep glide leg knee bent, full extension on each c-cut, glide leg stays on a train track (straight line), weight in toe <a href="#">Backwards C cuts</a>	R-use a circle to really work on holding front foot inside edge and back foot outside edge R- continuing in same direction ( <a href="#">Transition basics</a> ) P - Jump on to outside edge P - Hip slalom backwards P- Backwards scissor skate ( <a href="#">PK Subban scissor skate</a> ) P - Backwards bubble P - Shallow shuffle P - backwards c cuts alternating legs (always come back to parallel feet on train tracks before starting next cut)	
	<b>Forward to backward pivot</b>	<a href="#">Forward to back</a> , <a href="#">Forward to back 2</a> , <a href="#">backward to forward</a> Lead with bottom/hips, bend knees, should be quiet (body weight up, then back down)		
3	<b>Tight ½ turns</b>	Deep knees, inside foot leads outside edge, lead with stick and eyes <a href="#">Basic 1/2 turn</a> , <a href="#">Tight turns</a> , <a href="#">Control turns</a>	P-360 scoot - Deep knees, inside edge of outside foot provides power, pump outside leg (c-cut) around pylon, lower hand and elbow of top hand out P-tight full turns with cross over out	
	<b>Crosbys</b>	Deep knees, inside foot leads outside edge, lead with stick and eyes <a href="#">Basic 1/2 turn</a> , <a href="#">Tight turns</a> , <a href="#">Control turns</a>		
	<b>Backward crossovers</b>	One foot pushes out, the other foot crosses under, lead with shoulders, <a href="#">Backwards cross under</a>		

		Teaching points and Video Demo	Progressions and Regressions	Reactive Modifications	
P U C K C O N T R O L	1	<b>Push puck two hands forward</b>	One stick length ahead in front of body, proper hand position on stick, top arm elbow away from body, push puck and skate on to it, <a href="#">Pushing the puck</a>	R-basic stationary stick handle - review stick grip, wrist action, top hand strong, bottom hand soft, hands away from body, hips and knees bent - spread butter, don't chop veggies! P - stationary puck spin, <a href="#">Spin the puck</a> P - <a href="#">forehand only around cones</a> P- backhand only around cones	<ul style="list-style-type: none"> <li>★ Make it a race</li> <li>★ Top hand only</li> <li>★ Bottom hand only</li> <li>★ Do individual time trials</li> <li>★ Add one legged modifications</li> <li>★ Add knee drop modifications</li> <li>★ Add jump modifications</li> <li>★ Use more than one puck</li> <li>★ Add a chaser</li> <li>★ Have players move through the obstacles in opposite directions (every time the whistle blows, the next player starts)</li> </ul>
		<b>Push puck forehand only</b>	Externally roll top arm wrist (do not change grip on the stick), stick blade opens up from the ice, push and skate		
		<b>Push puck Backhand only</b>	Internally roll top arm wrist (do not change grip on stick), stick blade closes towards the ice, push and skate		
		<b>Short/long stick handle - heel skate</b>	Short reach hands slide apart, long reach hands slide together, feet stay on the ice - little pushes from the heels		
	2	<b>½ turns</b>	Stick blade closes over (protects) the puck on the forehand and backhand. Put a roof over the puck	P- Pull puck FROM BEHIND between legs on forehand and backhand	
		<b>Lateral pull around</b>	Pull puck fully around pylon and move to next one, stop in front of pylon, Keep hands out front, pretend you have a beach ball under your arms		
		<b>Pull to foot</b>	puck to toe of stick to pull back (same stick movement as a toe drag), then dribble puck between feet 2-3 times		
	3	<b>Toe drags</b>	Roll wrist to pull with toe of stick, <a href="#">Toe drag</a>	P - in front, behind, catching <a href="#">Toe Drag Variations, off ice toe drag variations</a>	
		<b>Fakes</b>	Open the blade – push top hand out, knee bend, sell it, move hands on stick, use flats of skates, <a href="#">Single shift fake</a> , <a href="#">Shot fake</a>	P-Increase speed	
		<b>Advanced puck deception</b>	Backwards puck control, transition puck control, between legs, using feet, look one way, pass another		

Finnish 5 puck:  
<https://www.youtube.com/watch?v=SbhQEYZFFnc>