On Ice Skill Development

Domenic Pittis Calgary Flames Hockey Club

• On Ice Skill and Conditioning Coach:

On Ice Skill and Conditioning Coach:
 Definition

- On Ice Skill and Conditioning Coach:
 - Definition
 - Responsibilities

- On Ice Skill and Conditioning Coach:
 - Definition
 - Responsibilities
- Identifying skills sets and Breaking Down Game Sequences

- On Ice Skill and Conditioning Coach:
 - Definition
 - 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

Responsibilities

- Determine Player's weaknesses
- Provide player on ice skill development plan for In Season and Off Season

Responsibilities

- 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



09/07/15 2:0:0:0/4/45 Shot by DENQLIINS Real/hand by 97 S ODOSRV Sevon

Cross Over Acceleration – Game Video



03/10/13 3 1 2 08:00 Eacooff Mon by CADITALS Neutral Zone MCH 83 IREACLE ve

13



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

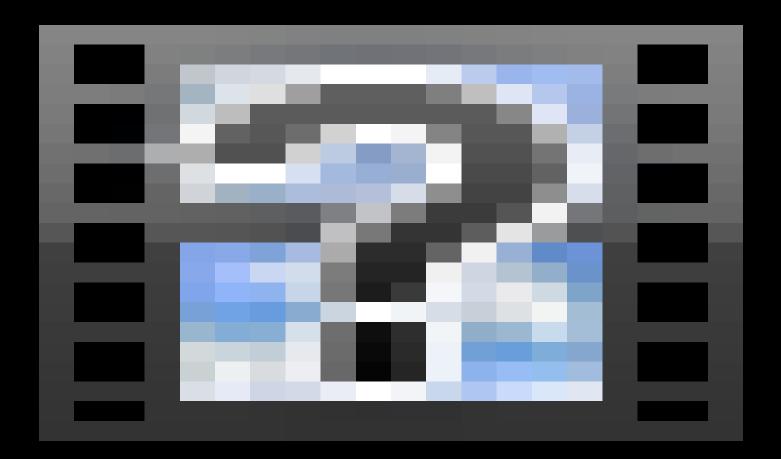
Identifying desired skill set and Breaking Down Game Sequences

- 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

COL STATE	PATRICK SIEI	LOFF			
DOB	HAND	POS	нт	WT	
94-05-15	L	D	6'0	214	
	_				EVELOPMENT FOCUS
	 PUCK SKILLS PASSING FLUIDITY SMOOTH HA 				
					DRILLS
OFF ICE] quick/smo]]]	OOTH HANDS	ON ICE	 QUICK/SMOOTH HANDS EDGING AGILITY DMAN O-ZONE DMAN 	

SCH	4 F F	ып	

	JUNE 1ST - JUNE 31ST
	1 X WEEK
AGILITY DMAN	1 X WEEK
OZONE DMAN	1 X WEEK
QUICK/SMOOTH HANDS	1 X WEEK / OFF ICE 2 X WEEK

TECHNIQUE

QUICK/SMOOTH HANDS	EDGING
20 PUCKS (DOWN& BACK =1)	EACH DRILL 2 LENGTHS
2 X CENTER, LEFT SIDE , RIGHT	INSIDE EDGE (F &B)
2X TOE DRAGS - FORHAND & BACKHAND	INSIDE EDGE JUMP ACROSS (F &B)
2 X SIDEWAYS FIGURE 8	INSIDE EDGE HOLD (F & B)
2 X HARD PULL	OUTSIDE EDGE (F & B)
2 X REACH	OUTSIDE EDGE JUMP ACROSS (F &B)
2 X NARROW WIDE	C-CUT PUSH UNDER (F &B)
	C-CUT PUSH UNDER ALT (F & B)
5 PUCKS (DOWN & BACK=1)	
2 X PUCK FIRST	C KOIVU ALT
2 X SHORT LONG	SINGLE LEG SCULLING (FRWD & BKWD)
2 X TOE DRAG	INSIDE/OUTSIDE ACROSS
2 X SMOOTH BACKHAND TOE DRAG	OUTSIDE/INSIDE UNDER
2 X FAKE SHOT SEQ (KOIVU F & BH , BH, SPIN)	SL TURNS (2 ES) 360°, 180° BOTH WAYS
2 X STUTTER FORHAND & BACKHAND	IVANOV TURN
STICK FLIPS (F&B)	CONTINUOUS BKWD PIVOT
CROSBY STICK (ARROW, JURSINOV)	

PARTNER STICK HANDLE (F & B) STATIONARY, MOVING

AGILITY DMAN

- LENGTH OF ICE DOWN & BACK = 1
- 2 X XOA (F&B) 3(1, 2, 1-2-2-1)
- **2** X ESCAPES (BKWD TIGHT TURN)
- 2 X IVANOV TURN
- **2 X CONTINUOUS BKWD PIVOT**
- **2** X YANDLE STOP (10 STOPS)
- **2** X INSIDE FOOT IRON CROSS (CIRCLE)
- TRANSITION AGILITY
- **3 PYLON AGILITY**
- PASSING WHILE FADING BACK
- S SKATE (NET WHEEL, SHORT SIDE, NZ ESCAPE)

PUCK PROTECT

ON ICE

- 2 X WEIGHT TRANS(S SIDE, OPP SIDE)1 & 2 PUCK (D & B = 1)
- **WEIGHT TRANSFER TO X OVER**
- HALF CIRCLE/TWO STICKS (XOVER, KOIVU) (3 EACH)

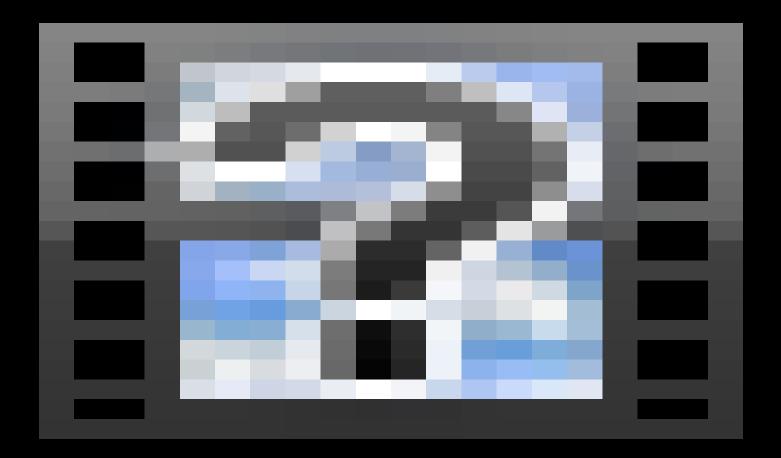
AGILITY FORWARD

- LENGTH OF ICE DOWN & BACK = 1
- 2 X XOA 3(1, 2, 1-2-2-1)
- REF CIRLCLE (2 X 5 ES)
- **XOVER WITH KOIVU TURN (4 X ES)**
- KOIVU W/ TIGHT TURN (4 X ES)
- **2** X INSIDE FOOT IRON CROSS (CIRCLE)
- S SKATE (BIG AND SMALL) (2 ES)
- HEEL TO HEEL ACCELL
- **SALZBURG**

SHOOTING IN STRIDE

- XOA 3(1, 2, 1-2-2-1)
- OUT OF CORNER (X OVER, KOIVU) (2 X 5 EACH, EACH SIDE)
- BACKHAND RECEPTION (2 X 20)
- OZ ATTACK (3 ES)

Quick Smooth/ Hands



Edging



Edging



• Short, daily skill work to create the habit



!!!!!!PATRICK!SIELOFF



DEVELOPMENT!FOCUS

FEFFICIENCY/ICONSISTENCY IIN IPASSING
 FESCAPES
 AGILITY/QUICKNESSI(QUICKITO IPUCK)
 QUICK/ISMOOTH IHANDS

BUILD/UPS								
SKILL	4!DAY	3!DAY	2!DAY	1!DAY				
4!DAY!BG	EDGING	!						
!	TOUCH PASSING STATIONARY							
!	!							
!!	SHADOWING!ATTACKER!(NO!BLADE)							
!	BLUE!LINE!RECEPTIONS							
!	S.A.A./ESCAPES							
!	l I							
3!DAY!BG	EDGING	EDGING						
!	QUICK/ISMOOTH IHANDS!	QUICK/ISMOOTH HANDS!						
!	1	1						
!	OZ!RETREIVALS/BL!WALKS	OZ!RETREIVALS/BL!WALKS						
!	AGILITY/IQUICKNESS	AGILITY/!QUICKNESS						
!	VARIOUS!ANGLE!SHOTS	VARIOUS!ANGLE!SHOTS						
		1						
2!DAY!BG	EDGING	EDGING	EDGING					
!	TOUCH!PASSING!MOVING	TOUCH!PASSING!MOVING	TOUCH!PASSING!MOVING					
	!	!	!					
	SHADOWING!ATTACKER!(NO!BLADE)	SHADOWING ATTACKER!(NO BLADE)	SHADOWING!ATTACKER!(NO!BLADE)					
	BLUE!LINE!RECEPTIONS	BLUE!LINE!RECEPTIONS	BLUE LINE RECEPTIONS					
	S.A.A./ESCAPES	S.A.A./ESCAPES	S.A.A./ESCAPES					
!	!							
1!DAY!BG	EDGING	EDGING	EDGING	EDGING				
!	QUICK/ISMOOTH IHANDS!	QUICK/ISMOOTH!HANDS!	QUICK/ISMOOTHIHANDS!	QUICK/ISMOOTHIHANDS!				
	!	!	ļ	!				
	OZ!RETREIVALS/BL!WALKS	OZ!RETREIVALS/BL!WALKS	OZ!RETREIVALS/BL!WALKS	OZ!RETREIVALS/BL!WALKS				
	AGILITY/QUICKNESS	AGILITY/QUICKNESS	AGILITY/QUICKNESS	AGILITYIQUICKNESS				
	VARIOUS!ANGLE!SHOTS	VARIOUS ANGLE SHOTS	VARIOUS!ANGLE!SHOTS	VARIOUS ANGLE SHOTS				

BEFORE PRACTICE

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

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

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

- 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



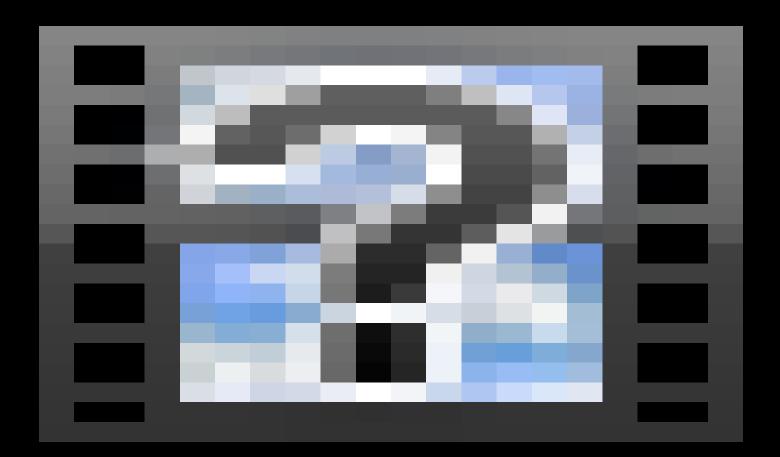
Escapes



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

DEILIVITMENTEQUADE





Head up



05/30/44 3 2 3 42:22 COALL/Dowor Dlav) by KINICS Miriet Shot by 27 A MADTINET See

Habits



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

Closing

Domenic Pittis dpittis@calgaryflames.com