



Hockey Skill Development “From Practice to Game”

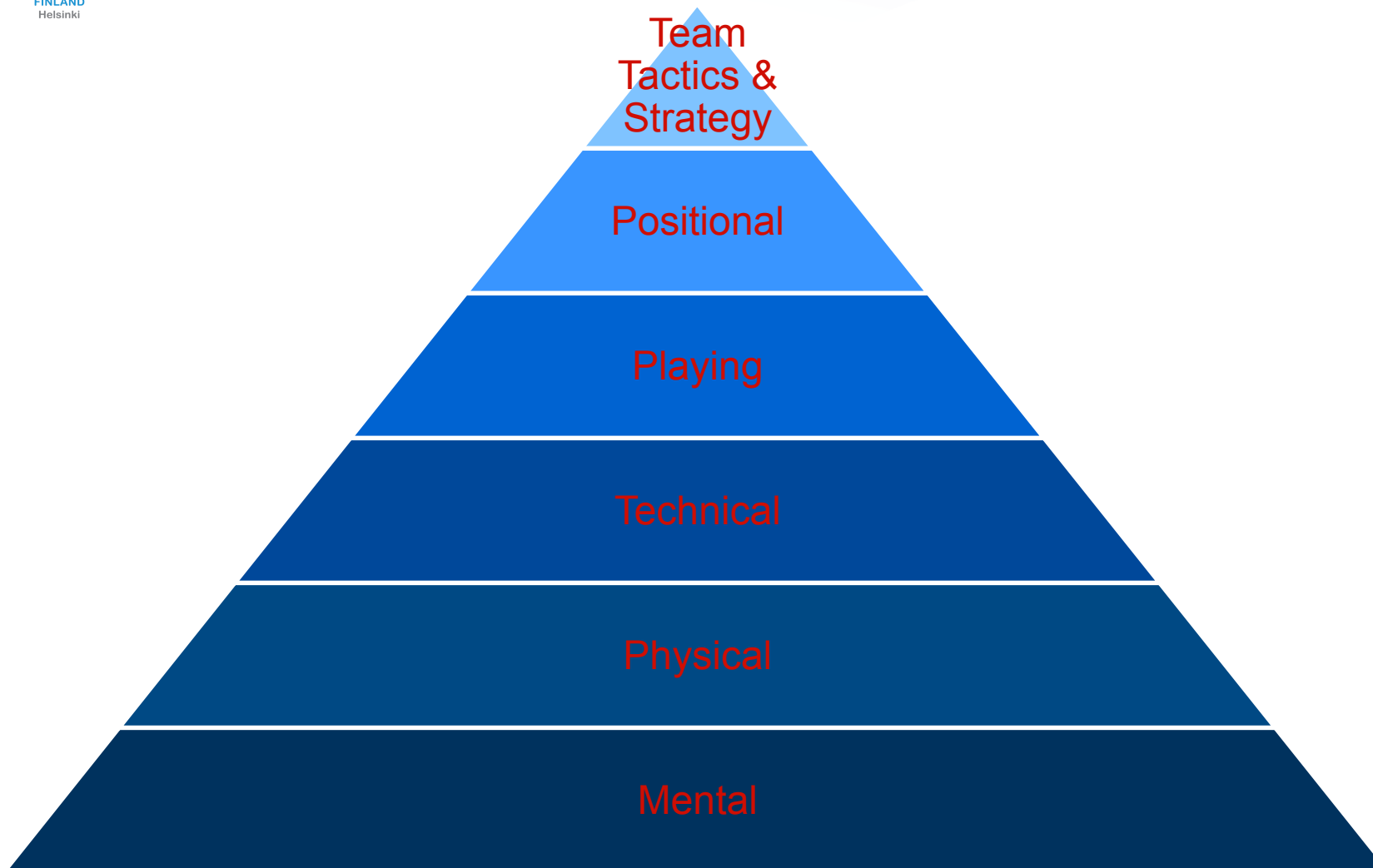
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My Philosophy



- Help the players to become good overall players/athletes, so they can be successful in different environments & situations during their careers.
- Do not limit development of their decision making and learning by one-sided training or team play system.
- Understand that your job is to help them to shine in the future, not just today!
- Aim for the excellence everyday!
- Only mistake is not to get up, learn and work after failing.

Hockey Skills Pyramid



Technical Skills



- Teach correct techniques right from the start → know the key points!
- Coach must have skills to show how to...
- Quantity & quality → only quality reps will develop
- Demand excellence → no opponents in technical drills!
- Team practice is a place to learn, but practicing on your own will make the difference.

TECHNICAL SKILLS + HOCKEY SENSE

Tools for problem solving...

Tools to achieve team play objectives



Offense

- Scoring
- Winning space
- Creating space
- Readiness to play defense

Defense

- Prevent scoring
- Prevent winning space
- Prevent creating space
- Readiness to play offense

1. Understanding the rules and objectives of the game
2. Reading the play: Ability to react appropriately on actions seen during the play.
3. Decision making: Ability to make the best choice between set of a alternatives

<http://www.youtube.com/watch?v=jSRZV-Hv7Ds>



Positional Approach



Depending on the players position, playing in different situations sets a different technical, tactical and mental requirements for the players.

Example 2: Breakout

Example 3: forecheck

Good player has skills to successfully advance team play in most common situations he will face during the game, and instincts to be creative for the rest!

Teaching the Game



“Teach the skills, not the drills!!”

Include & notice in the daily practice plan	Structure of the on ice practice
Game-like drills Cooperation of players Visuomotor coordination Decision training Time management Learning process	0-10 Technical drill 10-20 Positional drills 20-30 Cooperation drill 30-40 Game situation drill 40-50 Team play 50-60 Small are game/ scrimmage

Example 4: Offensive skills demo in HC

Teaching the Game



1. Common principles & habits (“go-give-go”, “drive the net” etc.)
2. Individual player (D, C,W) in different game-situation roles
3. Cooperation of small units (pair – line)
4. Five-man unit playing together

Example 5

Teaching Team Play System



All team play systems are mostly based on the same common principles that occur in all ballgames...

Support & Balance, Pressure & Cover, width & depth etc.

...so by learning the principles a skilled player will learn to play as part of the unit and is also better able to adapt to the more systematic hockey.

Example 6: 2-1 + balance



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THANK YOU!!