



# DEVELOPMENT LEADERSHIP

## 10 Skills At The Next Level

Presenter: Blake Cosgrove  
Regional Manager Northwest

# Textbook Skill Coach



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# Next Level Skills



**The objective for today is to:**

- **Identify key skills that players will see at the next levels**
- **Discuss among the group ideas on how to improve said skills**
- **Look at how skills can be specific to and tailored to positions**
- **Provide coaches with drill ideas for each of the skills discussed**

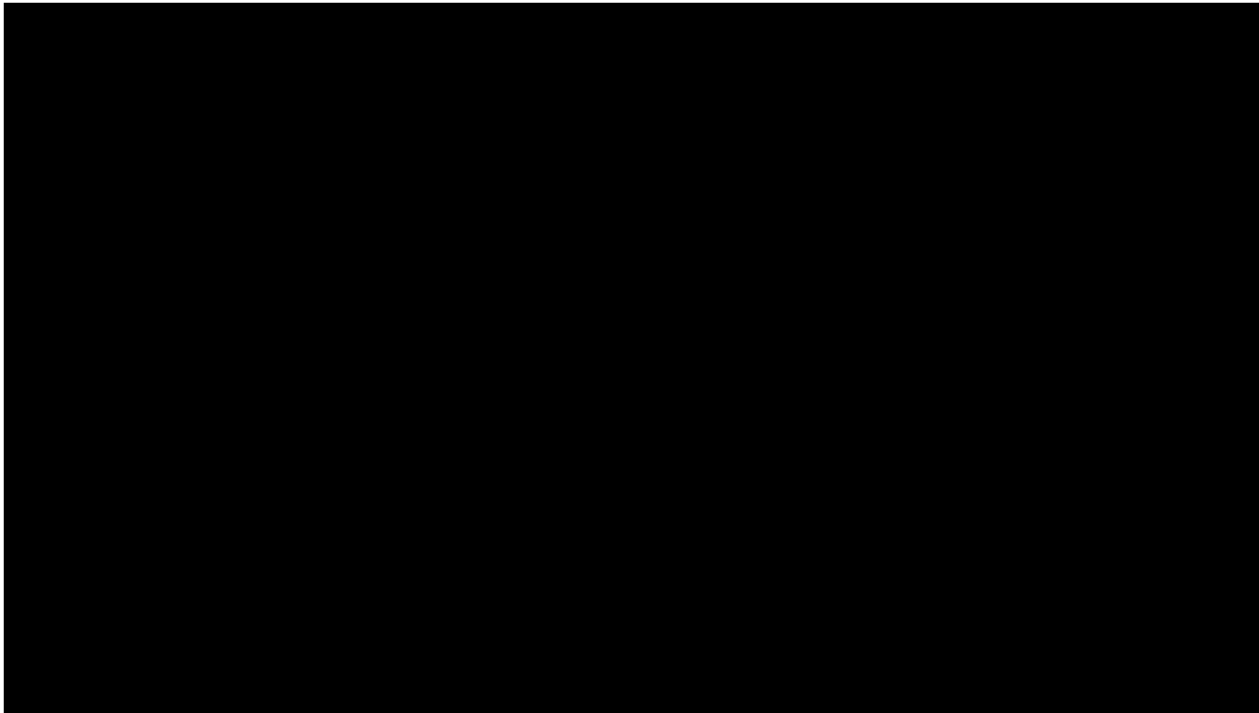
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## The Backhand:

- Goaltenders don't like backhands. This shot is very hard to anticipate and when you can develop a quick, hard and accurate backhand the chances of providing more offence will increase.
- Passing and receiving with your backhand should be worked on every day. A player's ability to move while giving and receiving an accurate backhand pass adds another element to their game that a lot of players do not have.

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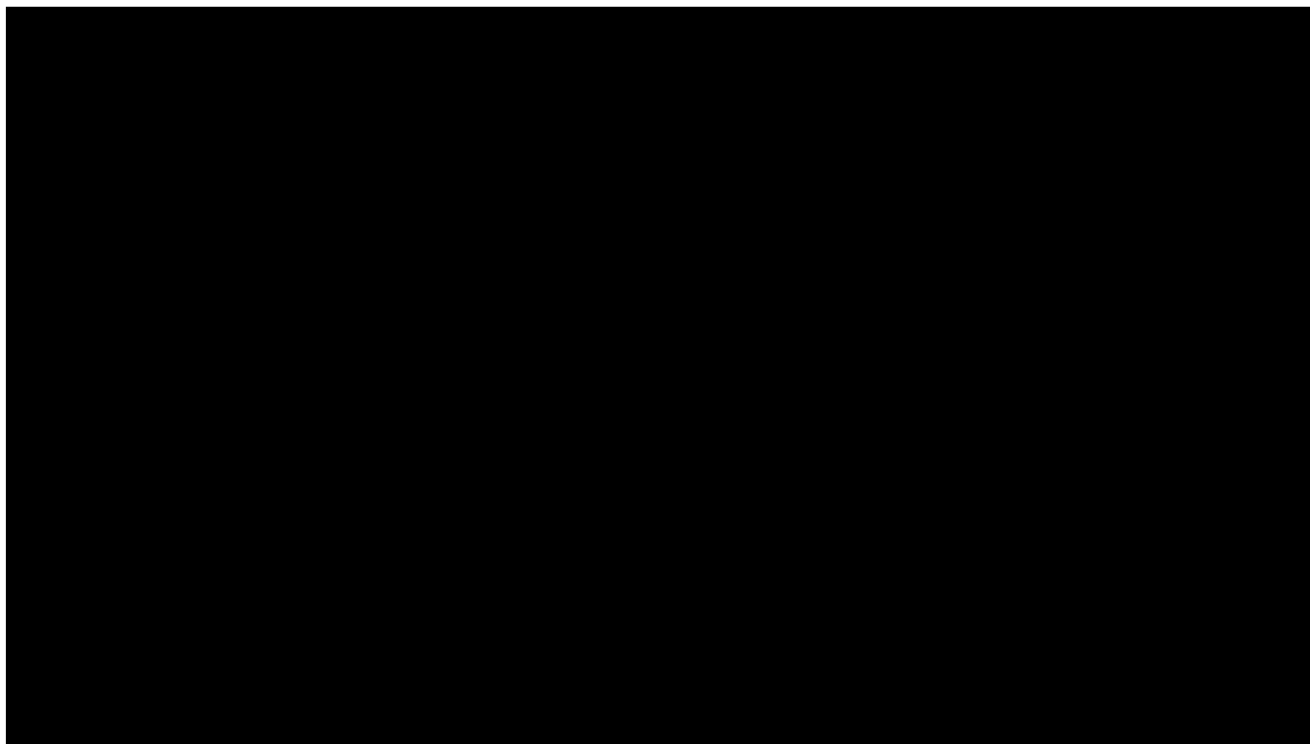
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## **Moving Laterally on the Offensive-Zone Blue Line:**

- This is a common move for D as they attempt to get shots to the net, but we are seeing F's do this more and more off a rush when they attack in the offensive zone.
- Moving laterally across the blue line helps escape opponents and creates better shooting lanes while also creating confusion for the defenders and opening lanes for teammates, all of which helps produce scoring chances.
- Anytime players are moving laterally across the blue line remind them to be aware of who is around them as opposing team will converge on them quickly.

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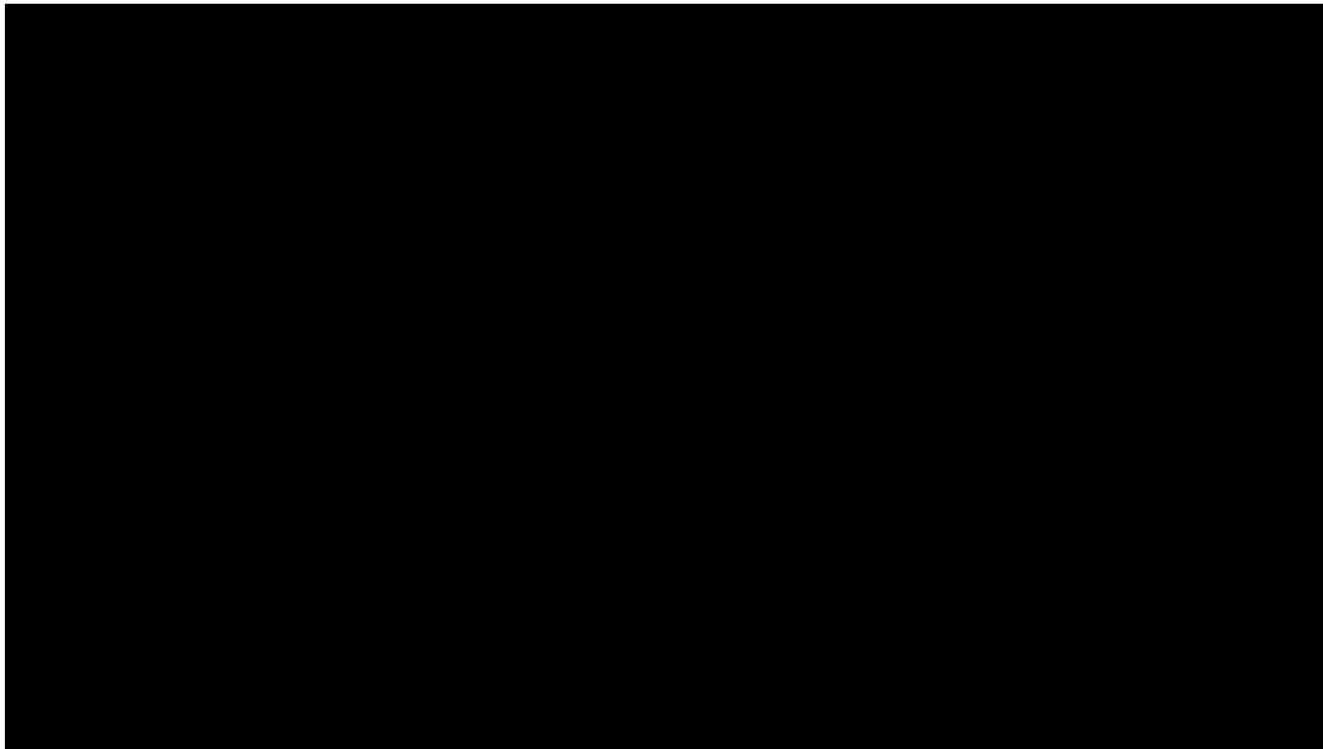


## **Puck-Handling with Your Skates:**

- To be an elite puck-handler you will need to know how to use your skates. Treat them as extra sticks at your disposal.
- Passes will not always land on your tape and the ability to practice receiving pucks in your feet in awkward positions will enhance your ability to make plays with pucks in bad spots.
- Kick the puck back and forth between your feet while skating down the ice. Using your skates to handle the puck and receive passes will increase your puck possession capabilities.



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## Using the Net as a Teammate/Barrier:

- Protecting the puck, creating separation, keeping the opponent on the opposite side. These are all ways the net can be used to gain an advantage.
- A more advanced maneuver would be banking the puck off the back the net while skating/stickhandling to elude an opponent.
- This is something we see both offensively and defensively during games with all teams. Using the net will create confusion for opposing players and create an advantage for teams with the puck.

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## **Tipping / Redirecting Shots:**

- The hand-eye coordination must be learned, but positioning is also key.
- Make yourself visible and available for a redirect. It does not always have to be directly in front of the goaltender. Find a lane where the puck can get to you and show the shooter you're ready for a tip.
- When the puck gets to you don't let your stick go limp hold it firm. Stick position can be in the air or on the ice and players do not have to be stationary to tip pucks.
- We see this not only with F's but D while they defend odd man rushes or passes they can stop by knocking pucks down or away.

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## **Body-Checking / Body-Contact / Angling:**

- Body-Contact, angling and proper body contact is a skill that must constantly be worked on starting as early as Novice and Atom.
- As players begin to learn angling and body-contact they will have an easier time understanding body-checking when the age and level permits it.
- The purpose is not to “light up” your opponent or “send them to the bleachers” the purpose is to separate the player from the puck so your team can regain possession.

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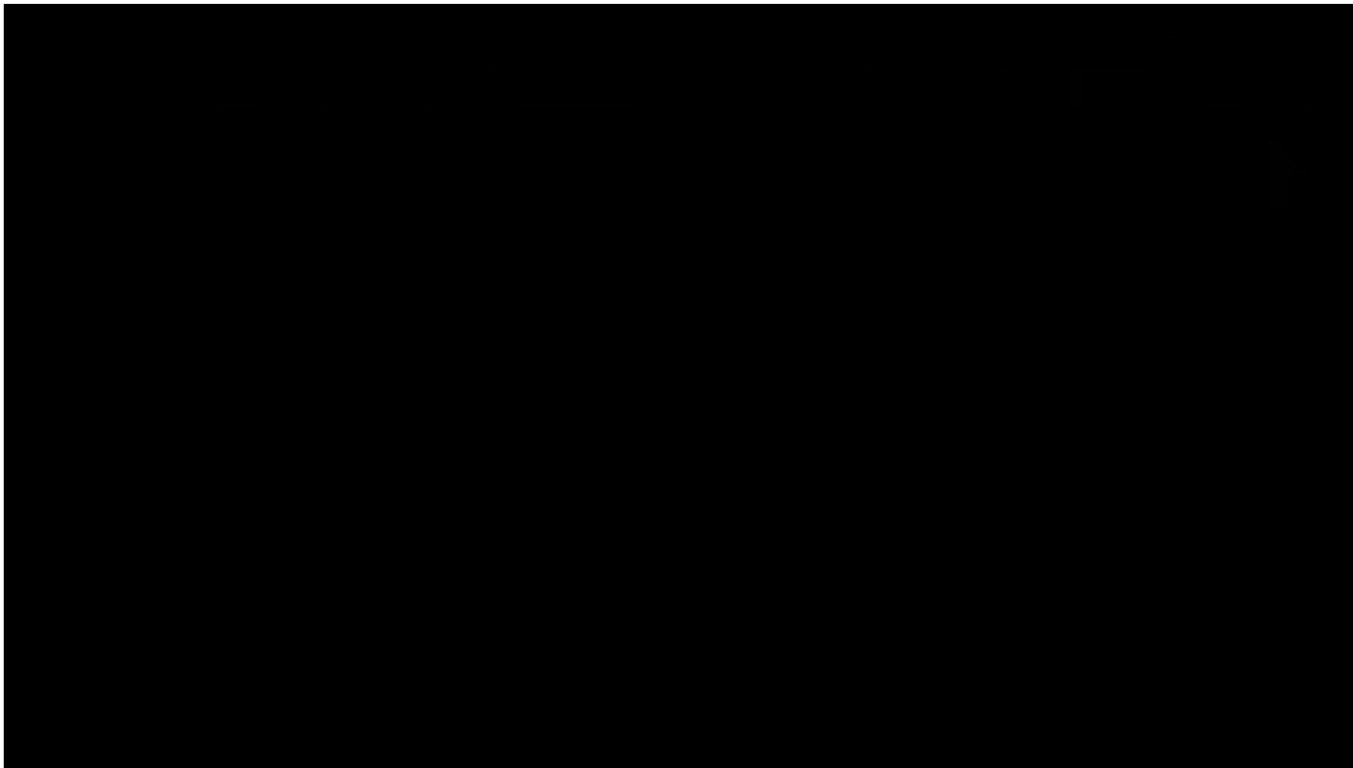


## The Bank Pass:

- You will not always have a direct passing route to your teammates.
- Use bank passes off the boards to evade defenders and forechecking pressure.
- Puck possession is key to team success and indirect passes are very difficult for defenders to handle.
- Introducing drills in practice where players are forced to use a bank pass or area pass will help them see the game in a new perspective and should open up more play-making opportunities and capabilities.



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## Shooting Through Screens:

- Players at times put themselves in a good position to get a shot off but like to wait for the perfect shooting lane.
- With the speed of the game today and how good the goaltending is the ability to use defenders as a screen becomes an advantage for the shooter.
- Finding ways to change the angle and incorporate shooting through screens or obstacles in practice will increase their ability to create offence and opportunities on net.
- This skill F's can use off the rush or down low in the offensive zone. D can use this walking the line and shooting through legs or under sticks.

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## Rims:

- As players move up the speed of play will increase and the ability to pick up pucks off the walls is crucial.
- We see more and more how pucks are rimmed on zone entry and zone exits and a players ability to pick up and handle pucks off of a rim can separate them from the rest.
- This is not to say that players should rim pucks all over the ice whenever they have an opportunity to but as we all know there are times in a game when a puck will be rimmed and if the players are prepared and have worked on the skills necessary to handle pucks off a rim it will increase the players capabilities and overall team puck possession.

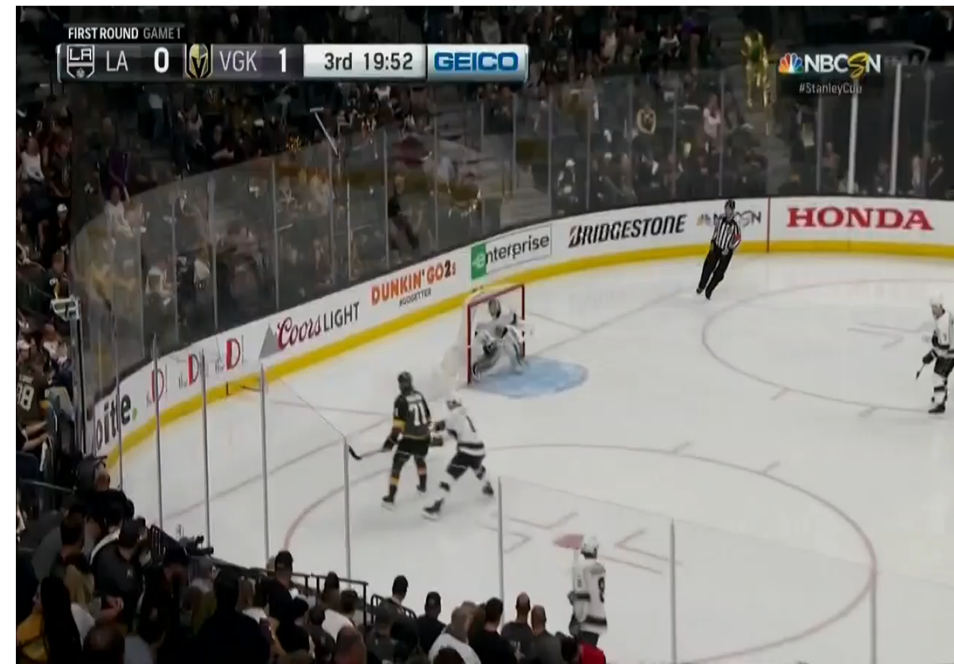
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## Communication:

- With phones becoming more relevant and prevalent in today's society I believe communication is in fact a skill that needs to be and can be worked on with players.
- This might be one of the toughest skills to get your players to buy into but like most things repetition, repetition, repetition.
- Finding ways to incorporate this into your practices and continuing to get your players to communicate not only when they have the puck but when they are defending will significantly help your players during play.
- You can't text each other when you are on the ice which means they are going to have to use their voice to communicate.



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PE Clips

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## Honorable Mention:

- Goaltenders Playing / Handling the Puck
- Awareness
- Line Changes

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# Questions