

HOCKEY TRAINING SKILLS TIP

by Eric Calder

Training your individual skills and tactics – the best way to become a leader on the ice!

While skating with the puck towards the defensive zone, a simple execution of a pivot turn from forwards to backwards in the correct direction can create extra time and space. Gaining this extra time and space could make the difference in executing a pass up-ice, escaping by skating away from pressure, or getting a shot away on the net.

Proper Execution of this Individual Tactic:

As you carry the puck skating forwards, move the puck from your forehand across the front of your body to your backhand. As the puck moves across the front of your body, pivot from forwards to backward in the direction that enables you to watch the puck at all times (the correct direction depends on

the which way you shoot the puck – counterclockwise if you are a right shot and clockwise if you are a left shot). You are now glide-skating in a backwards direction, pulling the puck on the backside of your stick on the forehand side of the body. Keep your head up so you are in a position to look up ice and read the play. Whatever the situation in view, proper execution of this individual tactic will give you more time and space to move left or right to quickly execute the best offensive option.

Simple drill to practice this individual tactic:

Partner up with another player and stand together in an open area of the ice with a puck (X1 and X2).

X2 - remain stationary.

X1 - skate with the puck away from X2 and execute the above pivot with the puck - as you glide-skate backwards, cross cut left or right or stop. Skate back towards X2 and make a headman pass to X2.
- replace X2
X2 - take your turn performing the same movement

Repeat the drill over and over – remember with lots of practice, you will be able to effectively execute this move under pressure in game situations!

Eric played professional hockey for 14 years. Among his career highlights is winning the Memorial Cup Championship, playing with the Washington Capitals in the NHL and being the MVP for the Canadian National Junior Team at the World Junior Championships. He is an NCCP Advanced Certified Coach with over 15 years of professional coaching experience, lectures in the Theory of Coaching at Wilfrid Laurier University and is one of the most sought after instructors in Waterloo Region!

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