

# Skills Plus Hockey

Get an edge on your skills



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

## Hockey Training Skills Tip #8

### INDIVIDUAL TECHNICAL SKILLS

**“Head on a swivel” – having a look around the ice before you pick-up the puck to go on offence**

Developing a regular habit of turning your head from side to side (head on a swivel) before you arrive at a loose puck or before you receive a pass from a teammate can often make the difference when executing a hockey play. By taking a quick look you can then read and react quickly once you arrive at the puck (thinking one play ahead) in order to execute a quick pass or to see a lane to escape pressure with aggressive skating.

**A simple drill to practice the individual technical skill and tactic with a friend:**

### Head On A Swivel Drill with a Partner

Partner up with another player and stand together 8 metres away from the boards (X1 and X2).

X1 & X2 – start stationary about 1m apart 8m from the boards

X1 – lightly dump the puck towards the boards, chase the puck, pick it up using a tight turn, mohawk turn or stop and proceed to execute a firm pass back to X2 or aggressively skate the puck back to X2. Make sure you look both ways (head on a swivel) once you are skating towards the loose puck.

X2 – stays stationary and awaits the play (either pass or a hand-off) from X1. Make sure you have a look both ways (head on a swivel) before receive the puck from X1

X1 – after executing the play to X2 return to your starting position for the drill

X1 & X2 – switch rolls and repeat the drill

Repeat the drill over and over – remember with lots of practice, you will develop a sound habit of always looking before you get the puck, saving vital time in read and react decisions.

## The Spring & Summer Skill Plus Prospect Training and Junior Prospects Programs

We will be providing an individualized DVD to each participant critiquing their skating and shooting technique. The video analysis incorporates a teaching technique that's been used for years to analyze golf swings. This same technique will be used to teach skating and shooting bio-mechanics. Each player's forward skating and shot will be taped and analyzed on the first day of the program. The analysis will be voiced over, slow motioned, stop motioned and telestrated (using lines, arrows and angles) on a DVD and distributed to the player. The individualized DVD will allow your child to see and hear about their strengths and weaknesses.

### Eric Calder - President

BA & Diploma in Business Administration (WLU)

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 High Performance II 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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