

CO-ED | BEGINNER | INTERMEDIATE

ADULT HOCKEY CLINIC



COACHES: CHARLES PROCTOR OWNER OF KINETIC CHAIN PERFORMANCE

JOE FEENEY

PRICE: \$175/6 WEEKS / GOALIES ARE FREE

DATES: JUNE 18, JUNE 25, JULY 9, JULY 16, JULY 23, JULY 30

REGISTRATION: ALL REGISTRATIONS DONE ONLINE AT

WWW.MYWSCONNECT.COM



Basics

ATTENDEES

- Approximately 30 adults (ages ~20 through ~70)
- Mostly men but perhaps 15%-20% women
- Goalies are encouraged to train free (ideally one coach is also a goalie coach)
- Hockey experience varies from 0 days to years of experienced intermediate skaters; middle standard deviation is usually a few years of adult hockey but missing skating fundamentals and regular practice; usually poor knee bends

COACHES

- At \$75 per coach and \$250 clinic fee, the rink can afford 3 coaches
- Volunteers including younger, skilled players and those seeking community service hours are welcome to help assist with drills
- Ideally, a lead coach, a goalie coach, and a power skating coach would be the paid positions

Goals

HAVE FUN AND SKATE HARD

- While improvement is a key goal, the adult clinic is most successful when attendees feel the program was managed well, and the sessions were engaging
- Coaches canceling, dead time on ice, limited exertion are going to fuel negative outcomes
- Tangible outcomes count too and with the skaters, getting some individual attention about their form and posture will go a long way
- For beginners, bending, proper strides, stopping and starting, sending and receiving a pass and shooting in stride will be great goals
- For novices, form and edges, being able to accomplish basic skating techniques with both legs, crossing over, shooting a wrist-shot with good power and focusing on keeping their head up should be milestones
- For intermediate skaters, getting more from what will likely be faulty strides, backwards cross-overs, saucer passes, cleaning up bad habits, endurance and head-up play should be goals

Program: Tips

ADVICE FOR COACHES

- Everyone should be registered on TeamSnap which has the schedule, roster and chat forum
- Skaters should come about 20 - 30 minutes before start time
- Coaches, make sure you can be heard
- Head coach should introduce the coaches and their focus areas as well as any volunteers
- Quick show of hands for total beginners, novices and intermediate skaters
- Equipment check; if one person has a question chances are other do as well. Open the floor to some Q&A about equipment, how to fit, buy or acquire the right equipment
- Talk about goals for each group



Program

PROGRAM

TIME	Group 1	Group 1
05:00	Warmup Skate	Warmup Skate
10:00	Blue-line to Blue-line (4-5 lines)	Blue-line to Blue-line (4-5 lines)
15:00	Blue-line to Blue-line (4-5 lines)	Blue-line to Blue-line (4-5 lines)
20:00	Blue-line to Blue-line (4-5 lines)	Blue-line to Blue-line (4-5 lines)
25:00	Blue-line to Blue-line (4-5 lines)	Blue-line to Blue-line (4-5 lines)
30:00	Break	Break
35:00	Station 1	Station 2
40:00	Station 1	Station 2
45:00	Station 2	Station 1
50:00	Station 2	Station 1
55:00	Station 1	Station 2
60:00	Station 1	Station 2
65:00	Break	Break
70:00	Scrimmage	Scrimmage
75:00	Scrimmage	Scrimmage

Details

PROGRAM

Session	Topic	Ideas
[1]	Warmup	<ul style="list-style-type: none">- Skate around perimeter- Active stretches – follow the “leader”- One whistle changes direction; two whistles sprint or return to normal pace
[2]	Blue-line to Blue-line (4-5 lines)	<ul style="list-style-type: none">- Progressive within a session and over the entire clinic- Forward Stride - one leg c-cuts, two leg c-cuts, alternative c-cuts, exaggerated push/bend- Backward Strid - Backwards version of above- Stops - snowplows at lines, hockey stops at lines- Edges - inside edge slaloms, outside edge slaloms- Transitions- Try to identify common errors and sub-group those skaters to work on those techniques
[3]	Skating with Puck-handling	<ul style="list-style-type: none">- Beginners may skate without a puck- Puck-handling through cones- Pivots at cones- Sharp turns at cones- Punch turns for top skaters- Skate through cones and shoot on net (fast moving, don't crowd around nets)
[4]	Passing and Skating	<ul style="list-style-type: none">- Forehand to forehand (receive, maintain form through pass)- Backhand to backhand- Receive and move/turn (keep head up)- Pass with iron cross, give-and-go (keep head up)- Box Passing Drill, Keep-away drill- Saucer passes
[5]	Shooting with Passing	<ul style="list-style-type: none">- Retrieval, pass, skate, shot- One-timers- Wrist-shots- Introduce a defender with gaps- Lots of quick give and go / drag blue line / youtube drills galore
[6]	Scrimmage	<ul style="list-style-type: none">- Pinnies are in coach's room- Whistle to change lines- Keep head up

References

PROGRAM

Session	Video Title	Link
[3]	Skating with Puckhandling	<ul style="list-style-type: none">- https://www.youtube.com/watch?v=7FSPiFF9QIs- https://youtu.be/13lwtOv9_8E- https://www.youtube.com/watch?v=vj-yJfBsKG4- https://www.youtube.com/watch?v=r3Bpbq73V/S8- https://www.icehockeysystems.com/hockey-drills/stickhandling-warm-series- https://www.youtube.com/watch?v=xz37xt9ncUA- https://www.youtube.com/watch?v=JF0klodlWLC
[4]	Passing and Skating	<ul style="list-style-type: none">- https://www.youtube.com/watch?v=m3j01q1vliY- https://www.youtube.com/watch?v=T6gSZO7PI0Q- https://www.youtube.com/watch?v=RYNccJAM5h4- https://www.youtube.com/watch?v=T_Dvn10-IMo- https://www.youtube.com/watch?v=jTICepUhKjw
[5]	Shooting with Passing	<ul style="list-style-type: none">- https://www.youtube.com/watch?v=i2TQb7WtmPQ- https://www.youtube.com/watch?v=1tVOhkvszmI- https://www.youtube.com/watch?v=63PMAJn7gnU- https://www.youtube.com/watch?v=GmLzA1v7EMs