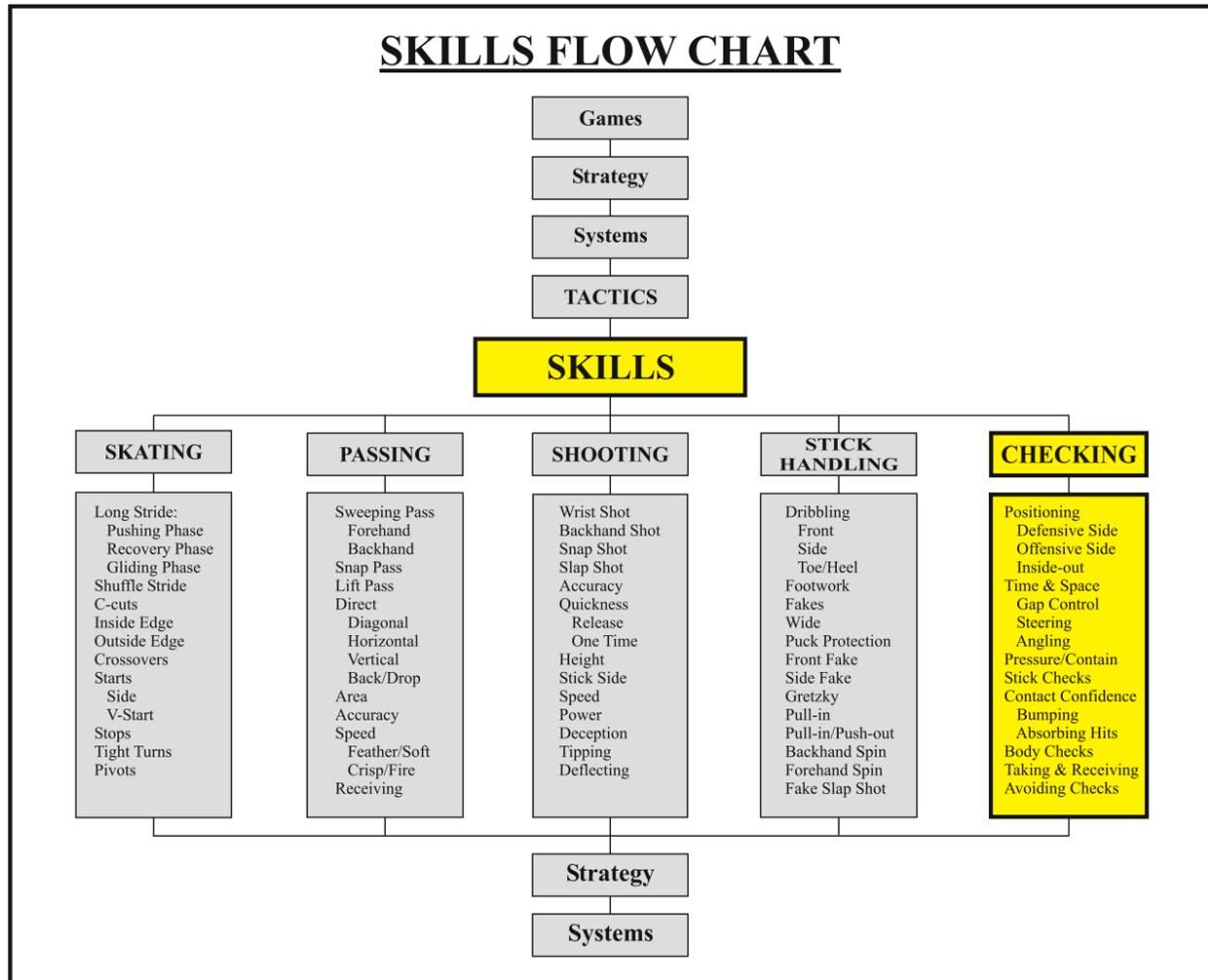




SKILL PROGRESSION



This is a flow chart illustrating in games players/teams use strategy, systems, tactics and skills. The skills breakdown as shown above and those developed skills allow the tactics used to create a strategy and then the systems put in place to accomplish set strategies. In these stages of development SKILLS/TACTICS should dominate coach's focus not only in Skills sessions but also team practices.

Coach Rob and Messner Hockey, use skating based skill progressions to build the proper base for further skill development. Coach Rob believes that in order to become a great hockey player you need to first be a great skater. Coach Messner focuses on proper striding techniques as well as edge work and transitional skating. After that foundation has been built, Coach Rob then moves on to more advanced skating techniques as well as puck and stick skills and small area games to simulate competition and game like situations.

WEEKS 1-4

Will focus on building the proper and efficient hockey stride as well as developing stronger edges, transitions and edge control. First couple weeks will start without pucks and really focusing on the base fundamentals. In weeks 3 and 4 pucks will be introduced to all skating skills covered up to that point. This will be more puck control based as opposed to puck and stick handling.

WEEKS 5-8

Will concentrate on passing and receiving of passes. Will start with stationary sweep passing from forehand and back hand as well as receiving on forehand and backhand. The same fundamentals will then be utilized while in motion, first passing to stationary receivers and then to receivers in motion. Following sweep passes, snap passes as well as lift(saucer) passes will be introduced. Obviously this covers “direct” passes but we will also concentrate on “area/indirect” passes as well. All the while working on hands, touch, feel.

WEEKS 9-10

Will really drill down on shooting and proper shooting technique. Beginning with wrist shots and backhand shots and progressing to snap shots as well as slap shots where age appropriate. In the first sessions we will set up in numerous stationary shooting stations around the sheet and really focus on the fundamentals. Following this in the next two sessions players will begin to learn the proper way to shoot in stride as well as working on power, accuracy and shot deception.

WEEKS 11-12

Will concentrate on puck and stick handling. All players will begin with getting comfortable with getting their hands off of their bodies while controlling a puck. Some of this will be a review from the opening weeks of working skating drills with puck control. We will then move on to front and side dribbles, extending the handling zone and using weight shifts. These individual puck skills will be put together to introduce a wide array of moves for girls to add to their “tool box”. Front fakes, Side fakes, Gretzky’s Move, Pull in/Toe Drags, Pull in and Push outs, Lemieux/Datsyuk/Backhand Drags, Spins and Fake Slap-shots.

WEEK 13 and ON

Will focus on using the body with the puck and without. We will work on puck protection as well as proper angling techniques. This is where we will really utilize small area games to put everything together skating, passing, shooting, stick handling and body work. We will put the players in game like situations allowing them to be creative in a competitive situation while also developing some hockey and game sense.

Again Coach Rob’s skating focused approach to skill development works because its like building a house. It starts on a strong foundation and then is built up from there. You can stand in a driveway and dribble a Swedish puck or a green biscuit like Patrick Kane in your tennis shoes, but if you can not do it on ice in skates then what is the point. You can also know where to be on the ice in a game situation, but the key is not only knowing where to be but getting there with speed and efficiency. If you have any questions or concerns please do not hesitate to contact Coach Rob at [*CoachRob@MessnerHockey.net***](mailto:CoachRob@MessnerHockey.net)**

