

Environment, Structure and Design

Club practice builds on the development of hockey skills and concepts in a group environment following age appropriate training and USA Hockey's American Development Model (ADM) principles..

Each Drill and Practice should include the following:

- 1. Fun/Engagement**
- 2. High Activity (repetition without repetitiveness)**
- 3. Game Like (representative of the game/slices of the game)**
- 4. Decision Making/Problem Solving**
- 5. Challenge/Competition**

"When learning, context is king - autopilot is the enemy"

The Coach is the creator of the environment and adjusts by using different constraints ie. size of space, nets, pucks, # of players, or tasks given to the players to create the movement and skill patterns they want the players to explore. The goal is to create environments that allow players to interact in a more game-like space while still executing skills within that context of the real game.

****CHANGE THE SPACE / # OF PLAYERS / THE TASKS**

- 1. What are we working on?**
- 2. Create the environment.**
- 3. Design the task for the players.**
- 4. Progress and add more tasks and/or change the environment by changing constraints.**

The 4 Main core skills and examples of different environments

1. Skating Environments ● chaos skating ● chase games ● follow the leader ● tag games ● races	2. Puck Control Environments ● chaos stickhandling ● keep away games ● puck protection games ● follow the leader games ● tag/race games
3. Passing Environments ● stationary to moving ● exchange activities ● 2v1 keep away ● 2v2 passing, 3v3 passing ● 1v1/2v2 with support players ● activation games	4. Competition Environments ● racing ● corner battles ● scenario game play w/2nd puck ● 1v1,2v1,2v2,3v2,3v3,4v3,4v4 ● small area games ● half ice games/ lengthways full ice ● 5v5, special teams etc game play (12U up)

EXAMPLE of creating the environment and task (s)

What are we working on?

- Stickhandling with head up

Create the environment.

- All players are top of the circles down with a puck.

Design the task for the players.

- Players must stickhandle in area with head up without running into anyone

Progress and add more tasks and/or change the environment.

- players increase and decrease speed
- change directions more on coach que
- players only can use forehands
- players only can use backhands
- players must follow another player without telling them and try and guess who it is
- players look around to and report back to coach 5 jersey numbers of other players
- etc.etc..etc..

Examples of a PRACTICE STRUCTURE

Guide per # of players per station: *12 skaters per cross ice stations ,*8 skaters per quarter

** number of players per stations can change

ICE SETUP

1. 3 Zones (dzone,nzone,ozone) (8U,10U,12U)
2. 6 Stations (3 zones with each split into 2 stations) (8U,10U)
3. 4 quarter zones (8U,10U,12U,14U,16U)
4. 1 long station, 2 quarters (8U,10U,12U,14U,16U)
5. 2 half ice stations (10U,12U,14U,16U)
6. 2 lengthways full ice stations (10U,12U,14U,16U)
7. 1 Full Ice (12U,14U,16U)

60 Minute Practice Example

Start - free time (5mins)

- 1. Skating Environments (5-10mins)**
- 2. Puck Control Environments (5-10mins)**
- 3. Passing Environments (5-10mins)**
- 4. Competition Environments (20-40mins)**