

Lane Training for Skills Development

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Ice Club Bad Toelz (GER)

2010



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It's all about "Ice Utilization"

Let's get two teams on the ice,
giving both
double the amount of ice time,
double the opportunities to handle the puck,
twice as many shots,
and double the skating
they would experience in a "normal" practice.

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4 Lanes Long

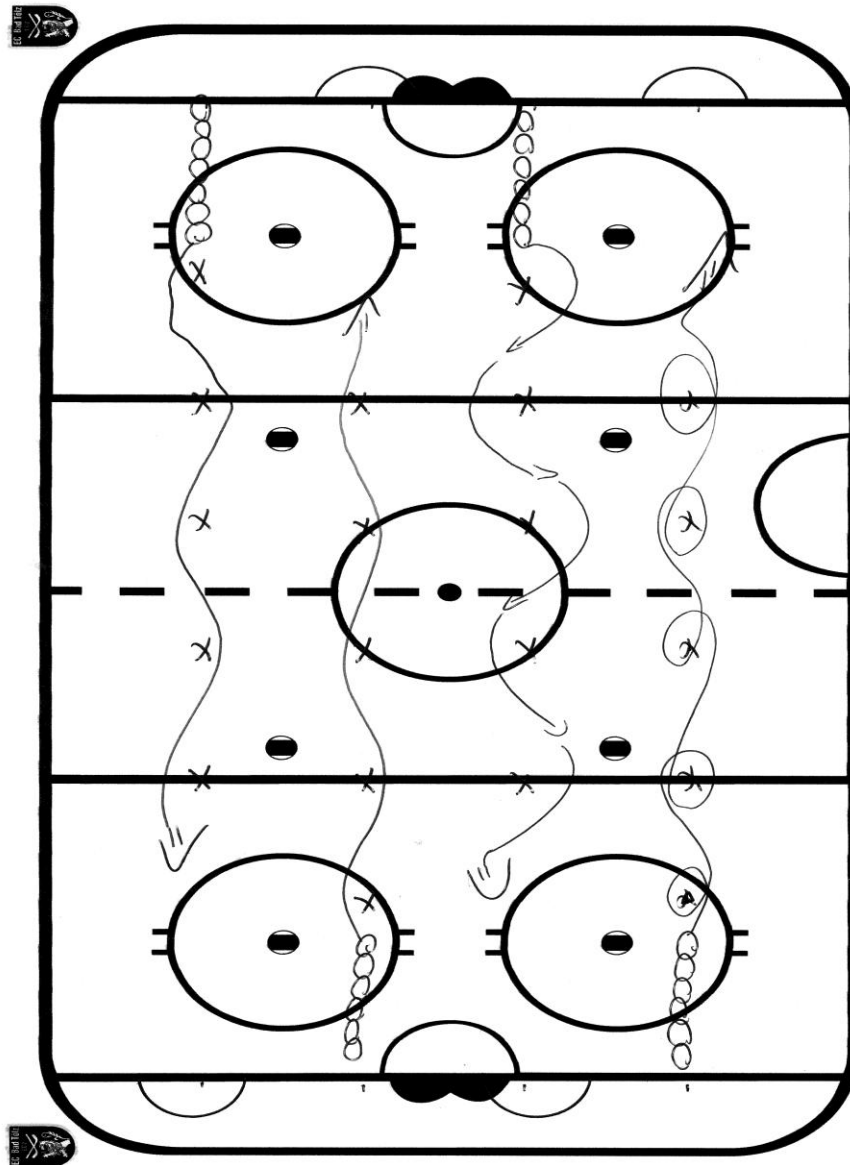
- 5 pylons/go-cart tires are set up evenly spaced in 4 lanes
- 4 nets, 0,1,2,3,4,5,6,7,8 goalies or....hang targets in the nets
- Each player starts on the whistle: no whistle, no movement. Use the whistle to control the work/rest ratio as well as the intensity.
- 1 player, 1 puck. Force each player to follow his shot, retrieve „his“ puck and then get in line.
- Be patient, force the players to wait, hold them back to avoid chaos and sloppy repetition.
- Quick shot after the last pylon
- Be aware of the workload the goalies have. Use more goalies or replace them with targets.
- Integrate the goalies into the drills, give them a break from stopping shots and allow them to develop their skating and puck skills
- Move the pylons, avoid destroying the ice

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„4 Lanes Long“ Setup



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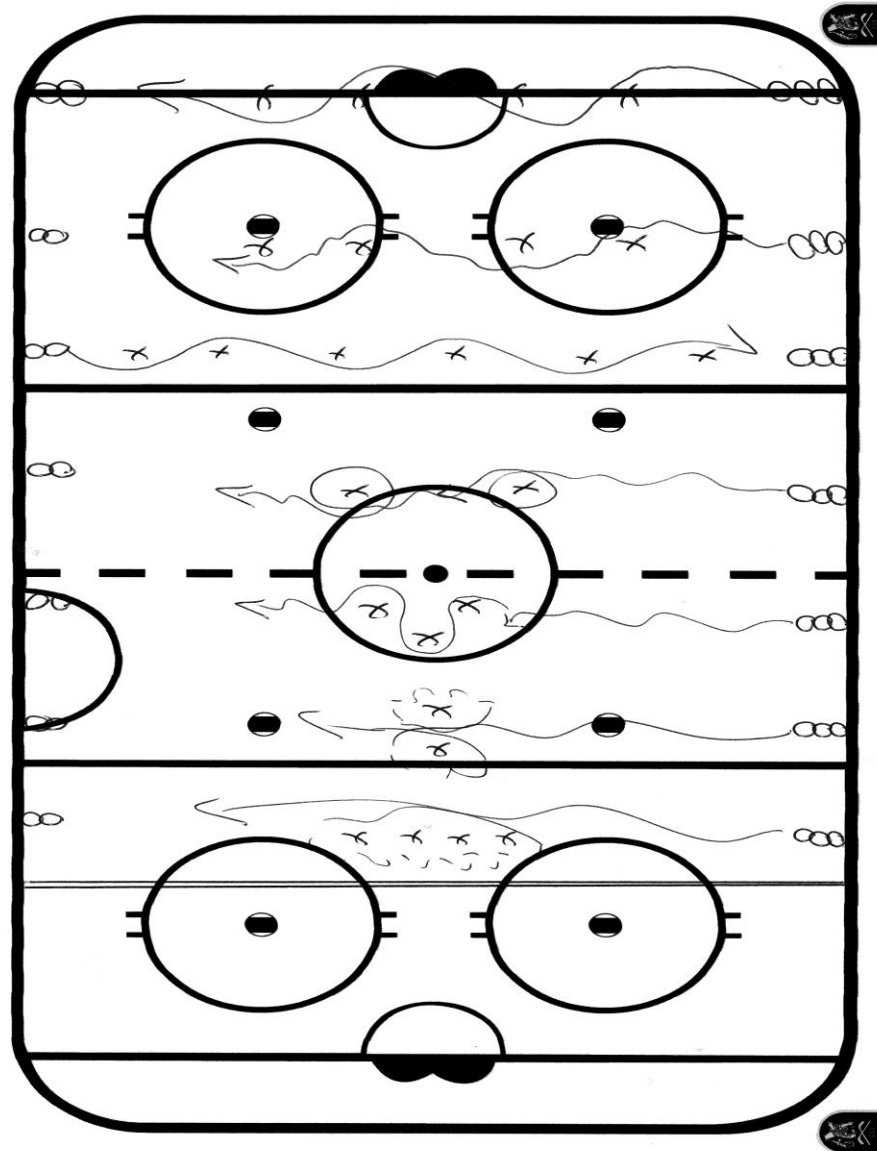


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Cross Ice Pendel

- Shorter distance
- 3,4 or 5 Players: one puck
- Less skating, more emphasis on puck skills
- 20 to 25% of ice surface can be utilized for goalie drills/instruction
- Less whistle work for the coach
- More interaction between players
- Less pucks, no shots, less noise
- Work/rest ratio defined by group size
- Coach/player ratio defined by availability (1 group,1 coach)
- Individual instruction is easy, the drills are continuous

„Cross Ice Pendel“ Setup



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Teaching Tips

- Be creative, slalom thru the pylons or, a “move” at each of the blue lines, or tight turns, or fwd/bwd around the pylon or.....
- Describe and talk about the skills before you hit the ice
- Demonstrate and explain the drill, skill or move. Be patient.
- Demonstrate the skill going in both directions.
- Use your skilled players to demonstrate.
- Repetition is the basis, correct repetition is the key.
- Increase/decrease the number of pylons to influence speed.
- In certain situations „slower“ can be very positive

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Ice Utilization

- Practice two teams together, treat them as one large group as in a hockey school
- With 35 or more kids and 2 to 6 coaches on the ice, the atmosphere is “up”, full of energy
- Invite another team to your full ice practice and vice versa, that way you get more ice time, but no extra costs.
- Practice together (4 lanes or cross ice pendel) for half the practice, then split up and play cross ice games

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Thank you!

INTERNATIONAL ICE HOCKEY FEDERATION

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