



Teaching Hockey Sense

By Ken Martel

USA Hockey – National Team Development Program

MAHA – Advanced Coaching Clinic

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What is Hockey Sense?

- Awareness
- Anticipation
- Creativity
- Vision
- Alertness
- Decision Making
- Adaptability to change



Hockey Sense is a teachable skill like skating, puckhandling & shooting. The question becomes what are the tools and techniques used by coaches to teach these skills.



Coaching Strategies for Developing Hockey Sense.

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- Timing Drills
 - Eliminate whistles to start drills.

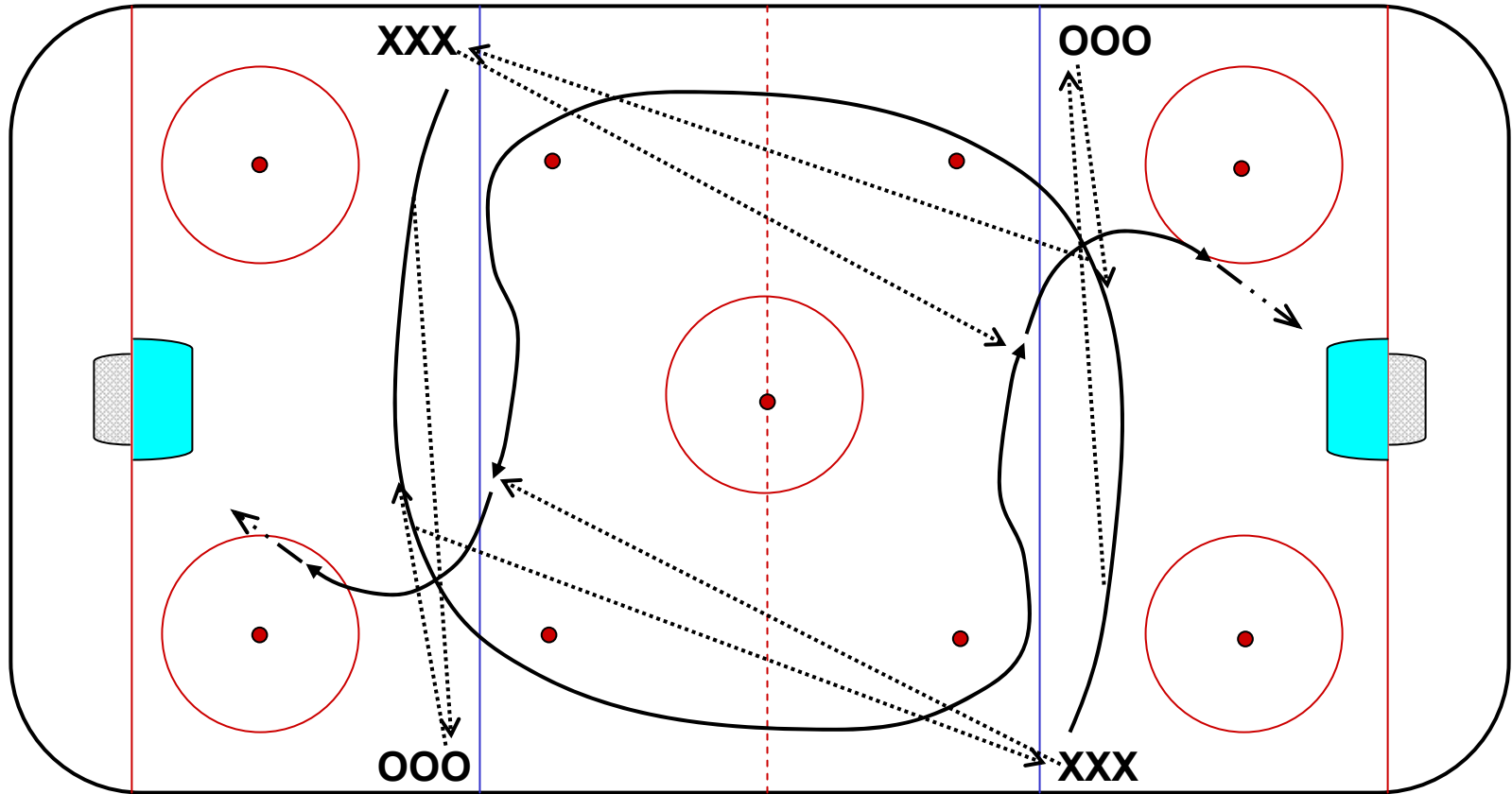
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- Timing Drills
 - Eliminate whistles to start drills.
- Add extra passes to players in line.
- Use drills that change puck focus.

NZ Stretch Pass



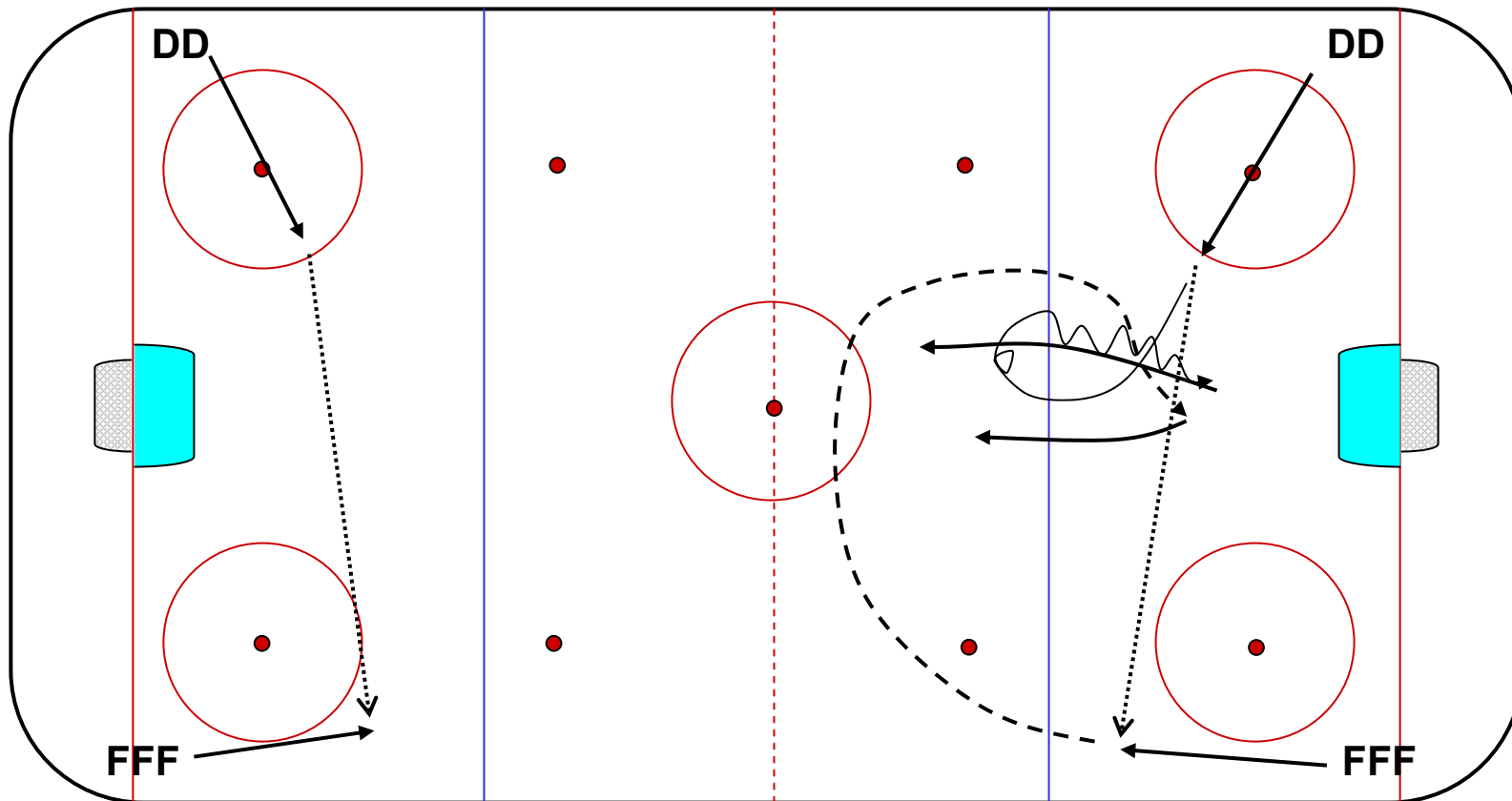
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- Coach takes away options in drill by covering pass receivers.

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- Coach takes away options in drill by covering pass receivers.
- Change puck possession on whistle.

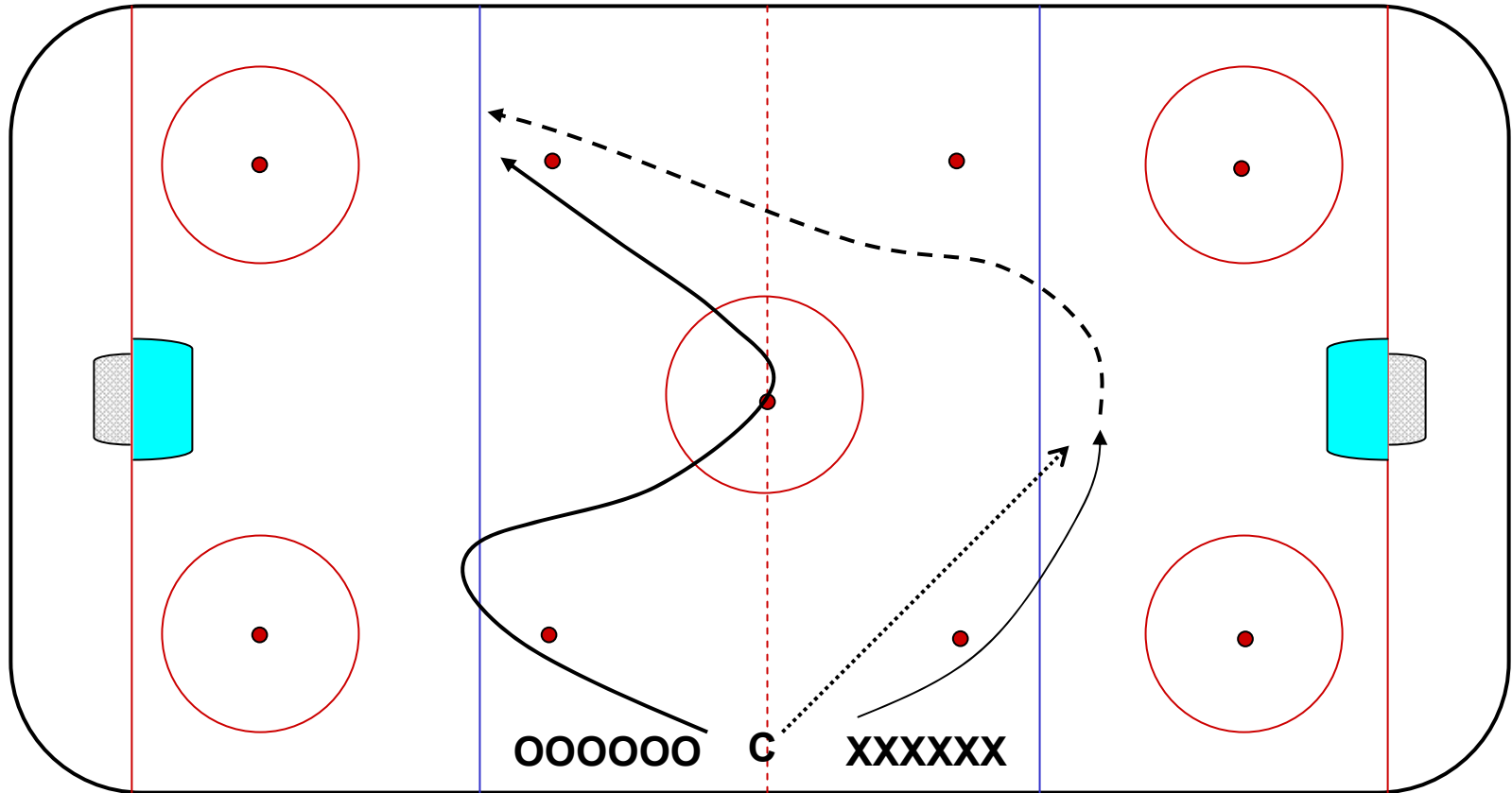
Maine 1v1 Transition



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- Coach takes away options in drill by covering pass receivers.
- Change puck possession on whistle.
- Tag up to change spacing

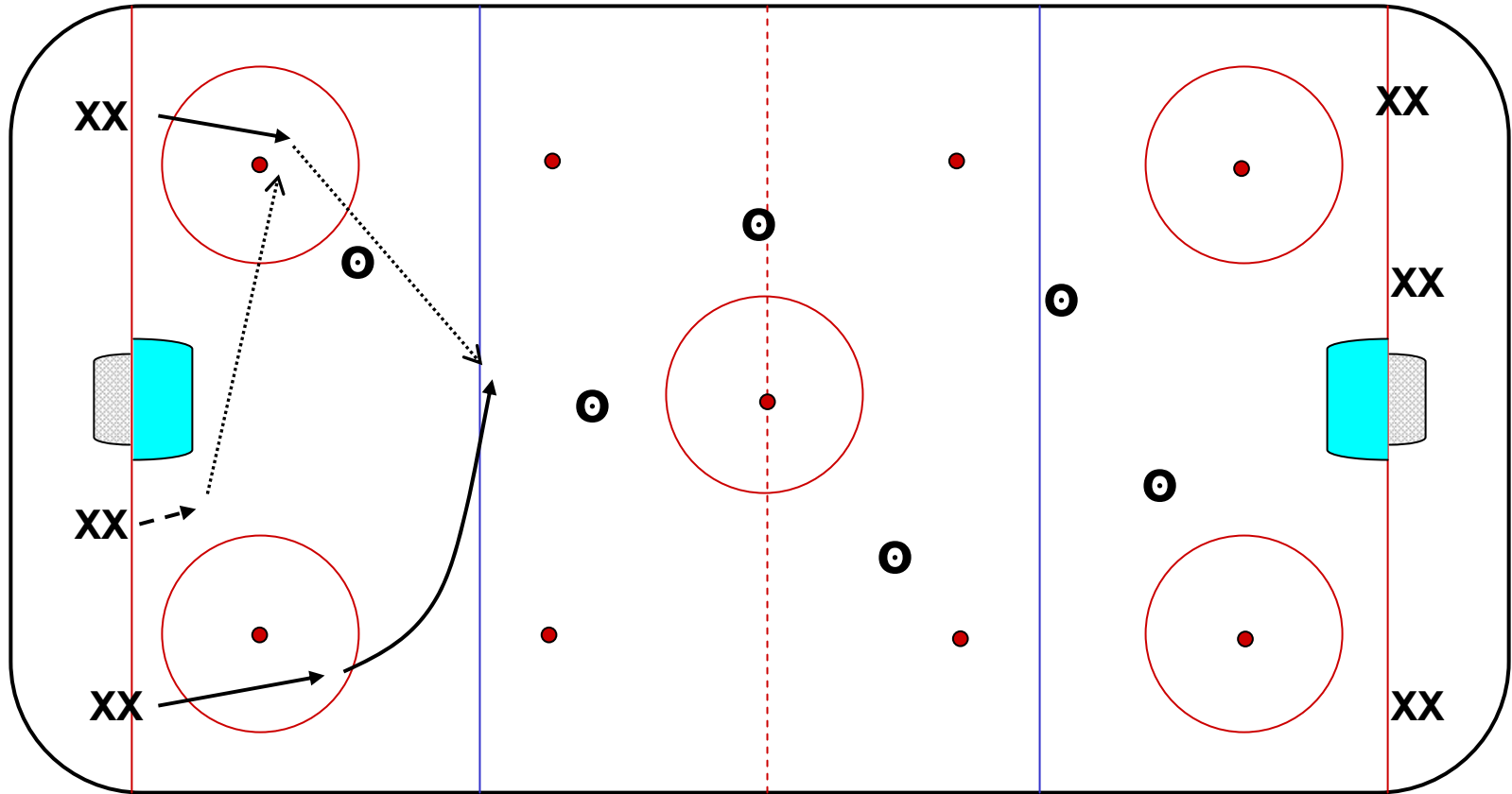
1v1, 2v2 NZ Angling



Coaching Strategies for Developing Hockey Sense.

- Forced puck movement

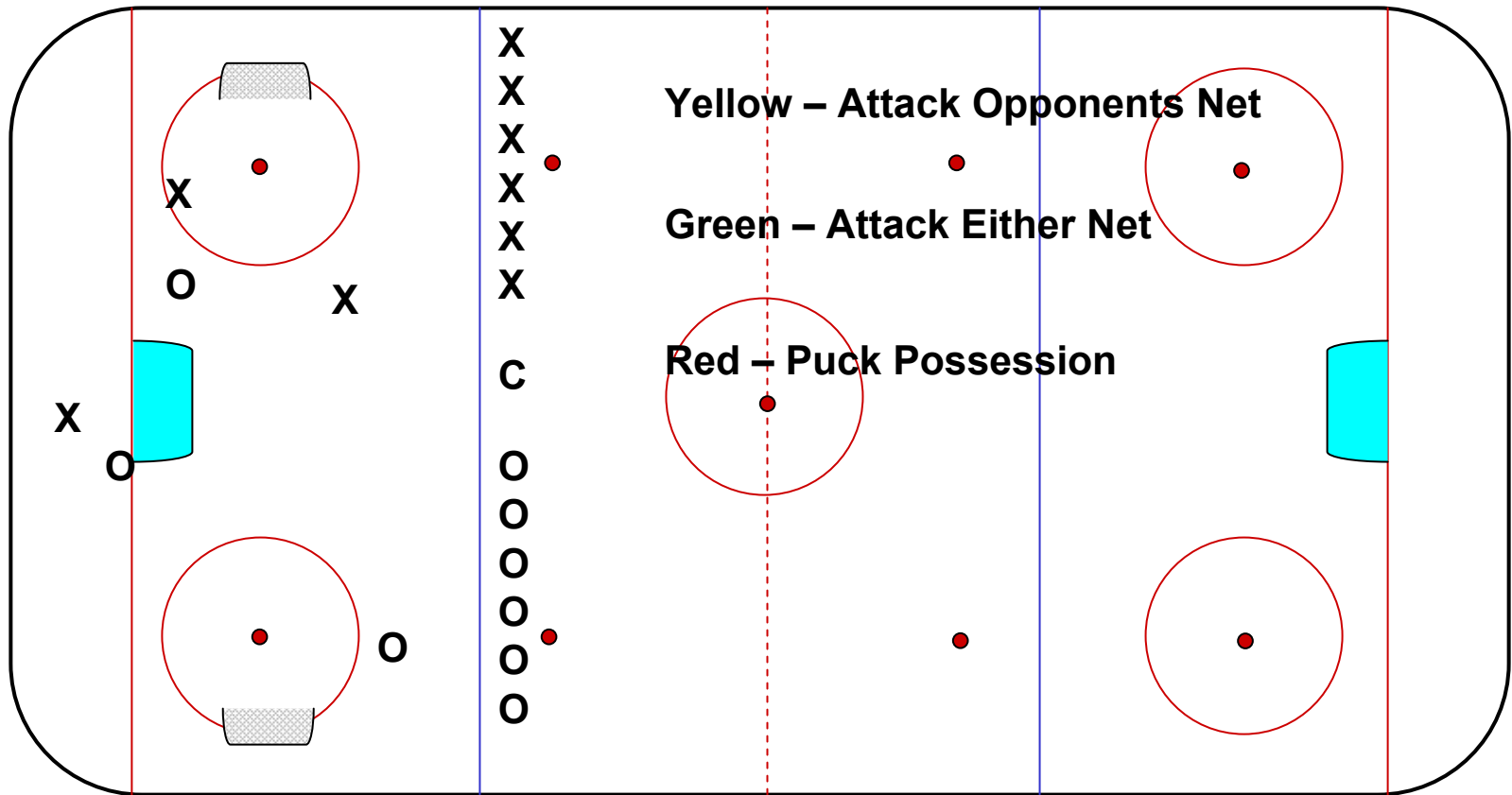
Blase 3 on 0 Passing



Coaching Strategies for Developing Hockey Sense.

- Forced puck movement
- Colored Pucks

3v3 Colored Pucks



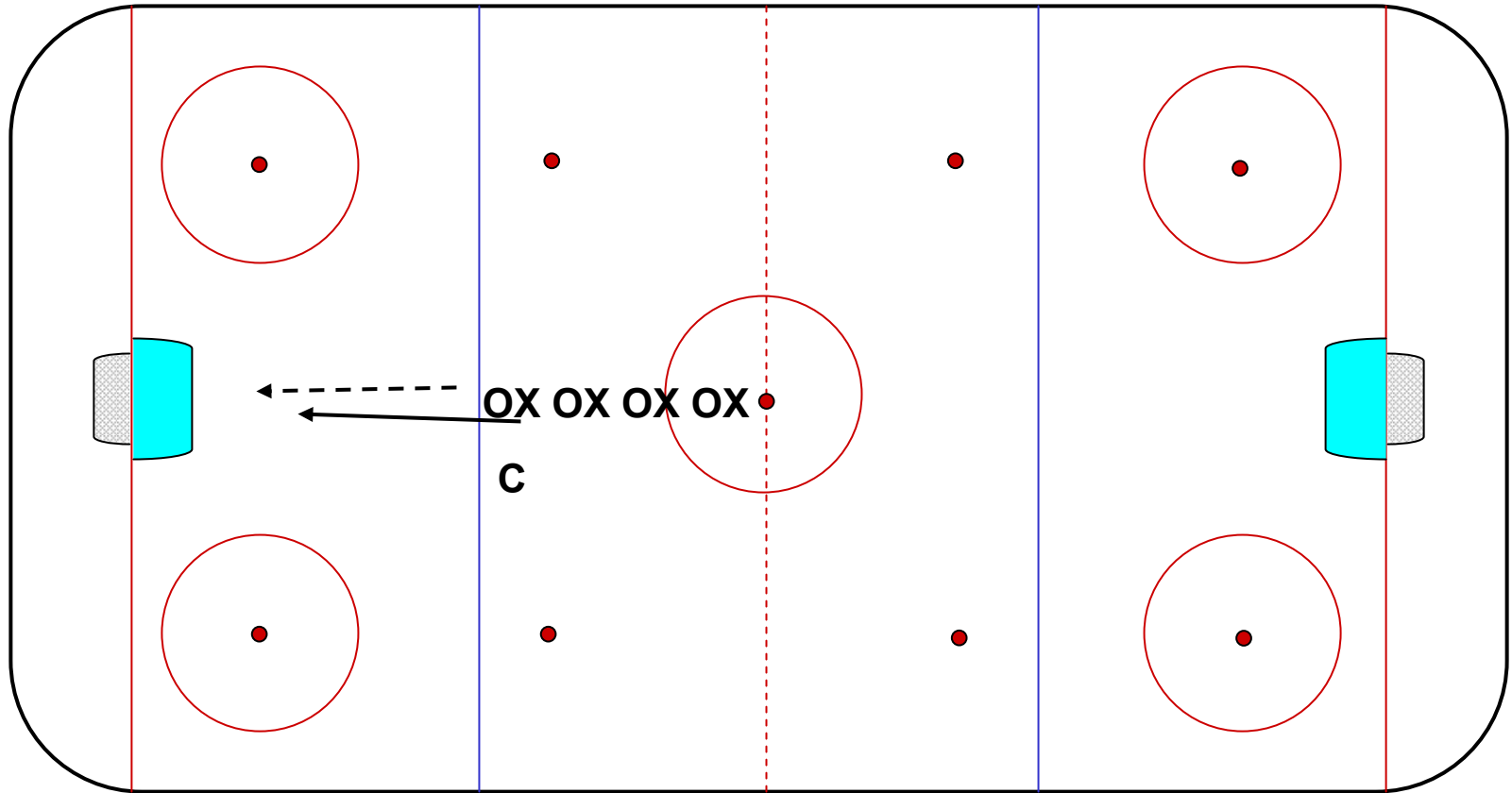
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- Forced puck movement
- Colored Pucks
- Forced communication

Coaching Strategies for Developing Hockey Sense.

- Forced puck movement
- Colored Pucks
- Forced communication
- Add or subtract players to change the playing situation

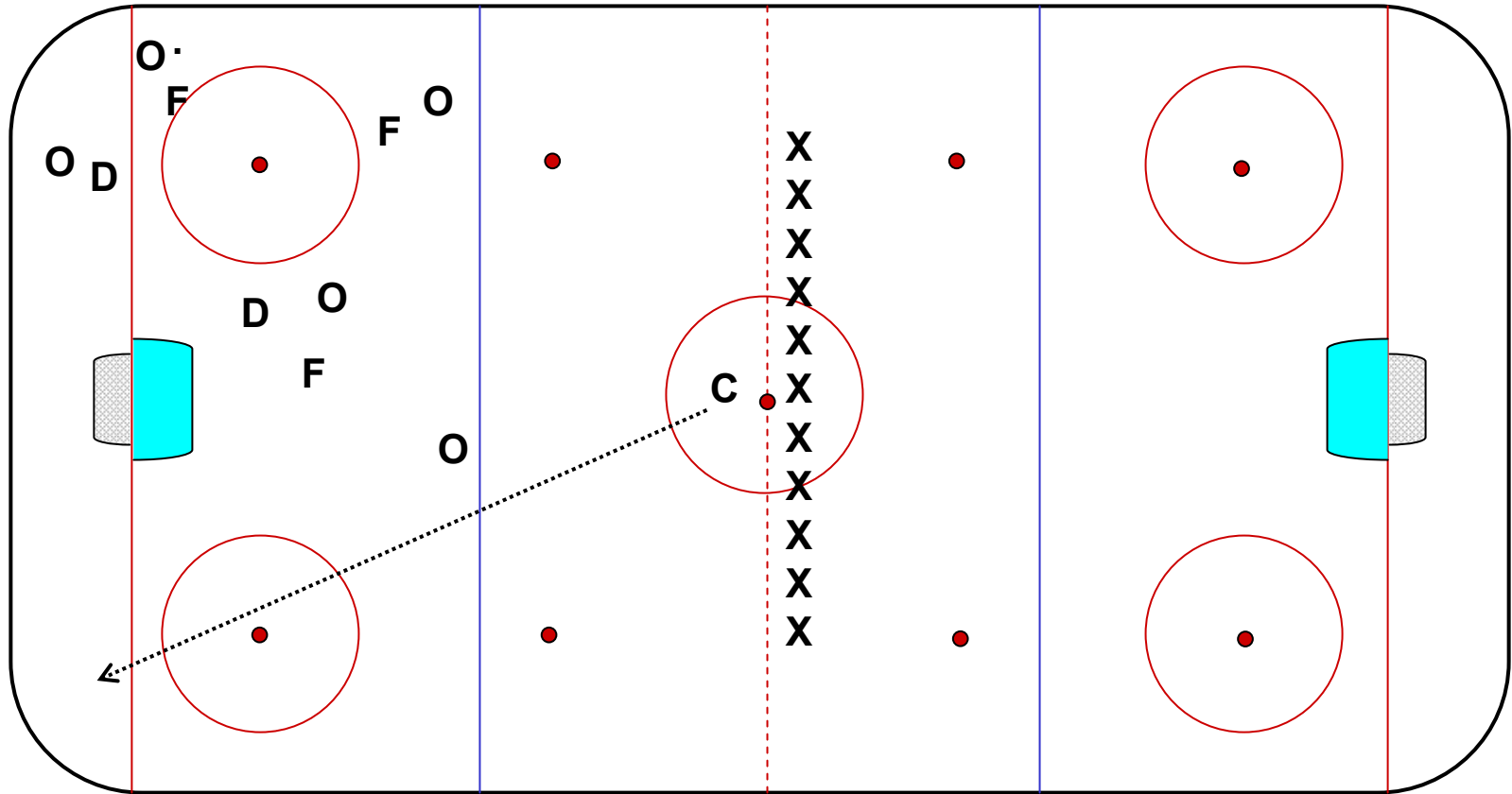
Powers 1-2-3 Drill



Coaching Strategies for Developing Hockey Sense.

- Forced puck movement
- Colored Pucks
- Forced communication
- Add or subtract players to change the playing situation
- Disorientate players to change responsibilities

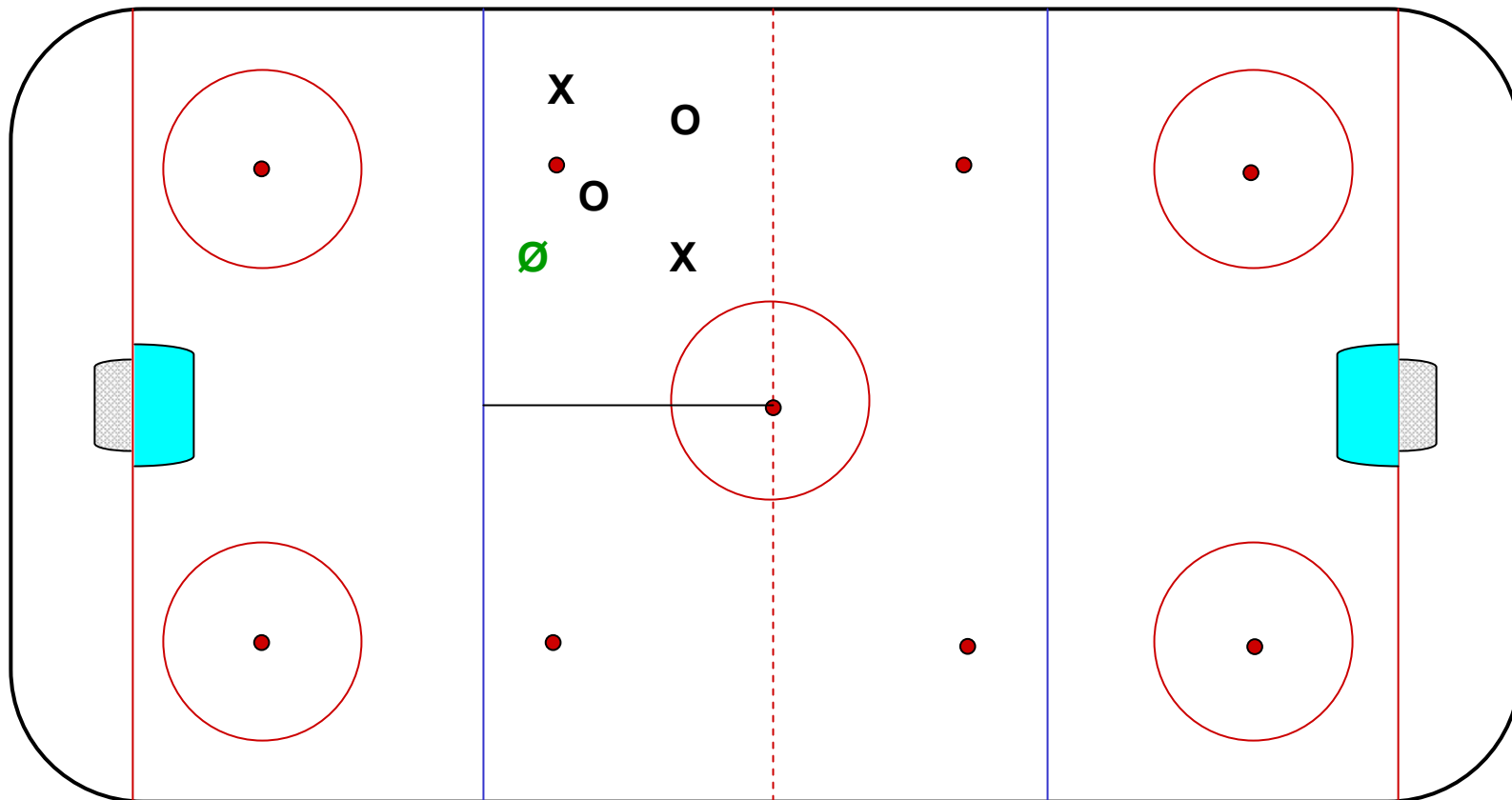
DZC Role Over



Coaching Strategies for Developing Hockey Sense.

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- Forced communication
- Add or subtract players to change the playing situation
- Disorientate players to change responsibilities
- Players - all offense or all defense

3v2 Puck Possession



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 - 1 Puck Drills
 - Small Area Games
(SAG)

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- Decisions Making
- Dynamic Repetition
 - Growth

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 - Big Picture Elements
- Decisions Making
- Dynamic Repetition
 - Growth
- Skill Experimentation

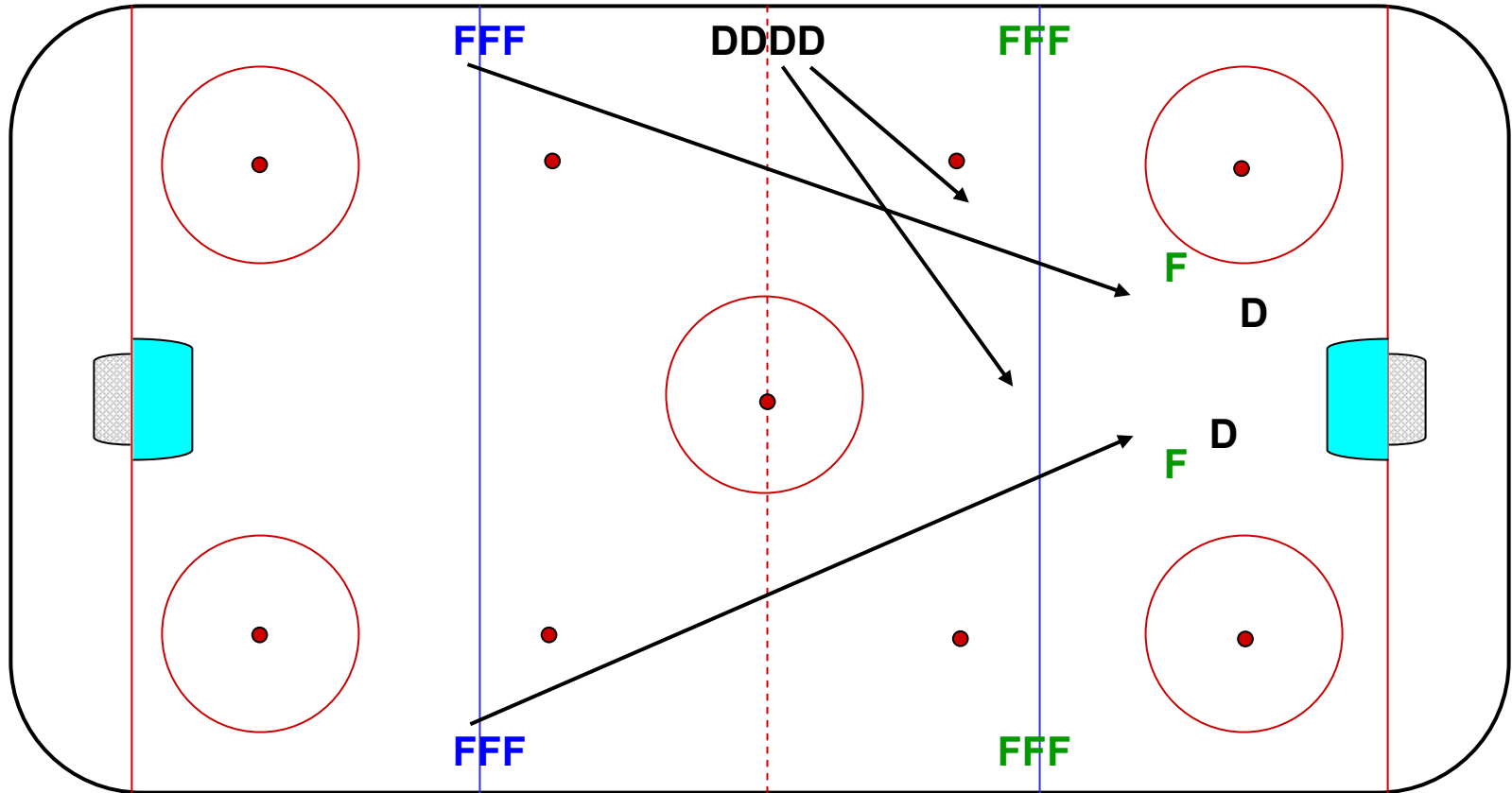
Coaching Strategies for Developing Hockey Sense.

- Game Situation Drills
 - 1 Puck Drills
 - Small Area Games (SAG)
- Competitiveness

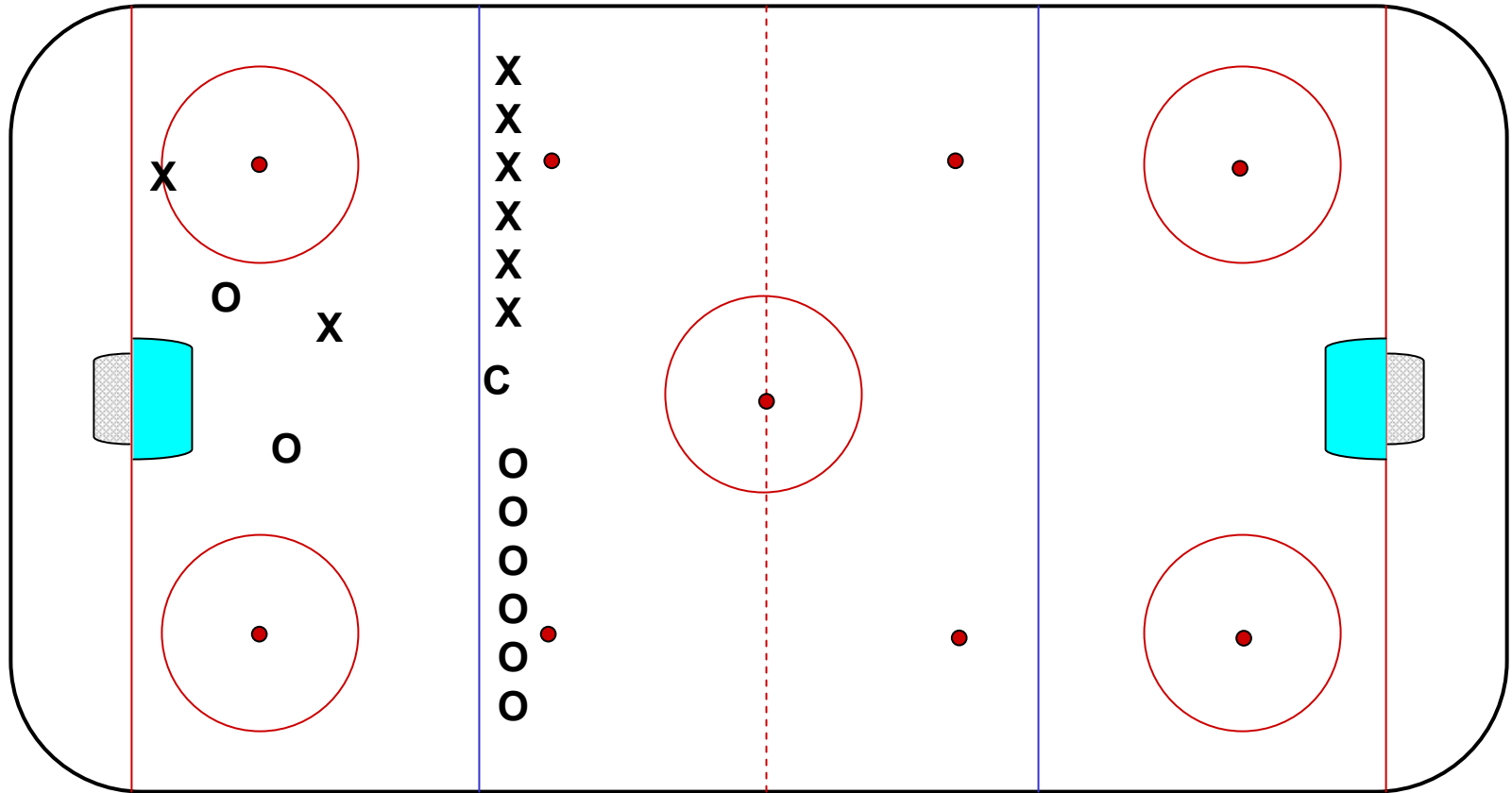
Coaching Strategies for Developing Hockey Sense.

- Game Situation Drills
 - 1 Puck Drills
 - Small Area Games (SAG)
- Competitiveness
- Hide the Tactic

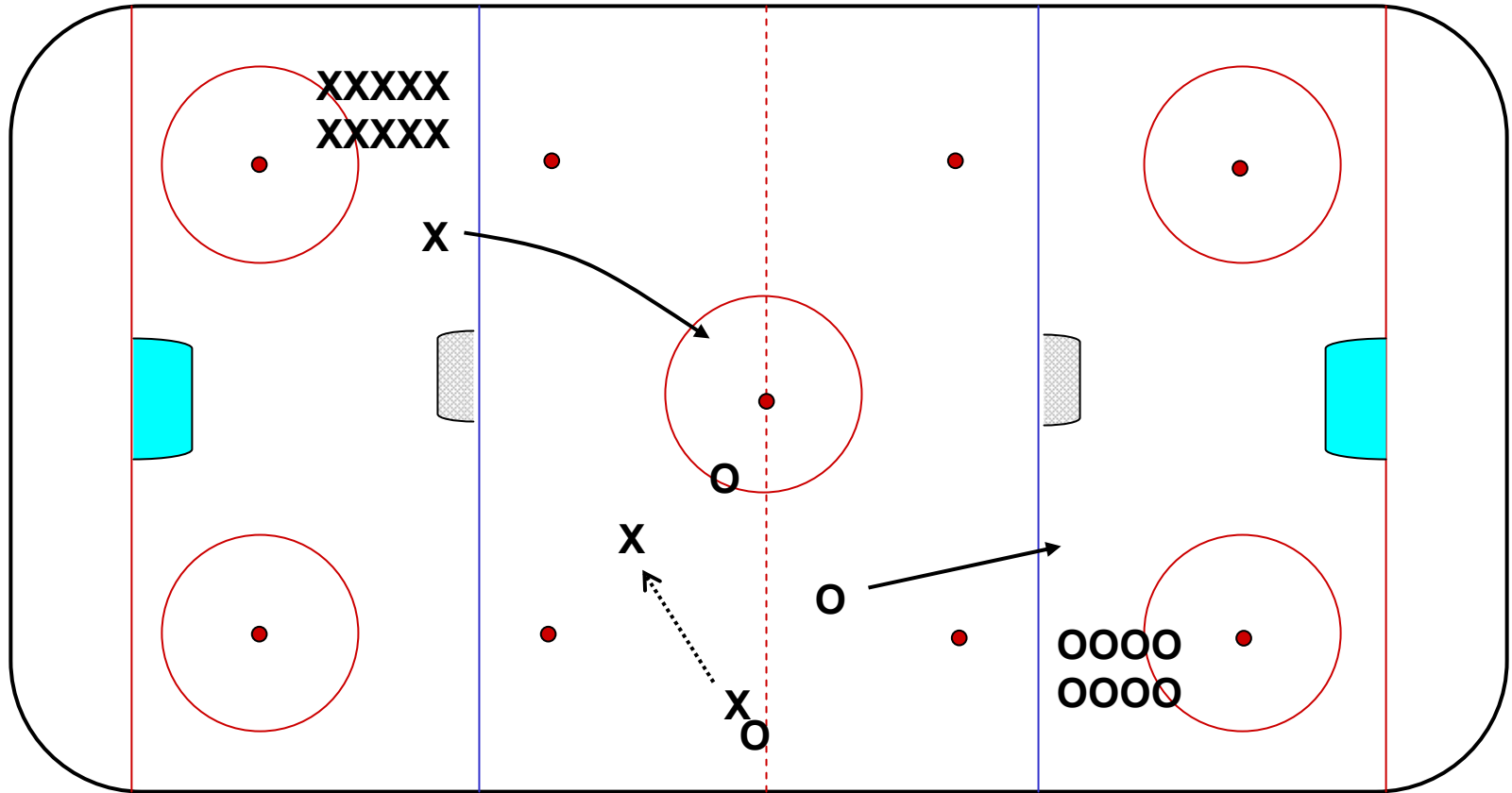
2v2 Continuous



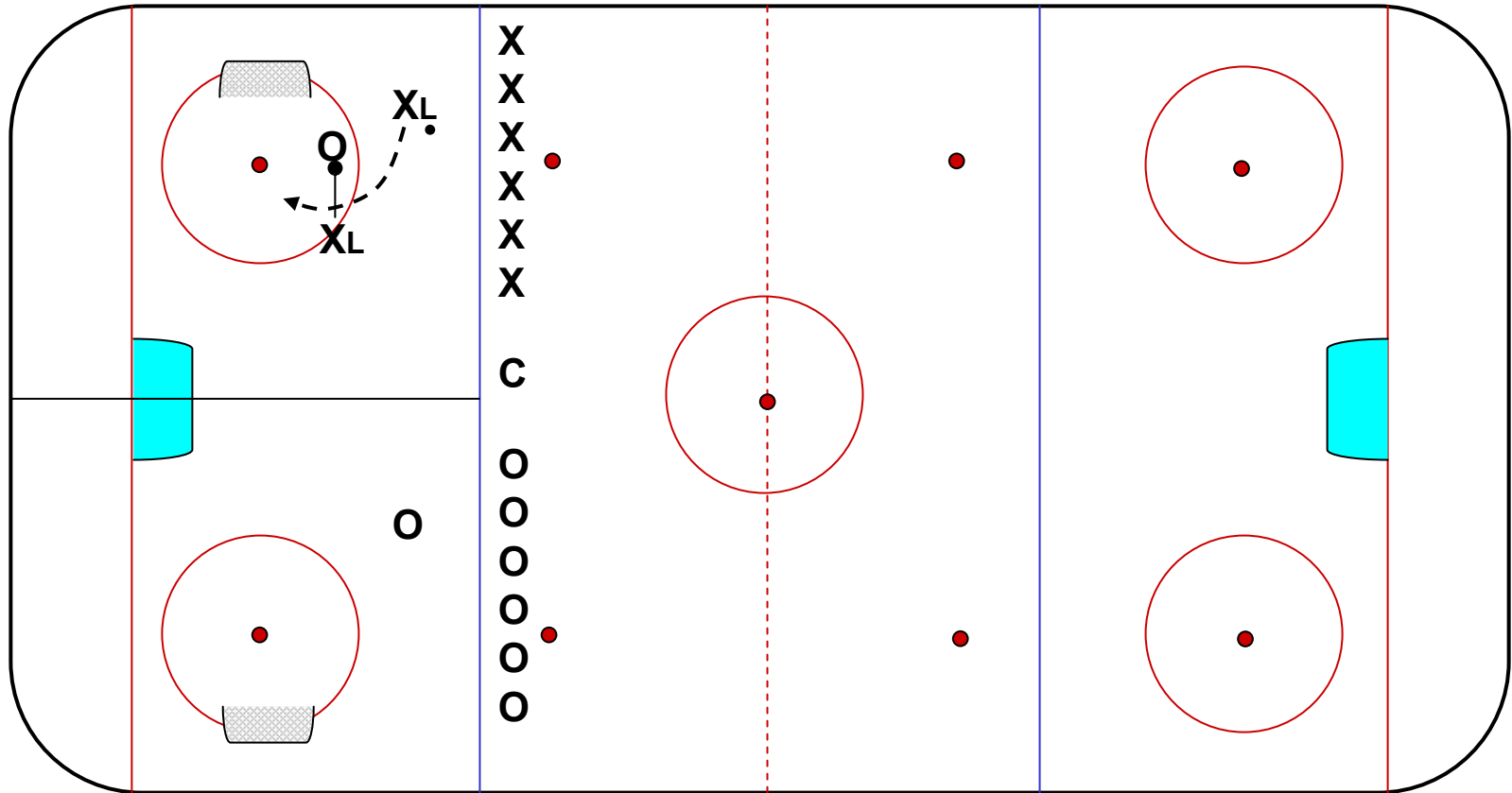
Swiss 2v2 Warm-Up



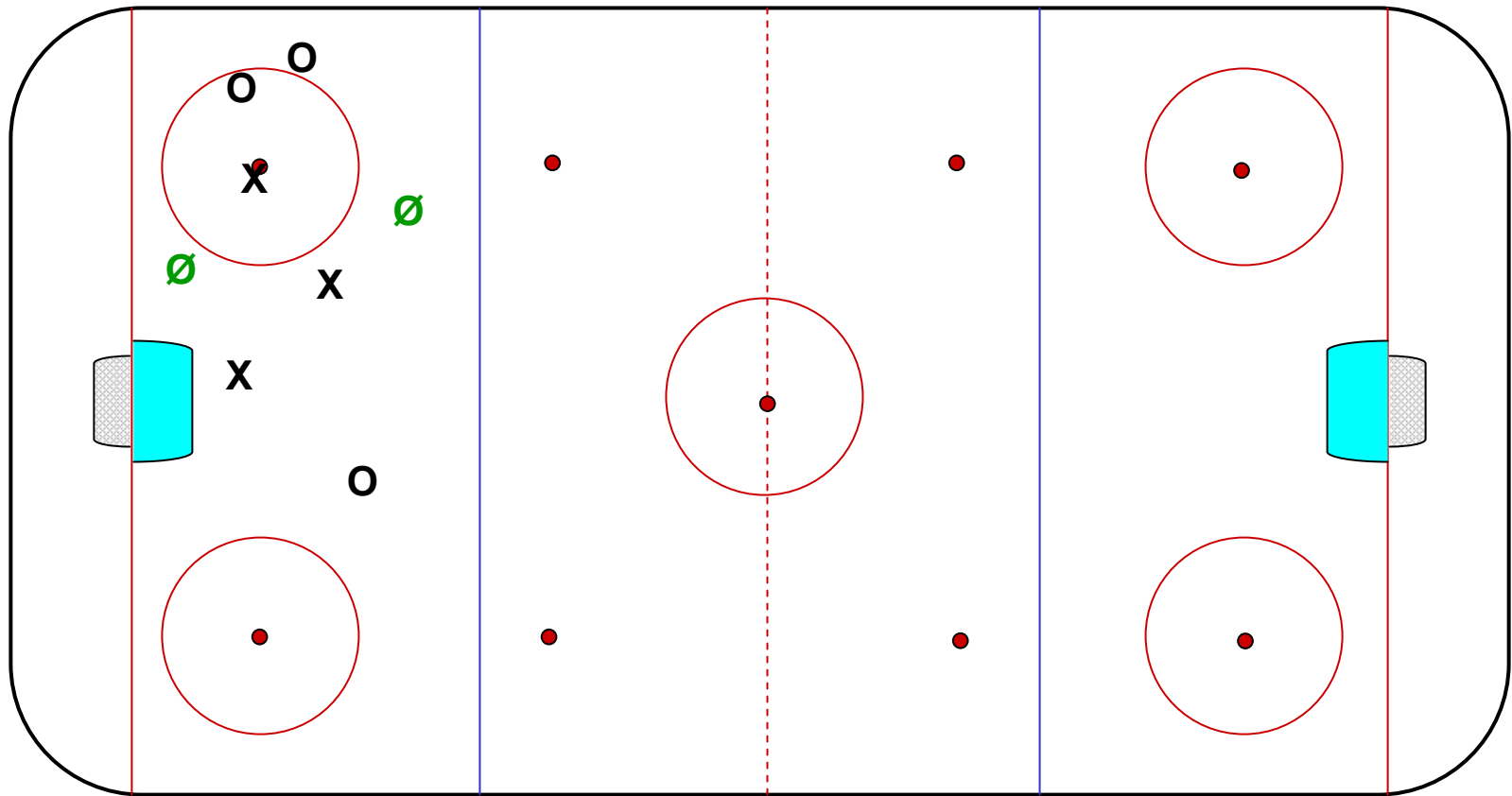
3v2 Mid Zone Game



2v1 Transition Game



Lilley 3v3 +2 Full Ice



“Every time we teach a child something, we deprive them the opportunity to discover it for themselves.”

- Jean Paige