

AMAZING HOCKEY FACTS & PHILOSOPHIES

Coaches, keep the following in mind as you look to design and execute fun, intense, and challenging practice sessions.

Take a Look!!!

- One effective practice will provide players with more individual skill development than 11 games collectively.
- In order to achieve one hour of quality work in practicing the basic skills of puck control, approximately 150 – 200 games would have to be played.
- An average minor hockey player in Calgary during a 60-minute game will have the puck on their stick for 8 – 20 seconds. What are these players doing for the other 59+ minutes?
- A young player, who has participated in hockey for 8 years, averaging 50 games per year and 10 seconds of puck control per game, will achieve 66.66 minutes of puck control over the 8 years.
- 99% of the feedback most coaches provide to players is a result of when they have the puck (or are in close proximity to the puck). Ironically, most players have the puck for less than 1% of the game.
- At the minor hockey level, 95% of passes made backwards and laterally are successful. In the late 1990's, the success rate of passes made forward at the NHL level was 14%.
- The puck moves from one team to the other approximately 400 times in each game. How many of these turnovers are unforced? What other sport recognizes unforced errors?
- Average minor hockey teams go D-to-D one to five times per game (5 may be high). At the NHL level, teams go D-to-D 60 to 100 times per game.
- Players evaluate a coach's hockey knowledge in two ways:

Practice Execution

Game Management

Several research studies indicate one of the major factors for players' quitting is boring practices. .004% of players will play regularly in the NHL.