

Dear Street Devils Coach,

Welcome to the Street Devils family! The Street Devils program is the official street hockey program of the New Jersey Devils. With over 100 Street Devils centers across New Jersey, the goal of this program is to grow and diversify the game of hockey by leveraging the National Hockey League's *Hockey is for Everyone* platform while also making a positive, lasting impact in our community.



Street hockey is a variation of hockey that can be played year round on surfaces such as blacktops, gymnasium floors, etc. The only requirements are sneakers, a hockey stick, and a ball or puck – that's it!

While the Street Devils program is an introduction to hockey, participants learn so much more than simply X's and O's. Street Devils participants also learn about the importance of physical activity, teamwork, practice, safety, and competition.

As an official Street Devils partner, you will receive equipment including sticks, balls, and goals in addition to this Play Book. Within this Play Book, you will find information including basic rules, fundamental skills, drills, positions, and gameplay formats.

While this Play Book serves as a guide, you are empowered with the freedom to run the program however you believe it best serves your program center. Whether you break the kids up into age specific groups, hold sessions daily or weekly, the structure of the program is up to you.

We are excited to bring the Street Devils program to your community! Together we can grow the game of hockey while enhancing the lives of our kids in a fun, healthy, and active way!





1. Lesson 1 – Stationary Stickhandling

- a. **Goal:** To learn to stickhandle in place
- b. **Skill Demonstration:** Stickhandling is the hockey equivalent to dribbling in soccer or basketball. When stickhandling, players move the ball from the forehand of their blade to the backhand in order to maintain possession of the ball or puck.
- c. **Drills:**
 - i. Spread your players out and have them stickhandle on the left side of their body, the right side of their body, and in front of their body
 - ii. Spread your players out, give them each a ball, and have them stickhandle while looking at a coach. As the coach holds up his fingers, have the players shout how many fingers he is holding up.
- d. **Takeaways:**
 - i. It's important to emphasize the use of peripheral vision to look at the ball while also keeping their head up to look for open teammates.

2. Lesson 2 – Mobile Stickhandling

- a. **Goal:** To learn how to stickhandle while moving
- b. **Skill Demonstration:** Just like stationary stickhandling, but now we are adding movement.
- c. **Drills:**
 - i. Split your players into lines and set cones 15-20 feet away. Have the first person in line stickhandle around the cone and come back to pass the ball off to the next person in line.
 - ii. Red Light, Green Light: have your players line up on one end of the playing surface. When the coach shouts, "GREEN LIGHT", players are allowed to move forward. When the coach shouts, "RED LIGHT", players must stop all while maintaining control of the ball.
- d. **Takeaways:**
 - i. It's important to emphasize ball control, peripheral vision, and keeping your head up

3. Lesson 3 – Stationary Passing

- a. **Goal:** To introduce the concept of moving the ball from one player to another.
- b. **Skill Demonstration:** Show that the ball should roll from the heel of the blade to the toe of the blade. Stress the importance of using a "sweeping" motion as opposed to a "slapping" motion.
- c. **Drills:**
 - i. Pair your players up 10-15 feet apart and have them pass back and forth to each other.





- ii. Arrange the players in circles of 8-10 and have them pass the ball to each other sporadically around the circle to each other.
 - a. MODIFICATION 1: Have each player follow their pass and occupy the space of the player they passed to – follow your pass.
 - b. MODIFICATION 2: implement a rule that they cannot pass to either player immediately next to them.
- d. **Takeaways:** It's important to emphasize the value of teamwork, keeping your head up, and understanding that the ball travels faster than a player.

4. Lesson 4 – Mobile Passing

- a. **Goal:** To learn how to make a pass while in motion and to make a pass to a moving target.
- b. **Skill Demonstration:** Stress the importance of anticipation. Urge players to pass to where their teammate is going to be rather than where they are.
- c. **Drills:**
 - i. 2-on-0: form two lines of players about 10-15 feet apart. Have one player start with a ball and have the players pass back and forth to each other as they move towards the goal. Once close enough, have one of the players take a shot on goal.
 - ii. Give-and-Go: Line your players up in one line with a player about 10-15 feet off to the side. Have the first player in line stickhandle forward, pass the ball to the player off to the side, keep moving and receive a pass back and take a shot on goal. After taking a shot, that player becomes the player off to the side.
- d. **Takeaways:** It's important to emphasize the fact that hockey is a fast-paced game and that players are rarely ever standing still.

5. Lesson 5 – Shooting

- a. **Goal:** To learn the fundamental techniques of taking a shot on goal.
- b. **Skill Demonstration:** Like passing, it's important to encourage a "sweeping" motion as opposed to a "slapping" motion when shooting. It's also important to stress that a player's stick should **never** come above the knee for safety reasons.
- c. **Drills:**
 - i. Line up your players and place 5-6 cones in a single line in front of them. Have the first player in line stickhandle and weave around each cone. After coming around the top cone, players move towards the front of the goal and take a shot on goal from about 5-10 feet out.
 - ii. Breakaways: Line up your players up at the center. Once at a time have them stickhandle a ball while moving towards the goal and take a shot from about 5-10 feet out.





- d. **Takeaways:** It's important to encourage players to aim for the open areas of the net to try to score a goal. It's also important to emphasize the "sweeping" vs "slapping" motion and keeping the stick below the knee for safety.
6. **Lesson 6 – Game Play**
- a. **Goal:** To put together all of the previous lessons and put them to practice in a game situation
 - b. **Skill Demonstration:** It's important to stress the importance of teamwork, spreading out/positioning, and communication,
 - c. **Drills:**
 - i. Game play: Split your players into two equal groups. Identify the 6 players that will start and assign them positions (left wing, center, right wing, left defense, right defense, goalie). Have all other players on both teams wait off to the side and out of the field of play. Every 1-2 minutes, have players on each team rotate in and out of the game. Game should consist of two 12 minute halves. The team with the most goals at the end of the game is the winner. If the game is tied after the 24 minutes, a 5 minute overtime will take place. The team that score more goals during the overtime period is the winner. If the game is still tied after the 5 minute overtime period, sudden death will continue – the team that scores first during the sudden death period is the winner.
 - d. **Takeaways:** It's important to emphasize using all of skills learned throughout the program and apply them in a game situation. It is also important to stress the how teamwork, communication, and all of the values that hockey teaches are also applicable to life situations.

