



Coaches Meeting



“The strong do as they will and the weak suffer as they must”

-Thucydides

Have a Routine - PRE GAME + PRACTICE

- Practice utilizing the same drills/games time and time again
- We are looking to create quality habits and patterns in the kids
- Mondays skills, hard skate, battles, 1v1s, puck protection work
- Break your ice into 3/4 stations to accommodate this
- Do some position specific skill work-in tight elevation for
 - For forwards- rebound and bury drill
 - For defense- pivoting work, gap control work, blue line work, retrieval work
- Thursdays = special team work/team play/upbeat

Be creative - PUSH!

Have a Routine - PRACTICE

- Kids know what they are getting into as soon as they step on ice w/ the first 10-15 minutes
- Pre-ice prep the kids on what they will be doing out there-set the tone in the locker room
- We did one skating drill for 20 minutes at a practice I was at the other week-why do they need the reps?
- Practices should include skills almost every night and we aren't spending enough time on the fundamentals to create quality habits
- Keep upping the ante-mix it up-every now and then, throw them a curveball!

Have a Routine - PRACTICE

Do more skill work together full ice to start-one day a week 15/20 min

- Lines
- Passing pairs/a specific passing drill they do consistently
- Full ice passing or skating
- Skating pairs
- Edge control
- Full ice skating drills
- Teach names of drills so when they hit the ice they are ready for them
- Get the kids moving and engaged right way!

Have a Routine - DISCIPLINE

- Have some **discipline** in the locker room, on the ice, + on the bench
- Kids want **structure**-make sure they understand the consequences
(8 kids got dressed in 5 min last week because they knew!)
- **Finish to finish**- the workout, the drill, the play- all the way through!

- The primary reason for this meeting is to create some seamless transition in player movement from team to team and to define the “system” of how SFYHA plays. We need to be able to string together all three zones of the ice and be fluid in our work between them. There needs to be a beginning and an end.
- Kids need to understand the very simple concept that offensively there is a guy w/ the puck and his 4 teammates supporting him and the converse of this defensively there is guy who pressuring puck carrier and the guys support this effort. So there is offensive and defensive support.

How do we define ourselves? - HOW SFYHA PLAYS

- Aggressive, physical, compete hard
- Understand the concept of 2v1's and support
- A puck has no lungs mentality
- Well-conditioned and relentless
- Territorial
- "Hunters"
- Tough, high compete-level
- Selfless
- Physical
- We need to tell a story
- Predictable in certain areas of our game, but unpredictable in others

Key Phrases/Terms for the Season

Everything is done w/ speed and outnumbering opponent.

- “Move it , keep it, occasional 1 v1 moves, shoot score until we score....1v1 hockey doesn't work, 2 v1 does.”
- Creating 2 v 1's all over the ice. 2 on 1 the puck at all times.
- **Funneling**-directing every puck to the net....directing pucks and bodies to the net to create chaos. Middle Drive!
- **Backpressure**- about outnumbering them and taking away time and space by having first forward back should apply aggressive pressure to the puck carrier and not simply follow to pick up trailers. If he is far behind the play then he should pick up the trailer.

Key Phrases/Terms for the Season

- **Transition-** the immediate, explosive jump from defense to offense-done w/ fast feet, quick short passes and give/go's, movement from an attacking posture to a defending posture.
- **Pressure-**the ability of a player to rob their opponent of time and space, thus breaking down their ability to play as a unit to be accomplished through speed, hitting, containment, chaos and control. Done w/ speed and outnumbering opponent.
- **Support-**outnumbering the opponent in the area of the puck and this is done by moving towards the puck.
- **Time and space-**its importance.

Key Phrases/Terms for the Season

- Passing-”a puck has no lungs”
- 1st pass on breakout
- Score on Power-play outwork don't outrest
- D to D to center
- Go to middle of ice to score
- Take away middle
- Unforced turnovers-possession

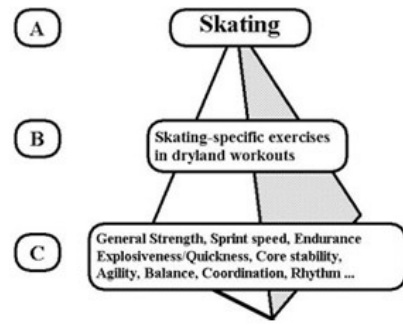
All of these things are set by the tone and habits of the
Practice Environment!



STARTING PLAN

PATTERNS + HABITS

#1 SKATING



- **Bending one's knees as close to 90 degrees**-shoulders over knees, knees over toes, great dorsal flexion of the ankle, glute/hamstring flexibility

On-ice-Meatball, Shoot the duck variations, one legged squat variation, squatting while skating forwards and backwards.

Off Ice-deep, flat-footed squats w/ weight on heels w/ hockey stick focusing on keep chest up, skater squats, lateral squats, squat jumps. With a puck? Can you do it while you stickhandle under hurdl

Is Every Player Able To Comfortable Hold This Position?

Can They Explode Vertically and Horizontally from this position?

Can you do these things w/ the puck?



#1 SKATING

- **Edges-knee bend and ankle flexion from above is key**

On ice-swizzles, 1 ft turns w/ and w/o pucks full speeds, 1 and 2 foot jumping drills, ice plyos, circles drills, change of directions- concentrated during warm up, hockey turn drills w and w/o puck, dynamic on ice stretching w/ and w/o puck.

Off ice- 1 foot balancing on pillow rolling ankles and holding balance, 1 foot drills through speed ladder, ankle rolls on a basketball/swiss ball, lateral bounding on 1 foot, walking on heels, walking on toes, toe snaps, etc.

#1 SKATING

- **Stride-long powerful (forwards and backwards), being able to change speed (combination of knee bend and edges)-videotape analysis would be helpful here!**

On ice-line drills, striding drills emphasizing full recovery, maximum side push and knee bend, generating power w/ your inside edges, maintaining speed w/ your outside edges, striding w/ chest up and puck on forehand, change of speeds, differences between inside edges/outside edges, skating w/ tires.

Off ice-Heidens, lunge walk, Borazov's, lunge jumps, Spiderman's for flexibility.

#1 SKATING

- **Crossovers/lateral agility/footspeed/change of direction**

On ice-circle drills to focus on technique w/ pushing/edges forwards and backwards, tight area figure 8's, over speed skating drills, Mohawk turns/transitions, lateral crossing over drills, 1ft/2ft stops and starts. (Backwards and forwards w/ and w/o pucks). Progressions.....add passing w/ multiple players.

Off ice-speed ladder drills, hoop drills, cone drills, shuttle runs, side start sprints, pro agility, t-drill.

#2 PASSING

- **Passing-emphasis on body position to generate hard, flat passes and receive these passes.**

Types of passes to be covered (all forehand and backhand)- sweep, one touch, skates (receiving), saucer, snap indirect.

On ice-stationary passing, partner passing, small group passing, moving linear passing, lots of short passes, keep away, small games, games w/ rules.

Off ice-conditioning is passing off of wall forehand/ backhand with perfect body posture.

#3 SHOOTING

- **Shooting-being able to snap the puck on the net and elevate the puck in close**

On-ice-stationary shooting against boards, shooting drills incorporating snaps shots/moving passing techniques. Shovel shots-upstairs.

Off-ice-snap shot practice off ice 50 pucks 3x's a week focusing on how players were taught in practice. Toe over puck shots, not lifting stick to snap puck, rolling stick in hands, opening up face of blade

#4 STICKHANDLING

- **Puck control/stickhandling-focus on proper hand position, cupping puck, and extension**

On-ice-skating drills w/ pucks, lateral skating drills w/ pucks, various warmup drills, 1 v 1 keep away. Weighted pucks and tennis balls.

Off-ice- Stickhandling program.

#5 CHECKING

- **Checking-generating power through your legs and driving up and through the opponent.**

leg **On-ice-drills to emphasis the above, proper body posture/
drive, offensive/defense checks**

Off-ice-tackling drills, wrestling, running hills.

#6 MOMENTUM

- **Constantly Moving Your Feet**

On-ice-game situation drills w/o and w/ pucks, duration skating w/ and w/o pucks, picking pucks up off the boards full speed, over speed skating/passing/shooting drills.

Off-ice-5 yd shuttle run, box running drills

#7 FORECHECKING

- **Forechecking**-establishing a two man hyper-aggressive forecheck.

On-ice-drills to get guys constantly moving their feet and not stop moving them on the forecheck, 2 v 1 d forechecking drills,

Off-ice-understanding forechecking rotations in playbook.

#8 BACK PRESSURE

- **Back pressure**-first guy going immediately to their player w/ the puck, not to players who don't have the puck after we lose possession of the puck, **ALL OVER THE ICE!**

On-ice-drills to imprint the above

Off-ice-understanding what back pressure means

“The application of weak side (from behind) pressure on the opposing team’s puck carrier by the player from our team closest to the puck immediately upon losing possession of the puck.”

#9 TRANSITIONS

- **Transition-“the immediate and explosive movement from offense to defense and vice versa.”**

On-ice-5 v 0 n-zone keep away, attack and regroup drills, emphasizing east to west movement of puck, one touch passing, and slash support

Off-ice-dryland walk thrus, and understanding playbook diagrams.

#10 OFFENSIVE ZONE

- **Offensive zone entry-funneling, ABC-attack, break, cover-getting pucks and bodies to the net.**

On-ice- 3 man zone entry for forwards and 4 man zone entry drills w/ D off of regroup/transitions, all done w/ speed.

Off-ice- Studying playbook. Center guy drive!

#11 DEFENSIVE ZONE

- **Defensive Zone Coverage-take away middle of ice is the goal**

On-ice- 1 v 1, 2 v 2's, 3 v 3 down lows, shot block, stick position, herding, angling, pressure vs. contain

Off ice-walk thrus and playbook comprehension

#12 BREAKOUTS

- **Breakouts**-getting D to understand it all begins w/ a skill play by them and the importance of the first pass, center to support puck, wings to be in pass ready position. Getting the guys w/o the puck to support the puck.

Options

- 1) Turn, right up - gain goal line, and headman it
- 2) D to D
- 3) D release to D
- 4) D cut net and come up middle
- 5) D pass to center swinging after any of these.

**Getting everyone on the same page-
Most important tactical part of our game!**

#13 OFFENSIVE ZONE PLAY

- **Offensive Zone Play**-getting 4 guys playing offense-crossing, picking, extending, creating x's, close area puck support, face off plays, east-west passing. 3rd guy wide and high attacking back door.

On ice- 3 v 0, 5 v 0's, 3 v 1's w/ 1 d, 3 v 2's w/ 2 d. Set drills with pucks in certain positions.

Off ice-walk thrus and being able to diagram spatial movements.

#14 PENALTY KILL

- **Penalty Kill-Box and Rotating Triangle**
 On Ice-movement and responsibilities
 Off Ice-same as above



OUR SYSTEM

DEFENSIVE ZONE

- Box and one d zone coverage- see coaches handbook
- Inside out mentality-keeping your body between the puck/player and the net
- Stick on puck mentality
- Understanding when to contain and when to press
- Understanding how to 2v1 the puck, when to jump how to use sticks/bodies
- Taking shape
- I recommend some off ice movement w/ a basketball or soccer ball to work on this before games and support what you are teaching on the ice
- See handout on coaches corner w/ respect to D Habits-have you seen?

BREAKOUTS

- Habits of blocking off
- Backtracking
- Checking off-shoulder checks/knowing what you will do w/ it before you get there/getting their quickly
- The pass to the guy posted on the wall-sends me haywire!

Our D need to be taught how to break the puck out-

Escapes, using the net, partner work, press and then release, touch plays, gaining the goal line, toes up ice

*Our off side D does nothing-I want him to be an outlet every time. We never do any work that works on partner support and how to move the puck up the ice. I want this to be a focus. Get across goal line by driving.

BREAKOUT CONCEPTS

Goal: Get the puck out of the defensive zone as quickly as possible in the safest, simplest way while beginning an attack that allows our team to create a scoring opportunity.

- Strong-Side Defenseman (SSD)
- Weak-Side Defenseman (WSD)

BREAKOUT OPTIONS

- Protect the Puck - used when under immediate pressure
 - Turn back/escape
 - Quick up to center or wing
 - Direct to partner
 - Area pass to partner
 - Hard rim
 - Boards or glass an out
 - D to D
 - D to D bump
 - D to D to center
 - D to D to carry
 - Quick up on dumps
 - Reverse/release
 - Wheel
- **CENTERS** need to learn how to swing and come underneath
 - **FORWARDS** need to read where pressure is and move to where it isn't- extend into NZ, cut across, wing to wing support

Bad habits that I see and need correction:

Never wheel and past to post!!!!!!!!!!!!

Please no chucks up the wall aimlessly.

Center breakout-Shattuck story!

BREAKOUT CONCEPTS Strong-Side Defenseman (SSD)

- **Speed to the Puck** - gives extra time to make a good first play
- **Look at Least Twice Before Getting to Puck** - look over both shoulders
- **Surround the Puck/Open Up and Face Passing Area** - If time, as you near puck, turn, open up, and skate backward to puck.
- **If Tie to Puck, Decide to Get Puck First or to Hit Forechecker** - The first method guarantees contact with the puck, though the defenseman would not have defensive side positioning. The second method concedes possession of the puck, but allows the defenseman to control the force and the mobility of the forechecker
- **Use the Net if Needed**
- **Be a Quarterback/Make Good Reads and Decisions**
 - Quarterback options during passing play
 - Pass ball to open receiver
 - If no open receiver, run for positive yardage (don't force throw)
 - If nobody open, nowhere to run, throws ball in stands and try on next play
 - Defenseman Options during breakout play
 - Pass puck to open teammate
 - If no open teammate, skate puck out of zone
 - If nobody open, no room to skate, chip puck out of zone and be ready for next play
- **Most common mistake is for a defenseman to use option 3 first. Get to puck, have poise, and make a play.**
- **Pass Quickly when Rounding Net** - don't have to wait until entire body clears net to pass to wing.

BREAKOUT CONCEPTS **Weak-Side Defenseman (WSD)**

- **Don't Stand Idly in Front of Net Instead of Positionally Support Partner** - Weak side defenseman should always support his partner by communicating and moving into the proper position to pick or to provide his partner a pass option.
- **Communicate to Partner** - WSD should tell his partner how much time he has and how much forechecking pressure. Also, the WSD should tell his partner which pass options are most available.
- **Look Before and After Receiving Pass**
- **Surround the Puck/Receive in Pass Ready Position** - WSD should always try to receive a pass on his forehand so he is ready to pass the puck instantly.
- **Weak-Side Defenseman Breakout Options**
 - Move Toward Partner to Set a Pick - skate into the path of the first forechecker and allow his partner extra time to receive puck and make play.
 - Move Toward Partner to Prepare for Reverse - move toward his partner and form a two on one in the vicinity of the puck.
 - Get Open for a Direct Pass - move to an open area on the ice, generally behind the net.
 - Provide a Pass Outlet for Strong Side Wing - Often, all forecheckers will pursue the puck to one side of ice. Only area left open for breakout is weak side of ice.

NEUTRAL ZONE-THE SPEED ZONE

- Our head manning is lackluster-so many kids don't headman-they need to sit-zero acceptability
- Kids skating backwards? what?
- Lanes and the college game-where are the lanes
- I would expect our NZBO to mimic our breakout in d zone-show example
- 3 drills to work on it w/ other team-see chalkboard-nz continuous 1v3, 2v4, 5v5 keep away, warm up passing-pass and post, and the d attack game
- Spacing
- Understanding the concept of hinge support and d to d-moving the pressure from one
- Nutmeg example in games
- All of what we do will be determined by where the other team is not- 'that's how you play'
- We need to set ourselves up for zone entry if possible and that is through possession in NZ
- Trap transition-how to work on this?
- Counters and regroup

ZONE ENTRY-ABC AND DOT LANE DRIVE

- Goals of the rush-questions on coaches manual
- Evidence of a good rush-speed, d having to turn their feet, opening of middle of ice
- Options
- Show 2 half ice drills for zone attack-half ice progression 3 shots, point shot w/ walk
- 2 rushes in 15 seconds into EZO-now you are working on 2 areas
- “Funneling”-pucks and bodies to the net

PLAY MOVIE

FORECHECK

- Really having the kids understand when they do dump the puck that someone must be going all out on the puck-the overall effort level must increase
- Having kids work on hunting pucks-feet don't stop, constantly going and pursuing
- **I would like the entire club doing the 1-2-2 half ice older coaches can add after that-be great at one simple forecheck-understand the rotation**
- Learn to cut ice in half, no chasing behind net and when to pressure and contain
- Pre pinch and reads by D
- 3v2 BO Drill, 3v3, d must carry or pass out-teaches forecheck, partner support on BO, communication-3v3 transition
- Understanding what to do if F1 gets pressure-how to help? what do we do?
- Outnumber in an area
- Not letting one pass beat 3 guys-taking shape

END ZONE OFFENSE

- We really need to focus on the playmaking, puck management, and decision making of our players-some keep away w/o scoring would help
- We cant live in the corners
- Ways to score-traffic, feed out, rebounds, one-timers, backdoor, clean shot
- All shooting drills need to focus on under handling-snapshots!!!
- They need to learn options to build off of
- The support sticks end zone and there are way to many turnovers-increased focus on puck possession/protection
- Playing games in practice that works on it-3v2 w/ time count, 2v 3 down low
- Habits-attacking the seems that exist-specifically off the wall-holes in the box/coverage
- Misdirection-overlaps, extension, x-ing
- Going to the puck
- Outnumber in quadrant-toes in circle
- More pucks getting to net, with a heightened focus on traffic junk
- Doing forward and d splits to focus on the skills of EZO
- Kids need learn to read where pressure is and how to alleviate through feel and experience-have your d do things in practice to mimic game
- Strong side D play
- D one timing north south passes-WHAT!!!
- How after a shot our forecheck applies-this is an example of hunting pucks and how we immediately transition into FC

POWERPLAY-OVERLOAD

- Where do we start-the kids want to learn how to set it up
- Getting the kids to get set up-its the simplest powerplay to run-I expect pw and below to spend time on it
- It needs to be worked on so the kids have some semblance of order on the ice
- Understanding some give and go options off of it-learning to hit seems
- I recommend playing some games to incorporate puck movement specific to the power play
- D habits in the pp-forward habits

PENALTY KILL

- Everyone knows how to play the box and rotating triangle
- Bantams can rotate into a diamond
- Expect kids to understand when to pressure and when to contain
- Rotating down to help out
- Movement of the d's and f's
- Covering a man and a half