



# Spud Success Plan

## Bantam/14U



Team/association identity

Play fast, use skill and hockey sense, compete for every puck

Skill and teamwork, Puck possession,

Don't Embarrass the Program

Compete, Challenge, Communicate, Championships etc.

Team rules

1. Don't touch anyone
2. Don't touch anyone else's stuff
3. Don't talk negatively about anyone
4. Communicate
5. Clean up after yourself

**Skills**

1. Skating
  - a. Edge control
  - b. Lengthening forward stride
  - c. Focused forward starts
    - i. T start
    - ii. V Starts
    - iii. Cross over starts
  - d. One Foot stops
  - e. Mohawks turns
  - f. Over speed drills
  - g. Power skating
  - h. Backwards skating
  - i. Change of Direction
  - j. Agility skating
2. Puck control
  - a. Attacking the triangle
  - b. Adding depth and width
  - c. Adding quickness on recovery
  - d. Puck protection
  - e. Change of pace

- f. Catch passes on backhand
  - g. Give and take aways
  - h. 1 hand carries
  - i. Pick up pucks off wall
    - i. Rims of all directions
      - 1. Start drills with it
3. Passing
- a. Sauce pass
  - b. Receiving pass with skates
  - c. Catching passes on backhand and pulls to forehand
  - d. One touch passes
  - e. Give and go
  - f. Area passes
  - g. Board passes
  - h. Surround puck
  - i. Passing
  - j. Think ahead
4. Shooting
- a. Pull and shoot
  - b. One-timers
  - c. Elevating in tight
  - d. Backhand to forehand pulls
  - e. Forehand to backhand pulls
  - f. Catch and release drills
  - g. Fake shots
  - h. Gather rebounds
  - i. Tips and deflections
  - j. Snap shots
  - k. Looking off goalie
  - l. Deception
  - m. Shooting from bad passes
  - n. Layers
5. Body contact
- a. Stick on puck
  - b. Blade on blade
  - c. Angling
  - d. Poke checks
  - e. Gap control concepts
  - f. Delivering body contact
  - g. Receiving body contact
  - h. Reverse checks
  - i. Contact with a purpose
  - j. Into hands
  - k. Steering

- l. "Initiate contact"
  - m. "Chipping bodies"
  - n. Control Checker
6. Team Play
- a. 2 on 1 concepts
    - i. Spreading out
    - ii. Using angles
    - iii. Using deception
    - iv. Far posts drives
    - v. Royal road
    - vi. Get inside dots
    - vii. Creativity
  - b. 1 on 1
    - i. Offensive
      - 1. Changing speeds
      - 2. East west change of directions
      - 3. Setting up D
      - 4. Lowering hand outside drives
      - 5. Far posts finishes
      - 6. Attacks after shot
    - ii. Defensive
      - 1. Blade on blade early
      - 2. Setting up dot or outside lane
      - 3. Steering the play
      - 4. Making the play as early as possible
      - 5. Recovers after getting beat
  - c. Defensive Concepts
    - i. Gap control
    - ii. Protecting center of ice
    - iii. Blade on blade
    - iv. Backchecking
    - v. Body positioning- man you net
    - vi. D zone coverage
    - vii. Shot blocking
    - viii. Boxing out
    - ix. Absorb contact early expect contact

### **Game situations**

#### Face-offs

- 1. Neutral zone
  - a. D to D get a rotation, wing sprint to boards
- 2. Offensive zone
- 3. Defensive zone
- 4. Mindset

## Line rushes

1. Middle lane drives
2. Board side entry
3. Wide drives
4. Creating triangle
5. Gretzky buy time

## Cycling

1. 2-man with quick attack
2. Scissors with D
3. Push passes
4. 2-man with pass to weak side D

## Forecheck

1. 2-1-2 or Czech
2. D pinch scenarios
3. D positioning
4. 3<sup>rd</sup> man high
5. F1, 2 and 3 jobs

## Breakouts

1. D-W
2. Quick ups
3. D-D-W
4. Reverses
5. Hinge plays
6. Hit middle

## Line changes

1. 40-50 second shifts
2. Keep 1 player on ice during forechecks
3. Change 1 D at a time
4. Quick ups

## End of game situations

6. 5 of dice
7. Communication
8. Proper stick placements
9. When to attack loose pucks

## OFF ICE

1. Injury prevention
  - a. Heads up hockey
  - b. Proper care of equipment
  - c. Proper fitting equipment
  - d. Safety precautions for practice
  - e. Warming up and cooling down
  - f. RICE- Rest, ice compression elevate
2. Sport psychology
  - a. Develop pregame routine
  - b. Focus on things that can be controlled
  - c. Play with poise and confidence
  - d. Go all out
  - e. Body language
  - f. Basic visualization skills
  - g. Goal setting
3. Life lessons
  - a. Honesty and integrity
  - b. Accept responsibilities for your actions
  - c. Coping strategies to deal with pressure
  - d. Proper work life balance
  - e. Develop a sense of team commitment
  - f. Dealing with adversity
  - g. Clean up after yourselves.
4. Nutrition
  - a. What to eat and when
  - b. How it affects your body
  - c. What to drink before during and after games/practices



## Practice templates

1<sup>st</sup> practice of the week.

0-10 minutes

Chaos stickhandle or king of the hill

Edge work: c-cuts, inside edges, outside edges, stride progressions

Goalies- movement drills- 1-5 no shots just focusing on power, spots and transitions

10-20- puck control

Puck protection drills, 5 cone Swedish drills, turns with speed etc..

20-30-fwd/D split

Fwd- small area decisions

Def- Skating series

30-40-compete situations- drills should be played through whistles and keep score as much as possible

1 v 1, 2 v 1s, 2 v 2, angling drills

40-50- game situations

50-60 small area game or condition

2<sup>nd</sup> practice of the week

0-10- 3 zone warm-up

10-20 skating skills

Over speeds, power, agility, with and without pucks

Goalies- number drills with shots

20-30 split fwd and D

Fwd- scoring drills, use 2 or 3 stations for quality reps

Defense- Breakout situations, D to D, floating box

30-40 passing/timing drills, angling drills, small area games

40-50 Game situations: D coverage, face-offs

50-60- small area game, relays or free time to work on a skill

3<sup>rd</sup> practice of the week

0-10- 3 v 3 keep away, chaos stickhandle, spud passing

10-20- 4 blues passing drills- incorporate D as much as possible

20-30 fwd d split

Fwd-zone entries, cycles, catch and release drills

Def- shooting drills

30-50 game situations: Special teams, coverages,

50-60 small area game

Practice habits

Finish every drill

Make good passes every time

Catch every pass- miss it, get it.

Shoot to score, play rebounds and next shot

Communicate

Concentrate

Pay attention in line

Look coaches in the eye

Don't shoot after whistle

One knee listening to coach

Bring your own water bottle

Game speed

Details matter

Tend to your shit

Be early