

On-Ice Coaching Session Pw-HS 10/21/25

I wanted to go over a few areas tonight and spend time on a few specifics.

Passing-Probably the most under utilized area of focus in hockey

- Inspiring some creativity and getting lots of touches (not traditional) w/ multiple teams
 - concept of being a space invader
 - not traditional and players are in motion, they make the decisions and reads, will get more touches than a normal 4 line situation

1-5v0 Flow (one puck/two pucks)-The communication across the board is not good enough HS-Pw

- How do you make it harder or more difficult?
- Can go 7 skaters and 3 pucks-lots of activity as much as possible, players need to make the decisions and gather as much information as possible
 - skating fast and playing fast are two different things, how fast can we move the puck between one another
 - being able to make a play after a reception?

2-Freddy Turns w/ Escape 5v0

3-Freddy Turns w/ Escape 3v0- 2 groups

4-Creating 2v1s and Playing Through Guys-Trying to find lanes through players

- can get 15 guys going, goalies are engaged in creases

Coach the habits, not the tactics

Coach the players away from the puck

Ambition w/ Puck-Be Daring

Defensive Habits

Incorporating this into getting into the middle (inside ice/good ice/high ground)

2v2 Yngve

- space invader mentality-skate or pass

2v3 Yngve Half Ice

- lose the puck you need to get it back/similarities to PK

NET FRONT PRESENCE

3v3 SPOT

3v3 IZO SPOT

Bruins 2v2-similarities to what we did in passing above?

Successful Factors in Entry

-ton of speed coming out on the BO from your own zone

1-Connection

- how fast you return to your own zone/how fast you get back
- cutoffs/blocking off getting in guys lanes
- predictability leads to pace-everyone being on same page
- anticipation/reads-creates **pace**
- Pace-best teams connect team play w/ pace**
- Execution-you need to be able to execute w/ pace

2-Creating Space

- playing behind D, creating gap, play quick hockey, establishing FC

3-Getting Through NZ w/ as much speed as possible (direct and vertical)-straight line hockey

4-Teaching and Practicing Skills and Tactics

Drills-On IHS

Drive Drive-2v0 drills w/ token pressure

Jimmys-3v0 vs coaches w/ attack to WSD and then kick and pick-options pick and cut middle off kickoff, dotline play

Turn and Burn 3v2-3v2 off spotted puck, then they must track back and enter again

The Dogcrap D to D pass.....

How to attack on a 2v1 from below the goal line?

How to attack on a 2v1 straight in?

How to attack on a 2v2 straight in

How to defend a 2v2 and 3v2?