

We just couldn't break the puck out of our zone!

Old school:

- systems
systems
systems
- drills
drills
drills
- skate them
- 5v5 dzone play
in practice
- Chip up wall
- Pass better
- HOW???

Find the skill break down and give
the players platforms to execute
the skills

- New school: (skill)
- 1: teach/show it (video)
 - 2: rep it (simple)
 - *re-teach (video)
 - 3: give a platform to execute the skill
 - *re-teach (video)
 - 4: put it into a game
 - *re-teach (video)

We need to break the puck out better... HOW?

Retrievals, puck races
& shoulder scans

Defense Escapes

We need to support the puck better... HOW?

Winger Breakout Skills

Defensive Support

We need to get out of the zone... HOW?

D-Zone Coverage to out
of zone

Key Takeaways:

- 1: Directions should be skills (how)
- 2: Do NOT turn drills into drills. The skill should ALWAYS be there
- 3: Skills make the system
- 4: ENOUGH BUZZ WORDS

Small area games with a purpose

Start with the skill (unlock)

Skill gets you on offense

Recognize the skill (stop and praise)