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TEAM VALUES

DISCIPLINE

- Working hard at every practice and game
- Doing what is right, even if it isn't popular
- Setting goals
- Never give up- Pride and Persistence
- Control your emotions- Don't worry about things that are not in your control.
- Don't retaliate in games

RESPECT

- Treat others how you would like to be treated
- Respect teammates, coaches, referees, opponents, parents, and yourself.
- Listen when others are talking
- Leave the pucks when the whistle blows

RESPONSIBILITY

- Be early to practices and games- always!
- Work hard in school (S.K.A.T.E)
- Do your homework & chores
- Be mentally prepared for games and practice
- Eat healthy, get your sleep
- Follow through with your goals

TRUST

- Trust your teammates, coaches, and parents
- Trust that we are all coming from a good place
- No one is out to get you
- Trust your abilities and strengths

POSITIVE ATTITUDES

- 10% of life is what happens to me, 90% is how I react to it
- *Worry* about the things you are in control of.
- Look for the positives in others, not the negatives.

COMMUNICATION

- Speak appropriately- do not swear. “G” rated
- If you have a concern, seek first to understand before reacting. Be sure you know the facts.
- Talk to your coaches- they want to help you
- Be open and honest with people
- Tell the truth

TEAMWORK

*The name on the front of your jersey is a lot more important
than the name on the back*

- Herb Brooks

TEACHING PROGRESSION

1. SKILLS
2. CONCEPTS/ TACTICS
(HOCKEY IN SIMPLE TERMS)
3. SYSTEMS

HOCKEY IN SIMPLE TERMS

HOCKEY IN SIMPLE TERMS

- Offense at the puck
- Offense away from the puck
- Defense at the puck
- Defense away from the puck

TERMS

- **Defense-** any time we are not in control of the puck
- **Offense-** any time we have control of the puck
- **Support-** act of moving to an area with timing where you are creating a passing option for your teammate
- **Spot Pass-** passing to an area of the ice where your teammate can beat opponents to the puck

TERMS

- **Eating the Puck-** turning towards while protecting the puck until support comes
- **Puck Protection-** positioning your body between the opponent and the puck;
- **Escape-** a quick power turn away from the opponent with the puck
- **Line rush-** when offensive team is moving through the neutral zone and attacking the offensive zone. Eg. 3 on 2, 2 on 2, etc.

TERMS

- **Pick-** skating in the opponent's path to protect your teammate with the puck. It is a penalty when it is too obvious
- **Gap Control-** ability of a defenseman to close the gap as the opponent reaches the blue line
- **Cycling-** moving the puck to a quiet area of the ice in the offensive zone to maintain possession of the puck.
- **Quiet Area-** area in the corners and behind the net in the offensive zone

TERMS

- **Transition-** changing from offense to defense or defense to offense
- **Read & React-** awareness of the situation on the ice and responding to it
- **Hockey Sense-** awareness the situation on the ice and the ability to make consistently good choices offensively and defensively

OFFENSE AT THE PUCK

Tactics to be used when you have the puck.

Passing the puck will be the norm, skating the puck is the exception. It is very hard to defend quick puck movement. The puck moves faster than anyone can skate! In the NHL, 75% of the time, the puck is handled for less than 1 second.

OFFENSE AT THE PUCK

Successful passing requires the individual skill of moving the feet while looking for the open ice/ open stick and not at the puck. Mastering that skill is essential to our success.

OFFENSE AT THE PUCK

- Shoot!!!!
- Head's up with puck
- Look to pass first
- Know where to move puck before you get it
- Listen
- Give and Go
- Tape to Tape
- One- touch passes
- Pass/move away from pressure
- Puck Protection
- Escape moves
- Eat the puck
- Cycle puck
- Spot Pass/ Cross dump
- Clear D-zone
- Look fakes/ Shot fakes
- Dangle
- Drive the Net
- Shoot!!! (wrist or snap!)

OFFENSE AWAY FROM PUCK

Tactics when your teammate has the puck

Your play away from the puck is equally as important as your play with the puck. Jump to the holes and seams with speed and timing. If nothing else, you will create a lane for someone else and cause the opponent to back off. Good passes are the result from having open receivers! Support the puck.

OFFENSE AWAY FROM PUCK

- Support the puck carrier- COMMUNICATE!
- GET OPEN- Stick is open, provide target!
- Timing

Be at the right place at the right time when the pass is ready to be made, not when your ready for the pass.

- Use backhand
- Give and Go

Easiest pass is right back to the person that passed it!

OFFENSE AWAY FROM PUCK

- Stretch the D (form of support)
- Fill open lanes
Eg. CF (center forward) and W (wing) switch
- Give a pass to get a pass- C. Grillo
- Support the D-side of scrums
- DRIVE TO THE NET- STICK ON ICE
EXPECT REBOUND!
- Call for puck in practice- make it a habit!

DEFENSE AT THE PUCK

Tactic used when you are the closest person to the opponent who has the puck.

Attack with as much speed and pressure without getting beat 1 on 1. If you focus too much on the puck, your feet will stop moving. Focus on the person, keep moving your feet. Take away the opponents time and space, and we will cause mistakes that lead to offensive opportunities.

DEFENSE AT THE PUCK

- Apply Pressure

Just GET THERE- C. GRILLO

- Take away time and space
- Angle & Contain, Then ELIMINATE
- Finish Checks- Pin
- Watch opponents gut, not puck
- Skate through people

DEFENSE AT THE PUCK

- Stick on Stick, stick in passing lane
- If you see opponents EYES- Angle & Contain
- If you see opponents BACK- Angle & Eliminate
- Gain opponents shoulder
- No Checking from behind
- Hands in to their stick
- The purpose of a check is to knock opponent off the puck

DEFENSE AWAY FROM PUCK

Tactics used when your teammate is nearest the opponents puck carrier.

Read the pressure of your teammate on the puck carrier. The puck doesn't score by itself, so cover the person in your area that is open. In other words, pick up your check. Focus on the opponent, aware of the puck. Position yourself on the defensive side of your opponent. Keep your head on a swivel. Jump on loose pucks. The third closest forward (F3) to the puck and the Defensive pair need to think defense first- realize that overly aggressive play will result in odd-man situations.

DEFENSE AWAY FROM PUCK

- Head on a swivel
- Read the pressure of your teammate on the puck
- Anticipate
- Don't get mesmerized by the puck
- Be focused on your opponent, aware of the puck.
- Protect the defensive end of the ice
- Protect home plate!

TRANSITION

- Transition is between four scenarios:
 - Offense at the puck
 - Offense away from the puck
 - Defense at the puck
 - Defense away from the puck
- Ability of players to read & react (hockey sense) to the current situation and apply tactics

TRANSITION KEYS

- Skating skills and conditioning
- Power & Agility
- Hockey Sense (read & react)
- Awareness of opponents and teammates
- Communication
- Comes with experience and mental imagery
- The goal is for transition to become almost instinctive.

TRANSITION KEYS

Defense to Offense-

Transition from a solid defensive posture into an offensive assault. Jump on the other teams mistakes. Make them pay!

Offense to Defense-

Defenseman and the third forward need to make wise choices to eliminate counter attacks. Skate hard to regain a solid defensive posture.

SYSTEMS

DEFENSE= DISCIPLINED

OFFENSE= FREEDOM

SYSTEMS

Systems are only as good as the people that run them. Developing skills and teaching concepts/tactics (Hockey in Simple Terms) is the first priority.

Run through systems off the ice with a ball.