LEADING OUR LEADERS

DEVELOPMENT LEADERSHIP

HABITS

PRESENTED BY FRAN GOW
What are you hoping for today?
ART OF COACHING

LEADING OUR LEADERS
The success of the coach can be based on…

Enjoyment of players coming to the rink everyday

Improvement of players’ skills

Developing players to play at the next level

**Coaches need to know:**

Where players are in their skill/tactic development

Where players are to go in their skill/tactic development

How to teach/instruct the skills/tactics players need
REQUIRES NO TALENT

Being on time by being early
Work ethic – effort
Body Language
Energy
Attitude
Passion
Being Coachable
Being Prepared
Being a good Citizen
BODY LANGUAGE

LEADING OUR LEADERS
Players – Must learn to switch from...

*offense to defense/defense to offense*

in a split second as the puck is lost to the opposing team, or retrieved from the opposing team.

Most goals are scored within five (5) seconds of an opposition turnover.
Move pucks as quickly as possible NORTH into the OZ. Move pucks before they can establish their pressure. Play on your toes...1st to pucks all over the ice.

Manage the Puck - Manage the Game.
Play in units of 5.
HOCKEY SENSE

Tactical decisions

• by the player with the puck
• by the offensive/defensive players away from the puck

The puck carrier’s options

1. Move the puck up ice or pass the puck to a teammate
2. Keep the puck himself by skating with it or protecting it
3. Make 1-1 moves
4. Try to score

• passing the puck forces the defending team to make adjustments which in turn opens up skating, passing and shooting lanes for the offensive team.
Passing/Receiving - most important skill in playing quick transition hockey - be available (stick on the ice)

Puck control: (no dusting)

• as the puck carrier is identifying his pass options, stickhandling should be limited
• the puck should be carried in a passing or shooting position as much as possible
• stickhandling will become necessary when the puck carrier is confronted with pressure
TECHNICAL SKILLS REQUIRED FOR TRANSITION

**Shooting**
- Shooting in stride
- Quick shots

**Skating**
- Tactical skating
- Tight turns – double toe turns
- Arc and flat
- Stop & accelerate

**Checking**
HABITS

Stop on loose pucks
Sticks on ice - on offense/defense
Use your camera
Puck protect
Puck support
First touch forehand
Pass pucks hard/flat
“5 strides”
Reloads/track
Communication
Stop on net/top of crease
Check stick on puck to make player stop
Offensive player away from the puck

- find open ice to receive a pass
- provide support
- provide an “out” for the puck carrier
- presentation
- timing
- communication
- ice awareness
- create time and space
- become a scoring threat
What are the solutions?
WHERE CAN TRANSITION HAPPEN?

**All 3 zones**

From checking and exiting the D-zone

From checking and attacking from N-zone

From checking and attacking from O-zone
FROM CHECKING AND EXITING THE D ZONE

LEADING OUR LEADERS
CHECKING AND ATTACKING
OZONE

LEADING OUR LEADERS
INDIVIDUAL HABITS

Transition to Offense

DEFENSEMEN

• Tight turns for quick ups
• Evasive skating to initiate breakouts
• Puck protection and pass
• Receive pass and accelerate
• Passing/receiving in variety of situations, e.g., breakout; regroup; turnover; face-off
• Transition skating

FORWARDS

• Tight turns to ready for pass
• Control skating (timing)
• Acceleration to hit open spaces
• Pass-receiving in variety of situations e.g., breakout; regroup; turnover; face-off
• Transition skating
EXIT HABITS – BUMP BACK
FIRST ON PUCKS

LEADING OUR LEADERS
INDIVIDUAL HABITS

Transition to Defense

DEFENSEMEN
• Transition skating
• Checking skating
• Checking in variety of situations e.g. pinching; standing up; angling; turn & go; closing; pinning; sealing game situations

FORWARDS
• Transition skating
• Checking skating
• Checking in variety of situations e.g. pressure; contain; angling; closing; pinning; sealing; fore-checking; back-checking; game situations
D PINCH – FWDS RELOAD

LEADING OUR LEADERS
1. Build drill to develop individual habits for transition
2. 1 - offense to defense
   1 - defense to offense
3. Share
TACTICAL HABITS

Transition to Defense

Speed of recovery for checking skating and applying immediate pressure on opponents

Good checking skills for forcing turnovers

Movement/support by players away from puck

**Coordinated defensive tactics with outnumbering or at least even-numbering**

Individual player action/reaction – pressure

Team action/reaction – support
5 STRIDES

STRIDE - NO GLIDE
First 5 Steps FULL EFFORT

LEADING OUR LEADERS
RELOADS
TACTICAL HABITS

Transition to Offense

Acceleration to open or predetermined space
Movement/support by players away from puck
Outnumbering
Good puck control technique, passing, receiving, minimum number of passes
Coordinated offensive tactics, quick strike, changing positions, use of space (depth), second area/wave, direct
Awareness/anticipation
Ability to quickly transition and counterattack
INSTILL IN PRACTICE

LEADING OUR LEADERS
1. Build small area transition game
2. Share
WHERE TO PRACTICE TRANSITION HABITS

Warm Up
Stations
Game-like drills
SAGs

work it into your preparation every day
Turnover reaction drills – 2\textsuperscript{nd} pucks
Possession competitions
SAG
Zone situations
Game scrimmage simulation – \textbf{CO-ORDINATED TEAM PLAY}
PRACTICE

LEADING OUR LEADERS
DRILLS

LEADING OUR LEADERS

1. 3 Offensive players vs 3 defensive players
2. Try to score, try to gain possession and quickly.
3. Once there is a change of possession, NZ attack.
4. Rotation is offense, defense, out.

Title: 3vs3 Transition
Components:

Description:

Key Points:

Quick Attack
Quick Transition
Support
Communication

Title: Oilers 2v1
Components:

Description:

Key Points:

Speed
Early Pass on Entry
Direct Attack
Get to Net
DRILLS

LEADING OUR LEADERS
Title: 4 vs 4 Transition

Description:
Game is played with a mid-line. Puck must be passed across the line.

1. Each team MUST keep 2 players in their offensive zone and 1 in their defensive zone.
2. If ○ gains possession of puck in their D-Zone, they must pass to their O-Zone ○ and 1 D-Zone ○ can jump in to create a 3 vs 2.
# DRILLS

## Kokudo 3 vs 2

<table>
<thead>
<tr>
<th>Title</th>
<th>Kokudo 3 vs 2</th>
</tr>
</thead>
</table>

**Content elements:**

- 1. 1st NZT will be BTT
- 2. Play in OZ until whistle - RELOAD
- 3. On whistle spots puck in NZ, Fwds fill lanes; quick up stretch pass HIGH NZT
- 4. Play in OZ until whistle - RELOAD
- 5. On whistle spots puck in NZ, Fwds fill lanes; WSW LOW - LOW NZT
- 6. Play in OZ until whistle - HARD OFF

**Components:**

**Description**

- Key Points: puck movement, speed of attack, good routes, support

**Drill no.**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Minutes</th>
<th>From</th>
<th>To</th>
</tr>
</thead>
</table>

**OZ Challenge**

<table>
<thead>
<tr>
<th>Title</th>
<th>OZ Challenge</th>
</tr>
</thead>
</table>

**Content elements:**

- 1. 2v1, 3v1 or 3v2
- 2. Number of players is determined prior to shift (1 or 2 defenders)
- 3. Each team will try to score as many goals in 40 sec on their respective net
- 4. Defenders cannot shoot the puck out of the zone, must be carried out then offensive team must re-enter outside
- 5. On whistle, all players must sprint back to their respective box...1st team back on their bench gets an extra point

**Components:**

**Description**

- Key Points:
QUESTIONS

Fran Gow
Coach Mentor, Hockey Development
FGOW@HOCKEYALBERTA.CA
403-510-6373