2012 LSHS/LHA November Coaches Meeting

**1) Start of the Season**

-Practice Jerseys/ Coaches Jackets/ Helmet Decals

- Issues with ice schedule information

**2) Documents/ DVD’s**

* Common Language
* Systems---Will be coming

**3) LHA/LSHS Connections Calendar**

 - One change & posted to

**4) Connection Resources**

 - Goalie cam

 - Hudl www.hudl.com

 - Twitter Cougar Hockey@ CougrBoysHockey

 - Have your players log into Google docs….we e-mail this out

 - Use of Locker room

 - Website

 <http://www.mnhockeyhub.com/page/show/637207-connections-to-the-lha-?subseason=46241>

**5) Mentor Program**

* Should be hearing from them by week of Thanksgiving
* E-mail me requests

----------------------------Coaching Hockey-----------------------------

**1) Expectation for Season**

Developing all player

Using all coaches

Focus on skills

**2) Practice layout**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Squirts** | **Peewees** | **Bantams** |
| **Skills** | 65-75% | 65-70% | 60-70% |
| **Situations (1on1/2on1/etc)** | 10-15% | 10-15% | 15-25% |
| **Systems** | 5% | 5% | 10-15% |
| **Special teams** | 2-5% | 5-10% | 5-15% |
| **Fun (small area games)** | 5-50% | 5-50% | 5-50% |

*If they have the skills and understanding of the game we can teach them the systems*

**3) Teaching Concept**

 Quality stick Illusion Supporting the Puck

 TWIG-Take What Is Given Different Lanes/ Different Panes

**4) Questions/Concerns**

**What do I expect Lakeville South players to know by the end of the 2012-13 season?**

**Bantams**

1 & 2 man forechecks

NZ forecheck

NZ Regroup

DZ coverage

Face off #1 & 2

How to kill a penalty in NZ & DZ

How to run the overload PP and Break out

Quality sticks

Gap control

What to do on a 1 on 1 (Offensively/ defensively)

How to execute a 2 on 1 (Offensively/ defensively)

How to execute a 3 on 2 (Offensively/ defensively)

How to make decisions on the ice

All our language

**Peewees**

1 man forecheck

NZ Regroup

DZ coverage

Face off #1 & 2

Quality sticks

Gap control

How to handle the puck and move your feet

How to make decisions on the ice

All our language

Classroom instruction

**Introduction to:**

What to do on a 1 on 1 (Offensively/ defensively)

What to do on a 2 on 1 (Offensively/ defensively)

What to do on a 3 on 2 (Offensively/ defensively)

***Bonus***

*Some Understanding of NZ Forecheck*

*Some understanding of how to kill a penalty in NZ & DZ*

*Some understanding of how to How to run the overload PP*

Squirts

1 man forecheck

Face off #1 & 2

Quality sticks

How to make decision on the ice

All our language

**All the Skills**

Stick handling/ Passing/Shooting

Shooting in stride

Proficient at Skating Forward and Backward (with agility)

**Introduction to:**

**Gap control**

What to do on a 1 on 1 (Offensively/ defensively)

What to do on a 2 on 1 (Offensively/ defensively)