



## Details, Details, Details

As you review your drills for next year or next week for that matter consider spending some time thinking about the details of the drill or skill that makes it useful. You see just running drills without instruction, correction, or demonstration is likely to be a waste of time or at least another reinforcement of incorrect techniques.

It has long been said that “The Devil is in the Details” and that expression is so true in hockey. Coaches in their role as teachers need to continually reinforce proper technique and execution of fundamental skills. Close is not good enough. There is the right way and all of the other ways. As a coach you need to know the details. This is the competence part that you have promised to your players when you volunteered/applied to coach. This applies to all levels of hockey from mites all the way to the pros.

## Here are few examples of what I mean.

- Sticks in the passing lanes when defending
- Proper body position in front of the net is critical
- Keep the puck in shooting position when attacking
- Proper weight shifting when executing power turns
- Step out with proper head turn on b/f transitions
- Facing the puck at all times
- Proper execution of face offs
- Proper angling techniques for safety and to create turnovers
- Weight transfer passing skills
- Quick release to score more goals
- Presenting a good target for pass receiving
- Proper positioning when defending against the rush
- Using the correct areas of the ice on offense
- Body and stick positioning when blocking shots
- Fakes, dekes, and misdirection
- Freezing the goalie
- Give and GO!
- Proper stride mechanics (most kids cheat on these)
- Gap control for all players in all zones
- Cupping the puck with the stick blade when receiving

Add your own.....

These are just a few of things we need to teach our players every day. It is the little things that make the big differences between success and failure. It is like the average margin of victory at the Indy 500 over the past 10 years is 1.54 seconds ... over 500 miles. Imagine all of the things that happen over the course of the race and the ultimate difference between the winner and the rest is less than 2 seconds.

Be sure to carefully observe your players as they go through drills and help them focus on correct techniques and on the little details. It will make a world of difference.

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