



Ontario Minor Hockey Association
Belleville Bulls
Game Day Coaches Clinic
November 4, 2006
Belleville Yardman Arena





Saturday, November 4, 2006

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Agenda

Location: Belleville Yardman Arena

Time	Component	Speaker
3:30 pm - 4:00 pm	Registration/Introduction/Review Agenda	
4:00 pm - 4:30 pm	-Today's Game Plan -New Standard of Enforcement	<i>George Burnett</i> General Manager/Head Coach
4:30 pm - 5:00 pm	-Coaching Defenseman -Systems Review	<i>Jake Grimes</i> Assistant Coach
5:00 pm - 5:15 pm	Break	
5:15 pm- 5:45 pm	The Role of Director of Player Personnel / Player Identification	<i>Barclay Branch</i> Director of Player Personnel
5:45 pm - 6:15 pm	Preparing the Athlete to Play and Practice	<i>Jason Supryka</i> Strength and Conditioning Coordinator
6:15 pm - 7:15 pm	End of Clinic/Dinner	



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Biographies Of Guest Speakers

George Burnett General Manager and Head Coach

- Entering 10th full season as a Head Coach in the OHL with Niagara Falls, Guelph, Oshawa, and Belleville
- Graduate McGill University Bachelor of Education
- 1983 All-Canadian - McGill Redmen Hockey
- Led Guelph Storm to OHL Championship and Memorial Cup Final in 1998
- Two time OHL Coach of the Year with Niagara Falls Thunder in 1991 and 1992
- Led Team Canada to a Gold Medal at 2001 World Under 18 Championships in Czech Republic.
- Led Edmonton Oilers AHL affiliate Cape Breton Oilers to Calder Cup
- Former Edmonton Oilers Head Coach

Jake Grimes Assistant Coach

- In his third season as Assistant Coach with the Bulls
- Played three seasons in the OHL with the Belleville Bulls (1989-1992)
- Drafted and signed by the Ottawa Senators in 1992 . Played in the American Hockey League (AHL) with the New Haven Senators and the PEI Senators
- Graduated Dalhousie University with a degree in economics
- Western Jr. B. Coach of the Year in 2004
- Currently completing NCCP High Performance Level 2

Jason Supryka Strength and Conditioning Coordinator

- Third season with the Bulls
- Along with his wife Andrea, Jason has operated a very successful fitness and lifestyle business in Belleville for the past 10 years
- Personal trainer to many elite athletes with emphasis on hockey in the Quinte Area
- Drafted by the Guelph Storm of the OHL

Barclay Branch Director of Player Personnel

- In his third season with the Belleville Bulls



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From the Playbook: Jake Grimes Presentation

IMPROVE THE EFFECTIVENESS OF YOUR POWER PLAY

1. INTRODUCTION
2. GENERAL PRINCIPLES - HANDOUTS
3. VIDEO
4. SUCCESS IN ALL THREE ZONES
5. PRACTICING THE POWER PLAY
6. UTILIZING THE PRE-SEASON
7. WHAT IS YOUR OPPONENT DOING?
8. VIDEO
9. DISCUSSION
10. CONCLUSION



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TO HAVE A SUCCESSFUL POWER PLAY, THE COACH MUST FIRST BUILD A SOLID FRAME WORK MORE IMPORTANT THAN ANY COMPLICATED SYSTEM OR FORMATION ARE THE GENERAL PRINCIPLES AND KEY TEACHING TERMS WHICH, IF PRESENTED EFFECTIVELY TO YOUR PLAYERS, WILL POSITIVELY ENHANCE YOUR POWER PLAY RESULTS.

1. Skill level of your personnel
2. Work ethic must intensify
3. Keep it simple (K.I.S.S.)
4. Patience is a virtue
5. Control the face-offs
6. Move your feet
7. Puck moves faster than your opponent
8. Make quality changes
9. Communication is the key
10. How much room do you have?
11. Which unit starts the power play?
12. Two-on ones
13. Balance in your attack?
14. Improve quality of shots
15. Blind passes cost you
16. Outnumber the opposition
17. Utilize good speed
18. Create and use your imagination
19. Support your mates
20. Team play and individual play
21. Maintaining pressure
22. Carry-ins versus dump and chase
23. Outlet the puck deep
24. Gaining and regaining possession
25. Make good decisions at blue lines
26. Do you have the best control point?
27. Using forwards to play defense
28. Do not limit your passing options
29. Always expect the puck
30. Dominate the net front
31. Work the prime scoring area
32. Repetition leads to success
33. Playing your off-side
34. Protect the puck
35. Quality point shots
36. Evaluate the opposing goalie
37. Reverse the flow
38. It does not have to be perfect
39. The dreaded short-handed goal
40. Want the puck
41. Always look to be better
42. Take what the opponent gives you
43. When things go bad
44. Quality dump-ins
45. Control & timing of movement
46. Move together
47. Don't forget 4 Vs 3 / 5 Vs 3
48. Penalties while on power play
49. Get the first blue line
50. Tip-ins / deflections / screens
51. Face off reaction
52. Net front balance
53. Sustained pressure
54. Offsides not acceptable



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SUCCESS IN ALL THREE ZONES

**** Do not neglect the Break-out, Neutral Zone Entry and gaining possession**

BREAKOUT

- move together as a unit - increase speed as you go
- look away passes, direct passes
- easy decisions
- controlled breakout vs. quick-up (goalie)
- do not make unnecessary passes
- control man to middle - increase options
gain blue line & red line
- skill & speed back deep
- Balance vs. Overload
- fill the holes

NEUTRAL ZONE / ENTRY / SETUP

- together with speed
- being on-side
- moving at offensive blueline
- piks & screens to open lanes for 2nd line of attack
- balance or overload entry
- carry-in vs. dump-in (hardring, diagonal, softcorner)
- puck skills of opposing goalie - does he leave the net?
- outnumber, communication, work ethic, support



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PRACTICING THE POWER PLAY

1. Time permitting allow everyone to practice the power play
- You never know what you might discover.
2. All personnel to try all positions.
3. Establish units of 5 (Rotate defense pairs.)
4. Use the video.
5. Walk through 5 on 0. All zones - no pucks, no resistance
6. 5 on 0 Breakout, neutral zone, offensive zone, progress with scattered cones, obstacles, stationary players, passive resistance, all out checkers.
7. Build to 5 on 3 / 5 on 4 light resistance to all out chance-taking. Difficult for P.Play unit because P.Killers usually know the system.
8. Practice on good ice (higher levels).
9. If ice availability and time restrictions allow, bring units in separately - therefore group specific 10-15 minutes vs. whole team sitting and watching.
10. Finish power play session on positive note - success increase. Quality goals - increase enthusiasm.



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UTILIZING THE PRE-SEASON

1. Everyone gets an opportunity on Power play.
2. Begin Principles framework introduction.
3. "NOT TOO STRUCTURED" - Allow players to be creative - use imagination - stressing always the Team concept.
4. Build from simple solid breakout through neutral zone to entry and setup in offensive zone.
5. Experiment - test personnel
Ie. - if no pivot man for point, try a forward or change focal point (setup behind net or on hashmark).

WHAT IS YOUR OPPONENT DOING ?

1. What are your opponent's strengths, weaknesses, overall skill level?
2. How does the opponent forecheck?
 - passive
 - aggressive
 - 1 or 2 man in
 - defense gap
3. Neutral Zone Coverage
 - stand-up
 - chase & pursuit
4. Defensive Zone Coverage
 - pressure on entry dump or carry
 - does goalie play the dump-ins?
 - passive
 - aggressive
 - Box - Diamond - Triangle & 1 (combos)
5. Where is the opponent giving you the most space?
Therefore Adapt - Be Flexible



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PRACTICE PLANNING

Qualities of a Good Practice

1. "Preparation": Coach to level of your players.
Young kids: fun, skills, simple system
2. Organized: Pre practice explanation
3. Progression
4. Flow: Not to long a drill (ie: incorporate conditioning into drills players enjoy)
5. Movement
6. Drills: Explained, meaningful, competitive, names
7. Interesting
8. Fun
9. Warm up and warm down
10. Stretching
11. Water breaks
12. Ice resurfacing: Dressing room discussion
13. Quality and quantity of pucks
14. Discipline
15. Conditioning: Drills, progression, energy systems
16. Assistant coaches: effective use, same story
17. Teaching aids: cones, coachmate, balls, ropes for goalers, equipment, outstanding resources available
18. Quality use of time: skate with pucks, flow, conditioning, etc.
17. Demonstrations use kids, not always the same ones, allow them to succeed
20. Everyone leave the rink feeling positive about the days activities,



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Keys To Consider

1. Teams play as they practice
2. Have plans, objectives
3. Keep records and make comments following each practice
4. Be flexible: What do you want to accomplish!!
5. Have a practice theme: ie. conditioning, individual skills, special teams, defensive
6. Sweaters colors: define units
7. Practice plan should be kept to coaches
8. New drills discussed in dressing room: identify and name each drill
9. Limit talking on ice
10. Keep everyone busy
11. Be positive
12. Provide feed back
13. Don't forget the goalies



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ROLE OF ASSISTANT COACH

I. - General:

1. To aid and assist the coach at all times:
 - a. to handle the needs and problems of the players
 - b. to develop a system of play
 - c. selection of personnel
 - d. organization of personnel into line combinations
 - e. evaluation of personnel
 - f. general decision making
 - g. teaching of skills and systems
2. Evaluation
 - a. Give an honest opinion of the game and the players
 - b. Feedback for the preparation of ten game segment
3. Special Assignments
 - a. Travelling to prescout
 - b. Video work
4. Individual tutoring of players
 - a. Working with the players before and after practice on the ice on skill development
 - b. Individual video work and instruction
5. Off-Ice Conditioning
Develop fitness program for each individual player and enforced plan of action. Strength, aerobics, nutrition
6. Pre-Scouting of Opponents
 - a. Breaking down tape of opponents
 - b. Preparing a short video excerpt
 - c. Game sheet for the coach and players with lines, etc.
7. Suggestions for game plan
 - a. Style or system of play
 - b. Match ups
 - c. Goaltenders, etc.
8. Innovations and creative
 - a. Suggest new drills
 - b. Suggest new training techniques
 - c. New ideas - practice, sayings, jokes, motivational material, etc.
9. Practice ideas
 - a. Suggesting one or two ideas for practice based on the upcoming game or the past game.
10. Updated Roster Board
 - a. Every teams line up available for coach, juniors and minor league pros as well
 - b. Aid in making trades
11. Statistics
 - a. Summary so the coach can see exactly what has resulted in the game statistically.
12. Encouragement
 - a. To pick the coach up if he is down and to level him off if he is too high.
 - b. To find good points in the team after a difficult game and to critique after a good game
 - c. Must be willing to be a sounding board for the coach
 - d. Must support the coach one hundred percent, once a decision has been made.
13. Liaison between players and coach
 - a. Work to defuse any minor problems
 - b. Must be compassionate, understanding, trustful and honest



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II. - Specific

1. Practice

- a. Know the drills and their order
- b. Be forceful and emphasize coaches policies, e.g. hit the net, good passes finish checks
- c. Individual instructions to players
- d. Group instructions to players
- e. One on one meetings
- f. Organizing drills for the coach
- g. Early on and late off the ice
- h. Enthusiastic and positive

2. Press Box

- a. System employed by opponents
- b. Feedback on the opposition key individuals
- c. Line changes
- d. Statistics
- e. Scoring chances
- f. Opinion sheet

3. Bench

- a. Very positive and enthusiastic
- b. Communicate with press box
- c. Focus on individuals more than team play
- d. Observe opposition goaltender
- e. Change defense (if coach desires)

4. Dressing Room

- a. Technical corrections for individuals
- b. Instructions to special teams
- c. Observe the mood of the team (Be around and available)

5. Post Game

- a. Next day schedule
- b. Be available for instruction or comments (positive) -

6. Office Duties

- a. Analyze and the editing of video
- b. Organization of files
- c. Accumulation of statistics
- d. Organization and classification of practice drills

7. Public Relations

- a. Represent the coach, the organization and the players when necessary
- b. Speaking engagements
- c. Public appearances and booster club



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PERFORMANCE EVALUATION - INDIVIDUAL/TEAM
OBJECTIVE: Provide cumulative measure of individual game performance and how individual performance relates to team success.

5

An excellent elite-level performance -- player executes effectively at his position and within role on team as identified by coaching staff. Clearly outperforms his counterpart at same position on opposing team.

4

An above average performance -- good plays and decisions clearly outnumber poor ones. With only a little extra effort/good fortune player could have been worthy of a "5". If all players play at this level we win.

3

A good performance -- player made his share of mistakes/poor decisions but they were countered by an equal number of good plays/decisions. Two teams of equal skill level/ability at this level would result in a tie.

2

A below average performance -- bad plays/decisions outnumber good ones. Player lacked effort and hustle and made errors costly to the team. Attitude questionable as well as performance.

1

Unacceptable performance -- well below acceptable standards -- Not approaching level of contribution expected of him by coaching staff and teammates. Losses will result with more than 1 or 2 of these efforts.

0

An awful performance. This player was not prepared to play, was well below acceptable physical capabilities and designated role on the club. There was no contribution to the team. This performance may well contribute to the success of the opposition.

- * **Goaltender Rating** -- Scale of 0-10 which reflects the importance of this position to overall team success.



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EVALUATION FORM

TEAM _____ **OPPONENT** _____ **DATE** _____

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Forward Totals

_____	_____
_____	_____
_____	_____

Defence Totals

_____ **TEAM TOTAL**

TEAM RATING

- 100-90 Exceptional performance as team
- 90 - 80 Good solid team performance
- 80 - 70 Some inconsistencies / good enough to win
- 70 - 60 Barely acceptable / fortunate to get a point
- 60 - 50 Unacceptable / failing grade
- 50 - below Less than half the team performing at acceptable level



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Drills From Minor Hockey Coaches For Minor Hockey Coaches

Drill #1

Players start in the corner. 1 player goes to each blue line and one to the opposite side red line. The players in the corner start by passing the puck to the player on the blue line, then skates fast to the blue line. The player on the blue line passes to the player on the red line, then skates fast to the red line. The player on the red line passes to the player on the other blue line, then skates fast to the other blue line. The player on the other blue line then skates in and takes a shot on the goalie. After the first player makes the pass and is in position on the first blue line then the next player in the corner makes the pass to the first blue line and continues the cycle.

Drill #2

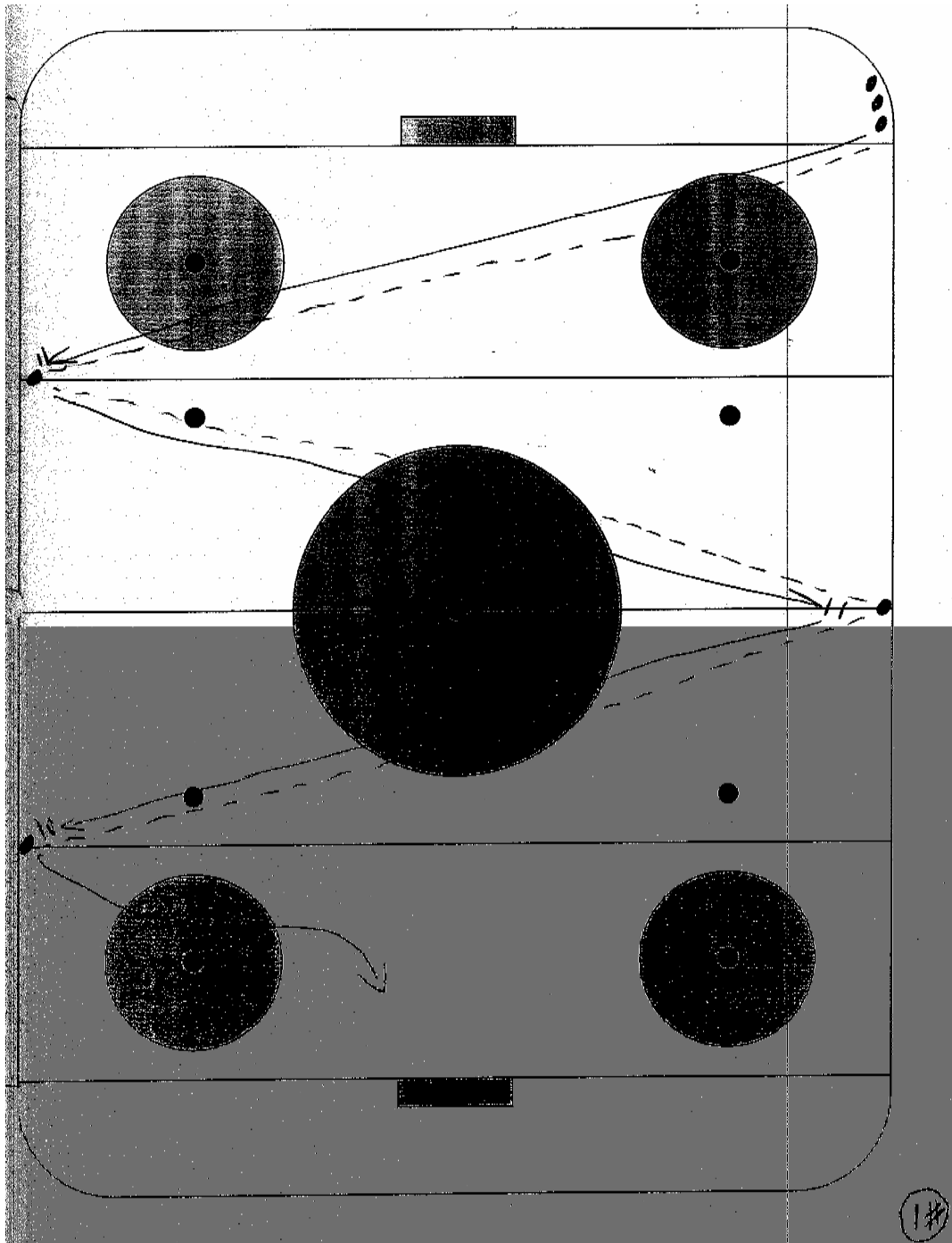
Start by putting pylons on each face off dot except the centre one. Players split evenly in each corner. On the coaches signal one player from each corner skates to the opposite pylon corners hard to the one on the opposite side and so on till they cross for the last time in front of the net at the other end. Variations: have the players carry a puck, have them pass a puck between pylons or have them skate forward to the first pylon then backwards to the next etc.

Drill #3

Start by putting pylons 3 feet from the boards on the far blue line, 2 pylons 6 feet apart in the hash marks, and one pylon in each corner 3 feet from the boards. The players line up at the other end of the ice in a line (LW,LD,C RD,RW) **They go down the ice at full speed as a 5 man unit.** The left winger will go to the outside of the pylon on the blue line and straight to the net, tap the left goal post, then back to the pylon, then back to the left goal post tap it, then back to the pylon and straight to the other end showering the next player with snow. Same for the right winger. The centre man will go straight down the ice and stop at the pylons in the hash marks, then into one corner go around the pylon then back to the hash marks and stop, then into the other corner and go around the pylon then back to the hash marks and stop, then all the way back to the other end showering the next player with snow. The defence skate down the ice and stop at the blue line, do cross chops to the boards, then back to the middle of the ice, then back to the face off dot where they started, then skate backwards back to the other end showering the next player with snow.



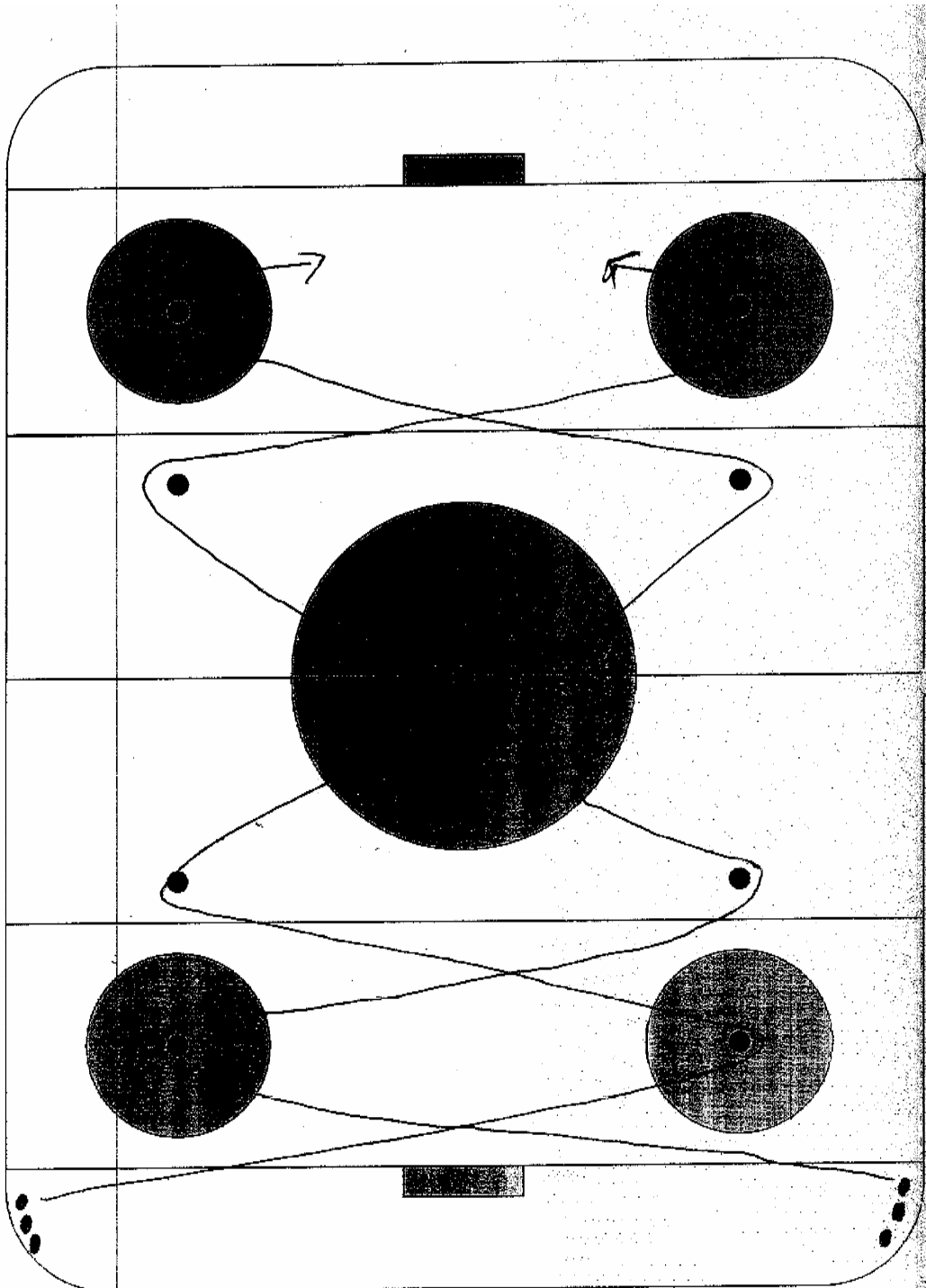
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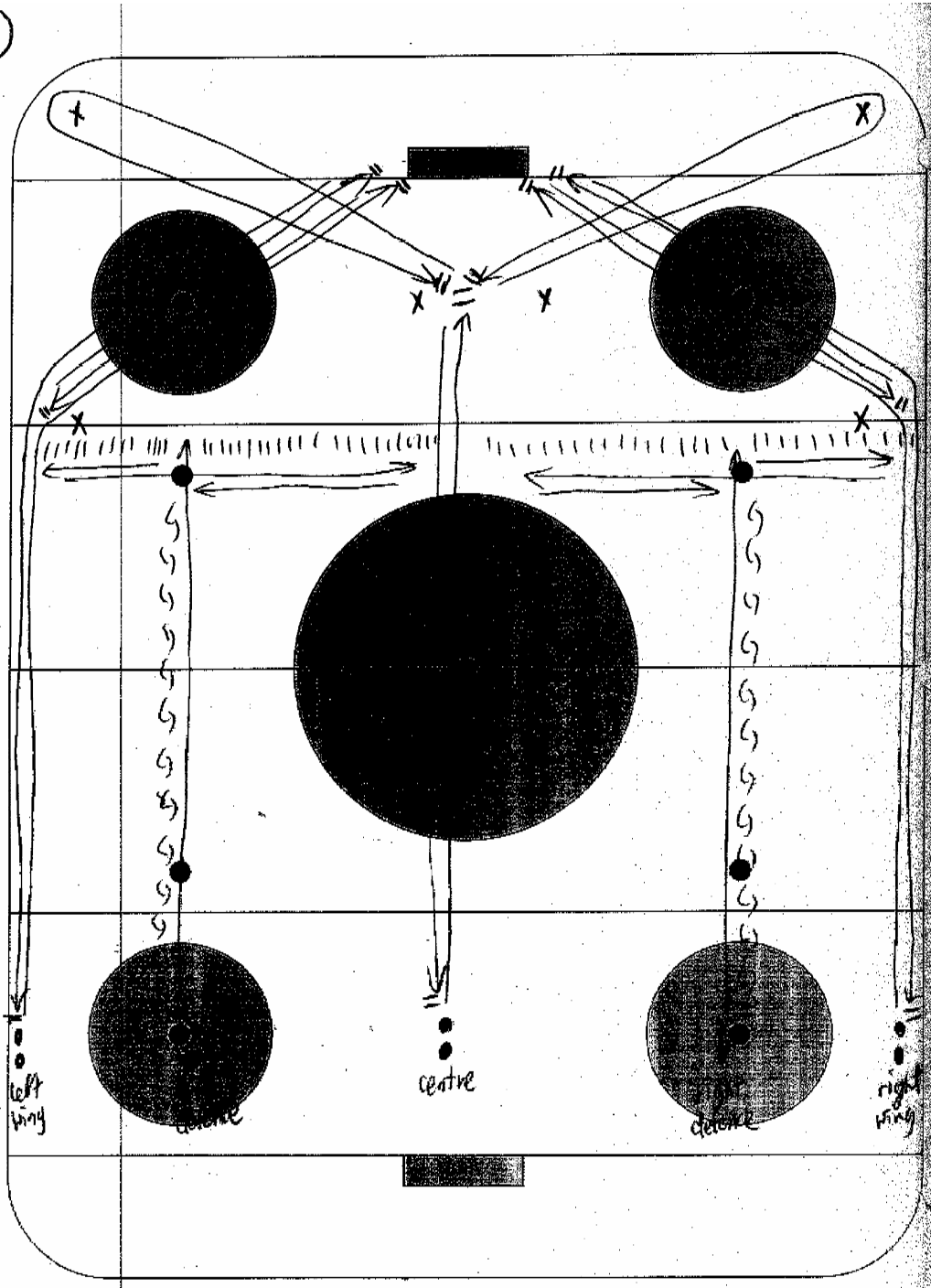
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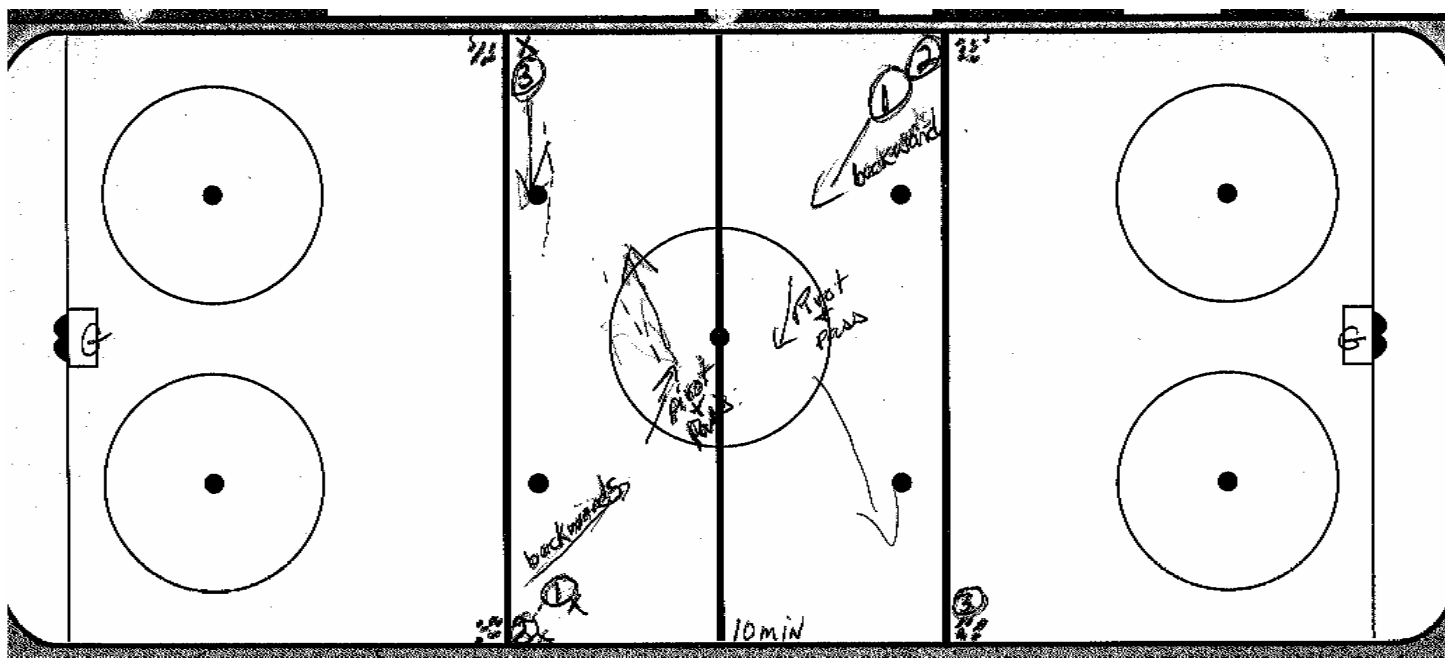
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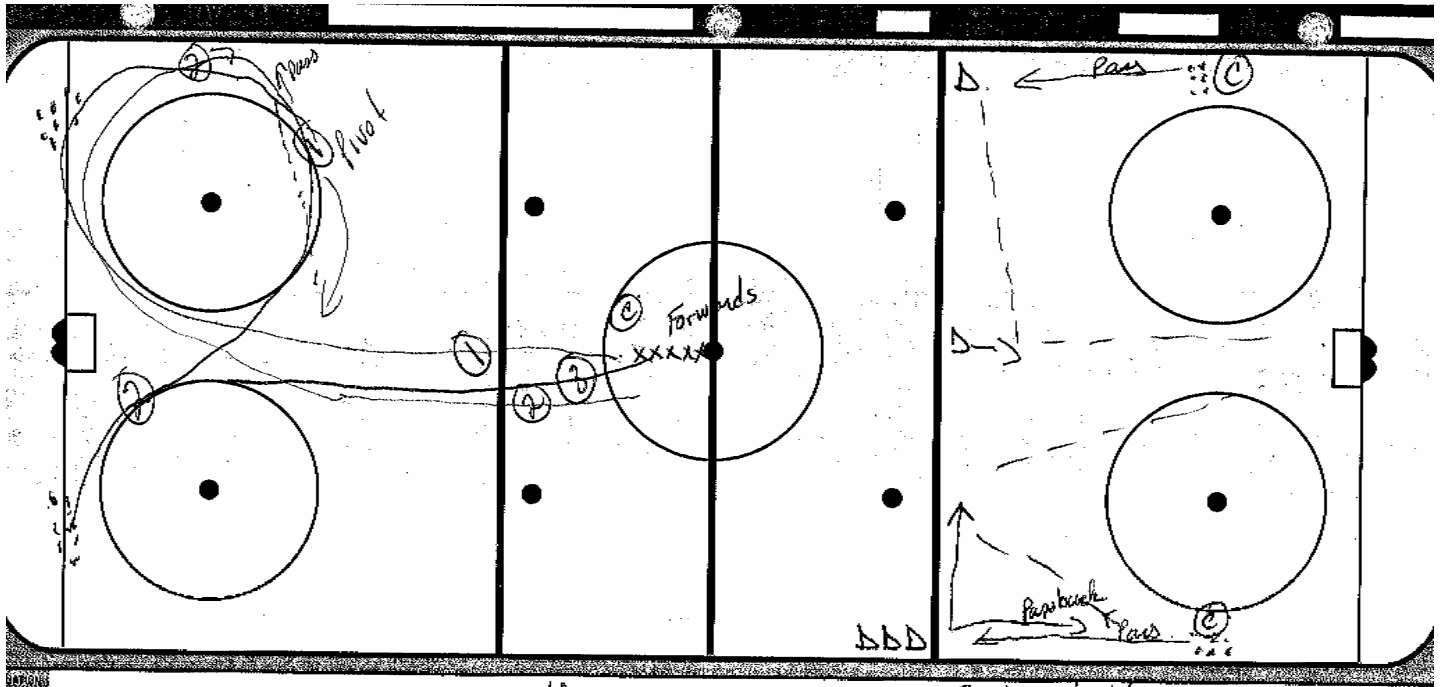
(Snap drill)

- player ① skates backwards receives pass from player ② return pass to ② then back to player ①
- Player ① then pivots passes puck to player ③ player ③ then returns pass to player ① and (shoots on net).

(Teaching points) hard snapping passes, receiving pass, stick on ice and good hard shot.
- pivoting and picking up feet.



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Cycle drill

10min.

Slide drill

- Player 1 skates in picks up puck from corner player 2 follows behind 1 skates around half circle makes bank pass off boards to player 2 player 1 pivots to the middle looks for a one time pass from player 2 player 2 continues to the other corner picks up a puck, player 3 would come down and be the trailer for a bank pass from player 2 would pivot and look for a one time shot.
- teaching points) - pivoting, stick on ice for pass, doing it at top speed. Striding into puck to shot



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Belleville Bulls Offers

BELLEVILLE BULLS
TICKETS

2006-2007 Group Rates

- Adult/Senior Ticket with a Hotdog and Pop \$11.00
- Adult/Senior Ticket without a Hotdog and Pop \$10.00
- Child Ticket with a Hotdog and Pop \$9.00
- Child Ticket without a Hotdog and Pop \$8.00

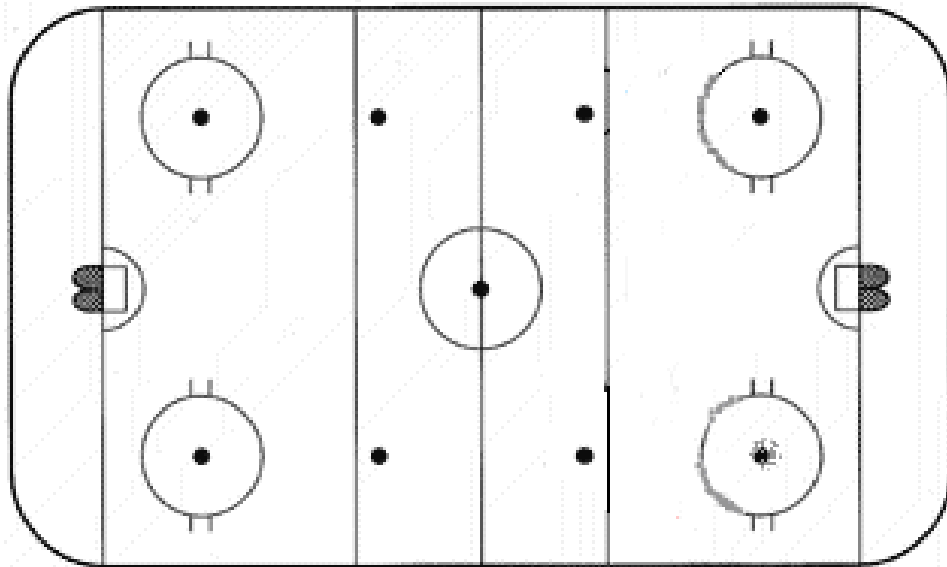
Groups must be of **20 or more**, and reservations can be made by emailing tickets@bellevillebulls.com or calling 613-966-8338 ext: 3885. All reservations must be made at least one week in advance of the game.

When reserving you will need to give the game you are attending, name of the group, contact name, as well as the number of tickets being purchased. Confirmation and arrangements for payment must be made 24 hours prior to the game.



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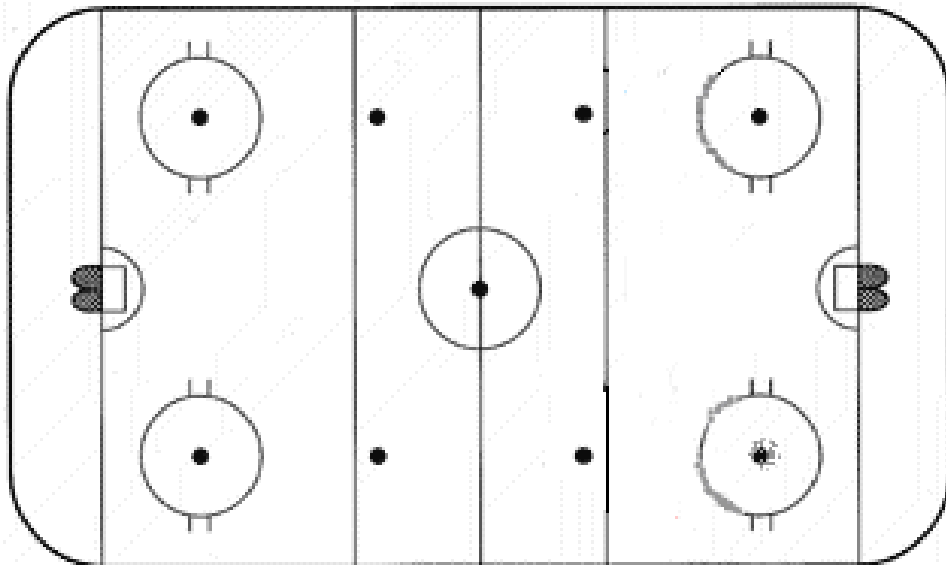
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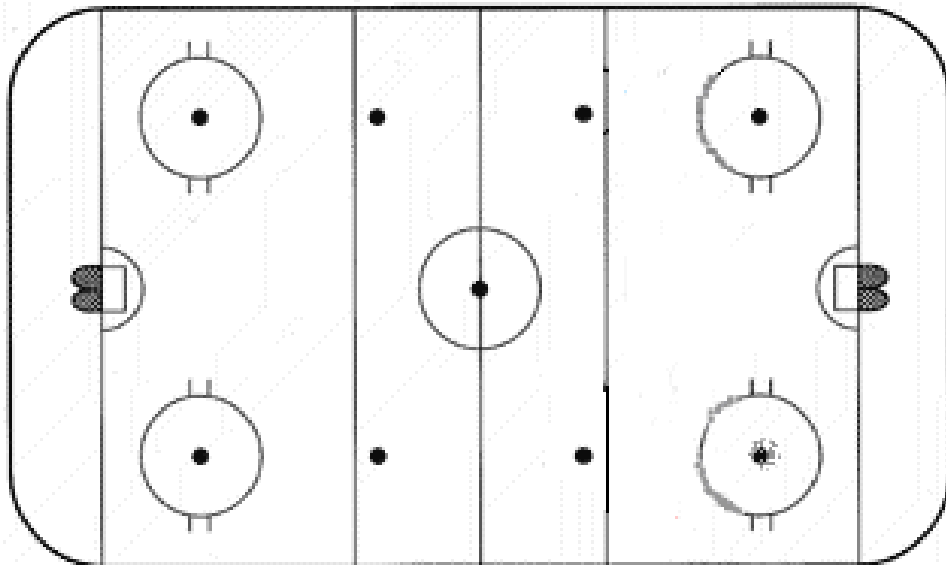
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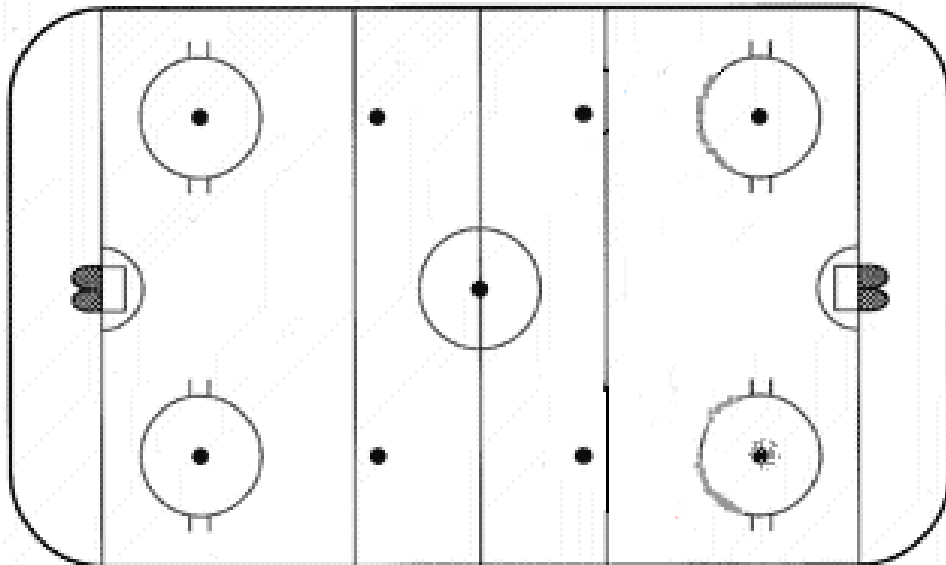
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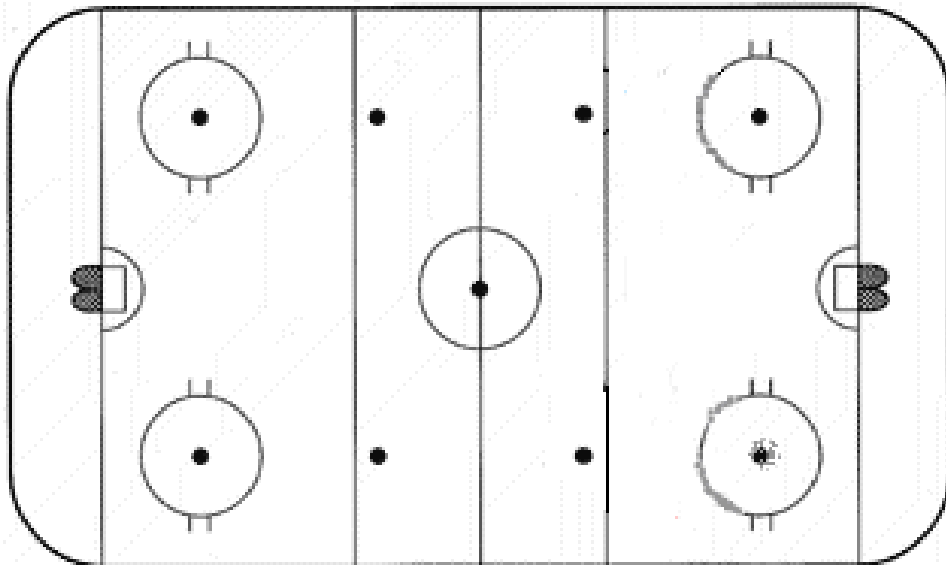
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VINCENT LECAVALIER 21-DAY WORKOUT CD with TRAINING BALL
4 Disks Available - \$19.95 each

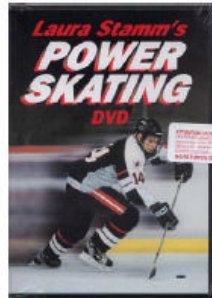


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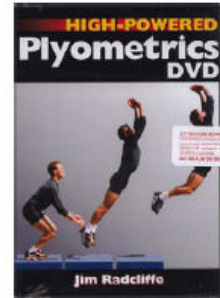
THE PUCK STOPS
HERE 2
JIM PARK



POWER SKATING DVD
LAURA STAMM / HK

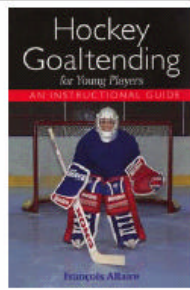
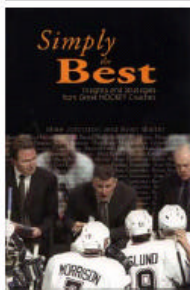


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