

RAHA Travel Level Coaching Guide



RAHA Development Goals

The following pages are for you to print out and keep with you as you move through the season! It is our intent to help all of our coaches better prepare for the season by equipping them with at minimum guidelines for the season to run practices and teach your kids.

Each of you is expected to use your own creative ideas on how to teach these kids, but we are providing an outline for all of you to use and provide tools to help prepare for your season! It is in the best interest of the organization and the development of players to at least have a baseline for philosophies, systems, terminology, skills, drills, and plans to follow.

At RAHA our goal is to provide a safe and fun environment for all of our players. Hockey is a life sport, and we want to nurture a love for the game that will be with them their entire lives.

- Allow them an opportunity to grow as individuals and develop hockey skills.
- Give skaters the opportunity to participate in competitive hockey regardless of their skill level.
- All players play in all games in all situations!
- Encouraging skaters to achieve individual and team goals through positive reinforcement.
- Promoting the ideals of teamwork, sportsmanship, competition, and fair play in victory and defeat.
- Encouraging parent involvement and guidance in helping skaters achieve their individual and team goals.
- Teaching skaters the importance of practice time and proper equipment.
- Teaching sportsmanship, overcoming adversity and respect of the game, opponents, officials, teammates and facilities.

Development Goals

- SKILLS, SKILLS, SKILLS – all ages need skill development above all else!!! May have to jump ahead to game play instruction before the first game but try to hold off until closer to first games. The majority of practices should focus on skills, individual and team.
- It is critical to focus on skating and basic skills to correct bad habits and maintain good habits as they move to each level.
- We want players to control/possess the puck, to feel comfortable with possessing the puck. As coaches we do not want our kids to just throw the puck away (hot potato) we need to make them feel confident with possessing the puck in all situations! **No panic button!** (coach players to be cool, calm and collected with the puck)
- Know the rules of the game and share that with your team and parents!!! Prepare for practice with all coaches on board. Work with your goalies each practice. All warmups should be done OFF-ice whenever possible as well as stretching not to waste valuable ice.
- Players should be dressed and ready 5-10 min before ice time so coaches can discuss practice or game plan!! (Do not let anyone on ice with floppy ankles & with some of the new skates the ankles are very stiff.)
- Goalie practice planning for coaches to assist with positioning, techniques, and drills for goalies will be on the website. You must designate a coach to work with goaltenders for each practice!!!
- Goalie Skating directive - need to enter verbiage - continual convo
- Just shooting on a goalie does not deem a workout – they must be moving in between shots, while drills or team/game strategies are being worked on. You need to coach them, push them to keep themselves working on movement, recoveries, footwork, etc. throughout practice!!!

RAHA Development Goals

Practices:

The following timeline is a strongly recommended guideline for the Squirt/10U level and higher.

- 35 minutes prior to practices – skaters arrive at rink and start stretching and warm-ups...If you want to work on additional items such as stickhandling have them come earlier
- 30 minutes prior to practice – get dressed
- 10 minutes prior to practice – players dressed and ready
- Remaining time – Chalk talk, go over practice plan so players know what to do.
- After practice cool down stretching

Games:

The following timeline is a strongly recommended guideline for the Squirt/10U thru Bantam/15U levels.

- 45 minutes prior to the game – skaters arrive at the rink (can watch a game, stick handle, etc.)
- 40 minutes prior to the game - stretching and warm-ups as a TEAM!
- 30 minutes prior to the game – get dressed
- 10 minutes prior to the game – players dressed and ready
- Remaining time – chalk talk, lines, game objectives, game plan, expectations etc.
- After a game, suggest cool down stretching as a group or individually.
- After the game, give the team one major point that they can improve and one they did well-
Limit to one and one
- If multiple games in day make sure they get plenty of water, chocolate milk & a healthy meal or snack. Nutrition is key to development. Eating the right things can make a difference in your performance as well.

RAHA Development Goals - Squirt/U10

At this Squirt/U10 level, we continue with similar general philosophies and ideas that we institute at the IP levels. Each year we intend to update this and improve on it at each level, so it saves time, issues and heart ache of future coaches at that level!!!

- **The key for transforming an organization is to focus and practice on these items - power skating, transitions, puck skills, position movement and great habits in practice!**
 - Skating – incredible focus on proper skating techniques and edge work, coaches need to be present & watching while they are skating and pull them aside to correct anything they are doing incorrectly
 - Transition - Players should be able to transition fluently(at full speed) by the end of squirts before moving onto the next level.
 - Skill Development – both OFF-ICE and ON-ICE work. Players should be passing, shooting and puck handling at home, at off-ice training and on the ice at practice.
 - Small Area Games – these are critical for a players development and should be used as fun opportunities for players to get better. They foster creativity for any player.
- Position Philosophy:
 - 10U-Squirts - ALL skaters should spend roughly 1/4 of the season at a preferred position. Moving players around is ideal. Players can spend a month at one and switch the following month.
 - When having kids play non-preferred positions, the player should have multiple practices and/or games in a row at that position so they can work on it at practice and get used to the position. *Look at your schedule and plan it out accordingly.*
 - This also includes making sure ALL players get the chance to play penalty kill and power play situations
 - Players should not be asked to play a position in a game that they have not worked on in practice unless:
 - There is a last minute change due to players missing for that game.
 - The score becomes lopsided either way.
 - Game adjustments permit a change of position.

RAHA Development Goals - PW/12U

At this Pee wee/12U level we continue with similar general philosophies and ideas that we institute at the Squirt/10U levels. Each year we intend to update this and improve on it at each level, so it saves time, issues and heart ache of future coaches at that level!

- **The key for transforming an organization is to focus and practice on these items - power skating, skills and greatly improve goaltending!**
 - Skating – incredible focus on proper skating techniques and edge work, coaches need to be present & watching while they are skating and pull them aside to correct anything they are doing incorrectly
 - Skill Development – both OFF-ICE and ON-ICE work on passing, shooting and puck handling
 - Small Area Games – these are a great tool that combines skill development along with hockey IQ, tactics and systems. They foster creativity and you can create situations specific to your team weaknesses!
- Position Philosophy:
 - 12U-Pee wees - ALL skaters should spend roughly $\frac{1}{3}$ of the season at their non-preferred positions
 - When having kids play non-preferred positions, the player should have multiple practices and/or games in a row at that position so they can work on it at practice and get used to the position. Look at your schedule and plan it out accordingly.
 - This also includes making sure ALL players get the chance to play penalty and power play situations
 - Players should not be asked to play a position in a game that they have not worked on in practice unless there is a last minute change due to players missing for that game

RAHA Development Goals - Bantam/15U

At the Bantam/15U levels the development goals adjust to advancing to all aspects of the game. This is to include Power Plays (PP), Penalty Kill (PK), Specialized lines and limited player movement from positions.

- **The key for transforming an organization is to focus and practice on these items - power skating, skills and greatly improve goaltending!**
 - Skating – incredible focus on balance and edge work. Fine tune the full stride.
 - Skill Development – both off & on ice work on passing, shooting and stickhandling
 - Small Area Games – these are a great tool that combines skill development along with hockey IQ, tactics and systems. They foster creativity and you can create situations specific to your team weaknesses!
- 15U-Bantams - Skaters are NOT locked into positions and should be allowed the freedom to try other positions. Additionally, coaches can begin to implement the PK and PP aspect of the game for specialized lines

RAHA Practice Utilization

Keys to Sharing Practice with Another Team

We share the ice with another team, so it is key to discuss prior to the season a plan with the coaches of other teams on the same sheet of ice & prepare practices involving both teams on the ice. We all gain more from working together than working on our own

First half of season:

- First 5 min. on the ice usually is when everyone is shooting around – on occasion that is a good break, but so many kids get hurt, collisions, people getting hit by shots, etc.
 - Ideas:
 - Grab 5 pucks, shoot against the wall by picking out targets
 - Play Trench, play two on two keep away in a small area.
 - TRENCH is a game where two players battle against each other for puck possession by using their body to protect the puck and use their edge work to stay balanced.
 - Focused passing with a teammate
 - On ice warm ups – Multiple options –
 - Passing Progression with Skating
 - Puck Retrieval Progression

OR

- 1) best to create 4 skating stations (divide up 1 team into 2 stations, & other team into 2 stations by like skill on each team) this is for smaller groups more hands on coaching & isolating specific skating skills 5 min. each) 2)
- Team Practice: 10 min-20 min (1 drill about 7-8 min. 2 drills about 15-20 min)
 - Rush Play: break up into some sort of rush to simulate game play.
 - 1 on 1 Offensively: Get a puck to the net. Defensively: Don't give up a shot.
 - 2 on 1 Identify the rush! Offensively: Read the d man. Create a high scoring opportunity. Deceptive with looks. Defensively: DO NOT give up the pass. Stick placement

- 3 on 1 Identify the rush! Offensively: Get the zone. Utilize high guy. Wide guy drive. Read what d men takes away. Defensively: Stay to the middle. Don't give up seam pass. Tell back pressure/back checker where to go.
- 3 on 2 Identify rush! Offensively: One of our drivers MUST HAPPEN. (see below) Defensively: Break rush down into 2 on 1 AND 1 on 1. Communicate to help.
 - Center Drive
 - Dot Drive
 - Strong Side D Drive
 - Weak Side D Drive
- 4 on 2 or 3 Identify rush! Offensively: One of our drivers MUST HAPPEN. (see below) Defensively: Break rush down into 2 on 1 AND 1 on 1. Communicate to help.
 - Center Drive
 - Dot Drive
 - Strong Side D Drive
 - Weak Side D Drive
 - Look for late wave coming on rush.

Then break up to do stations as a team, small area games, minimal tactics & systems work, etc. Very easy to do 3 stations on each halve of the ice

- SAG (Small Area Game): Break up into 2 teams (2 diff colors). Focus on the following during SAG:
 - Offensively: Compete, seeing the game, moving the puck, communicating, working as a unit, supporting puck carrier, Puck protection, Area passes, Indirect passing, predict what happens next
 - Defensively: Awareness, Identification, Stick placement, Communication, Working together, Predicting next play, Contact (purposeful and incidental)

Second half of the season:

- On ice warm up - Multiple options - Be creative!
 - Small Area Game.
 - Compete or Battle Drill - Trench or 1 on 1 on 1.
 - Passing(catching/receiving)/Transition/Communication Drill
- Rush Drill - 1 drill that involves a game situation
- Face-Off or Structure Drill - 1 drill that works on a face-off(game situation) or structured 5 on 5 drill with systems (different systems)
- Team Practice – SAG
 - Competition (have winners and losers)
 - Advantage OR Disadvantage
 - Creative games to help develop the hockey IQ - cross ice with various rules, expectations and adjustments to the game to keep players thinking outside the box.

Keys to Successful Practices:

- Utilize practice ice time – **DO NOT WASTE THE EXPENSIVE/PRECIOUS ICE TIME!!**
- Warm up and stretch your players before you get on the ice.
- Have a practice plan and go over it with your assistant coaches and players prior to going out on the ice. *Make sure you have a goalie practice plan also prepared for each practice.*
- Get nets, tires, rings, or any other tools prepared prior to going into the locker room and going on the ice.
- Utilize stations for power skating and skills, then small area games. Can easily do 3 stations at a time on 1/2 of the ice if you have coaching. Then can run an additional 2-3 stations or more!
- Stations should only last 5-7 minutes maximum.
- Challenge kids on weaknesses, challenge their thinking not all x's and o's, allow creativity on moves and decisions. Give them opportunities to practice 'crazy' moves. Ask them to demonstrate on whiteboards.
- Have a no whistle practice or a player led practice on occasion.
- Establish 1st whistle begin, 2nd whistle stop, 3rd whistle begins next group
- Conditioning should be done through practice tempo. Push limits. Push comfort zones. Push pace.

Season Plan – October

Tryouts start at the very end of Sept. and go for approx. 2 weeks so this practice plan covers from the first week of the season until the end of Feb. or beginning of March.

Refer to skills chart pages and make sure you use drills that touch on most of the skills listed!!

October: Determine when your first game is & back into that teaching this group positioning & general game preparation prior to that. You will not be able to cover everything, but at min. get them ready for what to expect.

Week 1: (may have to jump ahead to game play instruction for full ice practices that are only early in the year.)

- Time your kids skating towards the end of this document.
- Video tape their skating forward away & towards camera w/ & w/out a puck.

80-90% skills the first week

- Power skating focusing on forward & backward stride – body position, arms, angles of legs, etc.
- The first week you need to introduce ‘how to pass’, ‘how to stickhandle’, ‘how to shoot’, (shooting can be week 2) and work those into your drills. Pick one and focus on that for the entire practice run 3- 6 stations working on that skill.
- You cannot jump into station work and expect them to pass properly and not have taught them first!! 10-20% small area games – can use rings for body positioning, etc.

Week 2: 80% skills

- Skating – Sections 1 & 2 BALANCE & AGILITY & EDGE CONTROL skating focus transitions (fwd/bwd), stopping, cross overs, mohawks (toes out) mix it up.
- **Continue the ‘how to’s’ and focus on that for the entire practice – 3-6 stations.**
- Heavy on passing drills – stationary and moving – can face one another 1 skating bwds/ 1 frw. In same direction until hitting boards then go in the opposite direction, also give and goes to a coach, or another player.
- Throw in 1v1, 2v1, need to work on how to play off/def on a 1v1, etc. (body positioning) **10-20% small area games** – can use rings for body positioning, etc.

**If a game is coming up by week 3 then see slide ‘Prior to First Game’ & Reinforce Throughout the Season

Week 3:

- **40% skills** (only for this week prior to games) – passing, shooting, stickhandling drills. Also, 1v1, 2v2, 3v2
- **60% game positioning & strategies** – offsides, icing, face off positioning & everything in ‘Prior to First Game.....’ Practice warm ups briefly, scrimmage, work on face offs during that scrimmage.

Week 4:

- **70% skills** –Starting/Stopping, Turning & Crossovers. Passing & puck control – flow drills – use drills for stickhandling that stretch them getting their arms out away from body
- **20% small area games**
- **10% game positioning and strategies** - work on triangle (always having 2 passing options in offensive zone),

Prior to First Game

Prior to First Game & Reinforce Throughout the Season

If a game is coming up then you need to do this in Week 2 or 3:

Basics of the game:

Off sides - You must show and teach off sides and show examples

1. 2 biggest occurrences of off sides
Moving up ice in the neutral zone, the player ahead of teammate w/puck is looking back waiting for a pass and will go offsides.
2. The other is when the puck is just inside the blue line and it comes out and is shot right back in prior to those coming back on sides.

Teach that it is OK to take the off sides especially if we need a line change or if they are the defender and cannot wait for a teammate to get back on sides.

Explain & demonstrate **Icing** – Players need to know when it is good to ice the puck.

Face off Positioning - Teach at center ice, at offsides face off and off/def zone.

It is very important especially in the off/def. zone to move to each side of the ice so they know it is a ‘mirror’ image and know their roles. As the season progresses you need to move kids from off. to def. then you will have to continue to teach positions.

Work on **changing ‘on the fly’** during a preparation scrimmage

Other game preparations:

- Pre game off ice warm up and stretching
- Pre game on ice warm up – practice it during practice
- Bench management for coaches and players
 - Make sure both players and coaches know their role for in game situations
 - Who is signing the game sheet?
 - Who is running the forwards?
 - Who is running the defense?
 - Who is making a goalie change if and when we need it?
 - Who is responsible for talking to the official in a positive or negative way?
 - Who makes the decisions when a player comes out of the box and changes for who?
 - Who is drawing up plays for 6 on 5 or 5 on 6 at the end of a game in a Time Out situation?
 - Who is responsible for making changes to the structure of a team when a change needs to be made?

Defensive zone coverage – great to demonstrate this before the first game along with showing kids the video.



Defensive Zone Coverage QR Code for Video -

Basic Breakout – run through positions – D to Wing on boards, center curling and moving straight up ice

Forecheck - ABC see slide on Forecheck (Pg 15) – (eventually F1, F2, F3 – Explanation)

Season Plan – November

November will have Thanksgiving holiday to consider – for game situations controlled scrimmages help immensely toward the end of practice times. Also all HS start to practice so things can be adjusted for all RAHA teams.

Week 1:

- **60-70% skills**
- Skating – Continue to roll variations of Balance & Agility and Edge Control
- Section 1-5 of shooting – work on proper form, build in drills w/ puck handling, passing and make sure they finish off with a proper shot – stationary and moving!
- **20% small area games**
- **10-20% Game Strategies** – Def. zone positioning again and cover video – Breakouts, face offs positioning, neutral zone positioning and regroup, forecheck

Week 2:

- 50% skills
- Skating – Focus on Backwards skating, transitions, crossovers
puck control, passing, shooting – make sure to incorporate RANDOM puck control making dekes and being creative – provide obstacles that they use their ‘own’ moves on
- **20% small area games** – mix it up if you have been playing hockey games – toss in ring, soccer, lax, tennis.
- **30% Game Strategies** – Introduce penalty kill positioning (most important in games) and power play

Week 3 or 4 could be Thanksgiving so only 1-2 practices and sometimes no game (so switch Week 3 and 4 depending on when it is and whether or not a tournament is set up for Thanksgiving weekend)

Week 3:

- 50% skills
- Skating – Forw. Stride and Stops & Starts
- 1v1 corner, constant movement in passing (use obstacles), 2 on 1, 3 on 2’s
- **20% small area games**
- **30% Game Strategies** – work on triangle (always having 2 passing options in offensive zone), Dumping the puck/Forecheck – Then Breakouts to 3 on 2 back in

Week 4: If there are no games on Thanksgiving then have fun this week may only have 1 practice

- Small area game – set up 3 zones of small area games that are all different and roll the kids through – say soccer, tennis ball or ring and then normal hockey game
- Can end with a scrimmage

Season Plan – December

December may have approx. 5 weeks, but with Christmas many families travel and games and practices are light over that last week – have fun in those practices, could have family skates – prepare mid- season reviews of players at the end of Dec. or beginning of Jan. Can do 1-2 prior to practice and 1-2 after and even after games on weekends to get through entire team

Week 1:

- **50-60% skills**
- Skating – focus throughout the month on individual weaknesses and try to have breakout sessions to work with 2-4 individuals each practice!!!
- Puck movement – getting puck and moving immediately side to side to open up for a pass stations of combinations of passing, stickhandling and shooting – work on gap control w/ defense
- **20% small area games**
- **20-30% Game Strategies** – Changing Direction – switching up the side of ice D to D pass for breakout or in neutral zone- Def. zone positioning ,Breakouts, power play and penalty kill

Week 2:

- 50-60% skills
- Skating – focus throughout the month on individual weaknesses and try to have breakout sessions to work with 2-4 individuals each practice!!! Mirror drills
- Work on tip ins, front of the net pressure and def. positioning in front of the net – pass from corner to point then move to front of net vs. a def. player to tip in. Then can have 2 lines 1 in each corner and off/def player in front of the net. Off. Player moves around the slot and gets a pass from each corner while def. keep position between off. Player and goal.
- **20% small area games**
- **20-30% Game Strategies** – Def. zone positioning ,Breakouts, power play and penalty kill

Week 3: Good week to think about timing drills to mark half way through the season mark.

- **50-60% skills**
- Skating – focus throughout the month on individual weaknesses and try to have breakout sessions to work with 2-4 individuals each practice!!!
- Add difficulty and ‘thinking’ to drills and tactics
- **20% small area games**
- **20-30% Game Strategies** – Controlled scrimmage – continue switching up sides of ice puck movement

Week 4:

- **50-60% skills**
- Skating – focus throughout the month on individual weaknesses and try to have breakout sessions to work with 2-4 individuals each practice!!!
- **Great time to have a practice where the kids take ownership of a practice – give them fair warning – gets them to think, work together as a team to create a practice plan.**
- **Also, at some point have a practice with NO verbal communication or NO Whistles, etc.**
Small area game – set up 3 zones of small area games that are all different and roll the kids through – say soccer, tennis ball or ring and then normal hockey game
***Start mid-season evaluations of each player

Week 5 – Christmas – fun week, family skate

Season Plan – January

January is about 4 weeks – finish up player evals in the first week before/after practices or game. Also prepare for any tournaments. For the A-B teams you may want to start locking in placing kids in specific positions by the end of Jan.

Week 1:

- **40% skills**
- Skating – perfect forms, heavy on backwards skating, crossovers
Unique stick handling that stretches them – lots of variation, spinning w/ puck, toe drags, etc.
Passing adds difficulty of passing over sticks while moving, drills of keep away between 3 players – 1 in the middle and work on hand eye coord. Of stopping puck in the air, body in front of puck, how to block a shot
- **20% small area games**
- **40% Game Strategies** – Constant work on D moving back into zone pushing to outside, some penalty kill/power play, controlled scrimmages work on weaknesses in games!

Week 2:

- **40% skills**
- Skating – Balance & Agility – jumping over sticks, doing this while transitioning for/backwd, figure 8's and isolation in small spaces, going around sticks.
1v1, 2v2, 3v3 puck battles
- **20% small area games**
- **40% Game Strategies** – Add specific plays into breakouts, face offs in defensive zone, forechecking, traps

****** Good time for a reminder around this time as the grind of the season is here as the end of Jan. approaches after Christmas the season is getting long, patience wears thin, etc. So it is time to make sure coaches, players and parents are on their best behavior at all rinks at practices/games so send reminders out to families to make sure head and assistant coaches keep one another in check!!!!**

Week 3:

- **40% skills**
- Skating – Mix it up rest of season based on what you see as weaknesses
Introduce cycling and constant puck movement, blocking shots
- **10% small area games**
- **50% Game Strategies** – controlled scrimmages, work on transitioning between off/def.

Make sure you have lines, goalie, bench management prepared – must have all paperwork in order with your manager – rosters approved, birth cert. documentation, coaching certs. Modules in order

Great time at the end of Jan. to have team meeting just for general communication, updates and reminders of all things listed above!!!

Season Plan – February & March

- **February – prepare for any tournaments and if made state, prepare through the month and beginning of March make hotel reservations if needed, ask for additional practices in March prior to tournaments, etc. Generally will have 4 weeks in Feb. and 1-2 weeks in March**
- **For the remainder of the season take a look at what your goals were for the season and what you want your kids to learn or accomplish in the last 5-6 weeks of the season.**
- **Skating skills** – Must work on individual weaknesses of players – make sure all skills on chart have been covered and work on them.
- **Passing – Stickhandling – Shooting skills** – where are your players weak and get them to perfect skills
- **Games Strategies** – Review tactic lists – teach new ideas, skills, add difficulty to systems being taught, add advanced ideas and strategies and get them to think beyond what their abilities have been. New breakouts, fore checking, traps, power play, penalty kill, etc.
- **Mix up how you have been coaching** – can add another player, run practice, non verbal communication, NO whistle practices, move players to different positions or different line mates and partners. Throw in small area games using hands or feet – kicking the puck, soccer ball, tennis ball, throwing a football or soccer ball (teaches positions and movement).

****Run your end of the season timing drills w/HDC member and also go through your checklist of skills, tactics, team play to make sure they have mastered or been introduced to them .**

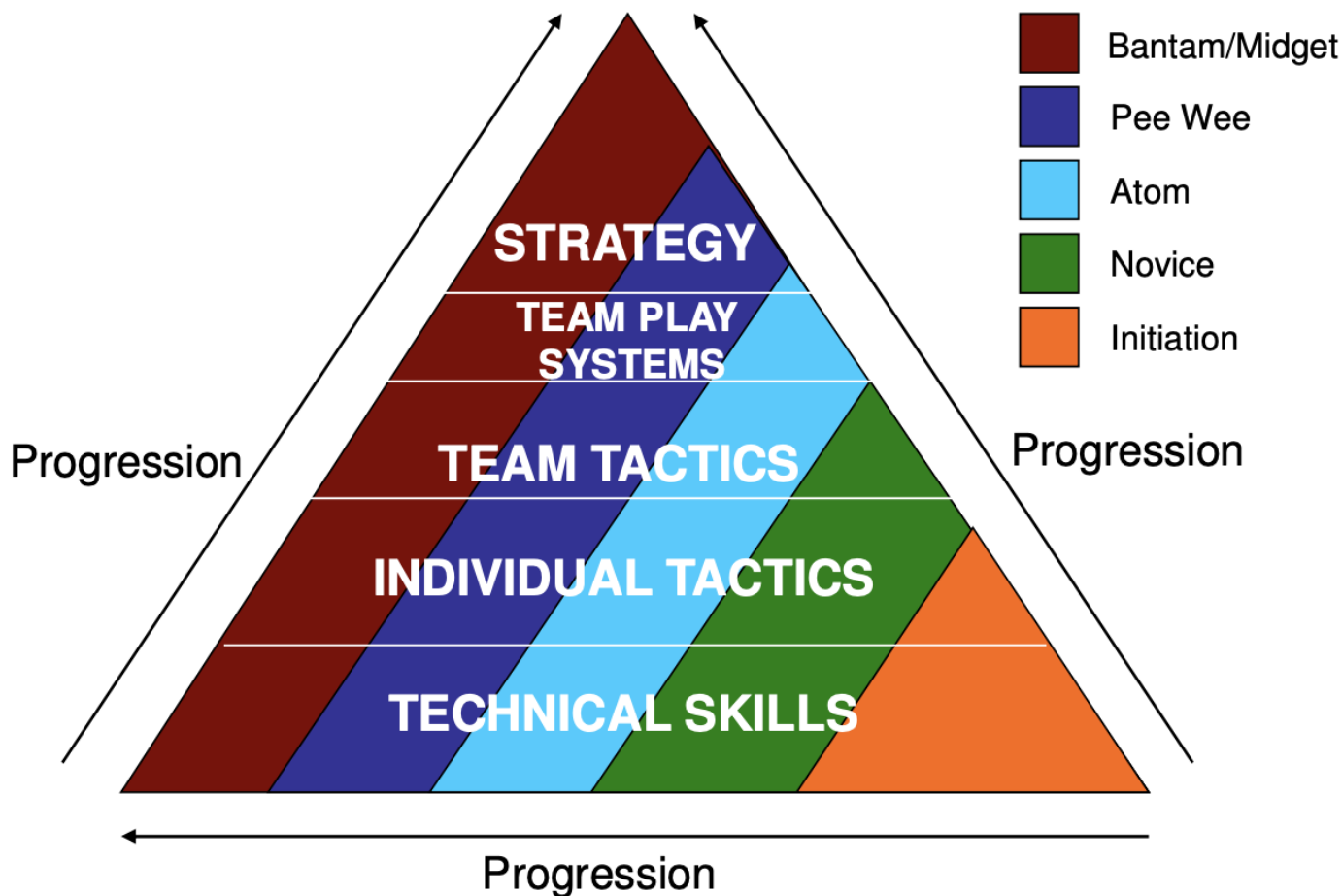
Season ending

- start preparing 1 on 1 exit interviews to give players their end of the year evaluations for the season. Give them specific things to focus on for summer on ice and off! Can prepare a shooting plan, etc. to take with them.
- Prepare an end of the year party, last practices that are fun, family skates, etc. to wrap up the season in a positive way!!!
- Send out information on post season tournaments and spring hockey (phoenix, jr. ads, 3 on 3 tourney in West Bend, Girls tournaments)

***** Enjoy the off season and thank you so much for volunteering this season and making a difference in these kids' lives!!! Your time , effort and expense is changing the lives of our young players and it is greatly appreciated by all!!!**

Prepare for next season in the off season ☺!!!

Player Development Pyramid



- The most a player can touch the puck in a game is 60 minutes / 3 lines / 10 players x 50% = 1 minute.
- Crosby avg = 57 seconds, Pee Wee = 10 sec., Atom = 8 sec.
- 1 practice can advance the skills that a player can develop in 8 - 200+ games
- Technical Skills and Individual tactics = __% of practice time; remaining __% is Team Tactics, Team Play Systems and Strategy
- This is taken from the Hockey Canada development program. For RAHA the Atom would be equivalent to Squirts/Mites then Novice is Mites/Advanced Minis and Initiation is Minis

Forecheck Basics

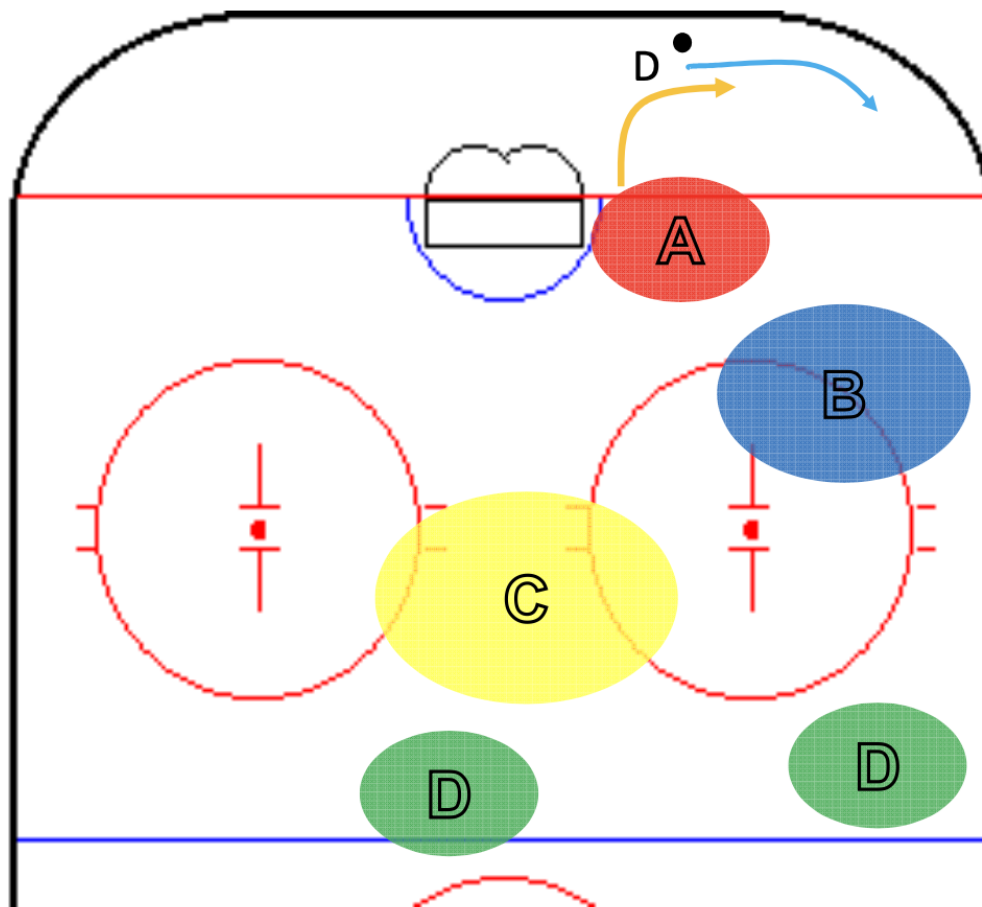
Here are some basic highlights to keep in mind when working with players on fore-checking:

No matter what system you run, the best system is always the one that is kept simple for players. Use the KISS method – Keep It Simple ‘Silly’.

- **Pressure the puck:**
 - Whenever we don't have control – whoever is closest to the puck attacks with pressure. This will cause turnovers, poor passing, mistakes to be made and will not let the other team setup or have time to move up ice! A great way to set the tone in a game is have them dump & chase the 1-2 shifts & just fly into pressure!
- **Pressure in an Inside-Out Direction:**

If deep in the offensive zone or in the neutral zone the job of a fore-checker is to direct the other team where YOU want them to go. One of the best ways to do that is not take a direct line to the player with the puck, but an arching motion towards the side you want them to move the puck. Most of the time that means forcing them to make a play up the boards where your supporting players can much easily take the play away.
- **Support your teammates:**
 - If a teammate is first on the puck carrier, hold back and support them, read and react to the play, cut off passes or play along the boards. If they tie up the player you can come in and pick up the puck or if they gain possession move to open ice for a pass.
- **Do not overcommit:**
 - We want aggressive pressure, but you also do not want to overcommit. Reading the play and gaining experience of knowing when and where to move takes time! There should not be pressure with 2 or more players (unless on a power play) and if there is no way to get to that player sometimes retreating or taking a line back to where they WILL BE is the best option!
- **Transition, Transition, Transition:**
 - Hockey is a constant battle for control of the puck and will exchange hands many times even during a shift, so players need to constantly react to 'defensive mode' with being able to be ready to go on the offensive at the very moment we gain back control!
- **Power Play:**
 - Two or more players on the puck at all times when we do not have control!!!
- **Penalty Kill:**
 - If you pressure in their zone only one applies faint pressure and NEVER go past their goal line/behind their net. Let them sit behind the net remembering it is their power play they are wasting away. Usually, a 1-1-2 fore-check is safest.

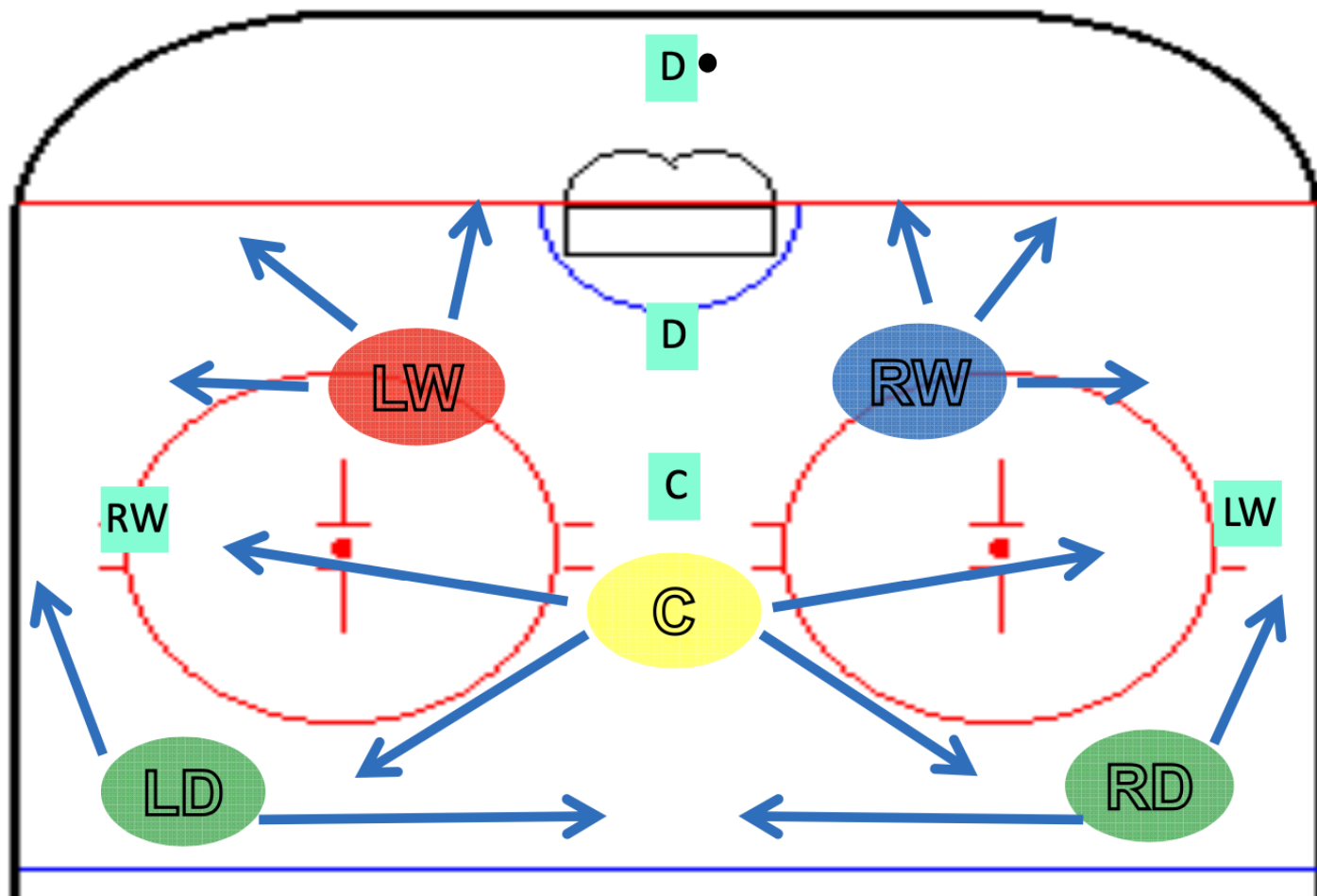
A-B-C Forecheck: (All levels)



Using the ABC vs. F1 F2 F3 is easier for kids to remember & also defines their roles!

- A – Attack with good stick positioning and good angles
 - closest forward player to puck - All players should take an ‘inside out’ pattern to force the player up the board to contain
 - 1st player attacks the opposing player with the puck – Another slogan for this is ‘Red on Puck’ Red for being on fire for the puck.
- B – Boards/Backup (Support) Read and React Player - F2 is all about having a hockey IQ. Predicting what the other team is going to do with the puck based off direction, puck possession and what F1 is doing.
 - 2nd player into the zone is the backup to player A this player supports to pinch off any attempt to pass along boards or to their center curling. If player A ties up opposing player then B moves in to pick up the puck.
- C- Containment - Support player - F3 is about staying above the puck or goal side of the puck and not letting their attack beat us up the ice. If a turnover happens, becomes a quick outlet option to support.
 - 3rd player stays high in the zone near top of circles – this player cuts off any passing attempt to center area of the ice or to far winger
- D – Defense on strong side stick length off the boards.
 - D on puck side of fore check holds the zone and can step up into the play if puck goes past A & B
- D – Defense in middle of the rink
 - Other D moves towards center ice, but is the last line of defense and can retreat to Center ice if holding the zone fails.

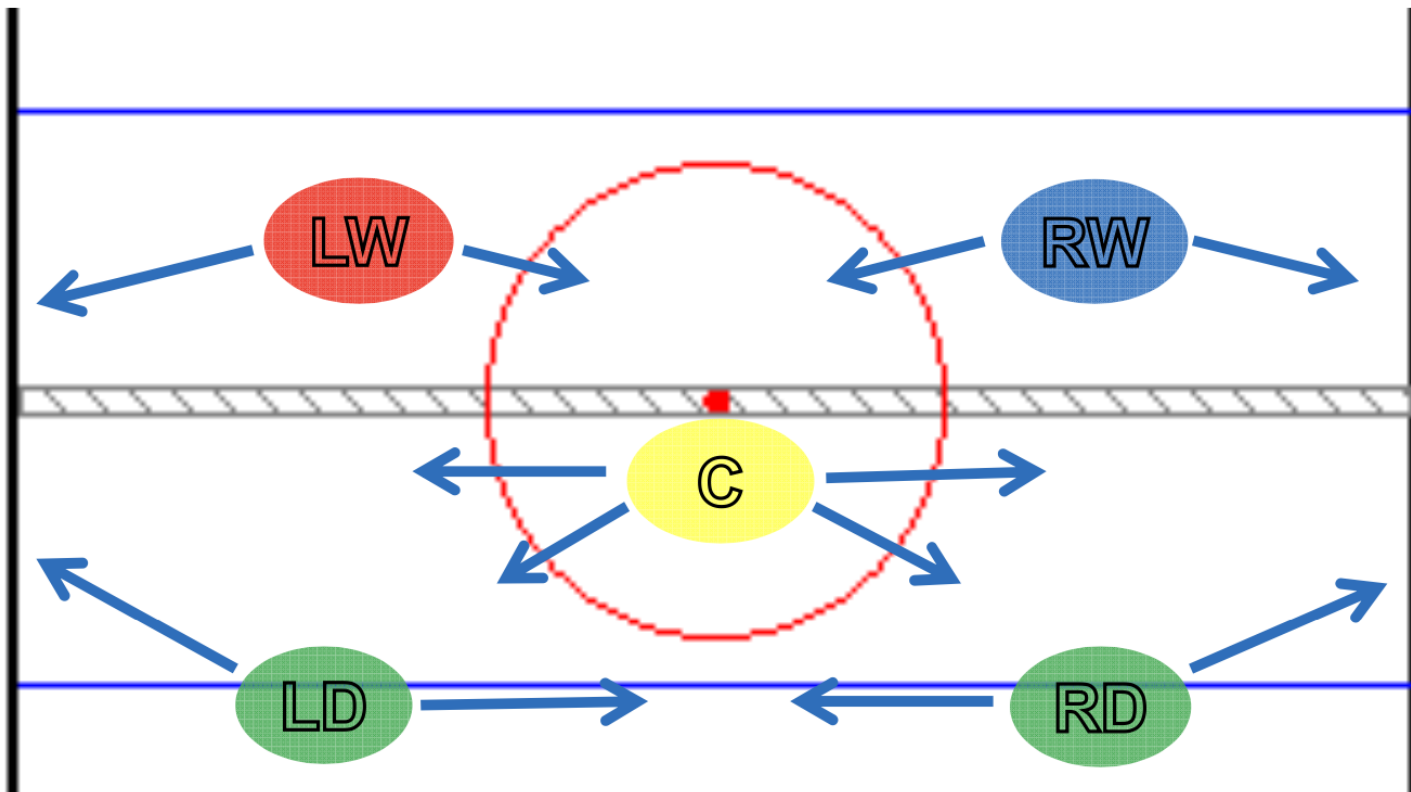
2-1-2 Forecheck: Offensive Zone (12U/PW- Jr Gold)



2-1-2 Fore-check

- Idea is 2 forwards go deep into zone to pressure, 3rd forward is high support with D on blue line, players have freedom to move throughout zone filling positions
<http://www.youtube.com/watch?v=fbDgvSR2ePI>
 - Forwards are shown as their positions (LW-RW-C), but can teach them as F1-F2-F3.
 - The first two forwards read and react to play work together to pressure the puck.
 - Third forward stays high protecting the middle of ice, but prepared to supporting either side.
 - Defense can play aggressively and pinch on the boards. A forced pass up the boards to their wing allows for either the Center (F3) or D to pinch on their wing. If the wing is lower the Center should pinch and D stay on the blue line IF wing is higher the D can pinch to make a play, but the center must take the D spot on blue line!
 - As shown, if RW pressures D with the puck to force them up LW side RW can pursue behind the net and LW can pressure from the opposite side as D is stepping out to their side.

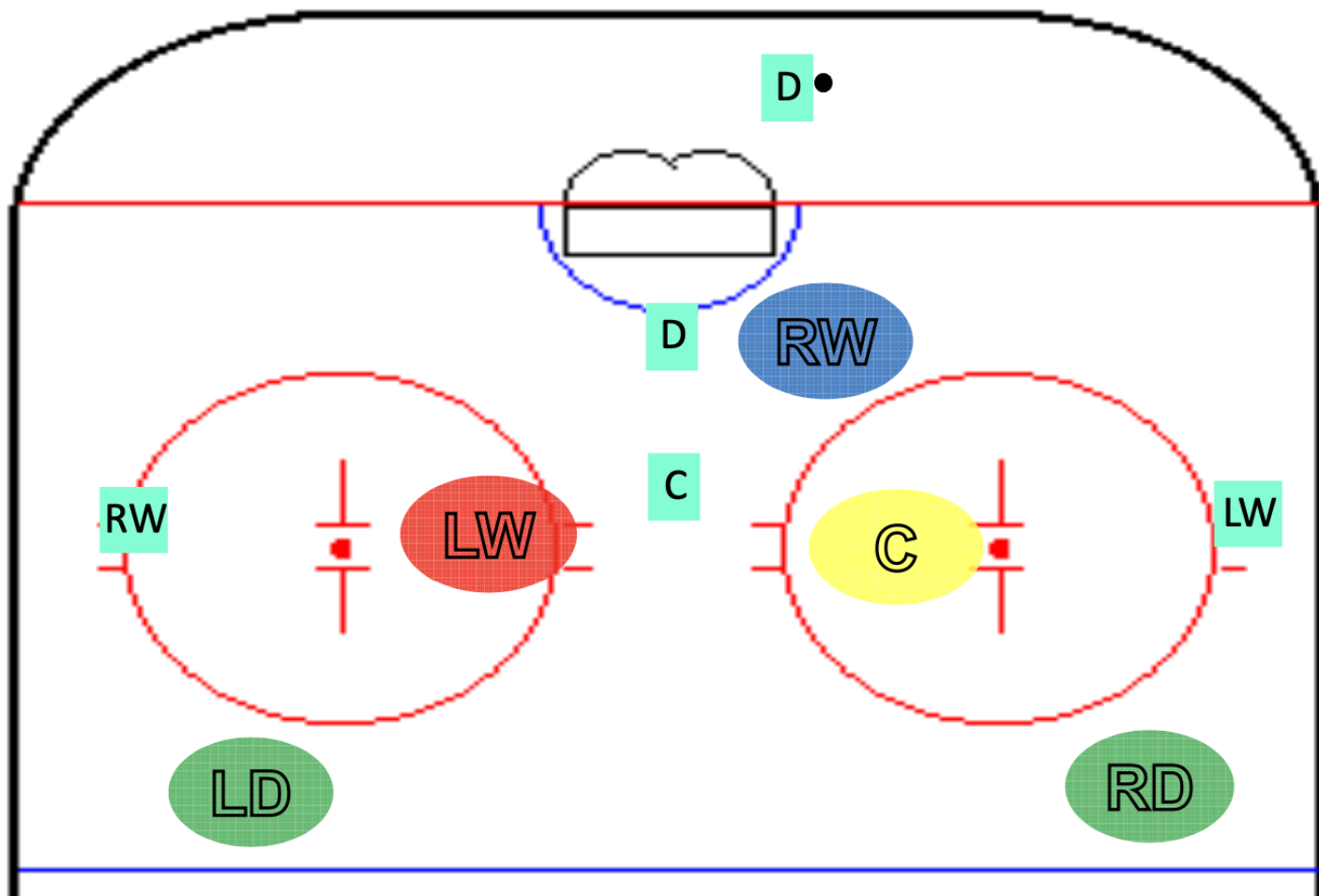
2-1-2 Forecheck: Neutral Zone (12U/PW- Jr Gold)



2-1-2 Fore-check Neutral Zone:

- Similar to the Offensive Zone fore-check, but obviously as the team is moving up the ice it is a smaller area of ice in the neutral zone. Also they have to consider going offside so it can work in your favor. Same idea is 2 forwards apply pressure inside out, 3rd forward is center ice support with D on our b blue line, players have freedom to move throughout neutral zone filling positions
 - Forwards are shown as their positions (LW-RW-C), but can teach them as F1-F2-F3.
 - The first two forwards read and react to play work together to pressure the puck.
 - Third forward stays protecting the middle of ice, but is prepared to support either side.
 - Defense can play aggressively and pinch on the boards.
 - A forced pass or player moving up the boards to their wing allows for either the Center (F3) or D to pinch on their wing. If the wing is lower the Center should pinch and D stay on blue line IF wing is higher the D can pinch to make a play, but the center must take the D spot on blue line!

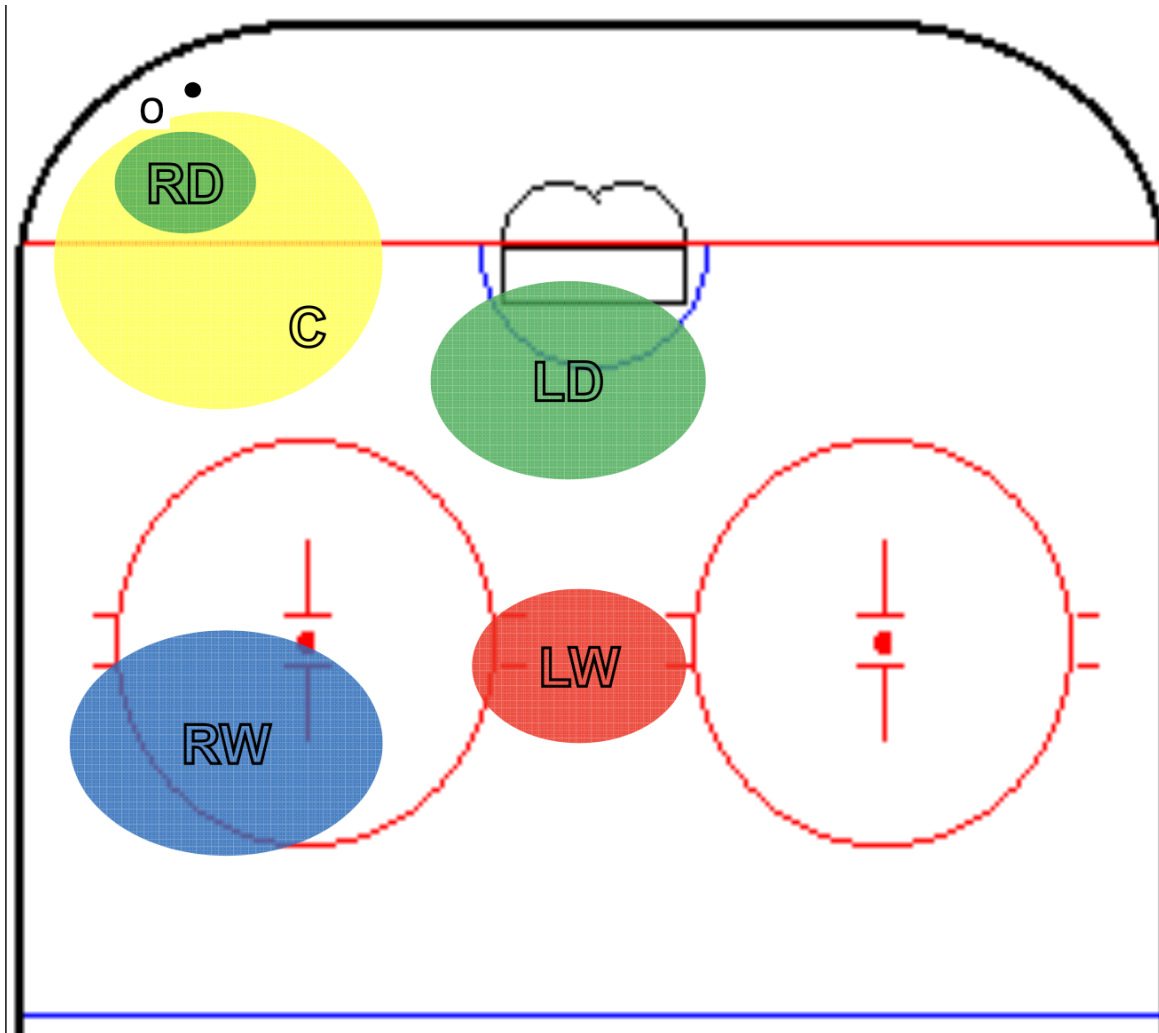
1-2-2 Forecheck: (12U/PW- Jr Gold)



1-2-2 Forecheck:

- Idea is one forward (F1) is the aggressor pressuring the puck making inside-out position to make D player to go up the desired side, F2 and F3 support behind F1 and will pinch towards boards, pick up pass options, support to pick up the puck.
<https://www.youtube.com/watch?v=8URiYylC7lc>
 - Forwards are shown as their positions (LW-RW-C), but can teach them as F1-F2-F3.
 - The first forward reads and reacts to force players up sideboards.
 - 2nd & 3rd forward behind F1 prepared to support either side.
 - Defense can play aggressively and pinch on the boards.
 - A forced pass up the boards to their wing allows for either the Center (F3) or D to pinch on their wing. If the wing is lower the Center should pinch and D stay on blue line IF wing is higher the D can pinch to make a play, but the center must take the D spot on blue line!

Basic Defensive Zone Coverage: (all levels)

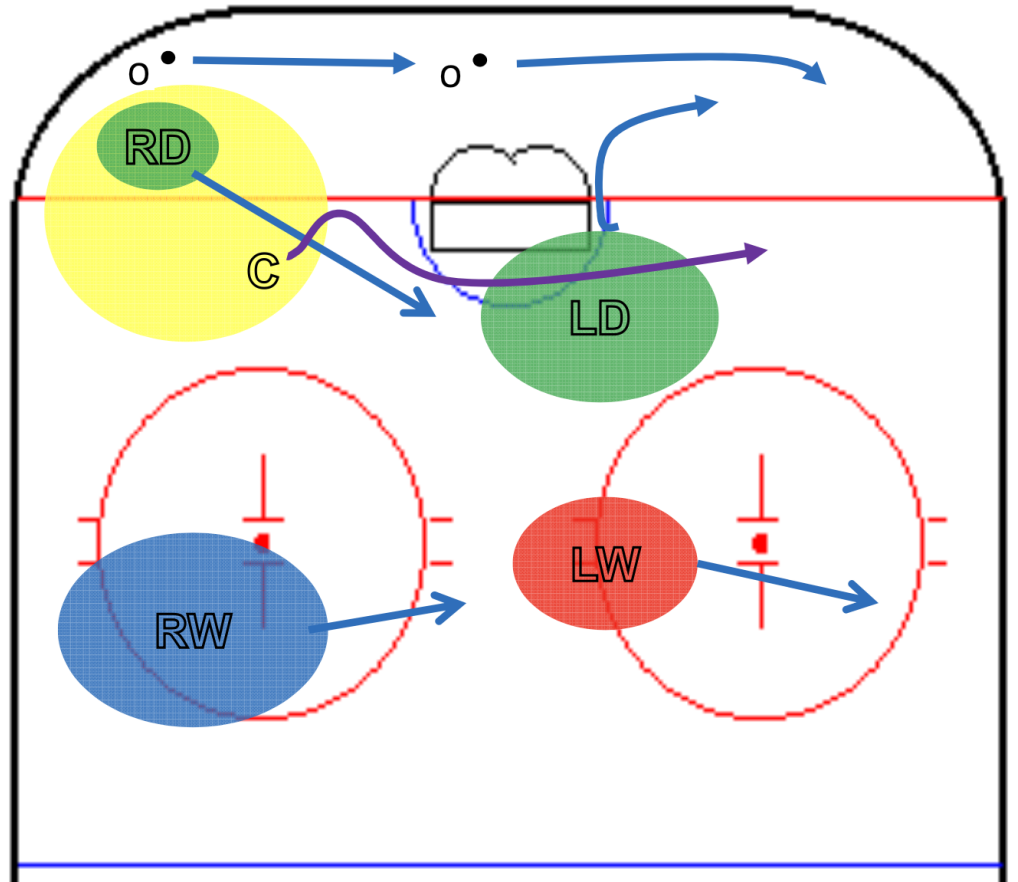


Basic Defensive Zone Coverage:

- D zone coverage – See video from Hockey Canada – copy paste URL or search Defensive Coverage video from HC. <http://youtu.be/730IDuYb-Gw> (Puck in the corner and other team has control of puck)
 - D on puck
 - Center Support
 - D in the slot in front of goalie – skates pointing up ice (back to goalie) and head on a swivel so you can see the corner where the puck is and any other player in front of the net! Think - ‘Heels to the net’ in the defensive zone at all times
 - Weak side winger (in this case LW) high in the slot toward top of circles and will pick up any player moving into the center slot area. Responsible for weak side point man if he receives puck or moves down into zone
 - Strong side winger (RW here) at the top of the circle protects against pass to point or any player coming through the top area of the zone. Responsible for that point on boards and if they move to the net.

Basic Defensive Zone Coverage: Transition

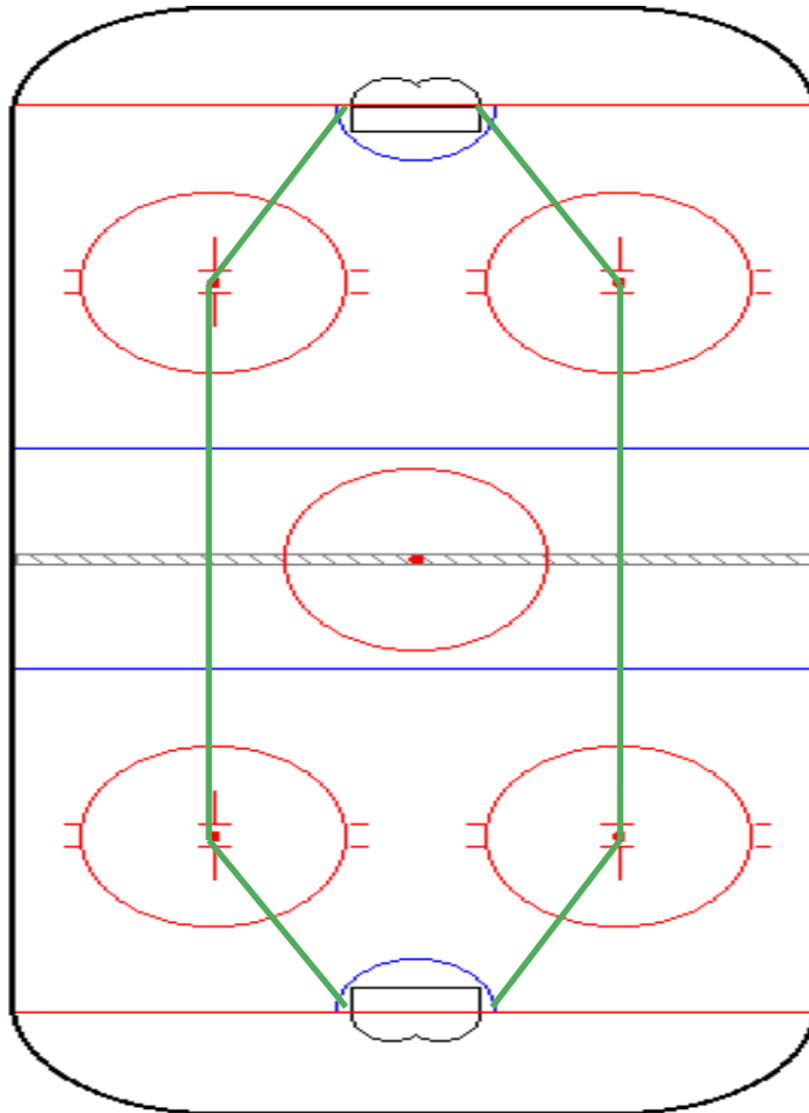
(all levels)



D zone coverage Transition:

- If the puck moves to the other side of the rink (either by pass or offensive player skating it). (Puck was in one corner w/ opp. team & now puck transitions to other side of ice)
 - Scenario 1 – Player 'O' skates from the corner away from RD behind the net and they are close.
 - RD ONLY pursues if within 1 stick length of 'O' if that happens RD is on puck & LD holds the far post then falls into the roll of Center as support in the far corner. Center comes out of orig. corner & cover front of net as RD role!
 - Scenario 2 – If 'O' escapes RD out of the corner & moves behind the net and towards opp. corner.
 - Then LD holds far post then can angle & attack 'O' once they get to far side of net & C recovers to net front
 - Center pursues along goal line to keep 'O' from coming out front then recovers to front of net then continues support of LD into the corner
 - RD recovers to front of net
 - LW goes to opp. side RW goes to the top center of the slot area (mirror positions from orig. corner to opp. side).

Defensive Concept – Rink within the Rink

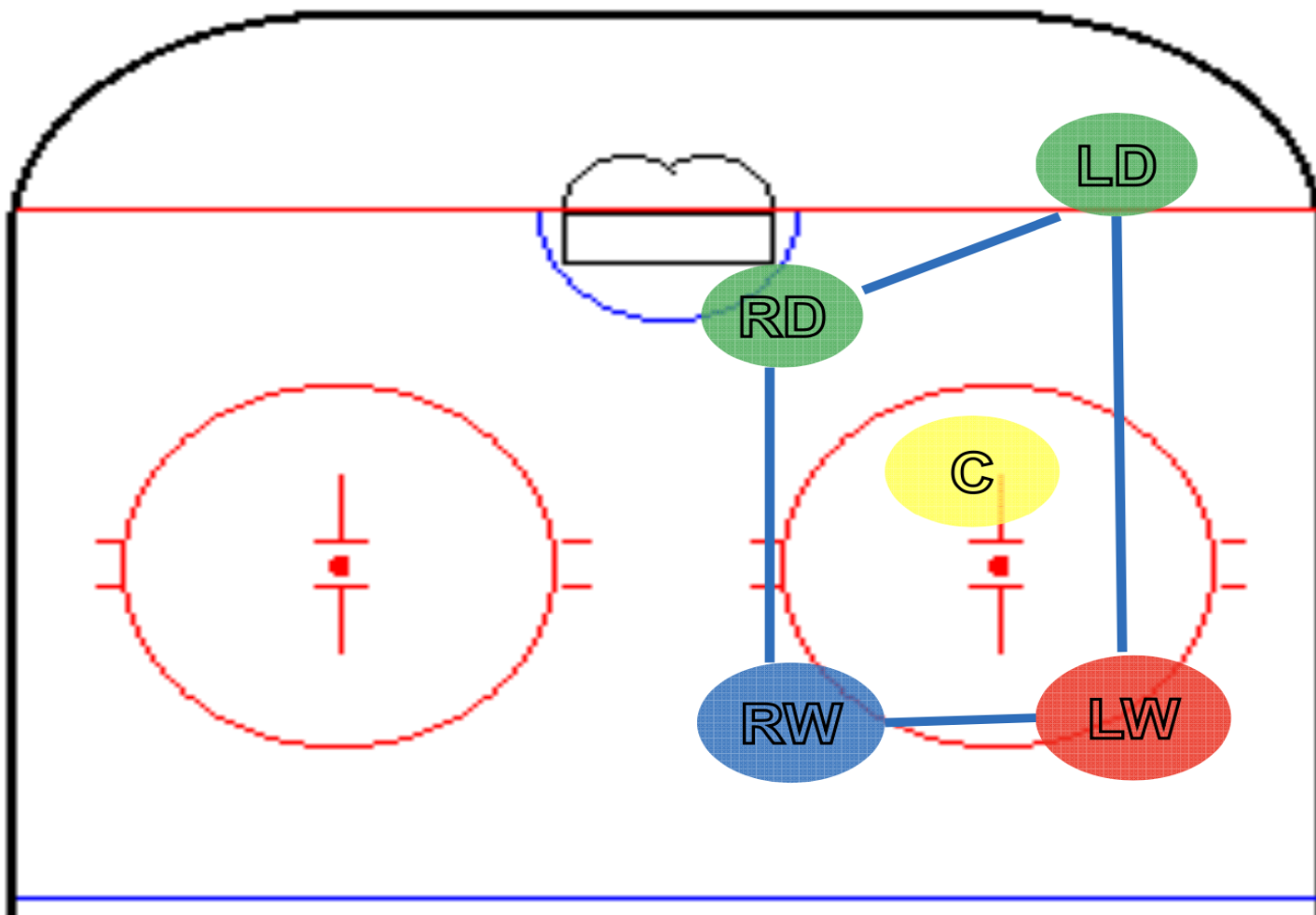


Defensive Concept – the rink within the rink

- This is a great visual for all players that when they are in a defensive situation they need to 'own' the middle of the rink and this utilizes the area marked by the face off dots along each side then directly to each post of the net.
- Defensemen coming back for say a 3v2 quickly react back to the middle of the ice within the face off dots

Advanced D Zone Coverage: Box+1 or 2-1-2 Overload

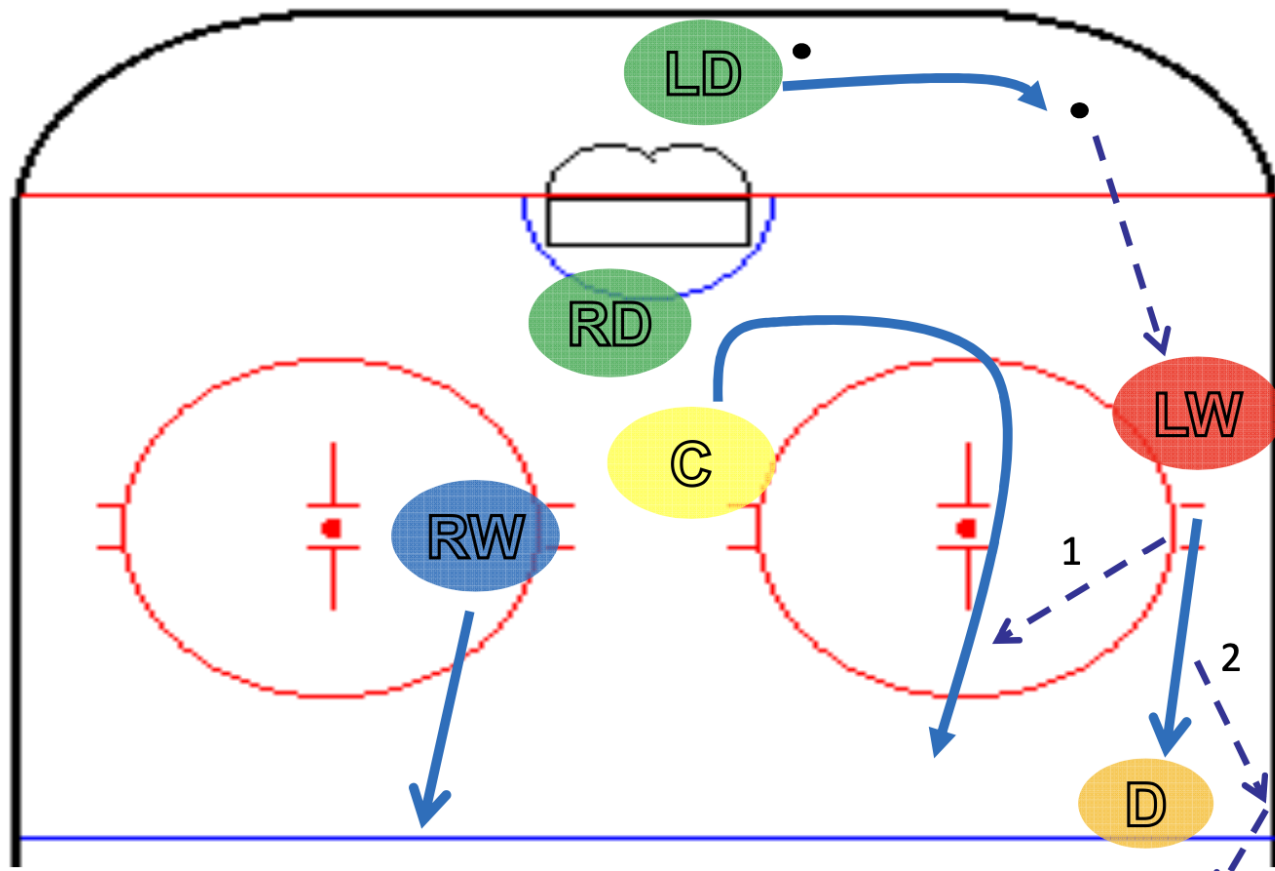
(12U/PW- Jr Gold)



D zone coverage Box plus 1 or 2-1-2 Overload is an aggressive D zone coverage

- Coaches can adjust based on abilities of your team and level or can be for very specific game circumstances. Should not be introduced until the 2nd half of season and only teams that can handle it.
 - Video - <https://www.youtube.com/watch?v=tPILrzt7IVQ>
 - Video HC playing USA Overload - <https://www.youtube.com/watch?v=agxSmBJRNho>
- This is similar to a normal D zone coverage, but all 5 players overload to the strong side. Idea is to shrink space for offensive players to move – tighten distance to all players and present support and blocking passing lanes in very close distances.
RD and RW as shown above are positioned directly in the middle of ice to near the post or more towards the puck. All players must move very fast, always pressure, and always fill in for each other if they are beaten.
- THIS SYSTEM CAN LEAVE YOU VULNERABLE IF ANY OFFENSIVE PLAYER BEATS PLAYERS ON SIDEBOARDS AND THEY HAVE PLAYERS IN THE SLOT!

Basic Breakout: D to Wing (all levels)



Basic Breakout – D to Wing:

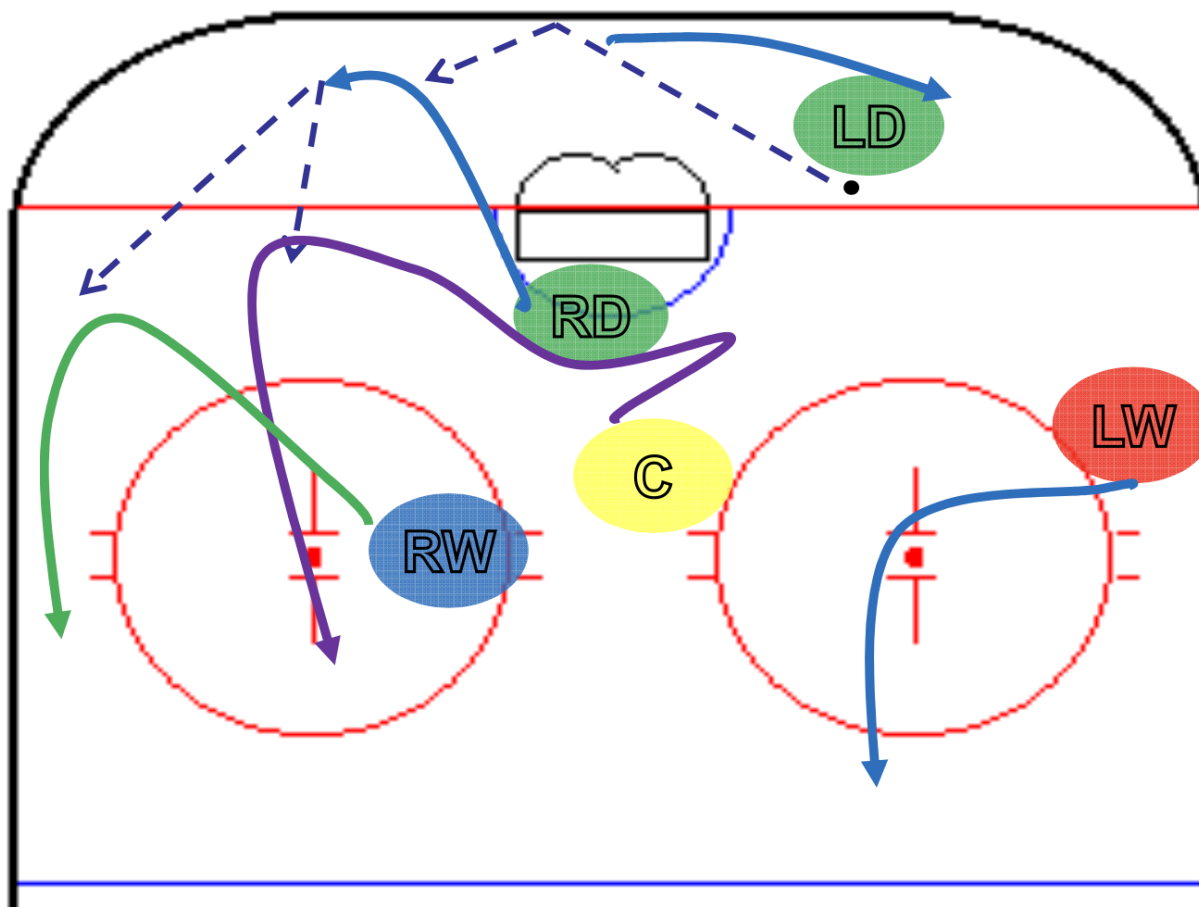
- Wing has 2 options – 1) to center or 2) if D steps up to pinch put it off the boards to center (Advanced options – 3) pass to far side to RW if clear lane exists & they are open 4) if pressured immediately on boards pass back to same D who just passed the puck – need timing & space to D for that to work.)

Keys:

- D winger pass should be on the wingers stick at all possible and not wrap it up the boards.
- Wing has to be at hash marks or below facing up ice & ready to skate up ice – if D pass is wrapped around boards use skate to kick it out to stick
- Wing must not stand still with the puck immediately move up ice & move out away from boards
- If open, keep skating with the puck while looking for pass options or pass to center directly (option 1), IF trapped step off boards & spin away from attacker then back towards boards protecting puck and chip high off the glass into neutral zone.
- Option 2 - moving out away from boards shifts opposing defenders off the boards; the winger can then pass the puck off the boards to center as another option – DO NOT PASS STRAIGHT OUT TOWARDS MIDDLE!
- Center must time the route to when D has full control move together at least even with or 1 step behind D - must skate parallel to goal line & D (lateral) heading towards boards present as pass option & turn up ice stay close to winger approx. face off dot 10 ft. away from winger for support (even or 1 step ahead)
- Offside wing moves up ice and stays wide for an option as pass in neutral zone or cuts through D for pass
- Both D must be the last out of the zone, especially D in front of the net; the other D can move as support of wing/center back approx. 10 -20 ft.

Basic Breakout: D to D Transition/Reverse

(All Levels)



Basic Breakout - D to D Reverse Play– For all levels, but can wait for 10U

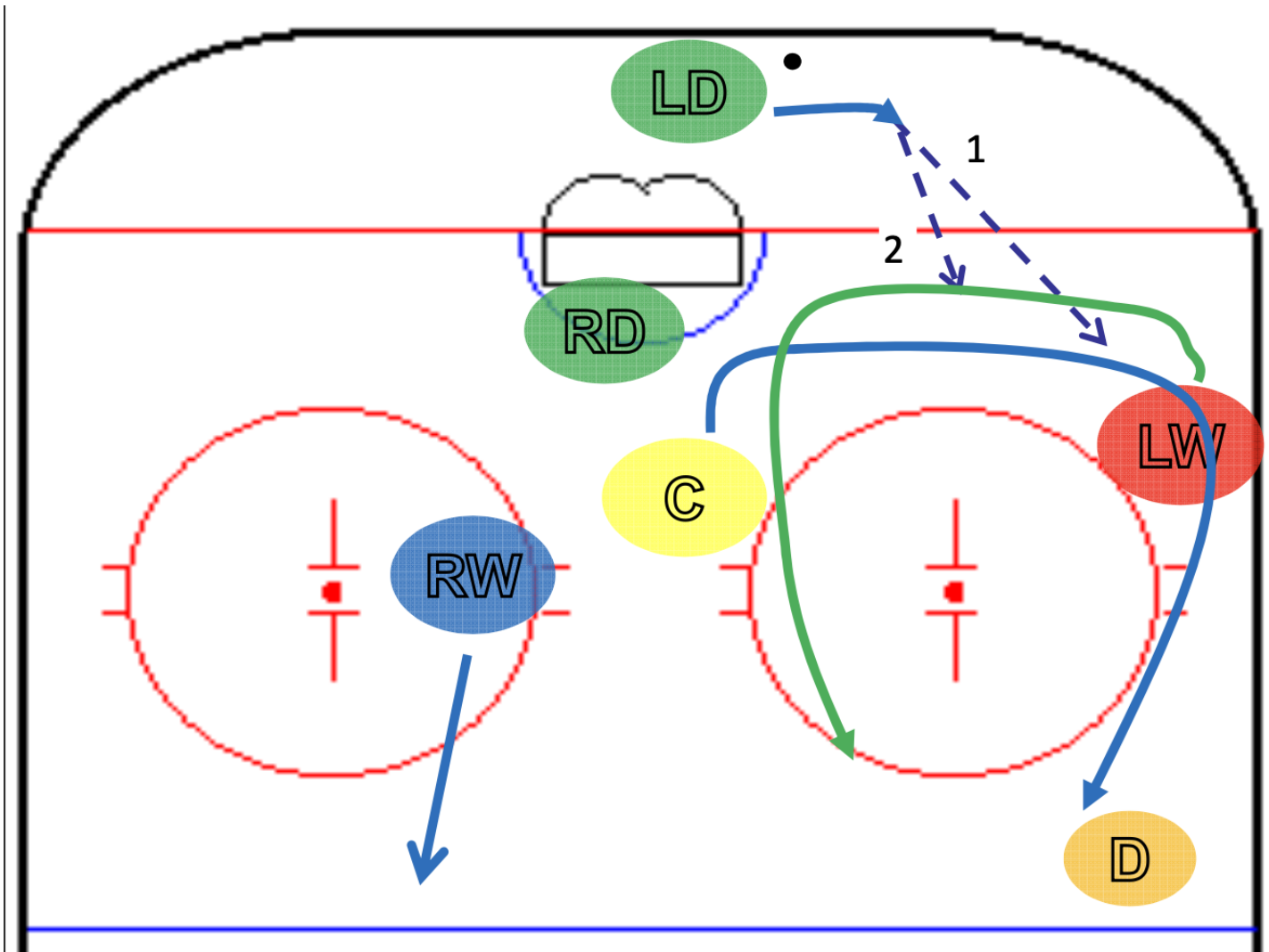
- D has an option to reverse the play vs. coming out the normal breakout side if there is excessive pressure in the zone or further up ice. This can be called by the puck carrier, the other D in front of the net or goalie calls out Reverse or another name.

Keys:

- D as they are moving behind the net coming out one side if they have extreme pressure early or see no passing options up ice they can pass behind net D to D. Center presents himself for normal breakout on other side presenting himself as an option for Either D or Goalie can call out this play.
- Center has to time out D keep their head up and transition back across ice to breakout opposite side.
- LW and RW adjust to make a standard breakout.
- LD should recover to the front of the net or be prepared for a return pass if RD is pressured unexpectedly.

Additional Option – Rim Option – Instead of passing to D partner, get the puck and rim the puck around to the far side. Per above picture LD will rim the puck around to RW. The RW needs to read & react quickly

Advanced Breakout: Center/Wing Cross (12U/PW – Jr Gold)



Advanced Breakout - D pass to Either Center or Wing Crossing:

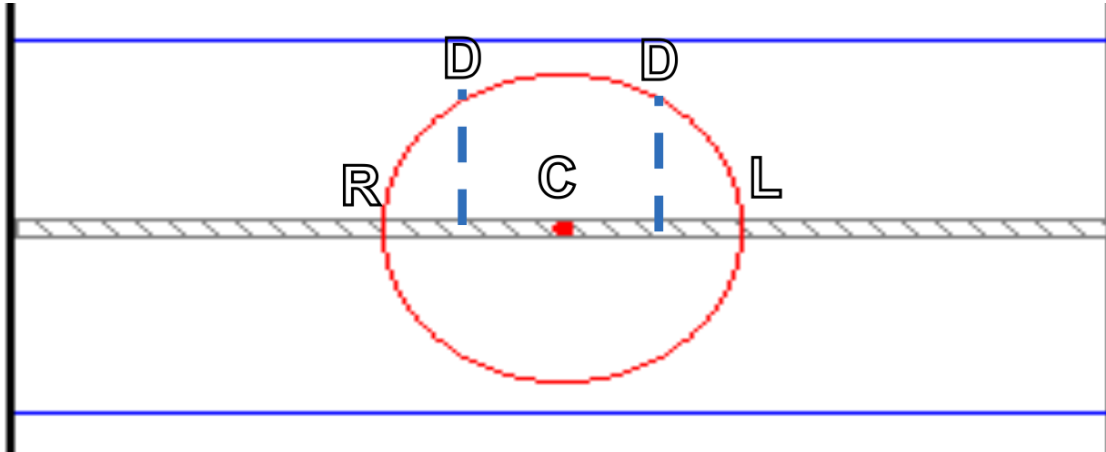
- D can pass to either Center or Wing crossing – idea is to gain space & freedom from fore checker & any pressure. Main option is to hit center directly w pass or bounce pass off side boards. D has to read coverage and if Wing crosses is open pass to them, BUT IT IS VERY DANGEROUS THEY WILL HAVE TO CUT TO THE MIDDLE/SLOT AREA COULD BE MISSED PASS OR LOSE THE PUCK.

Keys:

- D to Center or Wing crossing
- Center and Wing have to keep their heads up when crossing.
- Wing is to try & pull fore checkers with them in movement to middle while crossing
- Center to skate to boards cleanly & not detected enough to gain at minimum a stride to get a pass and clear the zone.

Additional Advanced Crossing Option – Instead of just C and LW crossing the Center cross & fills LW lane as it is, but additionally the RW follows and fills the normal Center lane and LW crosses all the way to RW spot or can move up boards then head across top of circles/blue line to RW lane.

Face Off Positioning (all levels)



Faceoff Basics:

- Center responsible for looking around and making sure players are ready, in position and goalie is in place.
- Center is the quarterback of each face off, speaks with teammates to let them know the plan of where the puck is going and gets the body in position based on what hand the opposing center is and decides where to go with the puck & situation.
- Center looks at puck in refs hand at all times not at ice
- Do NOT teach kids to turn their hand around to take an overhand grip!

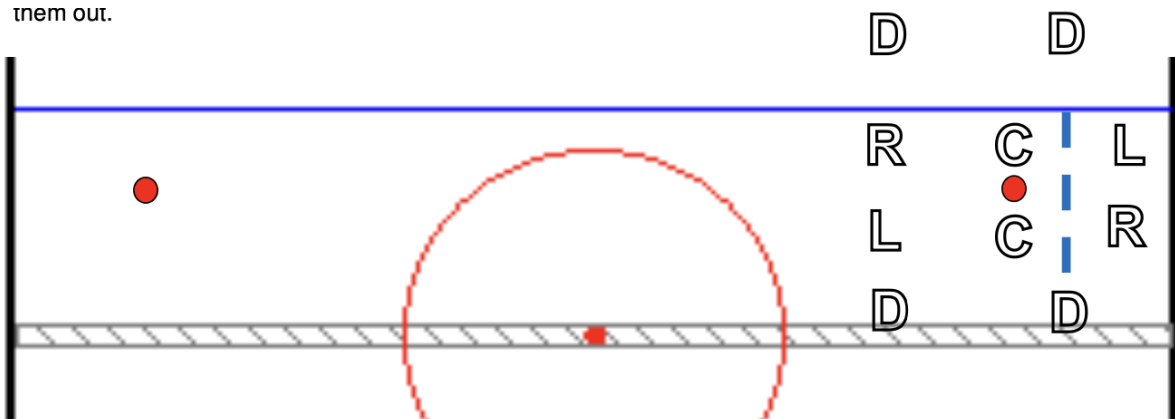
Center Ice Face-offs:

- Most important is D lining up in the gaps between wings & center & also in neutral zone outside of blue line
- Wing that is on the backhand of center goes in for support if centers get tied up or on boards if in zone for faceoff.

Offside Face-offs:

- Wing on boards support center – D on boards lines up in gap between wing & center – D towards center ice cheats towards center to protect middle (line up even with winger on that side)
- Defensive faceoff – center pushes forward so it does not go into zone – keep them offside
- Offensive faceoff – center can push into zone or draw back to inside D to shift defensive team and spread them out.

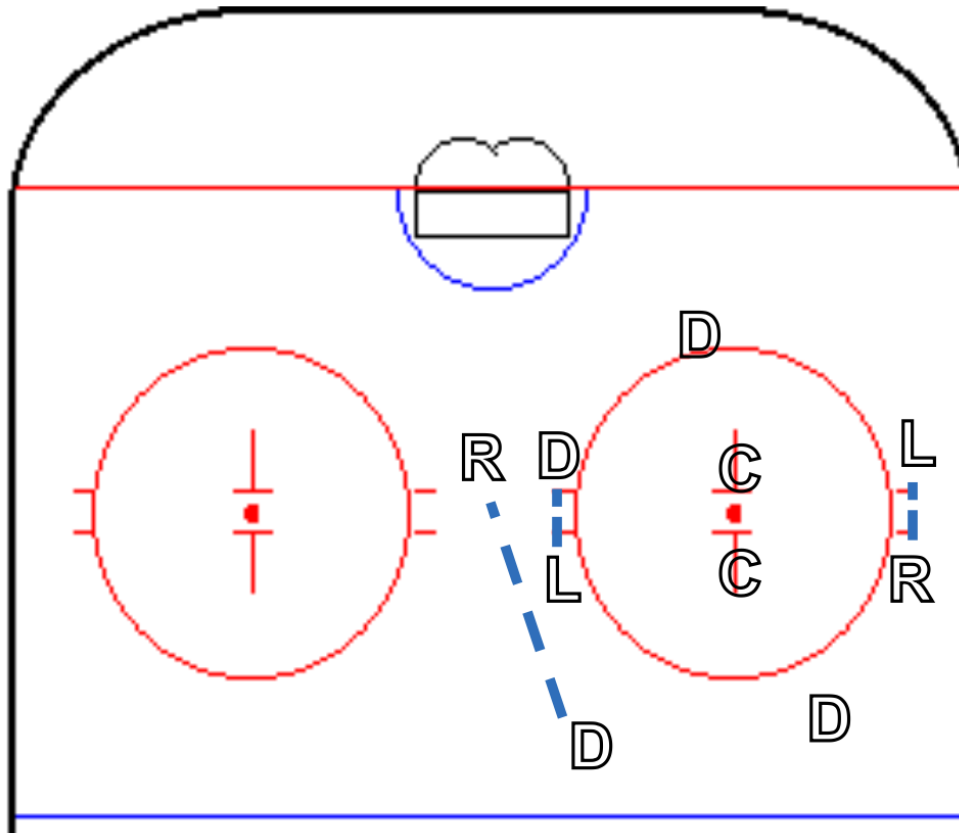
them out.



S. Bartlett – 9-13-2014

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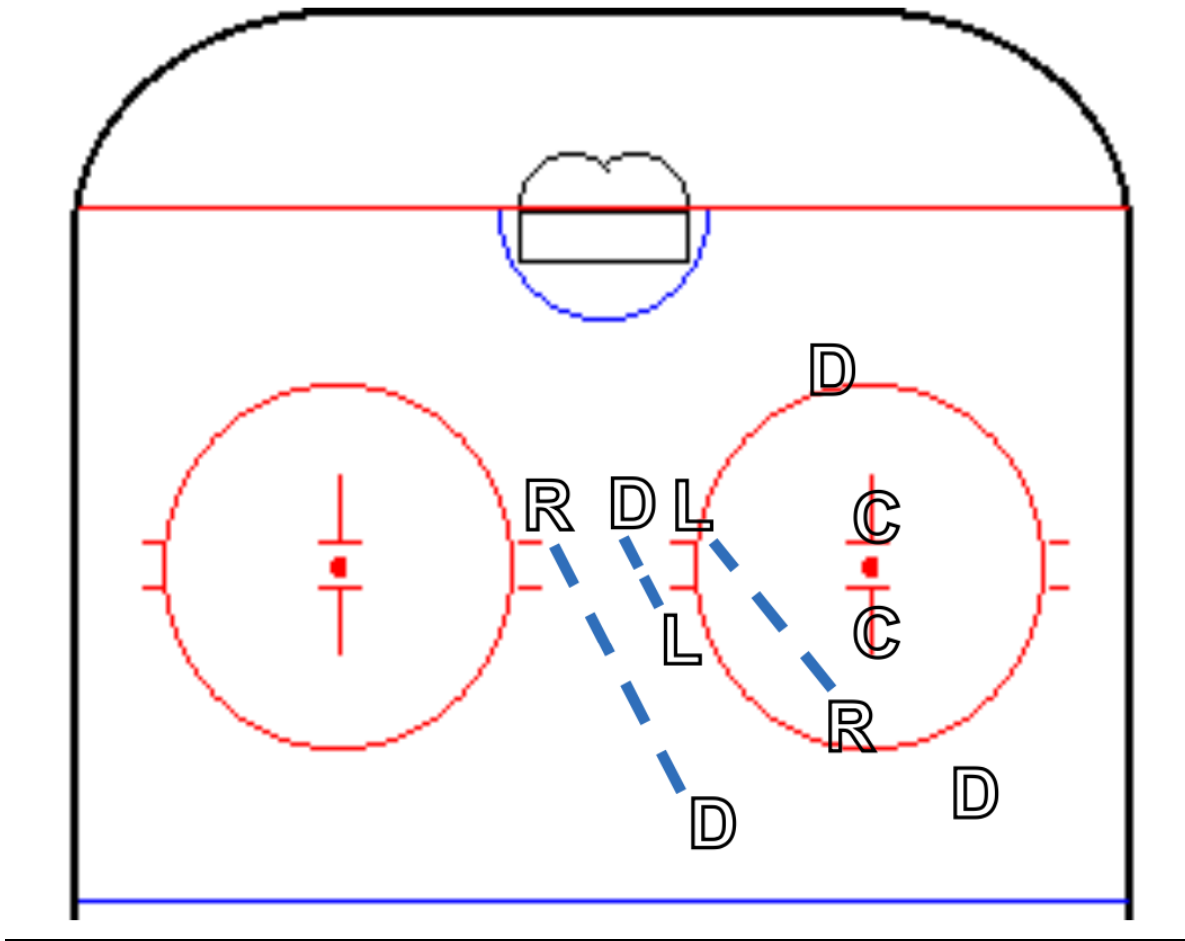
Face Off Positioning (all levels)



Face-offs inside the zone: Standard positioning:

- **Defensive team roles- it is mirrored for face off on opposite side of the ice**
 - Center makes sure all are in position and the goalie is ready!! Center pulls the puck to the corner or boards ALWAYS!
 - Center ties up opposing center
 - Right wing plays outside of right D and goes to opposing team left D on point
 - Right D is responsible for opposing LW going to net – protects center slot in front of goalie
 - Left D (important that they do not line up in the way of goalie sight line they should be behind center 1 step towards goal) gets puck from center – support center if tied up or retreats to slot area if they win the face off
 - LW – ties up RW of opposing team – supports center if tied up and puck lying at face off dot area – also if they win face off he is responsible to get out to opposing D on point on his side of the ice.
- **Offensive team roles- it is mirrored for face off on opposite side of the ice**
 - Center makes sure all are in position - pulls puck to either D depending on what handed they are – best if back to point on inside of ice towards center
 - IF faceoff is won back to D – LW ties up D & RW to give D time then goes to the net for pass, rebound, deflection, or screen – Center ties up opposing center then drives the net – RW ties up his player to give D time and then drives towards the net or stay open for pass
 - IF faceoff is lost and goes to corner RW drives after puck – Center drives the puck or supports on boards – LW stays in slot area ready to intercept pass or if they shift to other corner they intercept or pick up RW going back up ice backchecking
 - IF centers are tied up the RW (or wing on boards) goes to puck to support

Face Off Positioning – Defending Wing on Top



- Face offs inside the zone: Alternative – IF opposing team 's offensive wing moves to top of circle shown RW (NOT RAHA preferred method do not teach this)
- This method is for when offense shifts wing to top of circle, this actually limits the time to get a shot off now the wing can get to shooter vs. center pulling puck back to D to shoot and wing tying up wing and giving that D shooter time to release the shot.
- Defensive team roles when the offensive team lines up like this - it is mirrored for face off on the opposite side of the ice. Guideline for this is if the wing lines up directly behind center or towards the net then defend as shown. If anywhere towards the boards on the circle then the defending wing should line up as normal against boards to get to them as soon as possible!
 - All roles stay the same as the previous situation with only changes are defensive team D and R shift slightly over (their responsible offensive players do not change). Then the defensive L wing moves to inside position #1. If they win the draw and pull it back to their right wing the Def. L skates immediately to get their body in front of the shooter.

Appendix #1: F1 – F2 –F3 Terminology

- Despite the seemingly haphazard arrangement of players in a hockey game, hockey coaches designate positions for each player. Recently, many coaches have opted to use a flexible set of positions for their players who often change spots based on the events of the game. Forwards are labeled F1, F2 and F3, with the F3 forward specializing in reading the game and adjusting his play to the other forwards.

Description:

- The center, left wing and right wing make up the three forward positions in hockey. Most coaches opt out of these designations and instead use F1, F2 and F3 to mark their forwards. Coaches use the designation "F" because each of these players is a forward and the numbers designate the order in which they enter the zone; F3 means the forward is the third and last forward to enter the zone.

Function:

- Each forward has a different function based on what order he enters the offensive or defensive zone. The F3 watches the other two forwards and adjusts his play based on their position and what the coach has in mind for the offensive or defensive scheme he has produced. A player can change his designation and be an F3 on offense but not on defense and vice versa.

Forechecking:

- In the offensive zone charge, the three forwards push to score the puck into the opponent's goal. The F1 pushes the puck forward and attacks the net, trying to put the defense in a bad position. The F2 aids the first forward and takes a position to get the puck if it is lost by the first. The F3 hangs back to quickly transition to the defensive end and keeps the puck in front of himself to check the positions of all players, entering into play if needed.

Backchecking:

- The F3 on offense generally becomes the F1 on defense. He is the closest to the defensive end and moves into the zone first, making him the new F1. This means the F1 on offense will become the F3 on defense and will hang back in the defensive zone, blocking the defensemen from attacking the puck. The F3 may also move into the higher position to support other forwards or pick up a loose puck after it is contested.

Hockey Terminology INDEX:

Despite us all coming from different backgrounds and various levels, hockey is the ultimate team game. Hockey is about a group of 6 players on the ice working together as a unit to keep the puck out of their own net and put the puck in the opponents net. We as coaches should be doing the same while working together to accomplish the same goal of making players better hockey players, better athletes, better students and better overall people. The words below are categorized by Offense and Defense in which we want you to use them on the ice during practice, in games while playing, in film or locker room talks.