



2019-2020 Coach Development Off-Ice/Dryland

09/12/2019

7:30-8:30pm

All Seasons Arena Maverick Room & Dryland Room



Agenda



Video Opportunities



Expectations (coaches & players)



Season Planning & Scheduling



Dryland Walk Through

<https://youtu.be/aKclpHI0wUc>



Game Clip



What did you see?


- Systems
- Effort
- Individual Skills

Why did the players do what they did?

What would you do?

How will you communicate?

Game Clip - Example



Game vs. Waconia

Team focus prior to game = Quick out, Quick through, Quick in
Individual focuses prior to game = Head Up, Communicate, Support

Start with clip @ 8:50

* Jack picks off pass in front of net with quick B/O pass to wall, Landon gets feet moving into N/Z then get's angled but has Schmitt there to support the puck.

Goal @ 5:52

*Quick possession in D-Zone, speed through N/Z, drove wide, puck to net.

Face-Off @ 11:10 thru 12:05

* D-Zone face-off, communication before puck drop, lost the draw, spent 45 seconds in D-Zone and iced it.



<https://youtu.be/YFH8VCXKUyQ>



Individual Player Clip



Why would this be helpful?

When could something like this be used?

Where could this be incorporated?

How to communicate to the player?



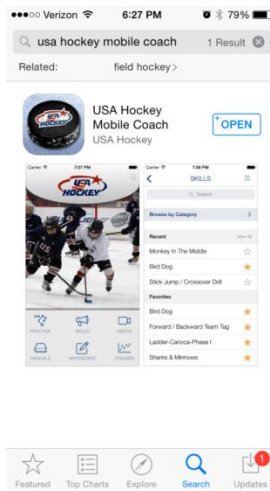
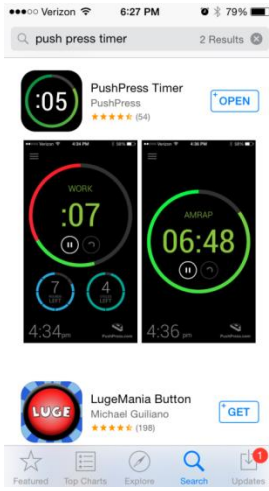
Planning/Execution

“Give me six hours to chop down a tree and I will spend the first four sharpening the axe.”

— [Abraham Lincoln](#)



Planning/Execution



SUMMER EDITION 2019 SOCIAL HOCKEY INFLUENCERS POWER RANKINGS

PRESENTED BY: **HOCKEYSHOT**

THE LEGENDS

#1 ANDREW TELFER
@theshot61

#2 JEREMY RUPKE
@hawthockey
@thehockeymovement

#3 PAVEL BARBER
@hghbarber
@pavelbarbertraining

SUPER-STARS		ALL-STARS		GRINDERS	
4	Kane @kanevantage38	17	Jim @vitalhockeyskills	30	Daniel @db_hockey_factory
5	Steve @stevedangle	18	Danny @danny_hype	31	Shayne @jacksonhk
6	Chris @hockeytutorial	19	AJ @dustyhockey	32	John @jschiavo44 NEW
7	Olly & Jacob @onthebench	20	Seth @hockeytanky	33	Jocke @jrm_skatesandskills
8	Jordie @ultimatehockeyfancave	21	Carter & Max @butcherboyzrule	34	Maxim @max_ivanov68
9	Dan @deejbtal	22	Kevin @hockeytrainingtips	35	Dusan @10dtendy
10	Erich @es_films_	23	Percy @hockeysyndicate	36	Justin @hockey_sporttest
11	Tyler @goaliecoaches	24	JT @jtharnett	37	TGN @thegoalnet
12	Trevor @beerleaguebender	25	Dr. Nerd @goaliegearnerd	38	Whitney @fireandicehockey
13	Roman @romanjamesmaccotte	26	Ben @ndr.heaven	39	Nick @nextlevel_performance
14	Patrick @hockeycollective	27	Evan @twig_heaven	40	PJ @tdihockey
15	Ali @never2late2learn.hky	28	Matt @hockeyprotraining	41	Nick @beerleaguestalk
16	Pete @elevatedhockey	29	Colby @themdmedia NEW	42	Avi @passhockey

CALL-UPS	
43	Derek @derek_popke
44	JP @fasthockeyproject
45	Alex @alex_antropov NEW
46	Marcel @marceljohasz73








BE INFLUENTIAL.
TAG #HOCKEYSHOT

50 Don Cherry



Planning/Execution



-  Always have a practice plan (Off-ice and On-ice)
-  Efficiency (Quality or Quantity)
-  Work to Rest Ratio
-  Game like Situations vs. Skill Work
-  Coach utilization
-  What's the Purpose
-  Progression Based

On-Ice and Off-Ice Planning/Execution



Dryland and Maverick Room Utilization

- USE THEM!!!!!!
- Maverick room is a great resource for video sessions
- Dryland/Treadmill are reserved together
- Efficiency, focus on repetition and quality
- Utilize the White Board
- Athleticism is key
- Gymnasium Space is also an option

Active Season Dry Land Training *(During Season)*

12-and-Under:
Once per week for 45 minutes

14-and-Under:
Once per week for 60 minutes

16/18-and-Under:
Once per week for 60 minutes

Head to Dryland Room



Walk Through in
the Dryland Room

Coach Development Sessions



Date: Wednesday Sept. 18th

Time: 8:45-9:45pm

Location: All Seasons Arena

Topics: On-Ice Skills Progression

Date: Thursday Sept. 19th

Time: 7:30-8:30pm

Location: All Seasons Arena Maverick Room

Topics: CEP and Coach Registration Requirements

Date: Tuesday Sept. 24th

Time: 7:30-8:30pm

Location: All Seasons Arena Maverick Room

Topics: Goalies