



# Calumet Copper Kings Junior Varsity Team Handbook

2019-2020



As a Copper King Athlete, you represent your community, your school, your family and yourself. As Copper King Hockey Players, this is who you represent! As a TEAM you play for them, each other and yourself.

Our program represents a long, deep seated hockey tradition that not many other schools can come close to matching. Tradition like ours can cast a long shadow over our own success as well. Honoring the tradition and finding success requires your hard work and dedication.

For our TEAM to have success each player must bring the following to the table, every day!

- \*Mental Preparation
- \*Physical Preparation
- \*Positive Attitude
- \*Willingness to Ask, Listen, & Learn
- \*Being RESPONSIBLE & Taking OWNERSHIP

When the entire TEAM buys in... our collective character is established and solid. One Team...One Dream



# **The Seven Pillars**

Our TEAM PLAY IDENTITY is the “WHO” and “What” we are on the ice.

## **We Are A:**

HIGH TEMPO TEAM

QUICK TRANSITION TEAM

PUCK POSSESSION TEAM

RELENTLESS PUCK PURSUIT TEAM

ALL THREE ZONES TEAM

COMMUNICATING TEAM

FIVE MAN UNITS TEAM



**HIGH TEMPO:** We are skating hard from the moment we go through the gate or over the boards and our blades hit the ice until we are back on the bench! Moving the puck up the ice fast regardless of being the puck carrier or support and moving with authority! Moving the puck with hard, crisp and accurate passing. Getting the puck to the net fast and hard and support getting to the opponents net hard and fast with the puck!

**QUICK TRANSITION:** Quickly making our switch from offensive attack play to defensive attack, regaining puck possession and transitioning back to offensive attack!

**PUCK POSSESSION:** We DO NOT give the puck away if we can help it. We exit high pressure situations and maintain possession by our support moving to open ice giving the lead an outlet for the puck. We use all three zones to accomplish this. We treat EVERY SHIFT like a game of, “Keep Away!”

**RELENTLESS PUCK PURSUIT:** Simple - We attack the opposition to regain puck possession! We do not watch, we attack! One, two, three... whatever it takes to regain puck possession!



**ALL THREE ZONES:** We use all three zones in our attack offensively and defensively. We use all three zones in our puck possession game. We move with the same *Intensity*, *Consistency*, and *Authority* in all three zones.

**COMMUNICATING:** Our team ability and identity is dependent on our effective communication with each other. We talk with each other on the ice, on the bench, in the locker room, away from the rink... We talk WITH each other not AT each other. We talk positively, not negatively. We encourage each other! We do not sit silent! We are a Team... We are family in a sense!

**FIVE PLAYER UNITS:** We go on and off the ice as Five Player Units, meaning, we will generally hit the ice with the same forward and defensive pairings. Your unit takes a penalty your unit starts the kill. We may only have x number of players but we can have two times that number of units if needed!



### The Fine Print (Rules)

- Players will conduct themselves in a manner that reflects positively upon the TEAM, COMMUNITY, SCHOOL & YOURSELF. ^
- Dress code is: Long sleeved dress shirt (tie is optional,) dress pants (**NO JEANS**) dress shoes. Team Jacket if you choose to purchase one or have one already. This is for ALL home & away games. \*
- Locker rooms: We will ALWAYS leave the locker room cleaner than we received it. Tape and garbage picked up. Toilets flushed after use. Observed damage or malfunction reported to coaches immediately. Bottom line is that we respect our hosts and their facilities. \*
- Team assembles 30 minutes prior to practice times and one (1) hour prior to games. Team Captains will conduct Team Dynamic Warm-ups prior to taking the ice, Dynamic Stretching & Cool-Down after ice sessions. \*
- The team will conduct occasional classroom sessions. Players are expected to attend and bring their Team Handbook with them. \*
- If you can not make a scheduled event you are responsible to notify the coaching staff prior to, not during, or after or having a team mate tell the coaches. ^
- Ice time is EXPENSIVE! Players WILL ALL BE ON THE ICE... ON TIME!. \*
- Good sportsmanship win or lose, respect for the game, officials, opponents, coaches, fans and each other^.
- ZERO TOLERANCE RULES: Hazing. Bullying. Theft. Chew, Alcohol. School administration action required.
- Academic requirements must be maintained to remain eligible to play. The coaching staff actively monitors academic performance. Don't wait to inform the coaches that you're having a challenge in a class, we have a system in place to assist you with academics. School Athletic Policy/ MHSAA
- Parents: 24 hour rule... The coaching staff will not entertain conversations regarding playing time issues or complaints during the first 24 hours following a competition. Any conversation will be limited to your player only.
- Disciplinary Actions: \* East West Skate. ^ Warning, Period Suspension, Game Suspension, Referred to Athletic Director. School administration disciplinary actions may result in dismissal from team.

\_\_\_\_\_  
Player Signature.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature.

\_\_\_\_\_  
Date



## GOALS

### Team Goals:

1)

2)

3)

4)

5)

### Individual Goals:

1)

2)

3)

4)

5)



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### *CLASSROOM SESSIONS*

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Classroom sessions will include hockey instruction, team play, systems execution, game film review, practice flow and drill explanation. Power play, Penalty Kill, Special Plays, Face Off Positioning... These are the primary points of focus during the classroom sessions.

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### *ON ICE PRACTICES*

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- \*Pre ice dynamic warm up
- \*Short Cardio Skate
- \*Goalie Warm up
- \*Individual Fundamental Skill Development Drills (skate, pass, shoot)
- \*Team Play Point of Emphasis Drills/ Activity
- \* Conditioning Skate
- \* Cool Down

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### *GAMES*

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Away games may require early dismissal from school. If this is the case, dismissal time is determined by the school and the players notified. Competitions requiring over night stays will have a published team itinerary.

Regardless of game location, the team will arrive at the arena and be in the locker room one hour prior to the scheduled start. Captains will conduct team dynamic warm up. Players dressed and ready to go on time. Goalies lead the team out and onto the ice, team captains are last out and last on. The same order for leaving the ice for the locker room.





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## *SAFETY*

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### **HOCKEY IS A CONTACT SPORT WITH INHERENT RISKS!**

You are provided with equipment meant to protect you while you play. Your school provided helmet, gloves and pants are given to you in serviceable condition. You are responsible for its proper care while you have possession. If you have a school issued equipment problem, notify the coach immediately. You are also provided with a team bag to transport your equipment. Mouth guards and neck protectors or certified undergarment with approved neck protection incorporated are mandatory.

Players should inspect their gear daily for serviceability and proper fit and adjust or replace according. Improperly fitted or damaged protective equipment is an injury waiting to happen

Locker room safety requires that there is absolutely NO RUNNING, JUMPING ..etc. your street clothing hung on the wall pegs or placed inside your gear bag. Once you're geared up your equipment bag goes under your bench seat and the middle of the locker room floor is open and unobstructed.

Only players, team coaches and managers, team trainer and school administrators are allowed in the locker room.

Electronic device use is restricted. One device for MUSIC ONLY PRIOR TO GAME. DEVICES ARE POWERED DOWN UNTIL AFTER THE GAME HAS ENDED AND PLAYER HAS LEFT THE LOCKER ROOM.



All student athletes are required to have a current sport physical and provide it to the school. Aspirus Keweenaw provides athletic trainer services to our student athletes. These services include pre-concussion base testing.

It is the responsibility of the affected player to immediately notify team staff of illness or injury when possible. Our athletic trainers have the final word regarding play/ no play. In matters where an injury is sustained during play, and the trainer determines no return to play... that decision is final for the duration of the competition. Injuries requiring a Dr.'s evaluation and or treatment require a Dr's signature on a return to play authorization note.

It is a good practice to regularly wash and dry your under garments (gitch) regularly. Built up bacteria in your under garments can cause bad infections in areas where skin is broken.

Water bottles are washed regularly by the players and or team manager(s)



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*Miscellaneous*

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In addition to your school provided and personal equipment, you should always have enough hockey tape of your choice, a spare set of skate laces, and, if possible, spare set of skate steel/runners in your gear bag. Game stick(s) and backup(s) clearly marked with current jersey number.



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### *Do's & Don't - All Zones*

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- Don't wait for a puck... angle or curl but always skate and meet a puck don't stand still and wait for it!
- Don't turn your back to the puck or play, always turn towards the puck and or play!
- Always keep your feet moving, don't coast!
- We always ATTACK – You are either attacking the opponent/puck to regain possession or you are attacking the opposition net!



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## *Defensive Zone*

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As a general rule, we move all pucks to the walls in the defensive zone. We don't throw 80+ foot pass through the middle of the defensive zone. If your pass is going opposite wall, you move with the puck  $\frac{1}{4}$  to  $\frac{1}{2}$  the way before you make that pass! This action multiplies your options and eliminates what is an easy pick/ turn over going cross zone!

- WE WILL ALWAYS HAVE A D NET FRONT
- WE USE THE GLASS! CHIP HIGH TO BREAK BY THE OPPOSITION D ON THE WALL!
- WE DON'T SCRAMBLE! IF YOUR SHIFT CAN'T PUT IT TOGETHER WE ICE THE PUCK AND TAKE THE WHISTE AND EXECUTE A RE START!
- FIRST PLAYER IS PLAYING THE BODY
- SECOND PLAYER IS PLAYING THE PUCK
- THIRD PLAYER IS MOVING ON THE BOARDS & BREAKING FOR LOW PRESSURE OPEN ICE AND PUCK!



Where we are facing strong opposition pressure in the slot we will move to a center high defensive posture. In the case where center high is not effective we will execute a Box Plus One defensive posture.

Figure 1 Center High Defensive Zone Coverage

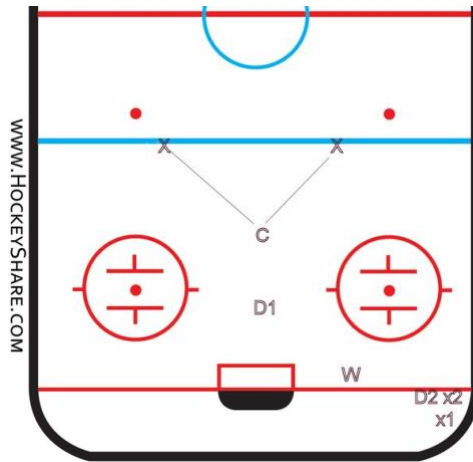
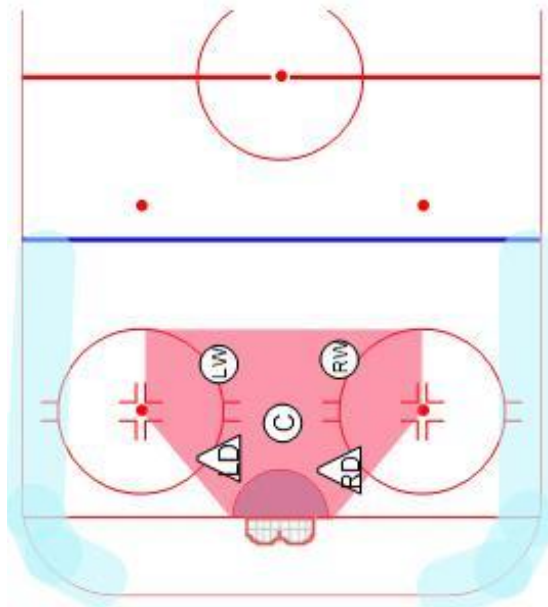


Figure 2 Box Plus One Defensive Zone Coverage



In defensive zone play where the opposition pressure is moderate to low we execute winger high zone play.

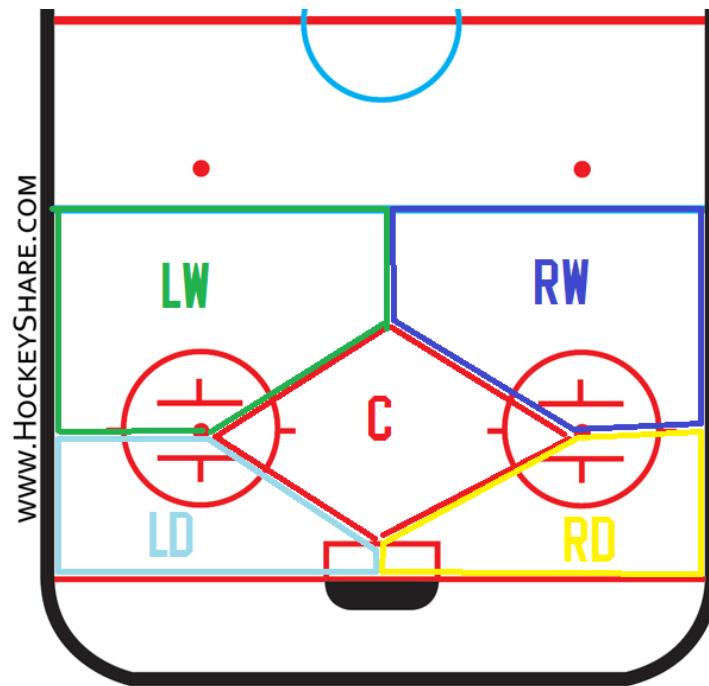


Figure 3 Wing High Zone Coverage

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### *Neutral Zone*

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- We use the Neutral Zone to gain speed - the puck carrier should move through and to the outside. Cutting to the middle and trying to penetrate the Offensive Zone usually results in a turn over.
- We utilize the neutral zone to maintain possession and to reorganize out attack.
- We use the neutral zone to set up our PK

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### *Offensive Zone*

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- Pucks to the Net! No one is fancy! Don't look for the pretty goal! Get the PUCK TO THE NET!
- We Utilize our POINTS – The D are there to more than hold the line!
- BE CREATIVE! Work outside to in... cycle, whatever it takes to get the PUCK to the NET!
- 1<sup>st</sup> Player/ Body, 2<sup>nd</sup> Player/ Puck, 3<sup>rd</sup> Player/ Slot-Net
- Defense and Pinching Rule - Eyeballs & Butts! If you can see their eyes NO PINCH! If you can see their Butt You can Pinch... however, you get in and you get out! IF YOU DON'T HAVE POSSESSION OF THE PUCK YOU BELONG BACK ON THE BLUE LINE!





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## *Forecheck*

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Forecheck 1: One player hard in but DO NOT GO BEHIND THE NET UNLESS... You KNOW that you can flush and beat, or at least stay even when you come out! (Strong Team or Player Opposition)

Forecheck 2: Split Force, two hard in from opposite sides. First in goes hard after the puck carrier creating High Pressure while the second player reads opponents decision/action and reacts with direct pressure. First player joins in creating a 2 v 1 attack until turnover results. (Moderate to weaker team or Player with position)

Forecheck 3: All three in plus D on backside in a FULL PRESSURE ATTACK (Very Weak Team)

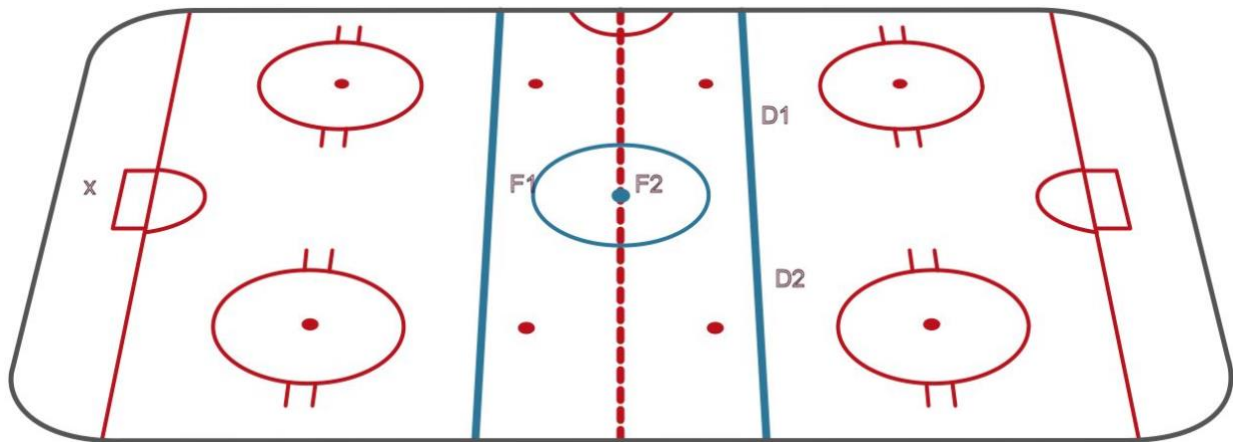


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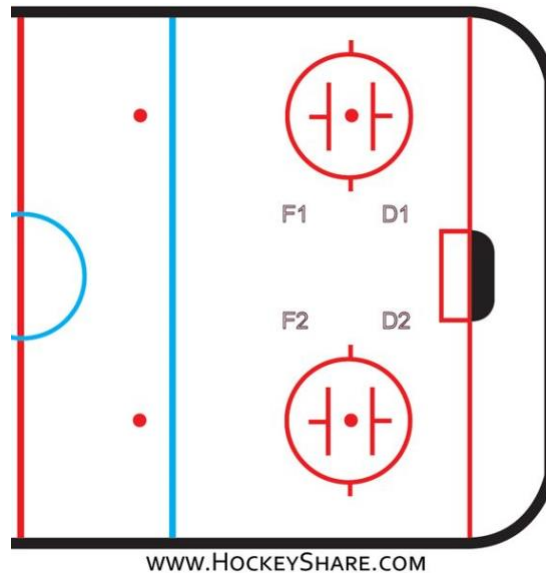
## *Penalty Kill (PK)*

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5 v 4 T Kill: High forward at opponent's blue line centered, F2 at center ice face off dot. F1 waits for opponent to move and commit then attacks directly at them when they reach mid zone. F2 holds for and reacts to F1 outcome, F2 attacks in direction of puck.



5 v 4 Box Kill: Box up and wait, more passive kill. We utilize this kill as a physical on ice recovery system to pace exertion level. The box kill expands and contracts in reaction to opposition puck movement. Primary objective is keeping opposition and puck to the outside! We get the puck in this kill and we ice it, move the box into the neutral zone and hold. No offensive zone penetration.



5 v 3 Triangle Kill: When we find ourselves in a 5 v 3 situation we form a triangle with the forward at the top point and the two D forming the base points. The triangle expands and contracts at a point... only the active point being nearest the puck attacking out towards the puck to just force its movement then retracting back. When we come up with the puck we look for open ice and send the puck down to the opposition end... it is at this point where we attempt to change one or two but seldom all three of our kill line.

