



2006 COACHES HELPING COACHES SMALL AREA GAMES

Presented by Hockey Canada & OMHA Development

The NCMP Specialty clinics were designed to with the following messages in mind.

KEEP THEM MOVING

Whether its practice, clinic, or camp, ice sessions should be designed to engage every participant consistently. Kids don't attend practice to watch others play. Kids enjoy practices when they have fun and they experience an improvement in their overall skills.

EMPHASIZE THE FUNDAMENTALS

Build a foundation that will never crack by properly teaching the basics. Learning the fundamentals and perfecting the same basics at every level of play is essential to having any chance of success.

If one player does not execute the fundamentals of his position correctly, the most sophisticated drill or play in the world will not work. It is unfair and not fun to focus on running plays that will fail 9 out of 10 times. Kid's practices that focus on Team Play over executing fundamentals are cheating every participant out of the chance to learn the game properly.

Do not attempt to replicate plays you see in NHL and Junior games! Every scheme that is attempted in a junior or NHL game is supported by years of training in the fundamentals of the game.

INCORPORATE A PROGRESSION OF SKILL DEVELOPMENT FOR EVERY PARTICIPANT

Regardless of a player's skill level, it is your responsibility as a coach to teach every kid on your team. It is no secret that if kids experience improvement in their skills, no matter what their athletic ability may be, they will continue to participate and return to learn more. Teach the skills in the proper order so you can continue to improve and build on each training session.

CONSIDERATIONS FOR DEVELOPMENT

Following are some general observations of youth sports as stated in the Long Term Athlete Development Plan.

- Young athletes under-train, over-compete; Low training to competition ratios in early years
- Training in early years focuses on outcomes (winning) rather than processes (optimal training)
- Poor training between 6-16 years of age cannot be fully corrected (athletes will never reach genetic potential)
- The best coaches are encouraged to work at elite level;

Basically it takes 10,000 hours or 10,000 repetitions to master a skill. With the ages of 9 - 12 being the most important for skill acquisition it is during this time period that the skills included in the specialty clinics need to be repeated consistently. To that end, the skills were chosen so that a coaching staff can work on these specific skills until a reasonable level of mastery is achieved and then move onto more advanced skills.

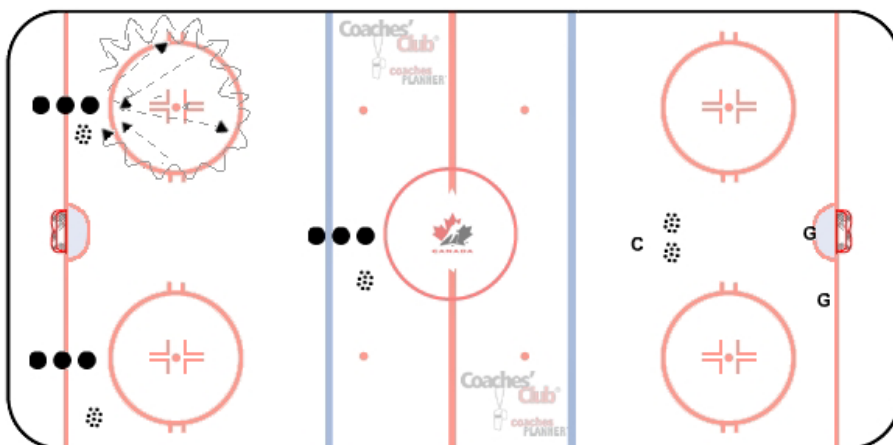
The focus of this session is to provide examples of how to introduce drill progressions focusing on skill development and the use of small-sided games to re-enforce and develop player's skills. These drills force the player to think in a game-like situation, fun, competitive environment.

DRILL 1

1 TOUCH WARM-UP

DRILL DESCRIPTION

- Players line up as shown
- 1st player starts without a puck - must always face the player at the front of the line.
- Skate around the circle giving one-touch passes.
- Stop when completely around circle and repeat in the opposite direction until back at the original position.
- Goaltender Mobility Drills run in opposite end during this drill.



KEY TEACHING POINTS:

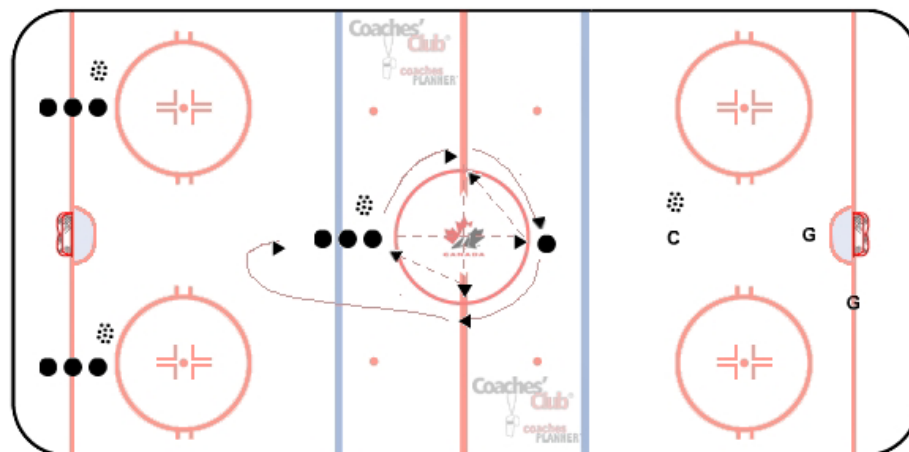
Rapid puck movement Soft hands - eye contact before making return pass / Face the puck - be an option.

DRILL 2

CIRCLE SUPPORT PASS

DRILL DESCRIPTION

- Confined space drill involves a quick series of give & goes.
- It is a continuous drill.
- Line 4-6 skaters off the end of one of the face off circles and start one skater on the circle opposite the line of players.



KEY TEACHING POINTS:

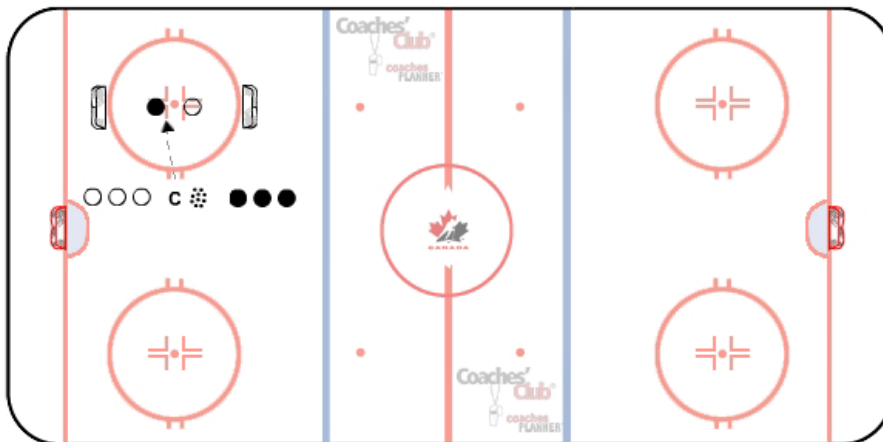
Communication - Eye contact - Verbal - Present the stick as a target.

DRILL 3

1V1 / 2V2 CIRCLE GAME

DRILL DESCRIPTION

- Confined space, game of 1v1 or 2v2, played within the face-off circle.
- When a goal is scored, coach shoots new puck into the circle and players continue to play.
- On whistle, players skate out of circle and new players skate into circle and a new puck is served into zone by coach.



KEY TEACHING POINTS:

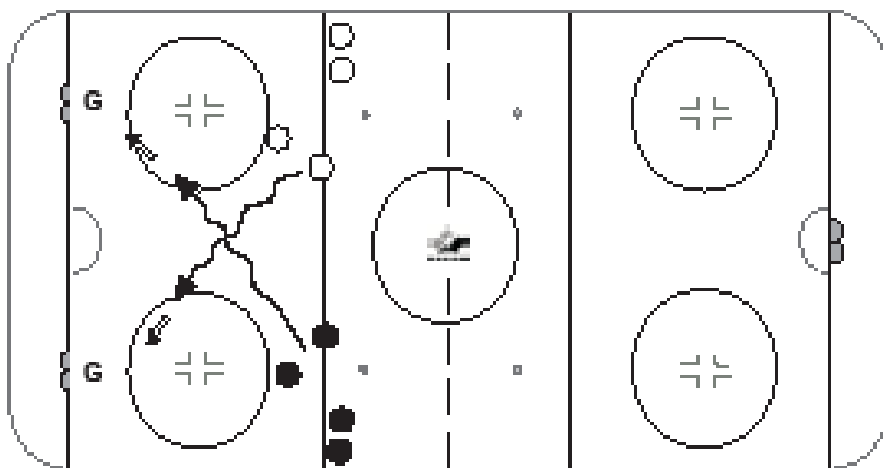
Feet moving / Read & React / Stops & Starts / Game situation & intensity.

DRILL 4

2 ON 2 - STEAL PUCK

DRILL DESCRIPTION

- 2 Players of each color line up at the face off dot outside the blue line.
- When coach says go, they skate cross ice to try and score on the opposite goal.
- If one team scores first they can go try and steal the puck from the other team and score a second goal.
- Can play out of both ends, new players after each rep



KEY TEACHING POINTS

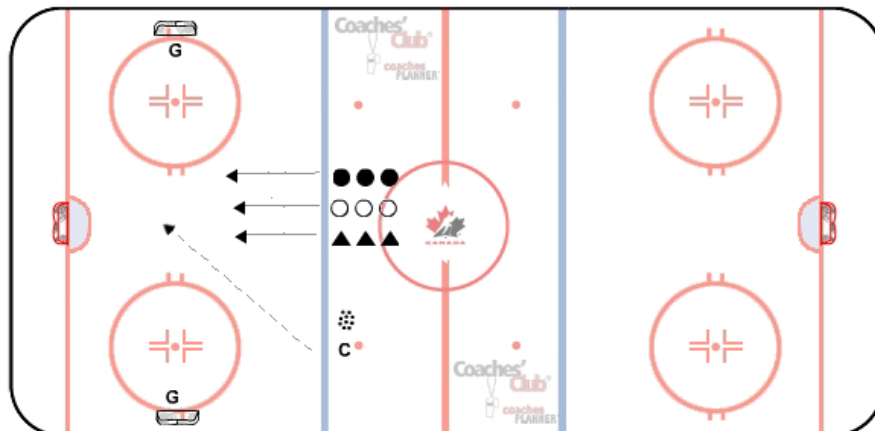
Feet moving / Read & React / Stops & Starts / Game situation & intensity.

DRILL 5

CROSS-ICE - 3 PLAYER HOG

DRILL DESCRIPTION

- Players line up outside the blue line on one knee.
- On whistle, coach shoots puck into zone and players attempt to gain possession of the puck and shoot/score on goal.
- When a goal is scored, coach shoots new puck into the zone and players continue to play.
- On whistle, players skate out of zone and 3 new players skate into zone and a new puck is served into zone by coach.



KEY TEACHING POINTS

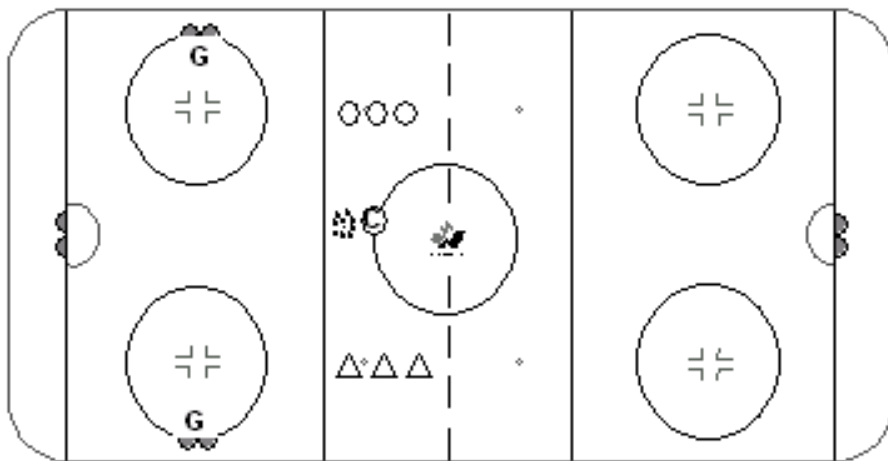
Feet moving / Read & React / Change of direction / Creativity / Game situation & intensity.

DRILL 6

CROSS-ICE - 2V2 / 3V3

DRILL DESCRIPTION

- Players are divided into three teams.
- On whistle, coach shoots puck into zone and players play 2V2 or 3V3 cross-ice below the blue line.
- When a goal is scored, coach shoots new puck into the zone and players continue to play.
- On whistle, players skate out of zone and new players skate into zone and a new puck is served into zone by coach.



KEY TEACHING POINTS

Feet moving / Read & React / Stops & Starts / Game situation & intensity.

DRILL OPTIONS:

A. 3V3 - ANY NET

Basic 3 vs. 3 cross ice play with the teams allowed to score on either net. Additional restrictions can be added for example; require a pass to teammate after transition before you can score.

B. 3V3 - OUTLETS

Teams play 3-on-3 cross ice with the option of using the outlet players as passing options. This in effect gives the offensive team a 5-on-3 advantage. The outlet players can move below the goal line and along the blue line. They should look to return the puck to the offensive team as quickly as possible. The outlet players are not allowed to score.

C. BUILD UP GAME

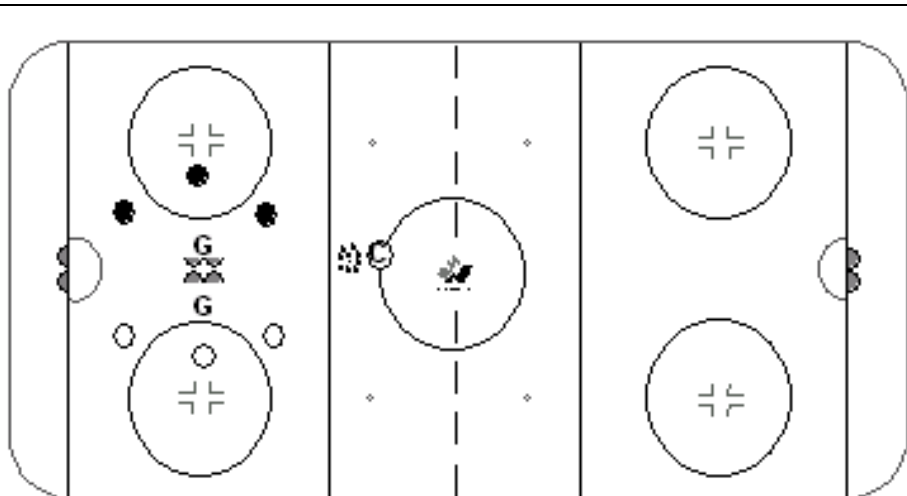
Drill begins form a 2 vs. 2 cross ice format. Each team can activate additional players by passing twice to the first person in their team's line. Once the player in line has received two passes he then activates into the play and the next player in line gets ready as a possible outlet. There are no limits to the number of players a team can build up too during their shift.

DRILL 7

BACK TO BACK NETS

DRILL DESCRIPTION

- Nets are placed back to back between the hash marks. 3 X's play 3 O's.
- One O and one X have to stay in contact with the faceoff dot. They are the "slot men".
- Play a 40 second shift - anyone can score.
- A great drill for goalies to follow behind the net play.



KEY TEACHING POINTS

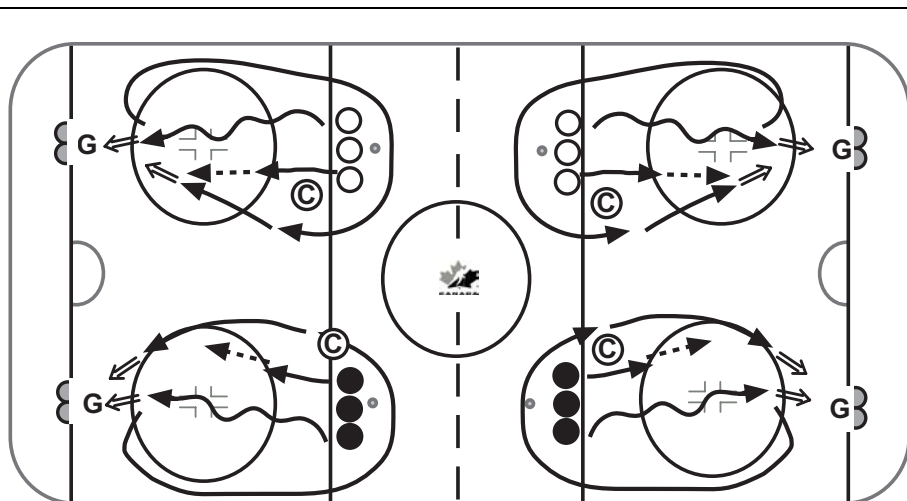
Feet moving / Read & React / Stops & Starts / Game situation & intensity.

DRILL 8

1, 2, 3, 4 ON 0 RELAY

DRILL DESCRIPTION

- Divide players into 2 or 4 groups
- On whistle first player in each line goes in for shot on net; keep shooting until goal is scored.
- After goal, player skates outside blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0.
- Continue 3 on 0, 4 on 0 until all players in line have gone.
- Relay is won by first team who slides over blue line after last goal is scored





KEY TEACHING POINTS

Shoot to score / Each player must touch puck before shot on net follow / Goalie can shoot puck away if they stop it