



National Coach Mentorship Program

Specialty Clinics

Ice Session Module: "Creating Offence"



**NATIONAL
COACH MENTORSHIP PROGRAM**

**Creating Offence
Coach Resource Guide**





National Coach Mentorship Program

Specialty Clinics

Ice Session Module: "Creating Offence"



Introduction and Acknowledgements

Dear Coach,

Specialty coach clinics are a national initiative of the Hockey Canada's National Coach Mentorship Program and designed on a modular basis to supplement Hockey Canada's National Coaching Certification Program. Clinic participation does not result in certification or serve as a replacement for NCCP requirements. The following clinics have been developed:

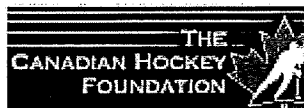
- Skating
- Puck Control
- Shooting and Scoring
- Checking
- **Creating Offense**
- Developing Defencemen
- Goaltending
- Special Teams
- Small Area Games
- Creative Thinking

Hockey Canada wishes to acknowledge the people involved in helping to create this resource.

Terry Bangen – Vancouver, BC
Tim Tisdale – Swift Current, SK
Corey McNabb – Calgary, AB
Edited by Dr. Vern Stenlund – University of Windsor, Windsor, ON

NATIONAL COACH MENTORSHIP PROGRAM

Hockey Canada would like to acknowledge the generous support provided by The Canadian Hockey Foundation which enabled the production of these resources.





National Coach Mentorship Program Specialty Clinics



Ice Session Module: "Creating Offence"

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

Keep Them Moving

Whether it's 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. **Kids 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.

Ultimately, if you as a coach can master teaching these skills, and players can become proficient at performing these skills then success will be the outcome. The goal is to concentrate on teaching these limited quantity of skills and move on only once the players can reasonably master them.

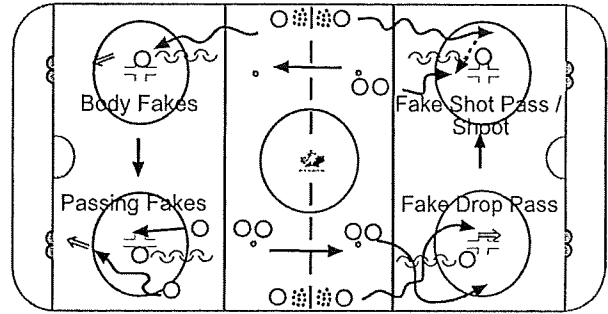


National Coach Mentorship Program Specialty Clinics



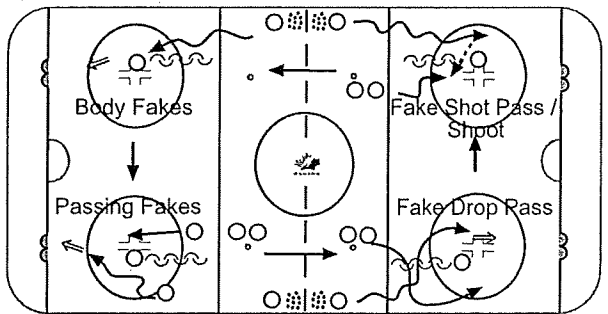
Ice Session Module: "Creating Offence"

Time	Drill Name & Description
5	Body Fakes
<p>-When trying to deceive or sell the defender on a particular move, the ability to perform a head or body fake is essential.</p> <p>-Players can either shift their body inside or outside or drop their shoulder to convince the defender they are going a different direction. Players can also deceive the defender with a combination of head and eye movements.</p> <p>-The fake should be performed beyond the range of the defender's stick. The player can then move laterally around the defender. Here, the attacker drops the shoulder, then cuts back toward the centre of the ice</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____	
2) _____	
3) _____	



NOTES:

Time	Drill Name & Description
5	Passing Fakes
<p>-A player can initiate a fake pass from either the forehand or the backhand.</p> <p>-By appearing to initiate a passing motion with the arms and stick, the attacker can freeze the defender, again creating the necessary time and space to allow the attacker to accelerate by.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____	
2) _____	
3) _____	



NOTES:

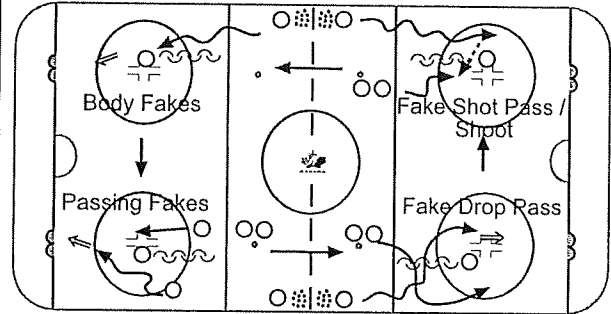


National Coach Mentorship Program Specialty Clinics



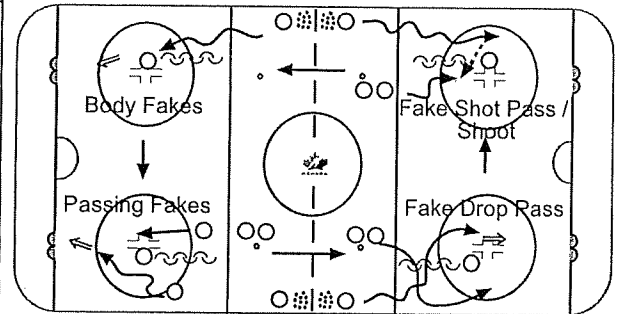
Ice Session Module: "Creating Offence"

Time	Drill Name & Description
5	Fake Drop Pass
<p>-The fake drop pass is a particularly effective tactic to use to cause a defender to lunge or move laterally.</p> <p>-Typically in the fake drop pass the attacking player carries the puck on the forehand, makes a motion as if "dropping" the puck to a teammate then accelerates on the forehand around the defender.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____ 2) _____ 3) _____	



NOTES:

Time	Drill Name & Description
5	Fake Shot Pass / Fake Shot Shoot
<p>-The puck carrier typically uses this fake to cause the goaltender to freeze and re-adjust, or, to gain a better shooting angle.</p> <p>-The fake shot – pass is deceptive because it not only freezes the defender, it also forces the goaltender to commit to the anticipated shot.</p> <p>-After faking the shot, the attacker can choose to shoot at a more exposed part of the net, or move to find a better opening.</p> <p>-The key here is the puck carrier's ability to really "sell" the fake before passing or shooting the puck.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____ 2) _____ 3) _____	



NOTES:



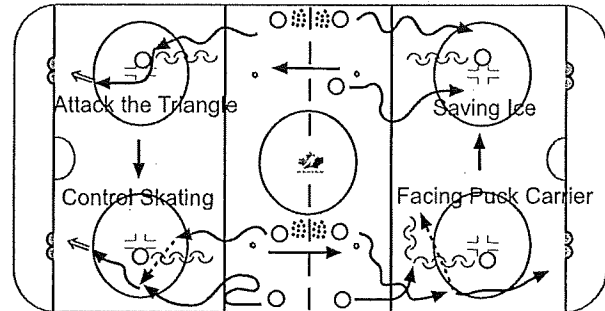
National Coach Mentorship Program Specialty Clinics



Ice Session Module: "Creating Offence"

Time	Drill Name & Description	Notes
5	Attacking the Triangle	
		<p>-Similar to the previous drill, attacking the triangle between the legs requires drawing the puck wide, outside the reach of the defender and then sliding it through his legs.</p> <p>-The attacker can now step around the defender and pick up the puck on the back side.</p>
Skill Analysis / Error Detection		

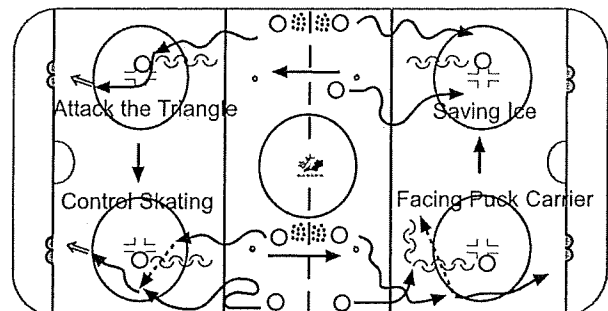
Progressions		
1) _____		
2) _____		
3) _____		



NOTES:

Time	Drill Name & Description	Notes
5	Control Skating	
		<p>-By controlling the pace of skating the player without the puck can provide a better passing option for the puck carrier, while at the same time posing another threat for the defender to think about.</p> <p>-Here, the player without the puck slows down, creating a passing option for the puck carrier.</p>
Skill Analysis / Error Detection		

Progressions		
1) _____		
2) _____		
3) _____		



NOTES:



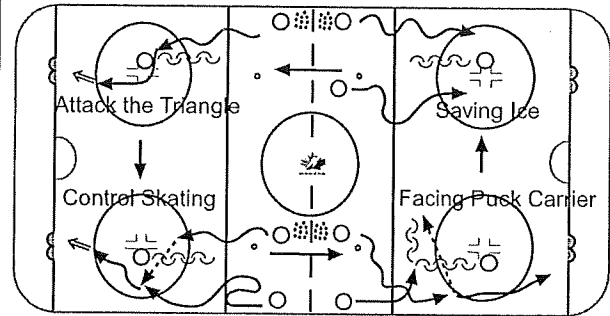
National Coach Mentorship Program

Specialty Clinics

Ice Session Module: "Creating Offence"

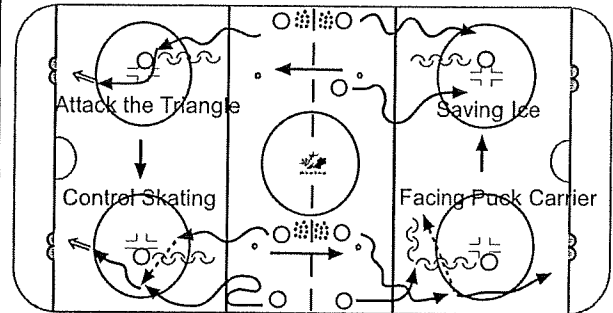


Time	Drill Name & Description
5	Facing Puck Carrier
<p>-Facing the puck carrier is an important off the puck tactic that all players should master.</p> <p>-For the non-puck carrier, the execution of open pivots and being able to turn effectively are essential to being in position to receive a pass.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____	
2) _____	
3) _____	



NOTES:

Time	Drill Name & Description
5	Saving Ice
<p>-In this skill, the non-puck carrier moves laterally to provide a better passing option for the puck carrier.</p> <p>-Saving ice can be a difficult concept for young players to learn, but successfully developing this skill will create many more options offensively.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____	
2) _____	
3) _____	



NOTES:

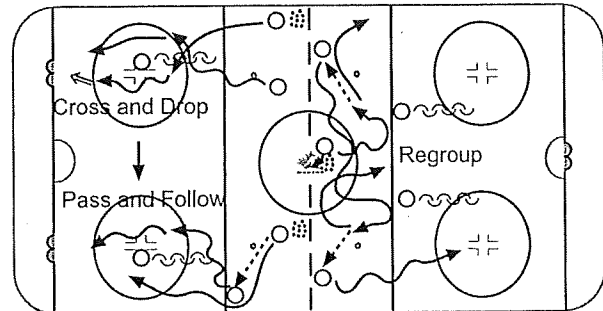


National Coach Mentorship Program Specialty Clinics



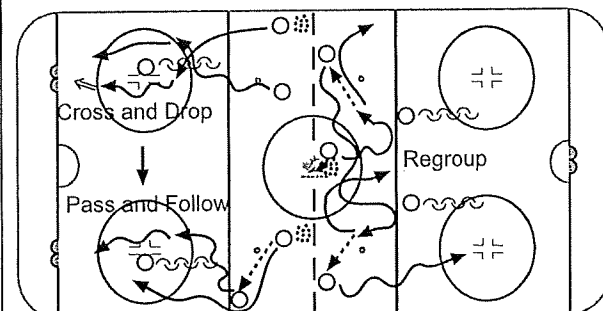
Ice Session Module: "Creating Offence"

Time	Drill Name & Description
5	Cross and Drop
<p>-A cross can be initiated by either the puck carrier or a non puck carrier.</p> <p>-In the cross and drop technique the player with the puck crosses in a flat arc in front of the player without the puck.</p> <p>-The player without the puck supports behind the puck carrier and upon receiving the drop pass should attack with speed.</p> <p>-Effective execution of the cross and drop will force the defender to move laterally to defend the play.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____	
2) _____	
3) _____	



NOTES:

Time	Drill Name & Description
5	Pass and Follow
<p>-In the pass and follow technique, the puck carrier attempts to force the defender to adjust position by threatening with the puck, allowing the puck carrier to then pass to a teammate in an open passing lane.</p> <p>-The original puck carrier now skates in the same direction as the new puck carrier in a position of support, ready for a return pass.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____	
2) _____	
3) _____	



NOTES:

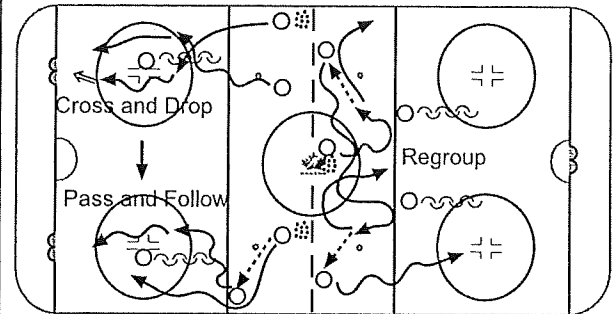


National Coach Mentorship Program Specialty Clinics



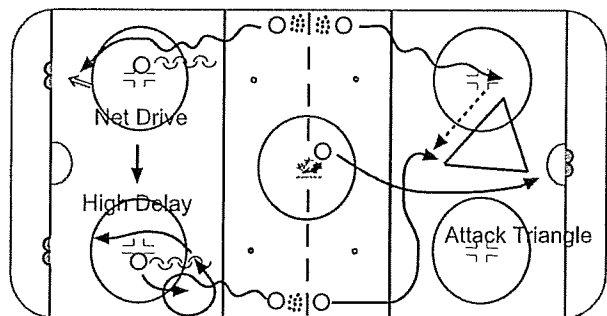
Ice Session Module: "Creating Offence"

Time	Drill Name & Description
5	Regroup
<p>-When a puck carrier with no passing options has been steered to the outside, a regroup can be used to maintain possession of the puck.</p> <p>-Here, by utilizing either a tight turn or turn back, the puck carrier can play the puck back toward his own goal to a defenseman or support forward, allowing the offensive team to retain possession and attempt another attack into the offensive zone.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____ 2) _____ 3) _____	



NOTES:

Time	Drill Name & Description
5	Net Drive
<p>-Ideally, the attacking team should always be a threat to take the puck to the net. The net drive involves a fake by the puck carrier followed by a lateral move and quick acceleration.</p> <p>-Upon gaining the outside the puck carrier should keep their feet moving and cut in after gaining a stride on the defender to improve shooting angle and prevent the defender from recovering.</p> <p>-The net drive is a priority base for other tactical attack options. If the defender respects the ability to net drive, many other tactical options become available.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____ 2) _____ 3) _____	



NOTES:

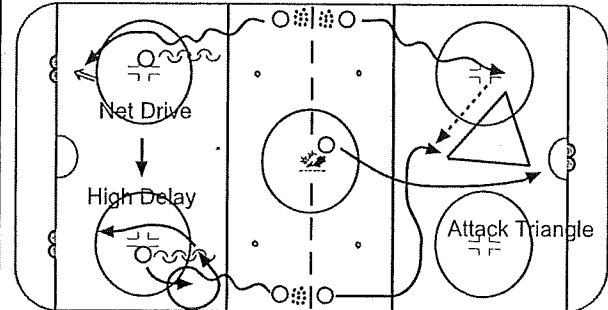


National Coach Mentorship Program Specialty Clinics



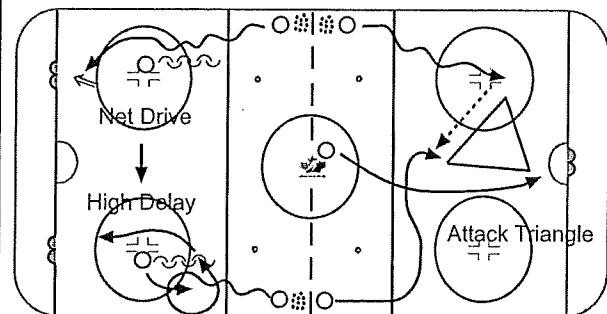
Ice Session Module: "Creating Offence"

Time	Drill Name & Description
5	High Delay
<p>-When the puck carrier drives the net and reads that the defender has taken away the lane, the puck carrier can turn away from the defender to gain time and space.</p> <p>-This high delay provides the attacker with the options of walking to the net, passing to a trailing teammate or cycling the puck low into the corner to maintain possession.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____ 2) _____ 3) _____	



NOTES:

Time	Drill Name & Description
5	Attack Triangle
<p>-In this second attack triangle option, the puck carrier drives to the outside, while the 2nd player drives to the net through the middle lane, creating a passing option for the puck carrier, while driving offside defenseman deep into the zone.</p> <p>-The third player, or "man high", reads the middle drive and flat skates inside the blueline to provide puck support an additional passing option.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____ 2) _____ 3) _____	



NOTES:

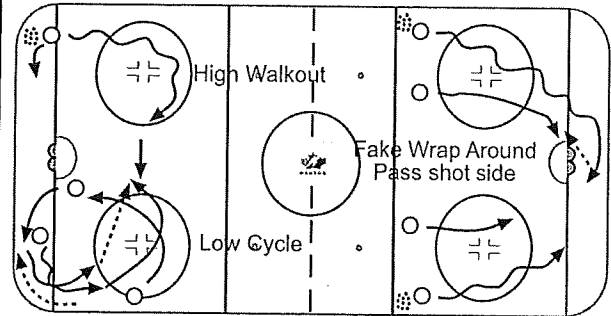


National Coach Mentorship Program Specialty Clinics



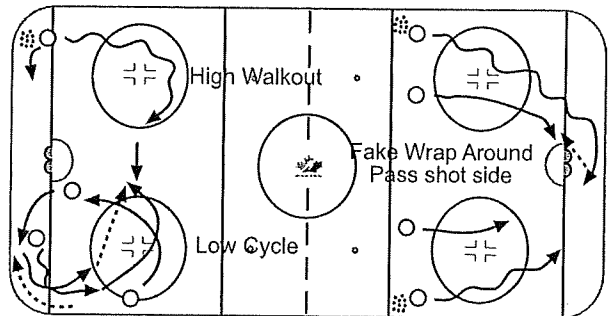
Ice Session Module: "Creating Offence"

Time	Drill Name & Description
5	High Walkout
<p>-The high walkout is a great tactic to use when the puck carrier has control of the puck in the corner.</p> <p>-To create pressure on goal, the puck carrier drives off the boards in a semi-circle pattern, keeping his feet constantly moving while walking high to the net.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____ 2) _____ 3) _____	



NOTES:

Time	Drill Name & Description
5	Low Cycle
<p>-Basically the purpose of cycling is to use the quiet zones of the ice to maintain puck possession. In the low cycle, the player with the puck, using good puck protection techniques, spot passes the puck off the boards.</p> <p>-The forward in front of the net reads the cycle and jumps down to pick up the spot while the high forward rotates to position in front of the net.</p> <p>-Ideally the cycle confuses the defensive coverage and a lane to the net opens up.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____ 2) _____ 3) _____	



NOTES:

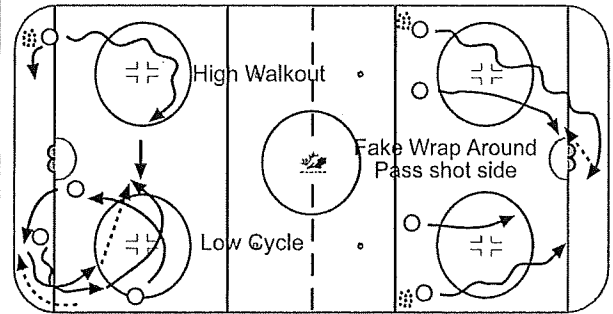


National Coach Mentorship Program Specialty Clinics



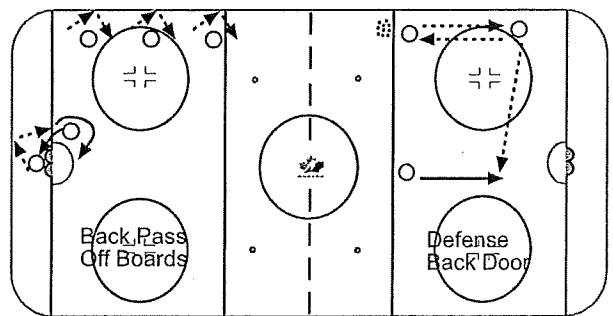
Ice Session Module: "Creating Offence"

Time	Drill Name & Description
5	Fake Wrap Around – Pass Short Side
<p>-The fake wrap around pass short side, is a move that plays the puck back against the flow. As the puck carrier performs a "wrap around" like move he plays the puck back in front of the net to a teammate.</p> <p>-This play is very effective if the goaltender moves away from the near post and across the net.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____ 2) _____ 3) _____	



NOTES:

Time	Drill Name & Description
5	Back Pass off Boards
<p>-Generally used when under close checking pressure, the attacker chips the puck off the boards behind him and picks it up on the other side.</p> <p>-The key to this move is drawing the defender into overplaying the puck before chipping it back against the flow of play.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____ 2) _____ 3) _____	



NOTES:

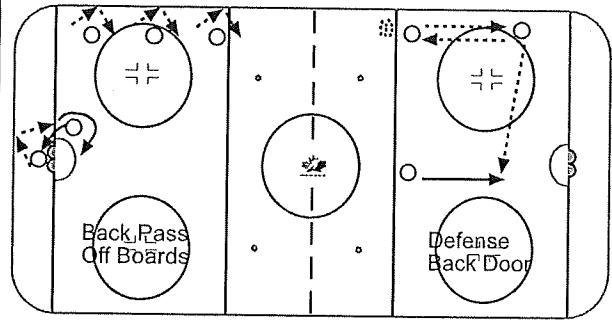


National Coach Mentorship Program Specialty Clinics



Ice Session Module: "Creating Offence"

Time	Drill Name & Description
5	Defense Back Door
<p>-Defense activating off a set play in the offensive zone.</p> <p>The weak side defenseman, using effective timing and control skating, moves in from the point looking for a cross ice pass or a pass by a player from behind the net.</p>	
Skill Analysis / Error Detection	
<hr/> <hr/>	
Progressions	
1) _____	
2) _____	
3) _____	



NOTES:



**National Coach Mentorship Program
Specialty Clinics**

Ice Session Module: "Creating Offence"

**COACHES
HELPING
COACHES**

This clinic is a sample of what is available on the
Hockey Canada "Skills of Gold" DVD Set.

To obtain the full set of DVD's contact



at

1-800-667-2242

or on-line at

www.hockeycanada.ca

Hockey Canada would like to acknowledge the generous support provided by
The Canadian Hockey Foundation which enabled the production of these
resources.

