

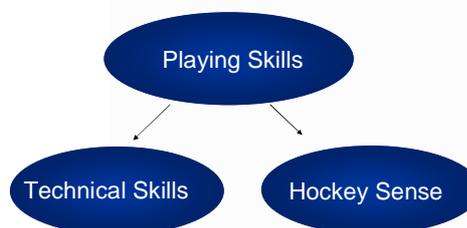
DEVELOPING HOCKEY SENSE

Teaching Player Roles



INTERNATIONAL
ICE HOCKEY
FEDERATION

Ice Hockey



Technical Skills

OFFENSIVE

- Skating
- Shooting
- Pass & receive
- Puck Control
- Fakes
- Blocking

DEFENSIVE

- Skating
- Blocking shots
- Stick checking
- Body checking



Hockey Sense

1. Understanding the game
2. Reading the game
3. Making decisions



Understanding the game

The "golden" rules of Attack Play

- 1) Attack play starts as soon as the puck is received
- 2) The puck is always faster than the player
- 3) On offence you want width and depth
- 4) As soon as you get the puck you must move from a narrow space to a broad space
- 5) If a teammate is moving towards you, try to find a free zone /lane
- 6) The players without the puck look for a free place
- 7) The puck carrier always tries to move across the next line
- 8) After the offensive blue line one player must do strongly towards the net
- 9) Goals are scored from a slot (Prime Scoring Zone)
- 10) The defending starts as soon as the puck has been lost



Understanding the game

The "golden" rules of Defence Play

- 1) Defending starts as soon as the puck has been lost
- 2) On defense you want width and depth
- 3) There should always be one player forcing the puck carrier
- 4) The player with the puck should be directed to the outside
- 5) In the middle zone, there should be at least three players between the puck carrier and the blue line
- 6) In the defensive end you place yourself between the opponent and your own goal
- 7) You must see the opponent that needs to be guarded and the play situation
- 8) Guard specifically the opponent's stick (stick to stick)
- 9) In defensive zone cover the slot (Prime Scoring Zone)
- 10) As soon you get the puck, think of attack - play upwards



Reading the Game

- Reading the game means observing own team's, opponent's and puck's, movement direction, speed and location
- Continuously following and interpreting the game
- With the help of visual reads the player can predict what will happen in the game
- Essential: the space and time of the player with the puck; meaning the potential to continue the attack ⇔ space and time depends on the opponent



Making Decisions

- Selecting the right skill for the game situation = the playing skills the player chooses to carry out the decision
- Essential: the speed and creativity of the decision making
- It is not only the decision-making that is enough in the game; the player has to be able to carry out their decisions in a game situation
- As a result; playing skills are needed



Learning Through Games

Learning by playing – components of skills

But what does playing mean to you?



Learning Through Games

Learning by playing – components of skills

But what does playing mean?



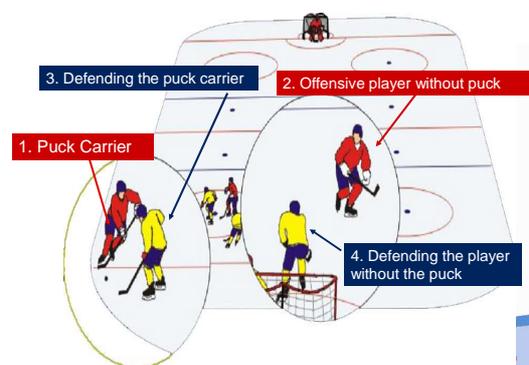
Game Situation Roles

Roles

1. Offensive Puck Carrier
2. Non-puck Carrier
3. Defending the Puck Carrier
4. Defending Non-puck Carriers



What are They?





Learning the Game

- A player can learn the game by practicing the roles
- In team sports it is important that the players interpret game situations and act on them in a consistent manner
- By learning the roles it is possible to learn every technical and tactical skill, including all parts of the game
- By adding responsibilities to the possible courses of action in the roles, it is possible to develop a flexible, modern team play system

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Phase 1

Learning Game-Situation roles
Practicing Even-Strength Situations

1-on-1 Drills
Playing skills for the PUCK CARRIER and DEFENDING THE PUCK CARRIER

2-on-2 Drills
Playing skills on all four roles

3-on-3 Drills
Playing skills in all four roles

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Phase 2

From Zone to Man-To-Man Defence
Finding a Role – “Marking Up”
Practicing Undermanned and Extra-Man Situations

2-on-1 → 2-on-2 Drills
Playing skills in game-situation roles, transition from zone defence to man-to-man defence

3-on-2 → 3-on-3 Drills
As above

3-on-1 → 3-on-3 Drills
As above, defending has increased in difficulty; greater offensive efficiency is also required

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Phase 3

Creating and Using Overload Situations
“Marking Up” and Supporting
From Undermanned and Extra-Man Situations

1-on-2 → Transition at Different Strengths

2-on-1 → 2-on-2 → 2-on-3 → TRANSITION
Playing skills in game-situation roles, transition from zone defence to man-to-man defence

3-on-1 → 3-on-2 → 3-on-3 → 3-on-4 → TRANSITION

3-on-1 → 3-on-2 → 3-on-4 → TRANSITION

4-on-2 → 4-on-3 → 4-on-4 → 4-on-5 → TRANSITION

4-on-2 → 4-on-3 → 4-on-5 → TRANSITION

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Bases of Successful Team Play

- 1. Co-operative Learning**
 - *Dependence
 - *Commitment
 - *Taking advantage of differences
 - *Evaluation & feedback within team
- 2. Creativity and Talents**
Can be found in each player – belief in potential
 - *Inner Motivation
 - *Curiosity
 - *Concentration
 - *Openness - new ideas
- 3. Versatile Skills - Skillfulness**
 - *Co-ordination Skills
 - *Intellectual Skills
 - *Information Handling & Memory
 - *Balance

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Players?

- Learn **inside** the **Game = Naturally**
- Players **interpret game situations** and **act on them**
- **Read & Act** not Read & React
- Improves **Hockey IQ**

Develop Hockey Sense



No coach has ever won a game by what he knows;



only by what his players have learnt!

