



Ontario Minor Hockey Association
Sarnia Sting

Game Day Coaches Clinic

December 9, 2006

Sarnia Sports and Entertainment Centre





December 9, 2006

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Agenda

Location: Sarnia Sports and Entertainment Centre

Time	Component	Speaker
4:30 pm - 4:45 pm	Registration/Introduction/Review Agenda	
4:45 pm - 5:15 pm	Coaching Effectively Around the New Rules Emphasis <ul style="list-style-type: none">➤ Includes tips on how to be successful in the new game. Experiences of Coaching at Various Levels	Dave MacQueen Head Coach
5:15 pm - 5:45 pm	The role of the OHL Trainer - includes: <ul style="list-style-type: none">➤ Equipment Trends➤ Safety Issues	Glenn Kinney Head Trainer
5:45 pm - 5:55 pm	Break	
5:55 pm - 6:25 pm	-Defensive Preparation, Penalty Kill, Defensive Zone and Neutral Zone Coverage -PowerPlay, Offensive Zone Strategies, Practice Drills, Q & A	Greg Walters Assistant Coach
6:25 pm - 7:30 pm	Lunch and Free Time Before the Game	
7:35 pm	Gametime Sarnia Sting vs. Kitchener Rangers	

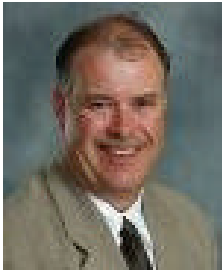


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Biography of Guest Speakers

Dave MacQueen – Head Coach

Dave is in his first season as Head Coach of the Sarnia Sting.



He spent the past seven seasons behind the bench of the Erie Otters where he enjoyed success winning an OHL Championship, a regular season title, as well as three consecutive Midwest Division Championships. Prior to his stint with the Otters, Dave spent two years (1996-1998) as an assistant coach with the Tampa Bay Lightning. Dave began his coaching career as the head coach of the Peterborough Petes (1993-1996) that culminated with an OHL championship in 1996.

Dave's playing career included three seasons in the OHL (1976-1979) spending two years in Ottawa before joining the Sudbury Wolves where he scored 60 goals in his final season in the league. He would go on to enjoy a professional career spanning seven seasons before retiring in 1986.

Greg Walters – Assistant Coach

Greg Walters is in his fifth season with the Sting.



Known as a 'player's coach', Greg understands the needs, trials and tribulations of the OHL after a three-year career with the Ottawa 67s (scoring 36 goals and 54 assists for 90 points in his final season with the 67s).

Selected by the Toronto Maple Leafs in the fourth Round of the NHL Draft, Greg enjoyed a 16-year career in the pro leagues including the IHL, UHL, ECHL and AHL.

Glen Kinney – Head Trainer

Glen is in his fifth season with the Sarnia Sting.



Glen serves as the Certified Athletic Therapist for the team and is responsible for equipment duties. Glen has a Kinesiology degree and diploma in Sports Injury Management. He has assisted at national junior and national Under 18 selection camps.

This past August, Glen served as the Athletic Therapist for the Gold Medal winning Canadian Under-18 team and has also worked several training camps for Hockey Canada.



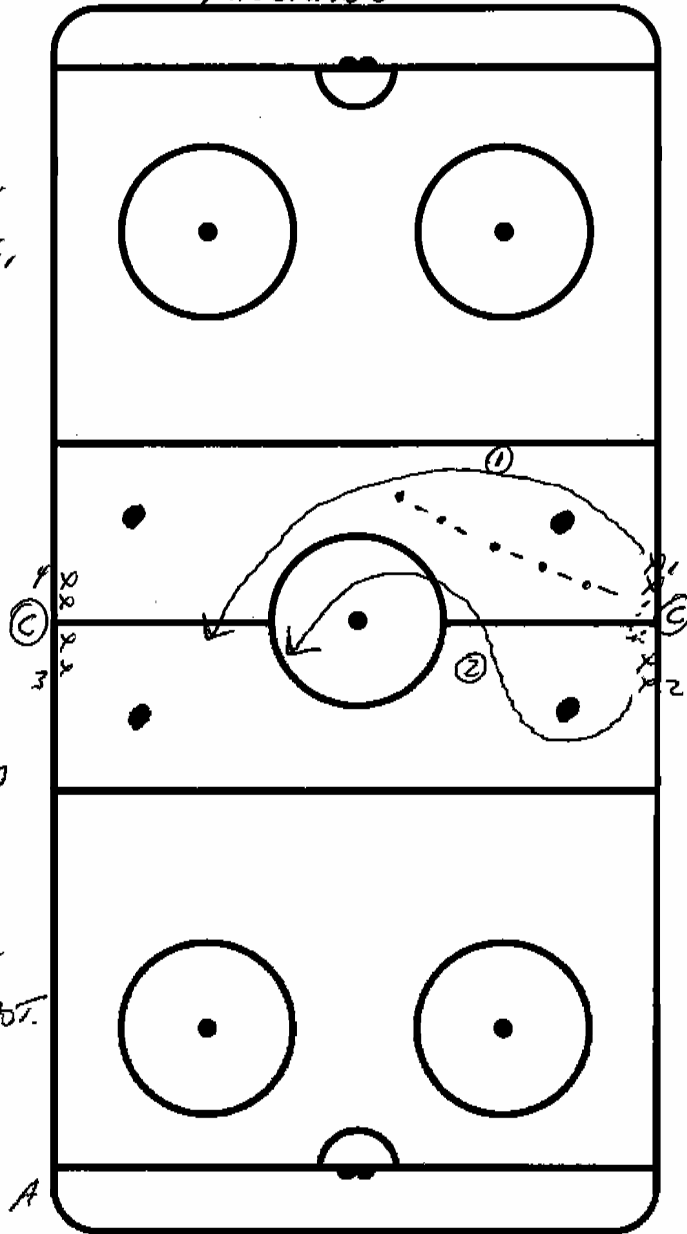
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From the Playbook: Dave MacQueen



ANGLING

COACH SPOTS
 PUCK FOR X,
 X₂ MUST GO
 AROUND DOT
 & GET UP
 & ANGLE X,
 WHO HAS
 RETRIEVED
 PUCK AFTER
 GOING AROUND
 DOT.
 MAKE SURE
 BOTH PLAYERS
 GO AROUND DOT.
 MUST MOVE
 FEET
 1 SIDE AT A
 TIME.



TAMPA BAY LIGHTNING

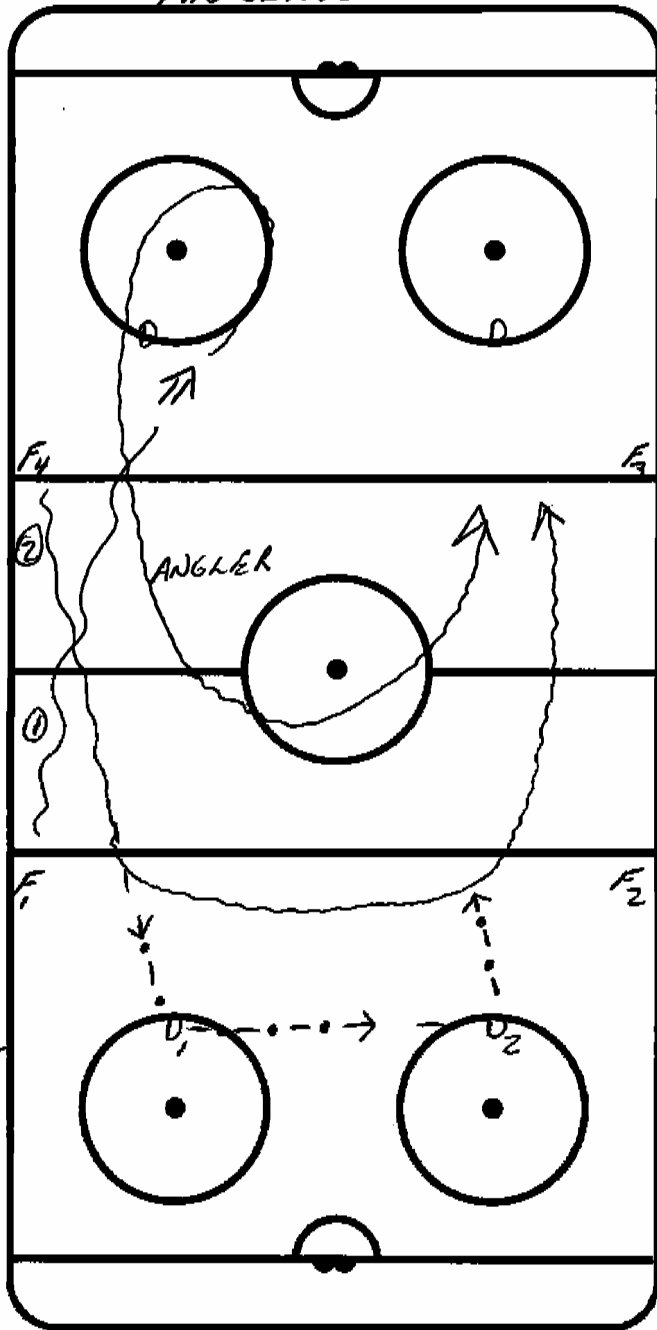


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ANGLING

F₁ STARTS w/PUCK
 & GOES IN TO
 SHOOT.
 COACH RELEASES
 F₄ @ SOME POINT
 WHO GOES IN &
 REGROUPS w/O₁ & 2
 AFTER F₁ SHOOTS
 MUST GET UP
 & GET GOOD
 ANGLE ON F₄
 WHO IS TRYING
 TO GO TO NET
 F₃ STARTS w/SHOT
 F₂ REGROUPS w/O₁ & 2
 F₃ IS ANGLER.



TAMPA BAY LIGHTNING



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1 VS 1 INTO CORNER

2 VS 2 OUT OF CORNER

3 VS 3 OFF BLUE.

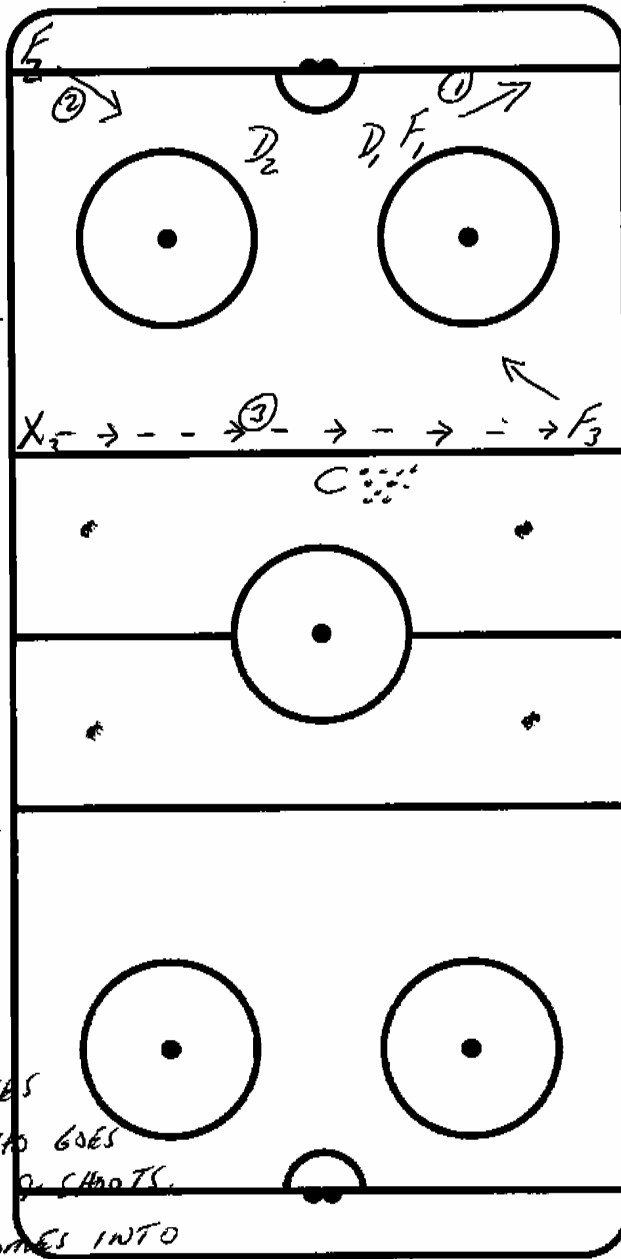
COACH DUMPS PUCK INTO CORNER FOR 1 VS 1 BATTLE.

WHISTLE:

COACH SIDES PUCK TO F₂ WHO ATTACKS NET. F₁ JOINS FOR 2 VS 2 VS D₁ & D₂

WHISTLE. X₃ PASSES ACROSS TO F₃ WHO GOES TO TOP OF CIRCLE & SHOTS. AFTER PASS X₃ COMES INTO ZONE FOR 3 VS 3 LOW.

D.Z.C.



IF GOAL SCORED BY F₃ ON SHOT SPOT A PUCK IF REBOUNDS LET THEM PLAY 3 VS 3.

TAMPA BAY LIGHTNING



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TIME: 2-0, 2-1, 3-1, 3-2 Break-Away;
 COMMENTS:
 COACH GIVES W'S PASS BOTH W'S GO IN 2-0 SHOT
 // GIVES W'S PASS GO BACK DOWN 2-1 SHOT
 AFTER 2-1 C'S JOIN THEM DOWN 3-1 SHOT
 COACH GIVES THEM PUCK BACK DOWN 3-2 SHOT
 NEXT C IN LINE GIVES P.C'S PASS DOWN FOR
 BREAK-AWAY.
 NEXT LINE GOES ETC

TIME: 5 ON 5 IN ZONE
 COMMENTS:
 COACH HAS PUCK'S
 5 GUYS ON DEFENSE 5 GUYS ON OFFENSE
 COACH DUMPS IN PUCK PLAY 5 ON 5
 IN ZONE!

TIME: POWER PLAY PRACTICE
 COMMENTS: 1 PUCK
 -1ST UNIT PLAY PUCK ON POWER PL
 WITH 4 PENALTY KILLERS PLAY PUCK
 UNTILL P.K CLEARS PUCK!
 OTHER END THEN STARTS P.P. 1ST UNIT
 REST ETC!

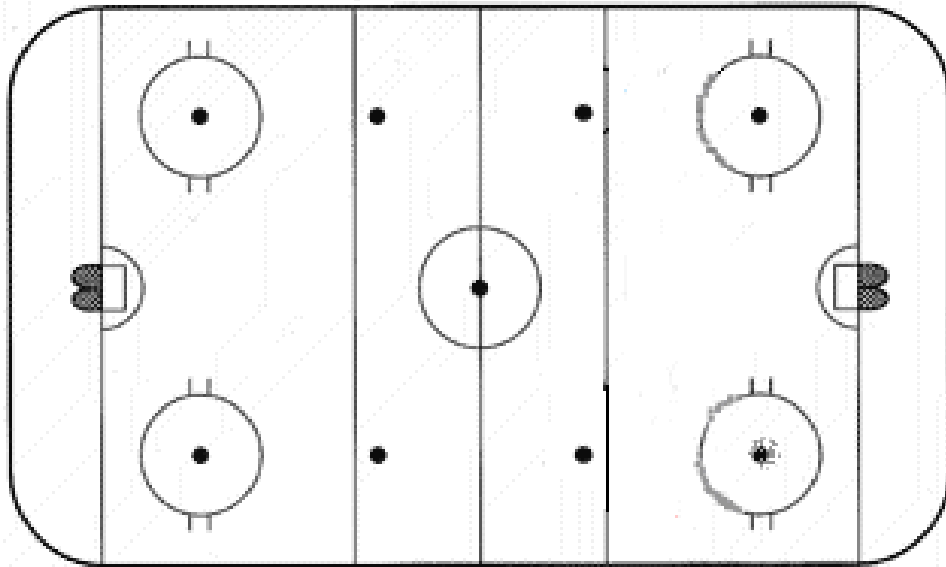
TIME: B.O. N.Z. REGROUP BACK 3ON2
 COMMENTS:
 COACH DUMPS IN PUCK D BREAK-OUT
 FWD LINE
 -FWD LINE GIVE PUCK TO D WAITING
 IN N.Z, REGROUP BACK 3ON2 ON
 D WHO BROKE THEM OUT

TIME: 3-0 RACE!
 COMMENTS:
 3 PLAYERS ON EACH SIDE OF REDLINE
 WITH 3 PUCKS
 START ON WHISTLE 3-0 WITH PUCK
 GO IN YOU HAVE TO SCORE, AFTER GOAL
 ALL 3 GUYS PARK OUT GET PUCK BACK IN
 3-0



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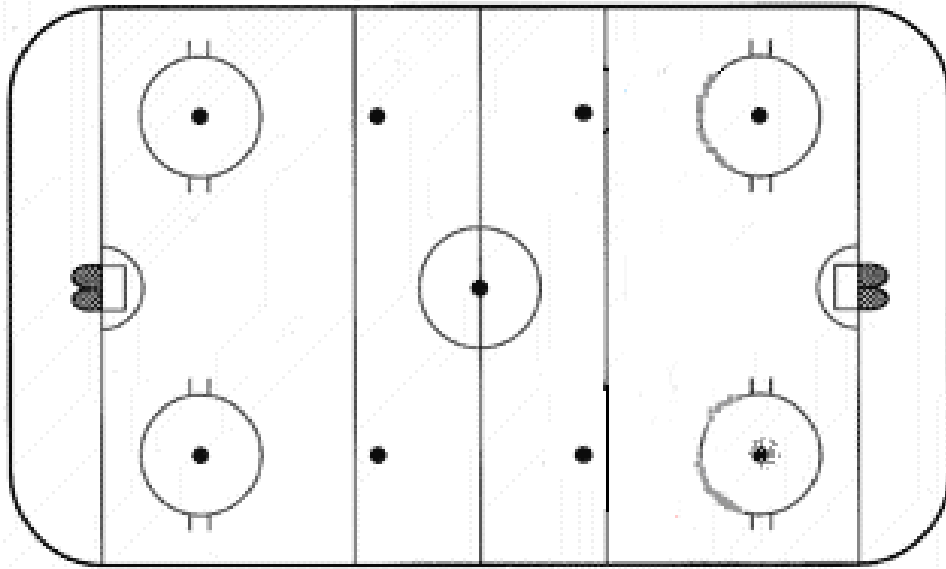
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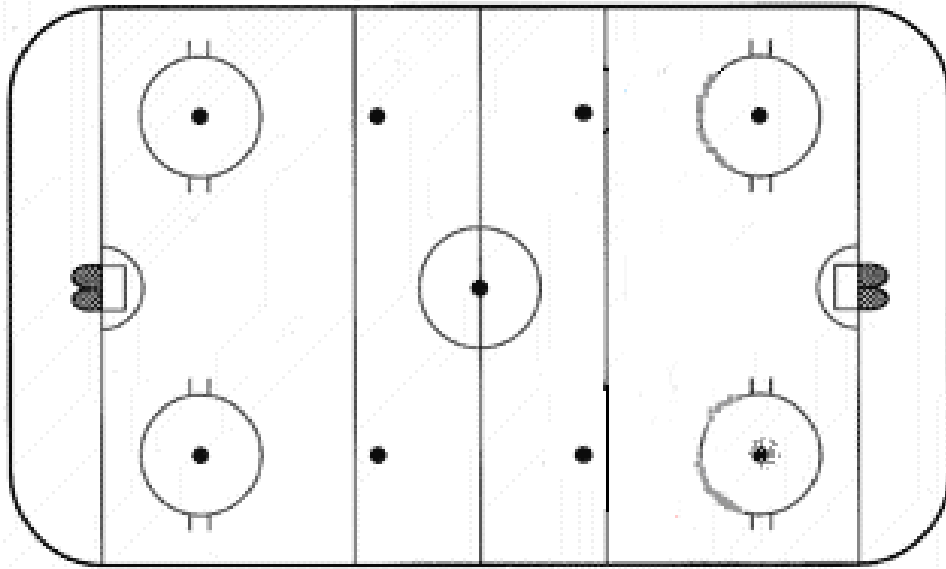
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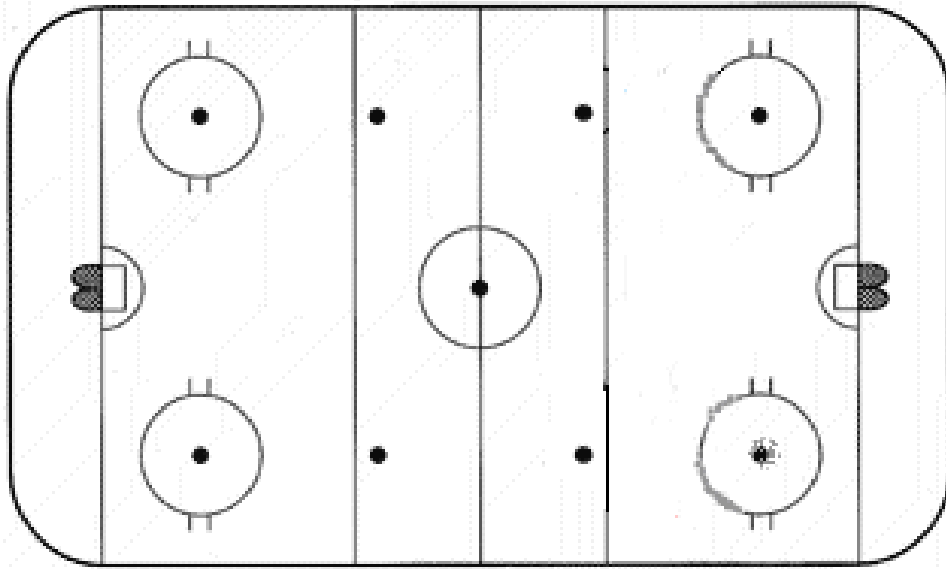
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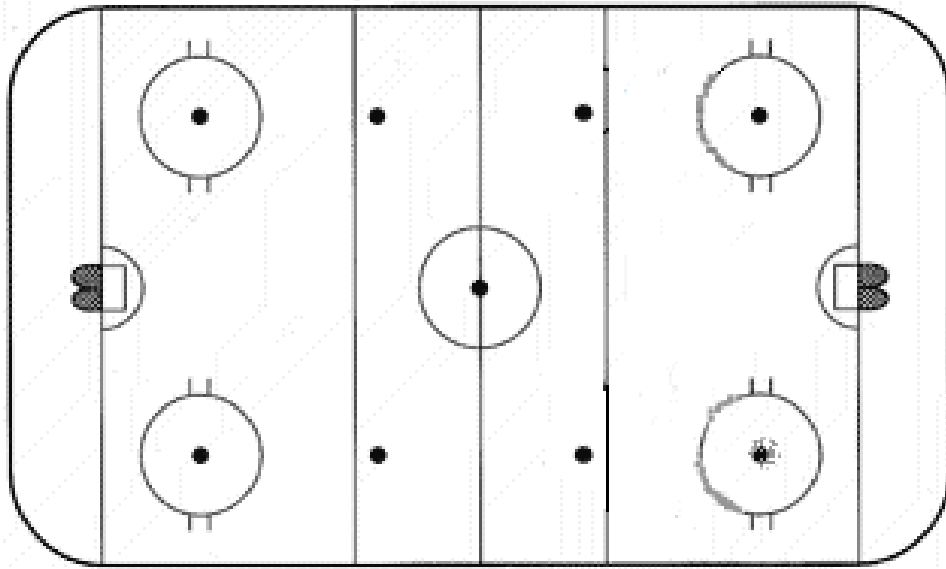
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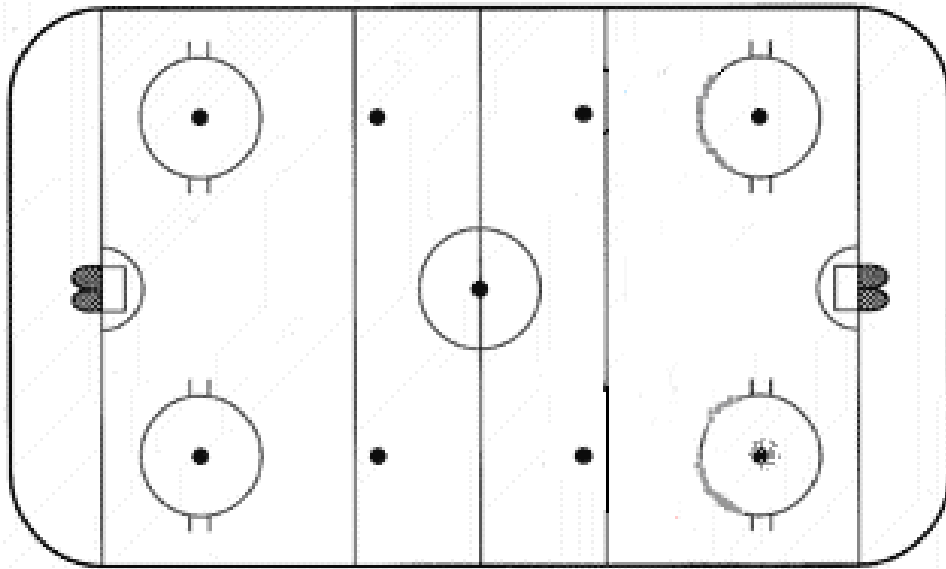
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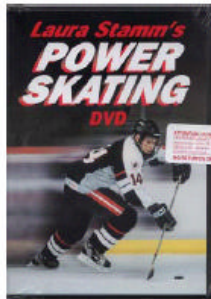


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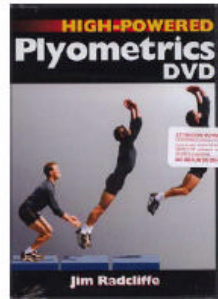
THE PUCK STOPS
HERE 2
JIM PARK



POWER SKATING DVD
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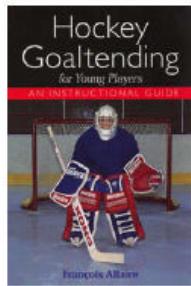


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