



Ontario Minor Hockey Association
Owen Sound Attack
Game Day Coaches Clinic
Saturday, December 2, 2006
Harry Lumley Bayshore Complex





December 2, 2006

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Agenda

Location: Harry Lumley Bayshore Complex

Time	Component	Speaker
4:30 pm - 4:45 pm	Registration/Introduction/Review Agenda	
4:45 pm - 5:10 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.	<i>Mike Stothers</i> Head Coach
5:10 pm - 5:30 pm	Affective Pre-Game Off Ice Warm-up	<i>Andy Brown</i> Head Trainer
5:30 pm - 5:40 pm	Break	
5:40 pm- 6:00 pm	Defensive Team play - possible topics include: <ul style="list-style-type: none">➤ Teaching Effective Defense➤ Penalty Kill➤ Footwork and specific skills for Defensemen➤ Physical Play	<i>David Bell</i> Assistant Coach
6:00 pm - 6:20 pm	Offensive Team Play - possible topics include <ul style="list-style-type: none">➤ Power Play➤ Playing Against Systems➤ Creating Scoring Chances➤ Game Preparation➤ Team bonding to improve team cohesiveness	<i>Brian O'Leary</i> Assistant Coach
6:20 pm - 7:30 pm	Dinner	
7:30 pm	Gametime Toronto St. Michael's Majors vs. Owen Sound Attack	



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Biography of Guest Speakers



Mike Stothers - Head Coach

Mike Stothers worked within the Philadelphia Flyers' organization for 20 years before joining the Attack in 2002. Mike played in the OHL and was Philadelphia's first pick in the NHL draft in 1980. After a ten year pro hockey career, Mike coached with Hershey and Philadelphia in the AHL and spent three years under Roger Neilson, Craig Ramsey and Bill Barber as an assistant coach of the NHL's Flyers. Mike helped coach the Philadelphia Phantoms to the Calder Cup Championship in 1998.



David Bell - Assistant Coach

David Bell played for four seasons in the Ontario Hockey League with the Ottawa 67's before moving on to a six season professional career as a player with stints in the ECHL, WCHL, UHL and the AHL. David was raised just west of Owen Sound, near Clavering and started his Junior hockey career with the Junior B Owen Sound Greys.



Brian O'Leary - Assistant Coach

When the Attack moved to Owen Sound to begin play in the 2000-2001 season, Brian O'Leary was named the head coach. He compiled a 31-27-7-3 record in the inaugural year for a 0.529 winning percentage. He then became the head coach of the Owen Sound Junior B Greys for the next three seasons. Brian is a native Owen Sounder. He has previous experience as an Assistant Coach with the Cornwall Royals and Owen Sound Platers of the OHL. He also coached David Bell while David was with the Greys.



Andy Brown - Head Trainer

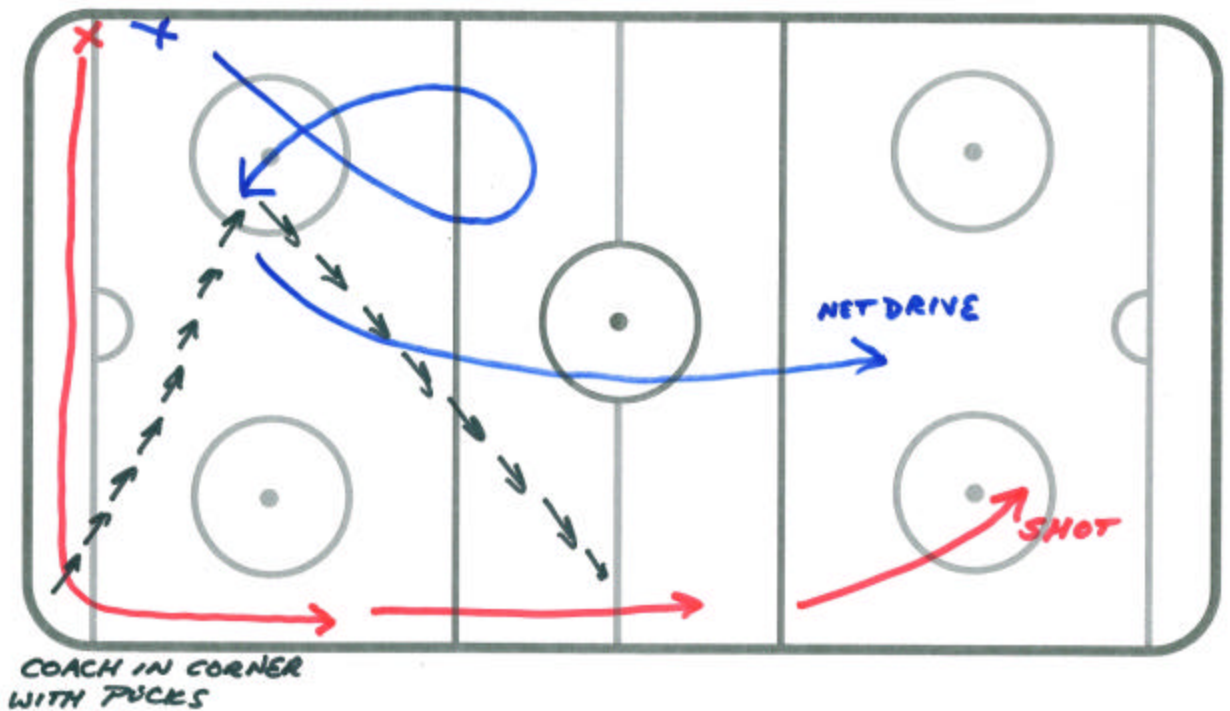
Andy joined the Attack in July 2005 as Head Trainer. His experience includes as Head Trainer for the Kingston Frontenacs and Assistant Trainer for the Mississauga Ice Dogs.



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From the Playbook: Mike Stothers

*TIMING - PASS TO AN AREA - SPEED AND SHOT
NET DRIVE FOLLOW UP*

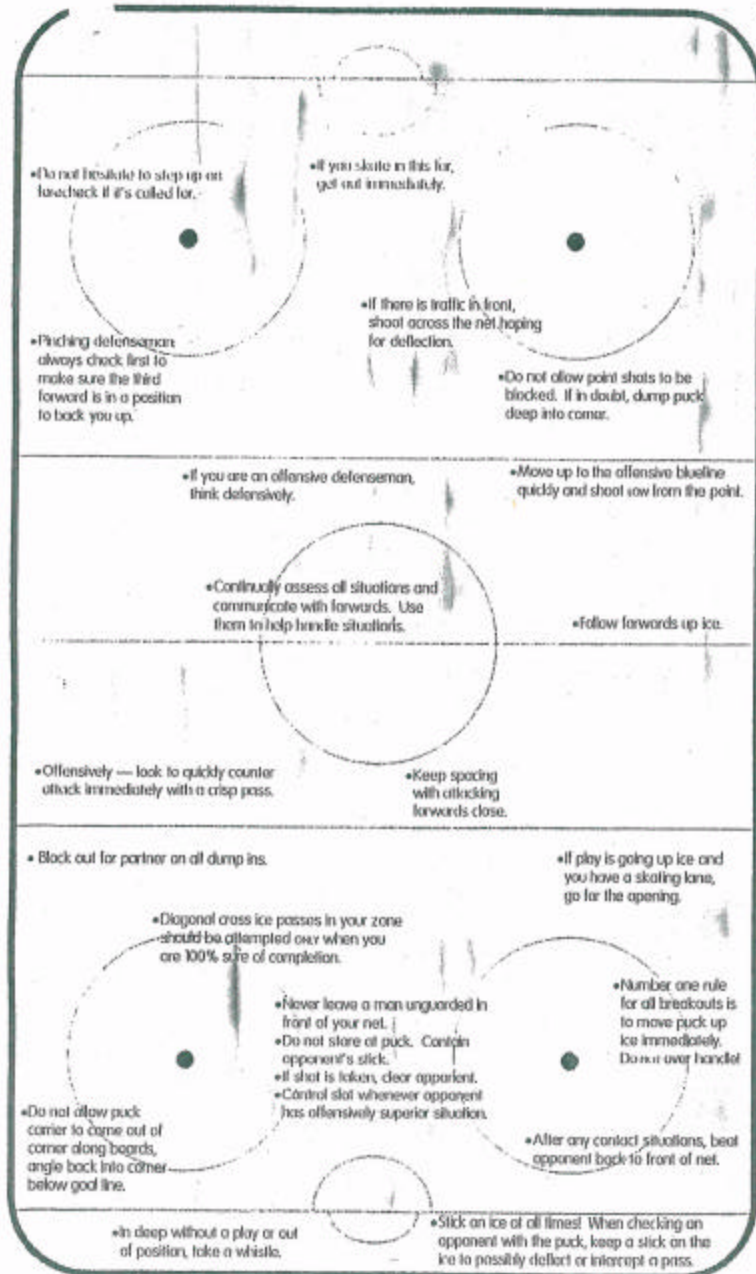




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From the Playbook: David Bell

DEFENSEMEN RESPONSIBILITIES





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•Forecheck aggressively. Don't anticipate the puck. Fly the body when you're the 1st

•Never blindly pass the puck toward their slot or the blue line when we have possession in deep.

•Angle player to the boards in all 1 vs. 1 forechecking.

•Take the puck to the net

•Crowd the net on all point shots. Create screens

•Shoot very high or very low and always vary your shot

•Do not use the slapshot from within the offensive hashmarks.

•Rebounds are the key to goal scoring. Follow all shots aggressively to the net and be strong on your stick. Rebounds account for over 60% of all NHL goals.

•On any contact, burst opposing defenseman to the front of the net.

•Finish all checks in offensive zone then get up ice ASAP

•Create a triangle of attack: 1st man wide with the puck, 2nd man to net, 3rd man high.

•Puck must get deep. No turnovers anywhere between blue line and offensive hashmarks!

• Avoid being offside in practice as well as games.

•Attack the offensive zone wide and with speed.

• Communicate with your defense.

•Do not chase the puck. Pick up the wide man or trailer in the neutral zone. Stay with him until your team has possession. Block out with the body, not the stick.

•Backcheck aggressively so your defensemen can hold your line.

• Block out for defensemen on all dump-ins.

•Shut down opponents point play. Search for and defend against their 4th & 5th man becoming involved in play.

• Finish all checks at point.

•Diagonal cross ice passes in your zone should be attempted only when you are 100% sure of completion.

•Be strong along the boards. If challenged protect the puck and make sure it gets out past the blue line.

•Do not allow puck carrier to come out of corner along boards, angle back into corner.

•Never leave a man unguarded in front of your net. Confine opponent's stick. Do not stare at pucks.

•In deep without a play or out of position, take a whistle.

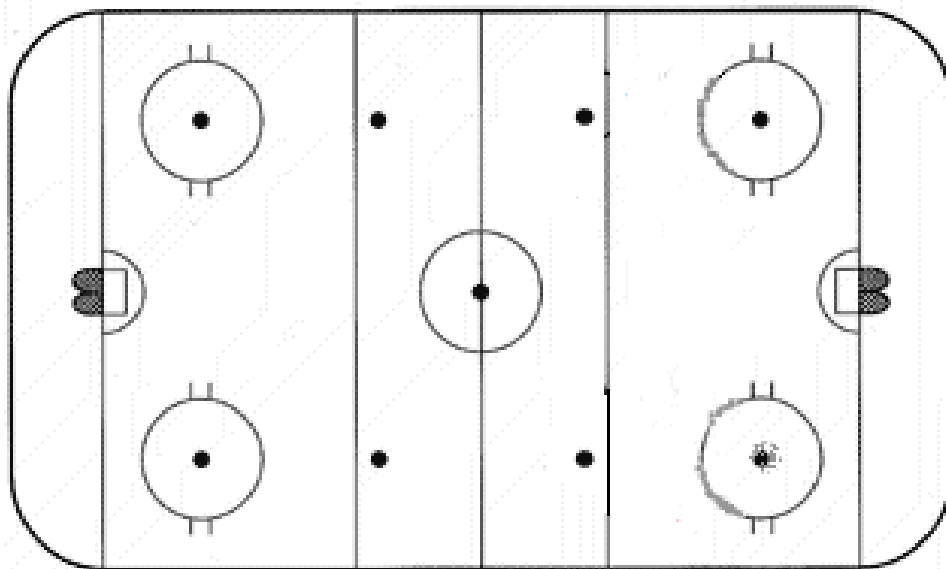
•Sticks on ice at all times! When checking an opponent with the puck, keep a stick on the ice to possibly deflect or intercept a pass.

FORWARD RESPONSIBILITIES



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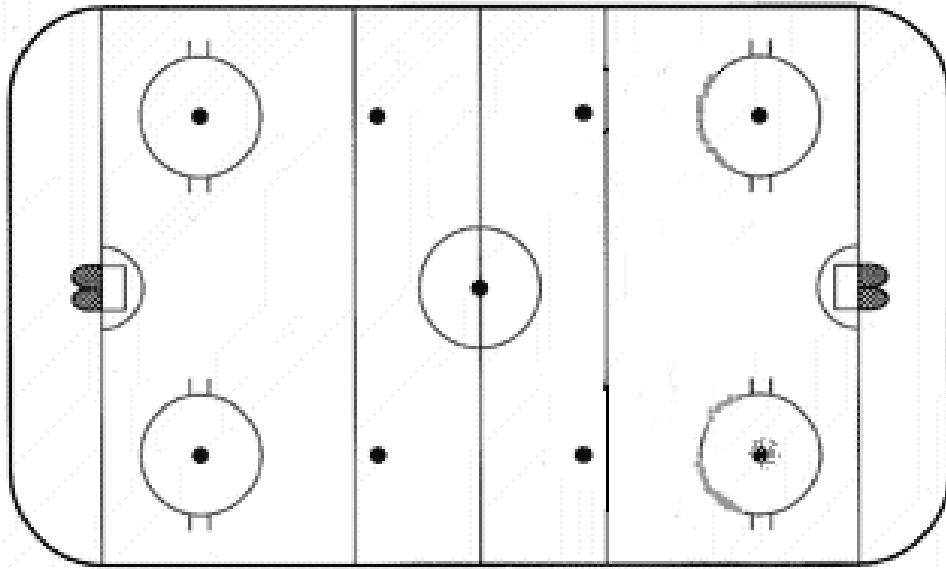
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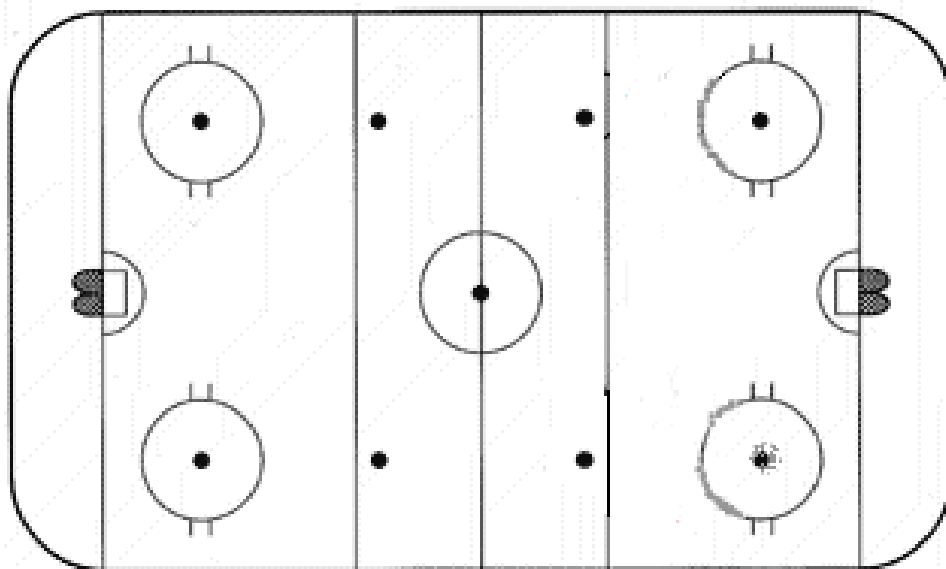
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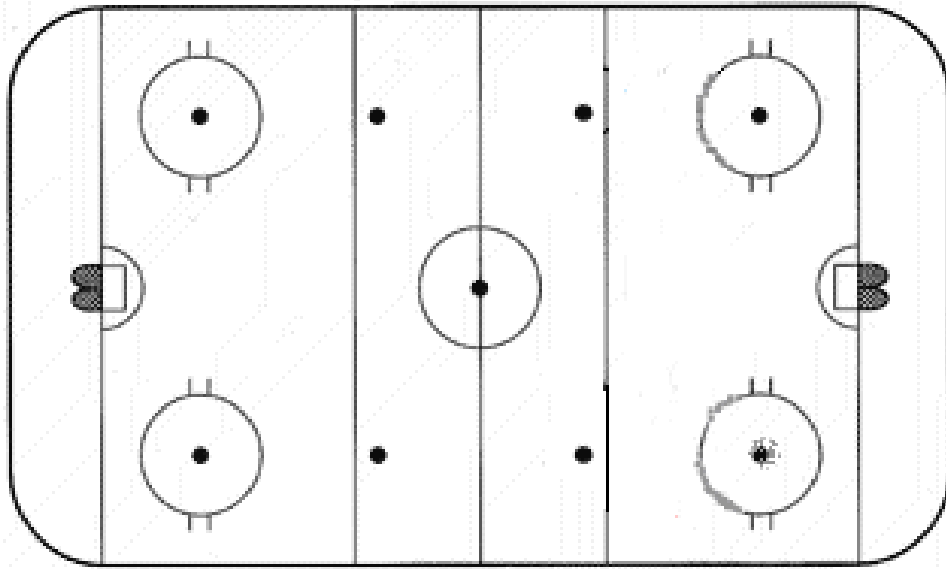
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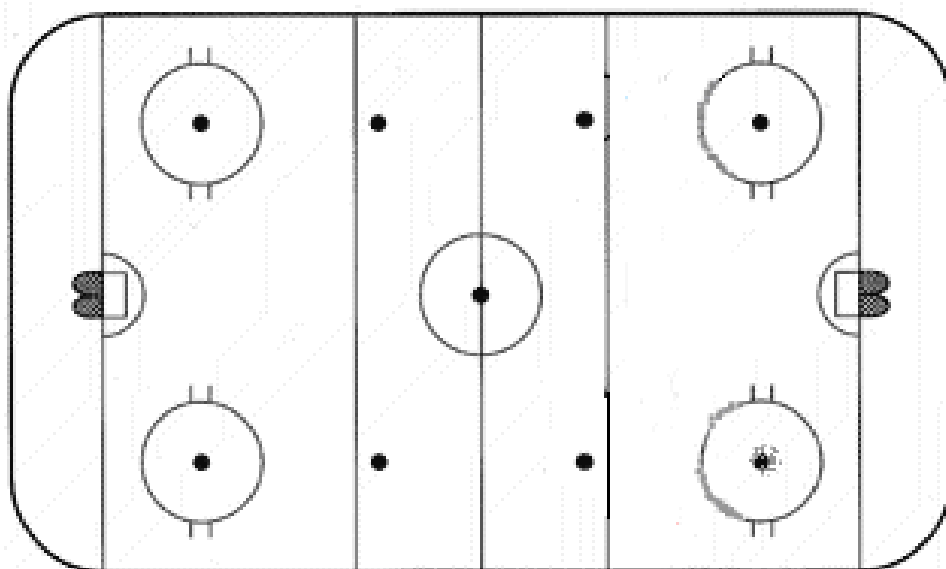
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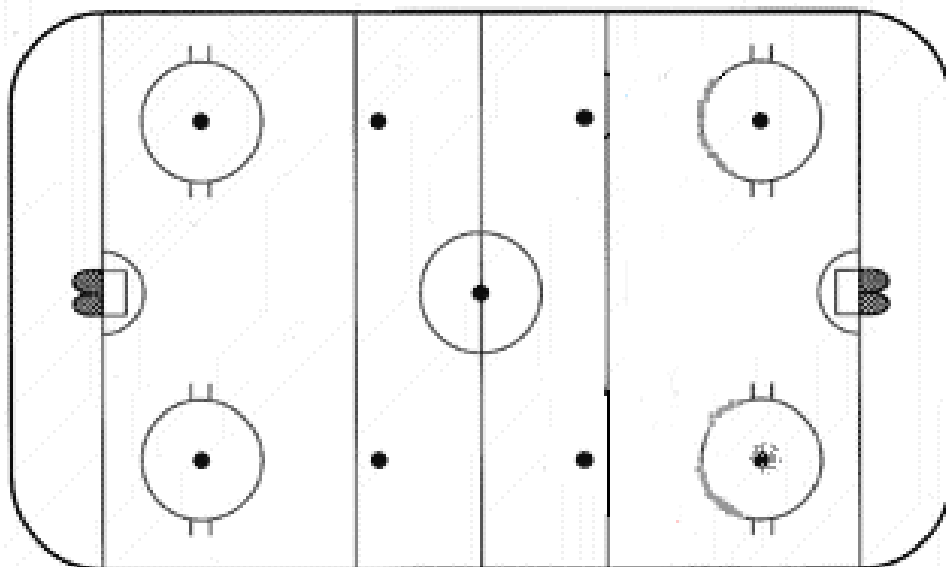
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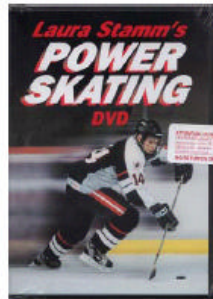


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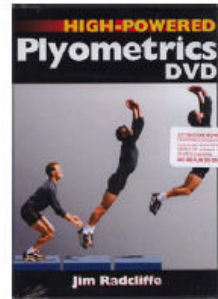
THE PUCK STOPS
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JIM PARK



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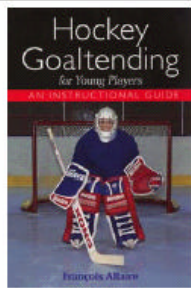


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