



Ontario Minor Hockey Association
Windsor Spitfires
Game Day Coaches Clinic
Sunday, January 7, 2007
Windsor Arena





January 7, 2007

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Agenda

Location: Windsor Arena

Time	Component	Speaker
10:00 - 10:15 am	Registration/Introduction/Review Agenda	
10:15 - 10:45 am	Effectively Building a Team Within the New Rules Emphasis <ul style="list-style-type: none"> ➤ Includes tips on how to be successful in the new game ➤ Scouting - What to look for when evaluating players 	Warren Rychel Vice President & General Manager
10:45 - 11:15 am	Hockey Experiences and how they Have Shaped a Coaching Style <ul style="list-style-type: none"> ➤ Highlights the experiences throughout his playing career and how it influences his coaching style ➤ Teaching Effective Systems 	Bob Boughner President & Head Coach
11:15 - 11:45 am	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 	D.J. Smith Assistant Coach
11:45 - Noon	Break	
Noon - 12:45	Offensive Team Play - possible topics include <ul style="list-style-type: none"> ➤ Power Play ➤ Playing Against Systems ➤ Creating Scoring Chances ➤ Team bonding to improve team cohesiveness 	Bill Bowler Assistant Coach
12:45 - 1:15pm	Lunch	
2:00 pm	Gametime: Plymouth Whalers vs. Windsor Spitfires	



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Biography of Speakers

Warren Rychel - Vice President & General Manager

As a youngster growing up in southwestern Ontario, Warren Rychel found himself in the hands of NHL defenseman Pat Stapleton but not for reasons related to hockey.

Rychel used to hang out with his buddy, future NHLer Mike Stapleton, Pat's son. During the harvest on the farm near Strathroy, the lads were climbing around above a large conical funnel used to channel grain into storage. While the men were on a coffee break across the street, young Rychel fell into the funnel and became lodged at the bottom with grain closing off his breathing passages. A yell for help brought Pat Stapleton and company who saved the lad's life by forming a human chain suspended upside down. Stapleton extended his arms just far enough to wrestle Rychel free from the smothering grain.

Rychel survived to eventually have his day, like the Stapletons, in the NHL. But the path was long and winding in nature. Even his junior career was marked by travel. During his three years in the OHL, he skated for Sudbury, Guelph, Ottawa, and Kitchener.

Although never selected in the NHL draft, Rychel did sign as a free agent with the Chicago Blackhawks' organization. The move sparked the beginning of a lengthy stay in hockey's equivalent of the boondocks. He patiently put in stints with Peoria, Saginaw, Chicago, Indianapolis, Moncton, and Kalamazoo while his NHL rights were passed to Winnipeg and then to Minnesota.

In 1992-93, however, he caught his first big-league break. The L.A. Kings were in need of a grinding forward that matched Rychel's profile. They signed him as a free agent and set him loose on the league as a take-no-prisoners pugilist who fought often and remembered to play enough hockey to look respectable.

After several seasons of stability, Rychel's rights began to move again in 1995. In February of that year, he was traded to the Washington Capitals who flipped him to the Leafs. He put in 29 games in Blue and White and was then sold to Colorado. He played one season with the Avalanche and then landed in Anaheim with the Mighty Ducks. There, Rychel played parts of two seasons in his usual physical mode and was then returned to the Avalanche where he rounded out his career in 1998.

Bob Boughner - President & Head Coach

Born in Windsor, Ontario, Boughner played Junior C in Belle River and Junior B in St. Marys before heading to the OHL with the Sault Ste. Marie Greyhounds. He was a force at both ends of the ice and was chosen 32nd overall by the Detroit Red Wings in the 1989 NHL Entry Draft.

The rugged blueliner never made it to Motown especially after Vladimir Konstantinov and Niklas Lidstrom were added to the defense corps in the early 1990s. Boughner signed as a free agent with

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the Florida Panthers but was relegated to the minors until a trade brought him to the Buffalo Sabres. He was a solid physical component on the Buffalo blueline for two and a half years until he was claimed by the expansion Nashville Predators.

Boughner helped the Predators stay competitive most nights during their first two years until a trade brought him to the speedy Pittsburgh Penguins in March 2000. He looked after his own end well and helped the Pens reach the Eastern Conference final in 2001 before joining Calgary as a key component to their defensive core and has been rock solid on the team's blue line ever since.

After two seasons in Calgary, Boughner joined the Carolina Hurricanes for the 2003-04 season. The former Soo Greyhound played 43 games with the Canes before being dealt to the Colorado Avalanche in the latter stages of the season.

D.J. Smith - Assistant Coach

Drafted by the New York Islanders but traded to the Toronto Maple Leafs before he completed his Junior career with his hometown Windsor, Ontario Spitfires defenseman D.J. Smith made his National Hockey League debut during the 1996-97 season.

Smith, who was born on May 13, 1977, played the bulk of that campaign in Junior but suited up for the Maple Leafs for seven games. Smith contributed one assist while with the big club and was named to the Ontario Hockey League's Second All-Star Team that year as well.

Smith spent the next two seasons in the American Hockey League with the St. John's Maple Leafs honing his game and returned to the NHL during the 1999-00 campaign. Smith suited up for three more matches with Toronto but was unable to register a point.

Smith returned to St. John's for the rest of that year and all of the next two.

Bill Bowler - Assistant Coach

Bill Bowler was a high-scoring centre for the Windsor Spitfires of the OHL, topping the 100-point total in the last three of his four seasons with the Spits. Undrafted, the Toronto, Ontario native joined Las Vegas of the IHL in 1995, later becoming part of IHL teams in Houston and Manitoba. As a Moose, Bowler continued to contribute offensively, and was noted by the Columbus Blue Jackets, who signed Bowler as a free agent during the summer of 2000. That fall, the 26-year old Bowler, who was born September 25, 1974, finally got to step onto NHL ice, playing 9 games with Columbus and collecting 2 assists. He spent most of the 2000-2001 season, however, in the AHL. In June 2001, the Nashville Predators claimed Bill on waivers, but kept him in the AHL. The summer of 2002 saw Bill signed as a free agent by the Boston Bruins. That fall, he played for Krefeld Penguins of the German Elite League



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From the Playbook: Bob Boughner

HOW TO ORGANIZE THE PRACTICE OF THE SPECIALITY TEAMS

To practice specialty teams use the games in Level 4 Cards: 225, 226, 227, 228.

HALF-ICE 5-ON-5, 5-ON-4 WITH 1 PLAYER IN NEUTRAL ZONE:

To practice the power play and penalty killing, play a game of 5-on-5 but leave 1 player on the defending team in the neutral zone. Alternate who waits in the neutral zone so all players learn to kill penalties.

HALF-ICE 5-ON-5, 5-ON-3 WITH 2 PLAYERS IN NEUTRAL ZONE:

To practice the power play and penalty killing, play a game of 5-on-5 but leave 2 players on the defending team in the neutral zone*. Alternate who waits in the neutral zone so all players learn to kill penalties. If your team uses 2 defensemen when 2 men short, then 2 forwards stay outside of the zone.

* If 2 forwards are used on the kill, then 1 forward and 1 defenseman wait in the neutral zone.

HALF-ICE 4-ON-4, 4-ON-3 WITH 1 PLAYER IN NEUTRAL ZONE:

To practice the power play and penalty killing, play a game of 4-on-4 but leave 1 player on the defending team in the neutral zone.

- If your team uses 2 defensemen when 2 men short, then 1 forward stays outside of the zone.
- If 2 forwards are used on the kill, then 1 defenseman waits in the neutral zone.
- 1 player on the defending team stays in the neutral zone. This allows 2 units to work on power play and penalty killing.
- Alternate who waits in the neutral zone so all players learn to kill penalties.

USING THE PRACTICE CARDS TO PLAN A PRACTICE

- The practice cards for levels 0-6 are on the pages that follow.
- Complete 1 level before starting the next.
- The practice cards are organized in a logical progression so use skating card 2 before card 3.
- The game cards are also organized in a progression. When planning a practice, have a ratio of at least 50% games and 50% skills. The games are designed to complement the skill modules and each game has a theme the coach should stress.



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MIGHTY DUCKS OF ANAHEIM SYSTEM REVIEW

POWERPLAY OVERVIEW

1. **DISCIPLINE** (stick to plan for whole game, each individual must do what is asked).
2. **INTELLIGENCE** (know what everyone's options are, understand what opponent is doing, read what is available).
3. **SELF-SACRIFICE** (do what it takes to help team score, whether it be a pick, screen, taking a hit to make a play).
4. **KISS** (keep things simple and uncomplicated, easy passes, safe plays).
5. **INTENSITY** (PP is no time to relax, bear down, concentrate, and work even harder).
6. **PRIDE** (PP ice-time is a privilege which is earned through hard work and success, take responsibility for yourself and the success of the PP).

SKILLS NEEDED FOR POWER PLAY

- A **Passing and receiving the puck** - A player must be able to put a pass on a teammate's stick and receive a pass - both standing still and at top speed.
- B **Ability to Shoot off Pass** - the more accurate and quick passing we have the more opportunities for the quick 1-timer, goalies simply can't set up.
- C **One-touching the puck** - players must be able to redirect the puck without hesitation - accurately.
- D **Deflecting shots on goal** - having someone standing in front of the goalie screening is very important, but that player must have good tipping skills to be considered a threat.

POWER PLAY PRINCIPLES

1. **Create and master a 2 on 1 situation** - this is the basic principle to a PP, creating outnumbered situations at the puck.
2. **Spread out the defense** - we must spread out the opposition and isolate individual penalty killers to create 2 on 1 advantages.
3. **Move to open ice** - As a direct result of today's aggressive penalty killing styles, players can't go to a predetermined spot on the ice. We must be able to recognize open areas and go these areas to put ourselves in position to receive a pass or move a penalty killer out of position into an area where he is more vulnerable to a 2 on 1 situation.
4. **Read the defensive coverage** - the key is to identify the coverage, react and exploit it. Are the points covered aggressively? Are the passing lanes taken away?
5. **Control the puck** - the power play stops cold when we lose the puck. We must regain possession after shots on goal, or on loose puck situations along the boards. Winning face-offs and having people jump through checks is also very important.
6. **Keep the puck moving** - by keeping the penalty killers from getting set up as neatly as they would like, they are forced to react to the movement of the PP team. This makes them more prone to physical and mental errors. *Don't skate the puck to a teammate- PASS IT HARD!*

POWERPLAY

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2000 FLAT NIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: Rob Rogers

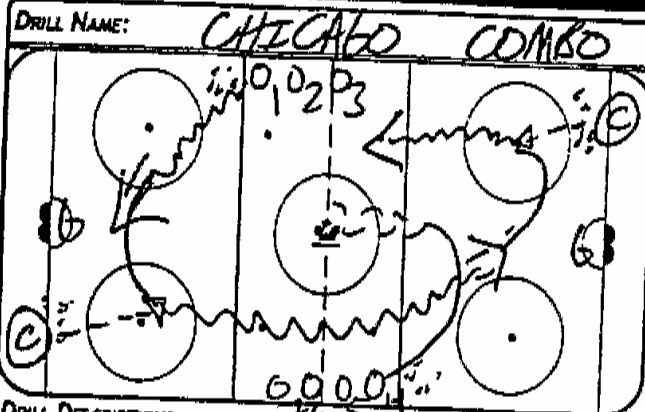
Team: South Delta Bantam AAA

Country: Canada

DRILL THEME: **OFFENSIVE ATTACK**

⊙	Coach	~	Puck Carrying
○	Forwards	→	Shooting
△	Defenders	→	Pass
G	Goalie	→	Drop Pass
→	Stop	↶	Backward Skate
X	Pylon		Lateral Movement
☆	Pucks	—	Defensive Pressure

OFFENSIVE DEFENSIVE

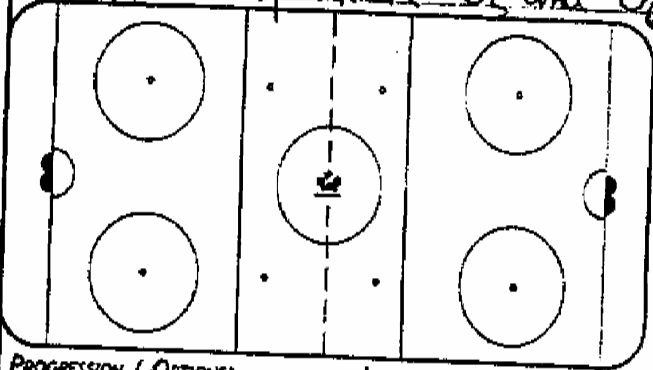


KEY TEACHING POINTS:

- speed
- Creativity
- Net drive

DRILL DESCRIPTION:

- O₁ driven in for a shot on goal, curls, receives a pass from C, driven up ice for a second shot, receives second pass
- O₄ comes off boards to play 1 on 1
- O₁ and O₂ attacks O₂ 2 on 1
- O₁, O₂ and O₄ attacks O₅ and O₆ 3 on 2



PROGRESSION / OPTIONS:

O₇ begins next rotation w shot on goal.



"Coaching 2000 Today and Beyond!"





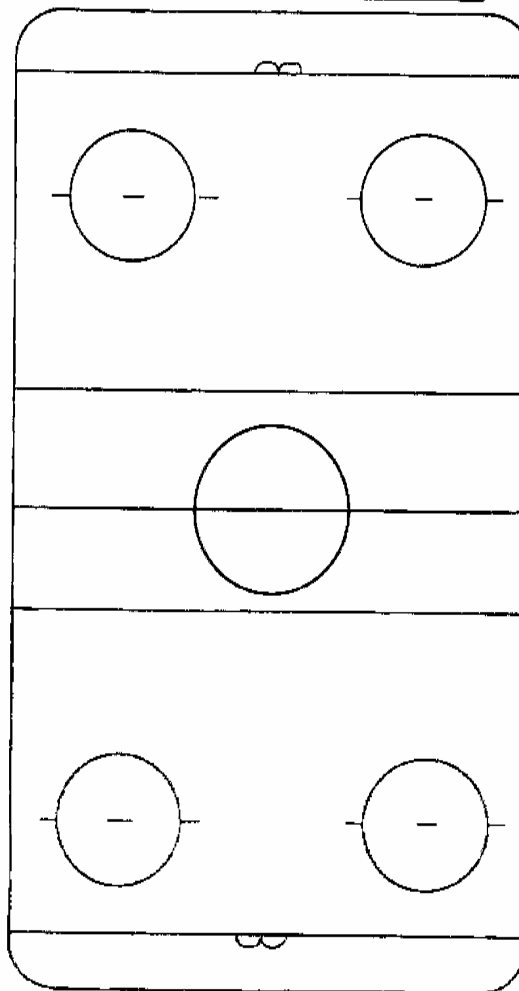
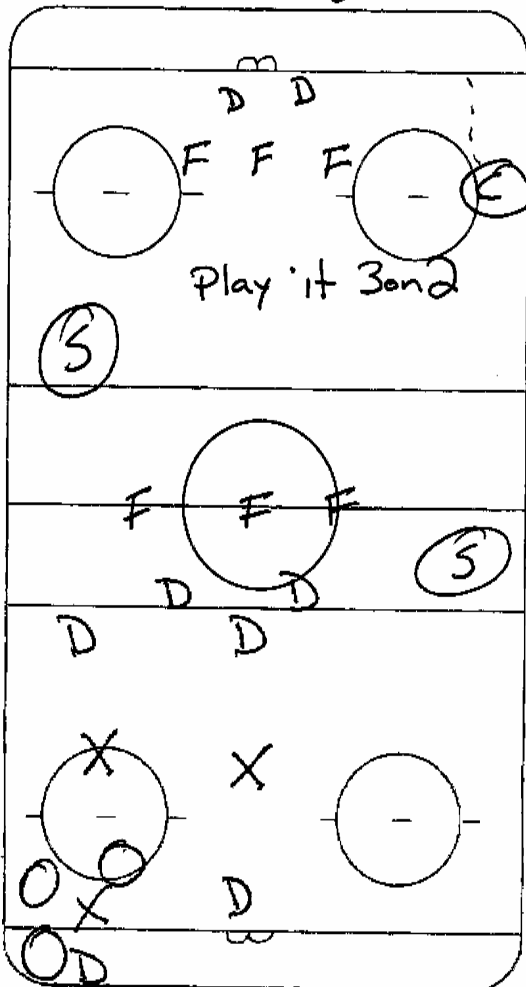
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ROGER NEILSON'S
COACHES' CLINIC

Defensive Zone Coverage Drill

DRILL: 3on2 into a 5-5

DRILL: _____



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NOTES 3on2 Down low into a 5on5
 → play out the 3on2, On the coaches whistle, he spots them a puck, they Dump it and play 5on5 Down low, Second puck if it goes to Quick.

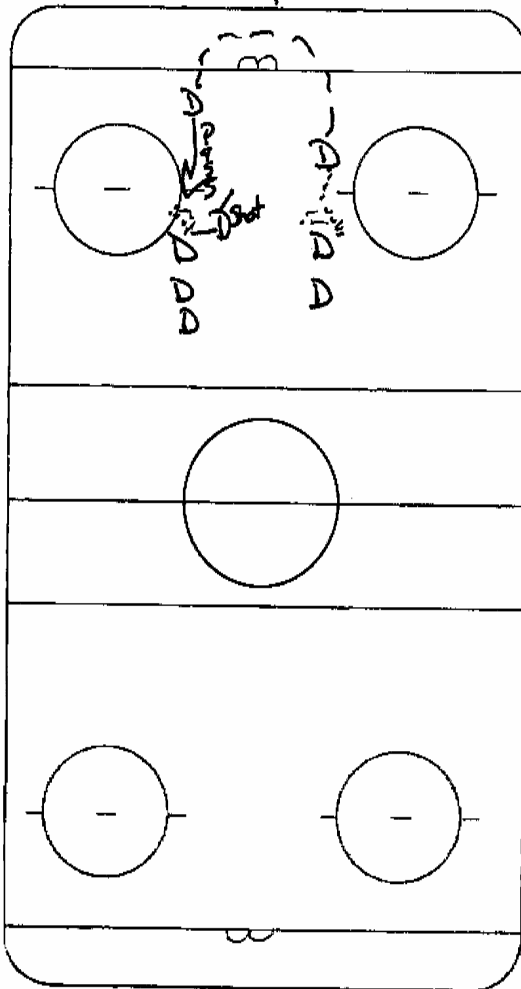
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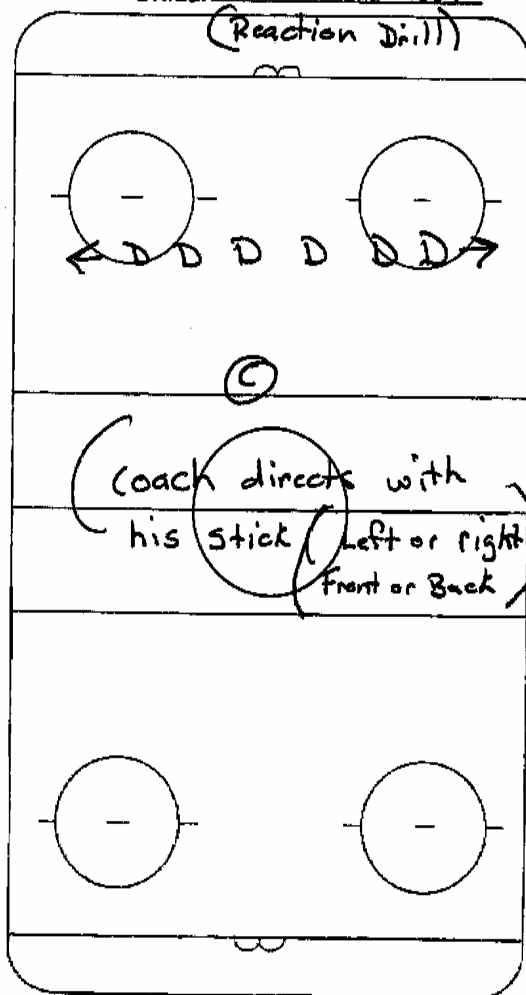
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DRILL: D-puck skills



DRILL: D-Quick feet
(Reaction Drill)



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NOTES

- Continuous Drill for the D
 - D starts with the puck carrying it behind the net (Always facing up ice) - Then passes it to a waiting D - He shoots - then he does the same,

NOTES - Coach stands in the middle directs with his stick, different directions for 30 seconds.

Coach does the same, but the players do the opposite of what the coach says

Ex left means right

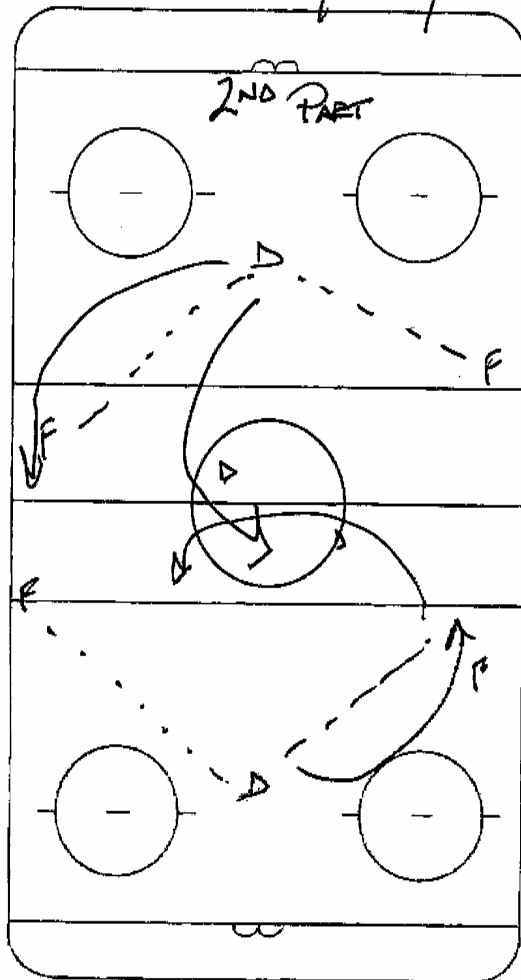
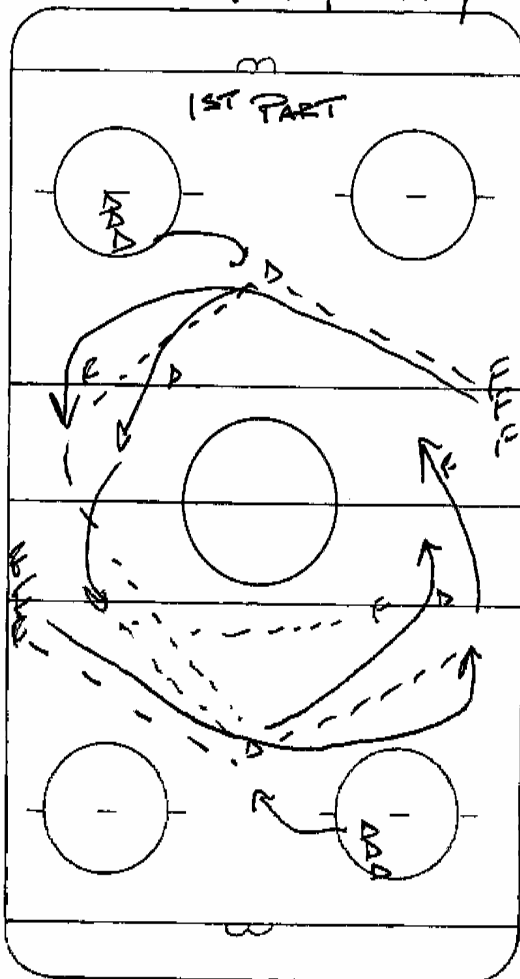


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DRILL: ~~SHOOTING~~/PASSING /1-1

DRILL: SHOOTING/PASSING /1-1



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NOTES

- F PASSES PUCK TO D + THEN SWINGS/D JUMPS + FOLLOWS
- D PASSES BACK TO FORWARD
- FORWARD THROWS PUCK TO NEXT D IN LINE
- D PASSES TO TRAILING D WHO BUMPS TO FORWARD
- FORWARD GOES DOWN FOR SHOT/D - FOLLOWS FOR POINT SHOT.

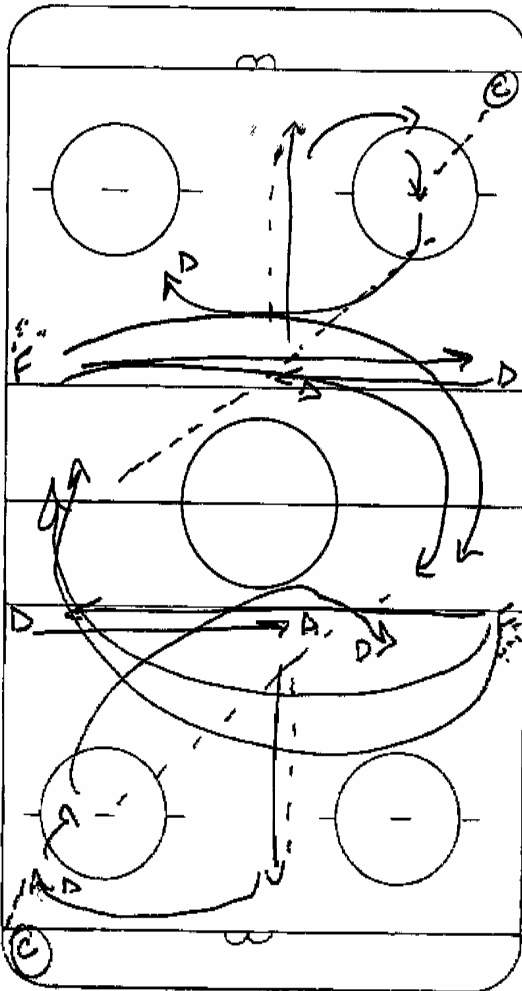
2ND PART (D PASSES F ON 1-1 INSTEAD OF FOLLOWING UP FOR POINT SHOT.)



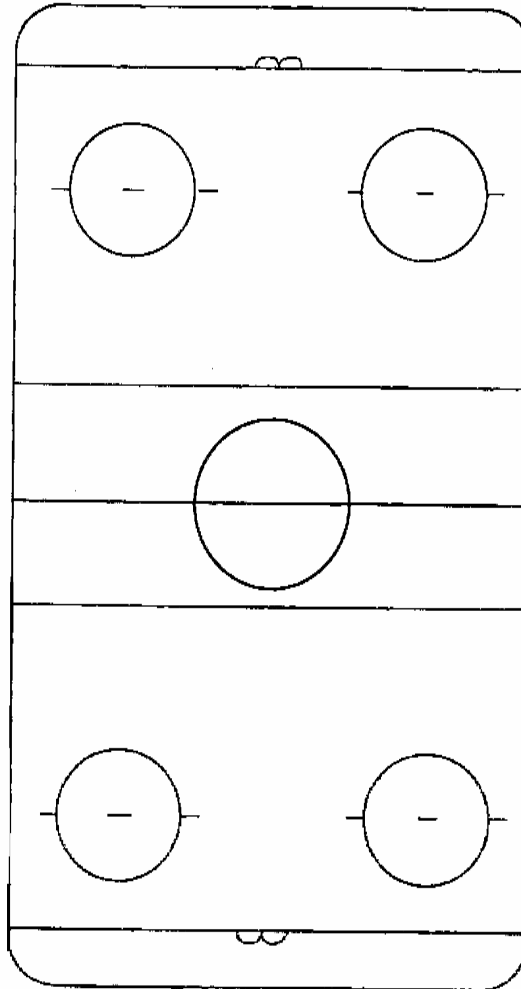
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DRILL: 2 ON 1



DRILL:



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NOTES

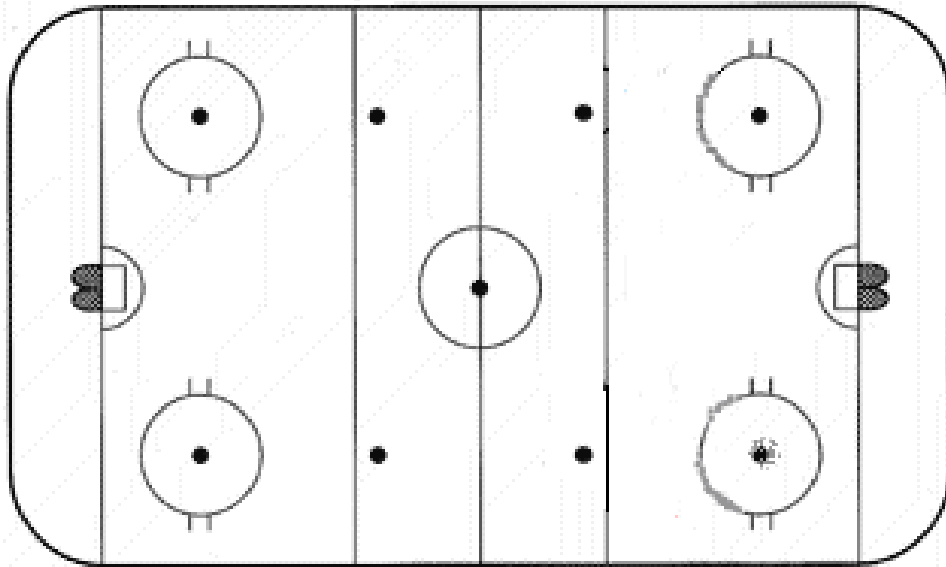
- F PASSES TO D
- D MOVES TO MIDDLE SHOOTS
- D BACK FEEDS + GETS PUCK FROM COACH
- D PASSES TO SWINGING FORWARDS THEN
- RETREATS QUICK FEET TO OTHER SIDE + TAKES
- 2 ON 1

NOTES



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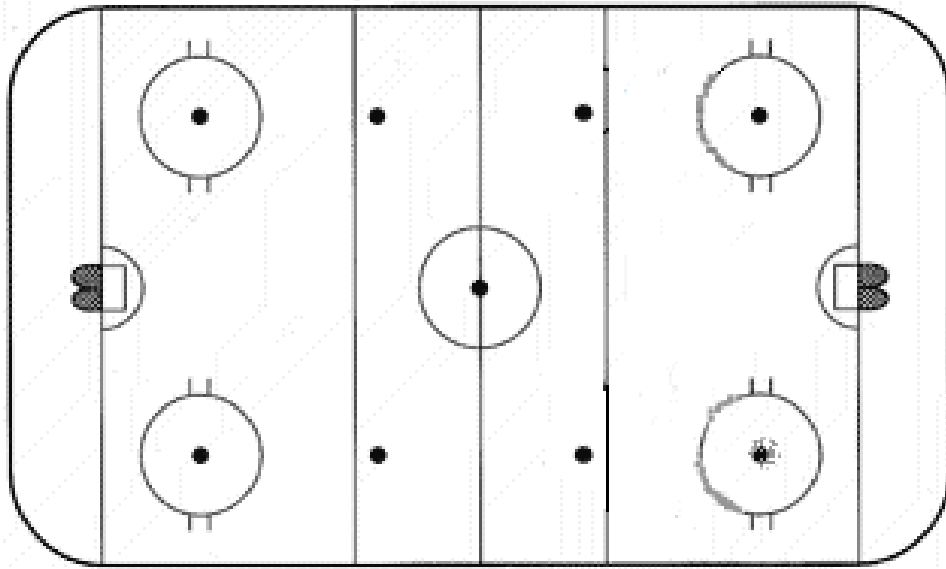
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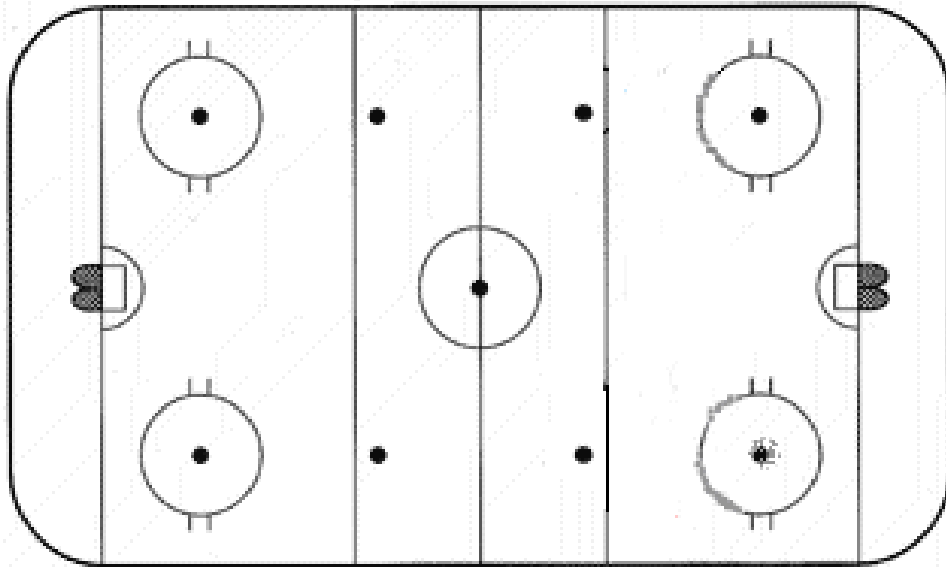
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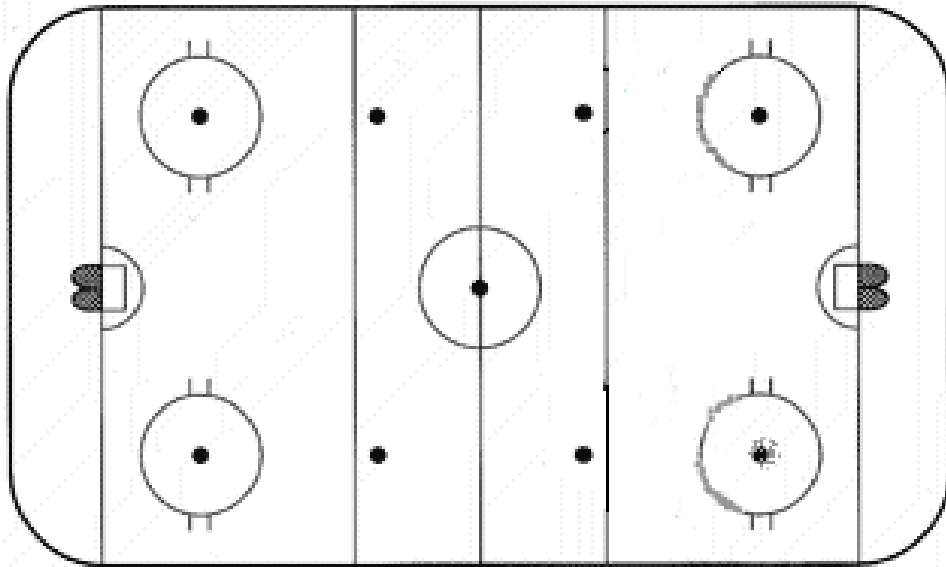
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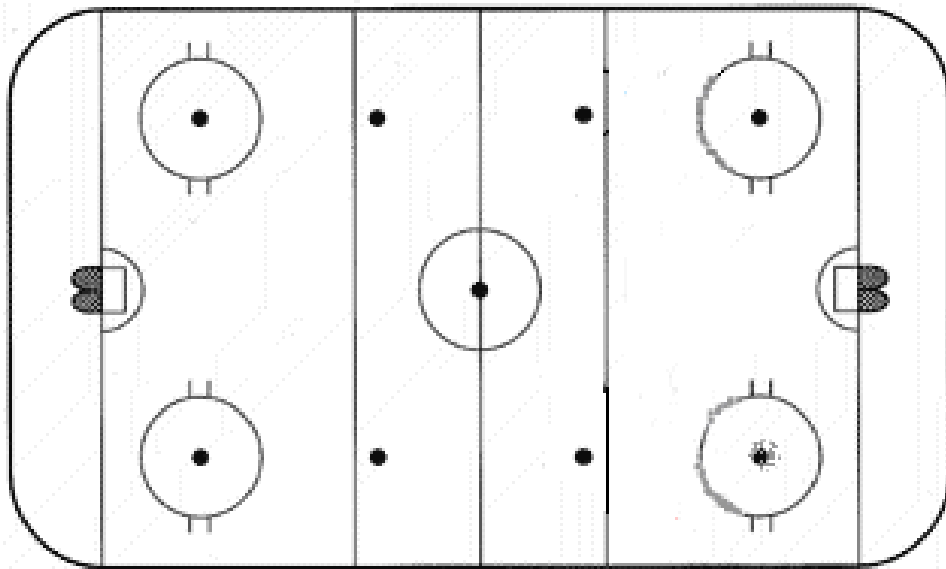
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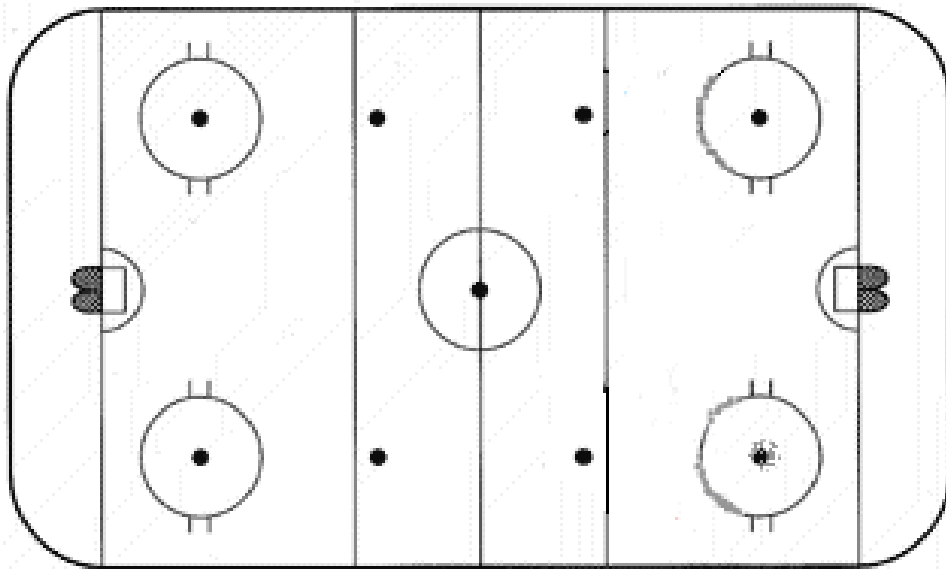
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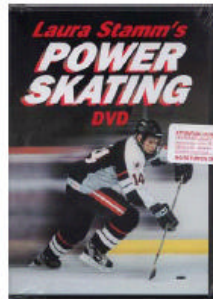


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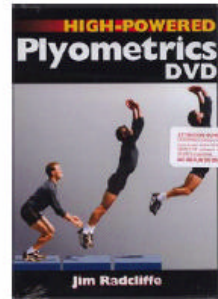
THE PUCK STOPS
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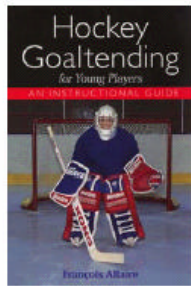


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