



Ontario Minor Hockey Association

Sarnia Sting

Game Day Coaches Clinic

December 17, 2005

Sarnia Sports and Entertainment Centre



In Partnership with:





SARNIA STING
GAME DAY COACHES CLINIC
 Saturday December 17, 2005

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SARNIA STING
GAME DAY COACHES CLINIC
 Saturday December 17, 2005

Agenda

Location: Sarnia Sports and Entertainment Centre

Be educated at the professional level from some of the OHL's finest then enjoy the Sarnia Sting take on the Kitchener Rangers.

Time	Topic / Item	Speaker
4:30 pm - 4:45 pm	Registration/Introduction/Review Agenda	
4:45 pm - 5:15 pm	Situational Coaching (i.e. how to approach the game depending on who you are coaching), coaching experiences, differences coaching at OHL, AHL, CIS, and CJHL levels	Shawn Camp Head Coach
5:15 pm - 5:45 pm	<ul style="list-style-type: none"> Defensive Preparation, Penalty Kill, Defensive Zone and Neutral Zone Coverage PowerPlay, Offensive Zone Strategies, Practice Drills, Q & A 	Greg Walters Assistant Coach
5:45 pm - 5:55 pm	Break	
5:55 pm - 6:25 pm	<ul style="list-style-type: none"> How to Cope with the Various levels of physical development (how minor hockey players develop at different times, which leads to bigger, faster, and stronger players), Injury Preventions, Dry-Land Training, Equipment Trends, Safety Issues 	Glen Kinney Head Trainer
6:25 pm - 7:30 pm	End of Clinic/Break/OMHA Coaches on Own Until Game Starts	
7:30 pm	Game time Kitchener Rangers vs. Sarnia Sting	



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Biographies Of Guest Speakers



Shawn Camp - Head Coach

Coach Camp is in his 2nd season with the Sting after joining the team in the summer of 2004.

Aside from leading the Guelph Storm through the OHL Championship and into the 2004 Memorial Cup, Coach has also been an active member of Hockey Canada; most recently leading the national Under-18 team to a World Cup gold medal in Piastany, Slovakia.

Coach Camp lives in Sarnia with his wife and two children.



Greg Walters - Assistant Coach

Coach Walters is in his 4th season with the Sting.

Known as a 'player's coach', Greg understands better than most 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 4th Round of the NHL Draft, his OHL experience led to a 16-year career in the pro leagues including, the IHL, UHL, ECHL and AHL.

"Wally", as friends know him, lives in Bright's Grove, Ontario with his wife and two children.



Glen Kinney - Head Trainer

Glen is in his 4th season with the Sarnia Sting and 5th season working in the OHL.

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



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Situations Coaching - Coaching at Various Levels



TIER II JR. A

ROYAL BANK CUP

- Emphasis on teaching skills → puck handling, passing, skating, shooting, skill development
- Learning who are skilled players – weaknesses obvious
- Little less emphasis on systems
- Less ice time
- Introduction to off-ice training
- Introduction to video – individual skills and team tactics
- Players moving on to OHL/ QMJHL/ NCAA / CIS
- Rarely at this level are they going pro → occasional overage going to minor pro
- Understanding what it takes to get to the next level
- At this level, lots of mistakes and changes in possession
- Line-up constant, few players moving up and down

OHL

MEMORIAL CUP

- Mainstream feeder of NHL
- Balanced emphasis of skill development and systems
- This is the level where you do so much teaching using on-ice drills and individual off-ice video; walk throughs; question & answer, dressing room video; weight room work
- High intensity practices → 5-6 minute drills/variety
- Players all want to play in NHL or play Pro
- Some are drafted/ some are signed
- What are expectations of NHL club regarding their development?
- What role do they play for you vs. NHL?
- Mon-rest; backup goalie/ 4th line players/injured and rehab
- Tues – competition day / 1 vs. 1 battles / 2 v. 1 / 2 v. 2 / 3 v. 2
- Wed – systems day /Lightning/ Philly/Sens. (F.C.)
 - Regroup – Sens / Lightning
 - D.Z. coverage / F. Low / 2 D aggressive
 - PP/ PK
- Thurs – special teams PP/PK
- Fri – morning skate



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CIS

UNIVERSITY CUP

- Young men
- Many have played major Jr. and not gone Pro – coming down
- Some Tier II Jr. A → still getting better
- Is the dream of playing in the NHL over?
- Mix of teaching & fun
- Emphasis on education
- Fewer games → 35 max. → practices → football hype mentality
- Break for exams at Christmas
- Fraternity for Coaches → safest places to coach
- Skill development
- Big emphasis on tactics → this level everyone re-inventing the wheel → PP set ups / PK styles → this is the level for executing systems
- Variety of kids here
- Some Pro opportunities

AHL

CALDER CUP

- Big turnover with players / call-ups to NHL → players sent down to ECHL
- Emphasis on detail
- Travel / games / practices on road → different facilities than you play
- Less stable practice time than any other level
- Live by video at this level
- Biggest challenge → line-up constantly changing → affects special teams
- Emphasis on defensive game → positioning / how you think without the puck
- Players at this level have seen it all / creatures of habit
- Short intense work days



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From The Playbook of Shawn Camp

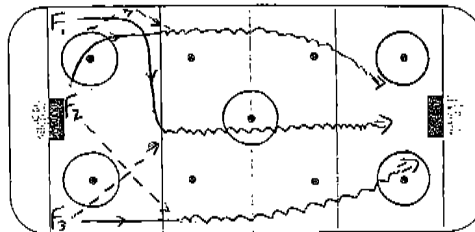


HOCKEY PRACTICE EMPHASIS: GAME PREPERATION

Practice #: 57 Month: DEC Week: 3 Day: 2

Left Wing	Center	Right Wing	Defense	Right Defense
PAINCHAUD	MCIVERNEY	LYTWIN	KATIL	TUZZOLINO
LOMBARDI	REED	GOMES	FRASER	MCCREAOY
TRONT	ANGER	MUSSELMAN	AITCHESON	POLICELLI
MASHINTER		SAVOR		

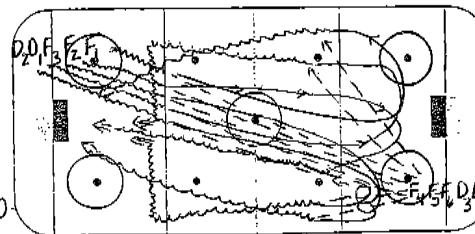
- ① **Drill Name:** SIDEAWAY WARM-UP
Emphasis:
 • F₁ SIDEAWAY + GET PASS FROM
Description: F₃
 • F₂ SUPPORT CHIP FROM F₁
 • F₃ WIDE SPEED PASS FROM F₂
 * DRIVE NET AFTER SHOT
 * STOP AT NET



Warm Up Skills

Time:

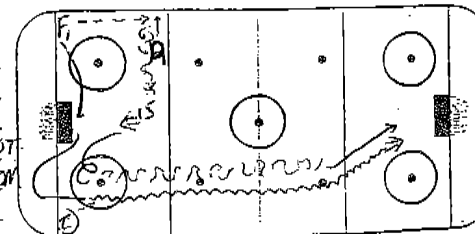
- ② **Drill Name:** 4 LINES ON CIRCLE
Emphasis:
 F₁, F₂, F₃ STAGGER START + PASS TO
Description: OPP. CORNER → SUPPORT LOW BY
 POSITION + GET PASS BACK FOR RUSH
 + SHOT
 D, D₂ SAME THING → DRAG PUCK TO MID
 ICE FOR SHOT
 * FRDS GO TO NET AFTER SHOT



Attack Options

Time:

- ③ **Drill Name:** 1 V 1 FULL ICE
Emphasis:
 • F₁ PASS TO F₂ + GO TO NET
Description: D, GET TO WALL + THEN PULL
 PUCK TO MIDDLE FOR SCREEN SHOT
 • F₁ NOW GOES LOW + GETS PASS FROM
 (C)



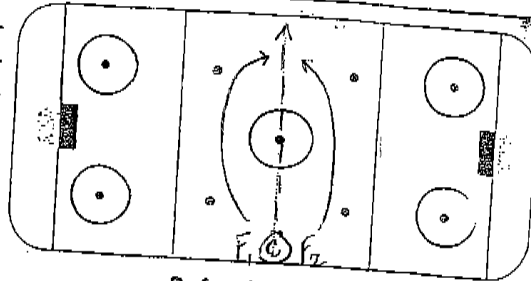
Game Situations

- D, GAPS UP FOR FULL ICE 1 V 1
 * BOTH ENDS SAME TIME
Time: * ON WHISTLE FRD. REGRUPS TO LAST LINE
 ↓ D REGAPS



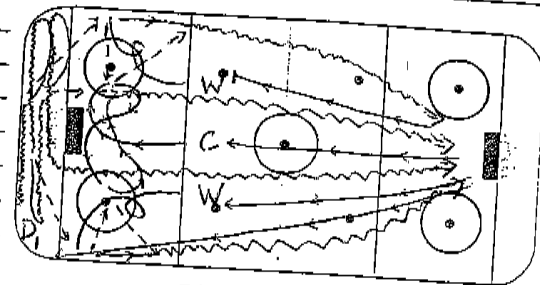
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④
Drill Name: CROSS ICE 1v1 (x3)
Emphasis:
 - (C) DUMPS PUCK OFF FAR BDS.
Description: - F₁ VS F₂
 - PLAY UNTIL YOU SCORE!
 - NO BACKSEATING ALLOWED
 * TAKE GOOD ANGLES
 * LOSER DOES 5 P.U.'S
 * KEEP SCORE
Time: * 3 1v1'S AT SAME TIME → HEADS UP



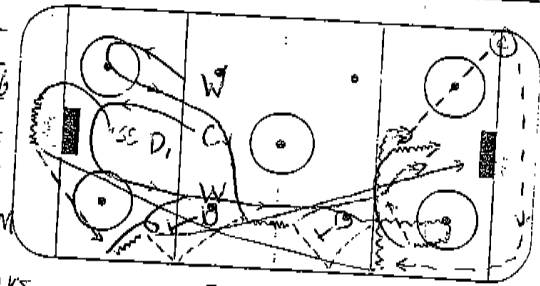
Defensive Game or
Special Team Philosophy

⑤
Drill Name: D B.O. FRDS.
Emphasis:
 ① D, B.O. WINGS → GIVE + GO WITH C
Description: ② D B.O. C
 ③ D WHEEL + GO
 ④ EVERYONE BC. TO LINE
Time:



Offensive Game or
Special Team Philosophy

②
Drill Name: CHIP/CHIP/PUCK SUPPORT
Emphasis:
 ① D, B.O. WING WHO CHIPS TO SIDEWAY WING
Description: ② SIDEWAY WING CHIPS TO CENTRE
 ③ C PULLS UP AS WING GOES TO NET + WING SUPPORTS FOR PASS
 ④ C NOW COMES HIGH + GETS PASS FROM (C)
 ⑤ D GETS UP TO LINE FOR RIM + WALKS TO MIDDLE
Time: * BOTH ENDS SAME TIME



Small Games
Fun Drill

SPECIAL TEAMS LINE-UP

Power Play Units					Penalty Kill Pairs			
Color					Color			



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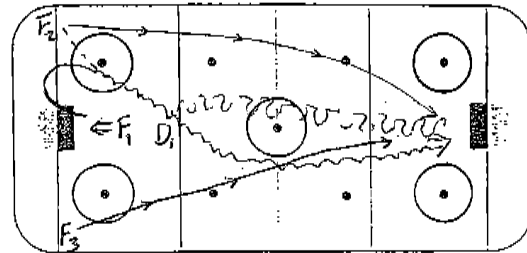


HOCKEY PRACTICE EMPHASIS: GAME PREPERATION

Practice #: _____ Month: _____ Week: _____ Day: _____

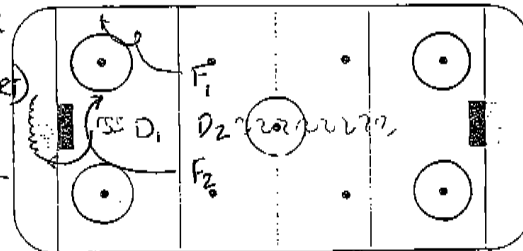
Left Wing	Center	Right Wing	Left Defense	Right Defense

⑦ **Drill Name:** 2 v 1 WITH B.C.
Emphasis:
 ① F₁ SHOOTS + THEN CHOOSES A
Description: SIDE TO TURN
 ② F₁ + F₂ ATTACK 2V1 VS D₁
 ③ F₃ B.C. TO MAKE IT 2V2
 * F₃ MUST TALK TO D
 * D MUST READ RUSH
 * CONTINUOUS → B.C. STARTS NEXT
Time: RUSH



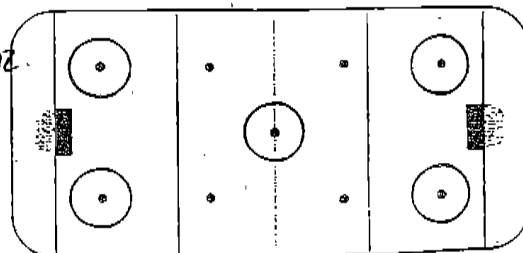
Warm Up Skills

⑧ **Drill Name:** D B.O. / REGROUP / 2v1 / 2v2
Emphasis:
 ① D₁ B.O. 2 FRDS. (WEAK SIDE SUPPORT)
Description: ② REGROUP WITH D₂ IN N.Z.
 ③ ATTACK 2V1 OR 2V2
 ④ REGROUP D GAPS UP + B.O. NEXT SET OF FRDS.
 * COMPETITION BY LINE



Attack Options

⑨ **Drill Name:** B.O. / N.Z. REGROUP / 3v2 /
Emphasis: N.Z. REGROUP / 3v2 / B.C. TO D.Z.
Description: ① C CALLS B.O.
 ② N.Z. REGROUP - SENS LIGHTNING
 ③ ATTACK 3v2
 ④ N.Z. REGROUP
 ⑤ ATTACK 3v2
 ⑥ B.C. TO D.Z. COVERAGE
Time:



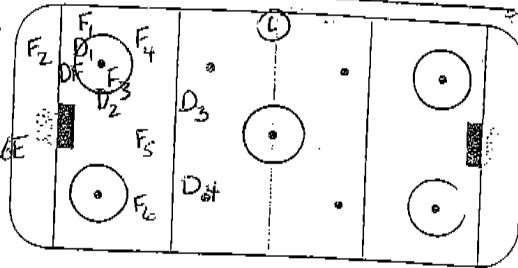
Game Situations



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10.

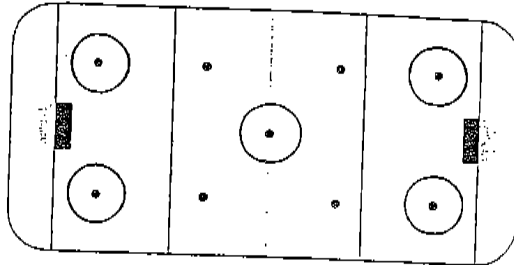
Drill Name: HOUSTON HIGH GUY
 Emphasis: ① 3v3 DOWN LOW
 ② ON WHISTLE F₄ F₅ F₆ ATTACK
 Description: 3v2
 ③ F₁ F₂ F₃ B.C. TO D.Z. COVERAGE
 ④ 5v5 IN ZONE



*Defensive Game or
Special Team Philosophy*

Time: _____

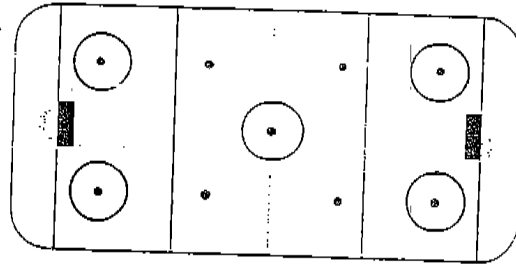
Drill Name: _____
 Emphasis: _____
 Description: _____



*Offensive Game or
Special Team Philosophy*

Time: _____

Drill Name: _____
 Emphasis: _____
 Description: _____



*Small Games
Fun Drill*

Time: _____

SPECIAL TEAMS LINE-UP

Power Play Units					Penalty Kill Pairs		
Color					Color		



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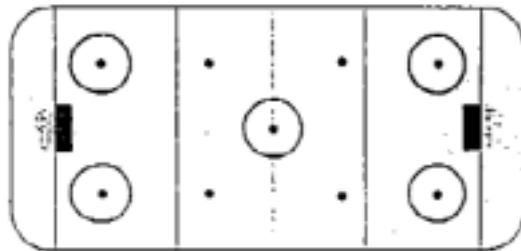


HOCKEY PRACTICE EMPHASIS: GAME PREPERATION

Practice #: _____ Month: _____ Week: _____ Day: _____

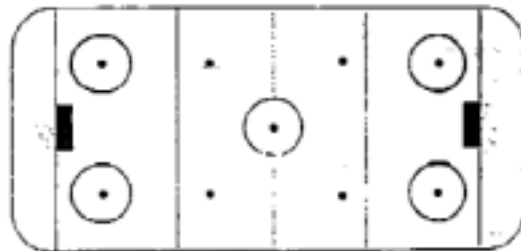
Left Wing	Center	Right Wing	Left Defense	Right Defense

Drill Name: _____
Emphasis: _____
Description: _____



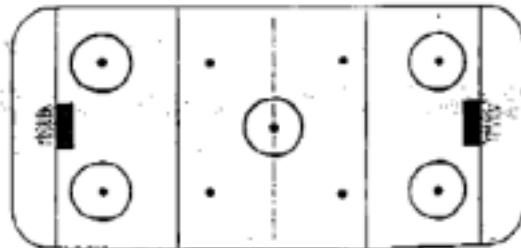
Warm Up Skills

Time: _____
Drill Name: _____
Emphasis: _____
Description: _____



Attack Options

Time: _____
Drill Name: _____
Emphasis: _____
Description: _____



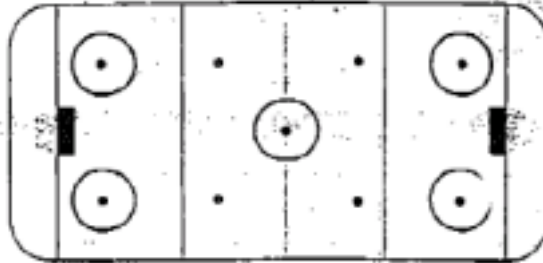
Game Situations

Time: _____



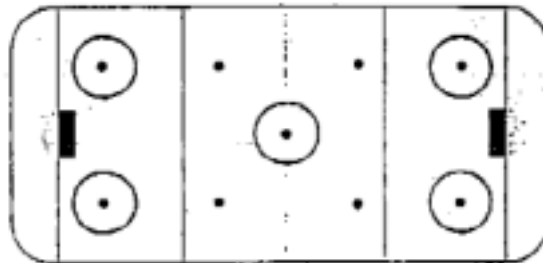
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Drill Name: _____
Emphasis: _____
Description: _____



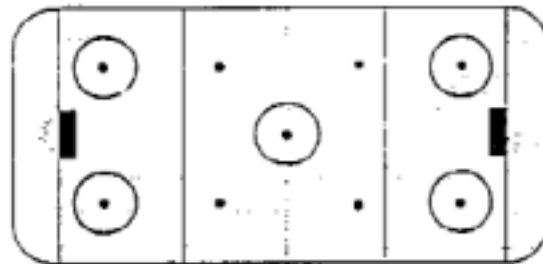
*Defensive Game or
Special Team Philosophy*

Drill Name: _____
Emphasis: _____
Description: _____



*Offensive Game or
Special Team Philosophy*

Drill Name: _____
Emphasis: _____
Description: _____



*Small Games
Fun Drill*

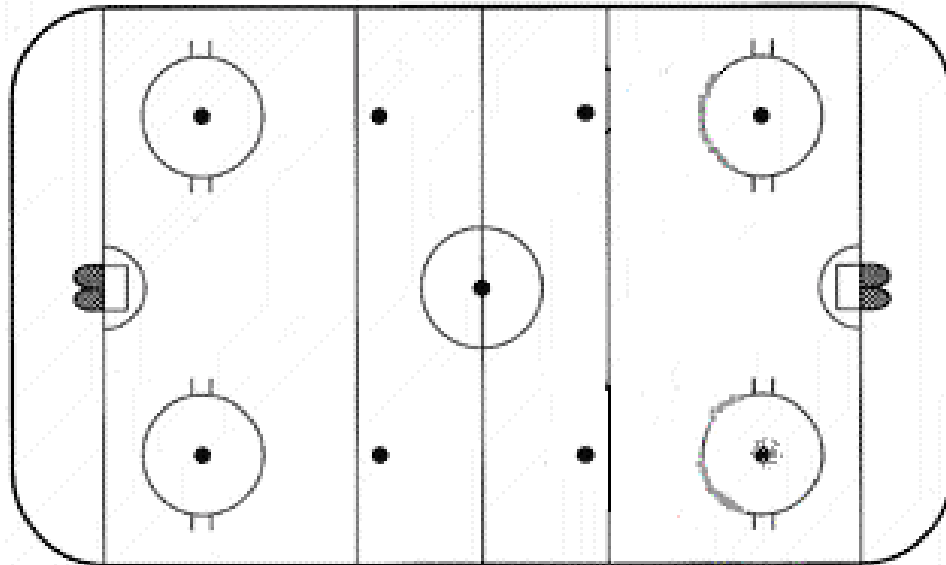
SPECIAL TEAMS LINE-UP

Color	Power Play Units	Color	Penalty Kill Pairs



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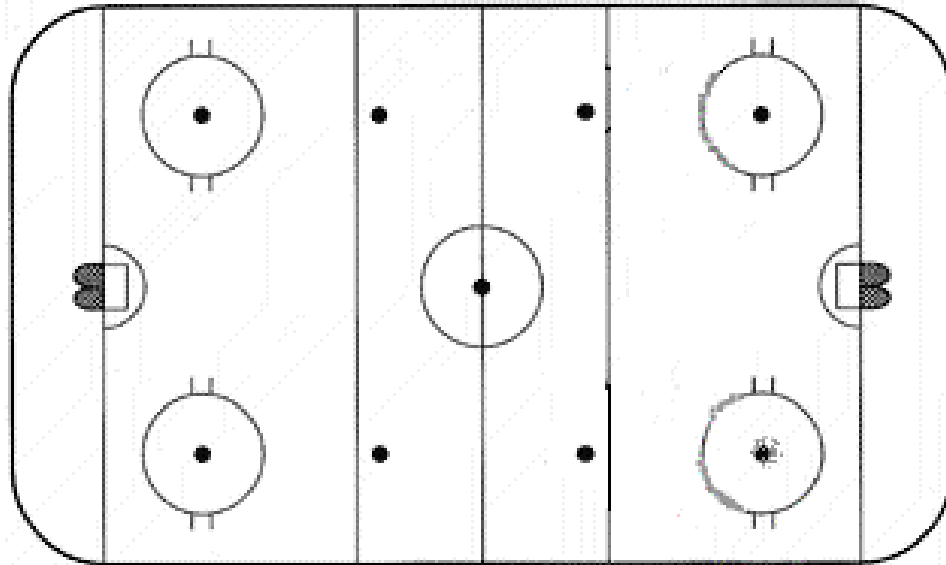
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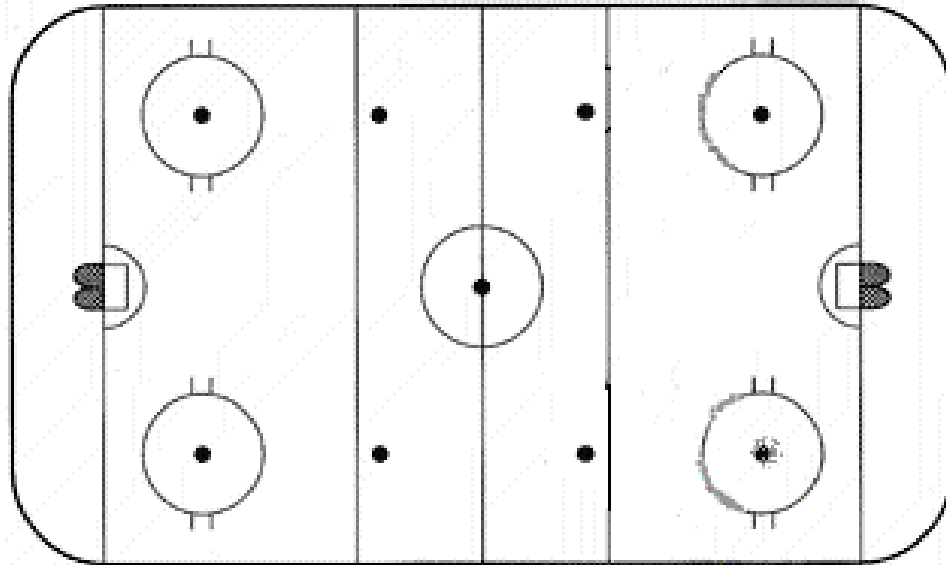
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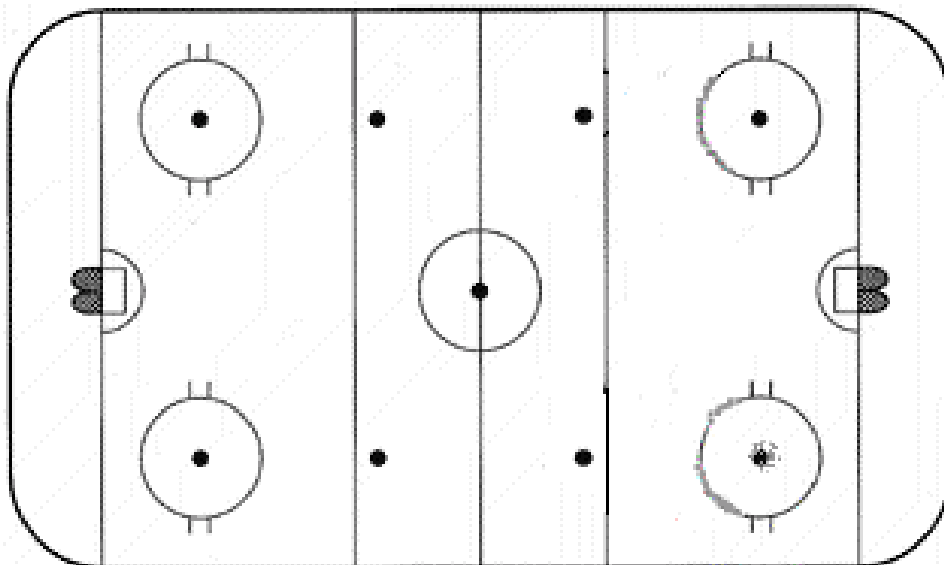
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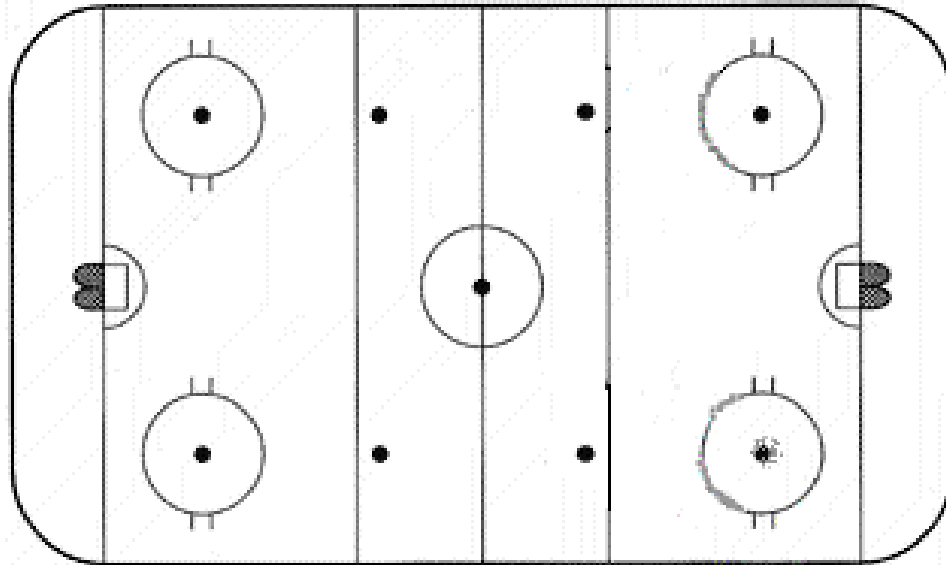
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Sarnia Sting Special Offers

SARNIA STING HOCKEY CLUB



GROUP PACKAGES
THE BLACK & GOLD and
THE HIVE GROUP

THE LARGER YOUR GROUP THE MORE YOU SAVE!

THE BLACK & GOLD GROUP

NUMBER: 50-99 TICKETS

PRICE: \$10.50/TICKET

Within this group package all of our guests receive:

- Public recognition of your group during the game
- A discount card for use at the Sting kiosks
- The services of our Host Crew in ensuring your enjoyment of the game

The group organizer receives all of the above and:

- A free special edition jersey autographed by the team
- A free ticket (with 50 tickets paid)
- Two free 8x10 photos of the group at the game!

THE HIVE GROUP

NUMBER: 100+ TICKETS

PRICE: \$10/TICKET (\$4 DISCOUNT!)

Within this group package all of our guests receive:

- Public recognition of your group during the game
- A discount card for use at the Sting kiosks
- The services of our Host Crew in ensuring your enjoyment of the game
- A player appearance at an assembly of your organization*

The group organizer receives all of the above and:

- A free special edition jersey autographed by the team
- A free mini stick signed by the team
- A free ticket (with 100 tickets paid)
- Two free 8x10 photos of the group at the game!

*Subject to availability

*Additional copies available for purchase.

Restrictions: Games versus the London Knights are not available for discounted Group Sales

Confirmation and payment: The deadline for confirmation and payment is one week prior to the day of the game. All listed prices include GST and the \$1 City of Sarnia surcharge.

Space may be limited, so please book and confirm early if you have a specific date in mind.



CONTACT US

Jason Smith,
Group Sales Coordinator
Jason@samsting.com
P: (519) 542-4494 x30
F: (519) 542-2388



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SARNIA STING HOCKEY CLUB



GROUP PACKAGES

THE STINGER and THE GAME GROUP

GROUP PACKAGES STARTING FROM 15 TICKETS...

THE STINGER GROUP

NUMBER: 15-29 TICKETS
PRICE: \$12.50/TICKET

Within this group package all of our guests receive:

- Public recognition of your group during the game
- A discount card for use at the Sting kiosks
- The services of our Host Crew in ensuring your enjoyment of the game

The group organizer receives all of the above and:

- A free mini stick signed by the team
- Two free 8x10 photos of the group at the game*

THE GAME GROUP

NUMBER: 30-49 TICKETS
PRICE: \$11.50/TICKET

Within this group package all of our guests receive:

- Public recognition of your group during the game
- A discount card for use at the Sting kiosks
- The services of our Host Crew in ensuring your enjoyment of the game

The group organizer receives all of the above and:

- A free special edition jersey autographed by the team
- Two free 8x10 photos of the group at the game*

*Subject to availability

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F: (519) 542-2388



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VINCENT LECAVALIER 21-DAY WORKOUT CD with TRAINING BALL
 4 Disks Available - \$19.95 each

SMARTHOCKEY TRAINING BALL
 Same weight and feel as a Puck! - \$9.95 each

NEW VIDEOS & DVD'S



THE PUCK STOPS
 HERE 2
 JIM PARK



POWER SKATING DVD
 LAURA STAMM / HK

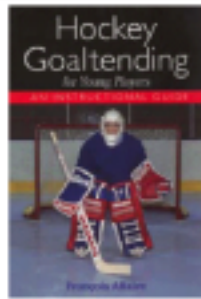


EXPLOSIVE STICK
 HANDLING & MOVES
 STEVE SERDACHNY



HIGH POWERED
 PLYOMETRICS DVD
 JIM RADCLIFFE / HK

NEW BOOKS



SEAN SKINNER'S
 STICK HANDLING
 BEYOND BELIEF
 5 Volume Set - Now
 available in DVD!



The OMHA Store is open 24 hrs. at

