

RFYHA Bantam Coach's Handbook



Association Mission Statement

Provide the opportunity for the youth of River Falls and the surrounding area to participate in an organized hockey program coordinated with the High School programs and other community resources.

On-Ice Mission Statement

To develop our skaters into the best possible hockey and team players during their time in the association and build character through hard work, respect, personal growth and sportsmanship while building a winning tradition.

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Section 1: RYFHA Policies: Pertinent to coaching at RYFHA

- Below are excerpts of the RYFHA Policies. Every coach should familiarize themselves with these policies and hold themselves, their coaches, their players, and their association members accountable to them at all times. The full RYFHA Policy Handbook can be found on our Association’s website at: http://assets.ngin.com/attachments/document/0104/6155/RFYHA_2016-17_Policy_Handbook_rev080616_-_approved.pdf

- **IV. Hockey Policies**

- **Scheduling Guidelines**

River Falls Youth Hockey, as a member of the Minnesota Hockey District 2, must adhere to the Minnesota Hockey District 2 policies/guidelines. Please see below for the maximum number of games / maximum number of tournaments / required off days. Co-Op teams will follow the higher Max games of the associations in the Co-Op.

<u>Level</u>	<u>Max Games (per Season)</u>	<u>Tournaments (per Season)</u>	<u>Practice Minimum (per Season)</u>	<u>Required Days Off (per week)</u>
Mites/8U girls/U8Boys: L1/L2	4—Cross-Ice	2-3	50	4
Mites/8U girls/U8Boys: L3/L4	15—Half Ice	3-4	50	4
Squirts/10U Boys	26	2	52	2
U10 Girls	26	2	52	2
Peewees/12U Boys	30	2-3	60	2
U12 Girls	30	2-3	60	2
Bantams/14U Boys	35	3	70	1
U14 Girls	35	3	70	1

1. Teams will be allowed to participate in 2 scrimmages (defined as not using the clock/scoreboard with coaches on the ice and no referees) prior to December 1 of each hockey season.
2. Any team not playing in Minnesota Hockey would still be held to the game maximum and practice minimums outlined below specific to their level.
3. All teams must maintain a minimum of 2 practices to 1 game ratio. The Association goal is a 3 practice to 1 game ratio.
4. The season will begin in mid-October and end at the state tournaments (mid-March).
5. Tournament games shall be included in the season maximum number of games. Regional play-off games and the State Tournament are the exception and will not count against the season maximum game limit.
6. It is expected that all teams participate in our home tournaments.
7. All practices, games, and tournaments will be scheduled by or through the association ice schedulers.

- **Practices**

1. A Coach or Safe Sport Certified parent must be present 20 minutes prior to and 10 minutes after all practices in the locker room. Players will not be supervised before or after the timing listed above. Parents should ensure that their skaters do not arrive prior to or leave after the timing listed above.
2. Additional ice resources, when available, will be leveraged to support practice to game ratio goals.
3. March practices will be scheduled for transition from level to level. Players remaining in their current level will practice with players joining that level the following year.

- **Try-out Procedures**

1. The ACE Director will select a team of on-ice coaches for each level (Squirt/10U boys, U10 girls, PeeWees/12U boys, U12 girls, Bantam/14U boys, and U14 girls) to conduct the pre-tryout clinics and the tryout sessions. One person will be designated as the “lead” facilitator.
2. The ACE Director will appoint the try-out evaluation team. These individuals will not have any ties to the level in which they are evaluating and will complete a ranking of the players.
3. The tryout process will be as follows:
 - a. Each level will have 3 scheduled formal tryout sessions.
 - b. Every player trying out will be assigned a jersey and number on day one. The player will receive the same jersey and number for all three tryout sessions.
 - c. Tryouts will include skill drills and game situation activities (including scrimmage time).
 - d. The drills will be age appropriate. The on-ice coaches will use drills approved by the ACE Director.
 - e. Players will be evaluated on skating skills puck control, and general game play.
 - f. All tryouts will be closed to spectators. All non-participants shall remain in the lobby.
 - g. Following the final try-out session, the evaluation team will meet to determine the final rankings/rosters.
 - i. A minimum of three days will be left unscheduled to allow for the placement meeting.
 - ii. The team assignments will not be announced until after the placement meeting takes place.

- **Codes of Conduct**

PREAMBLE AND CORE VALUES

The River Falls Youth Hockey Association ascribes to the various codes of conduct of USA Hockey. At the heart of this organization are the core values of USA Hockey.

- SPORTSMANSHIP - Foremost of all values is to learn a sense of fair and equal play. Become humble in victory, gracious in defeat. We will foster friendship with teammates and opponents alike. We will not argue with coaches or official’s decisions
- RESPECT FOR THE INDIVIDUAL - Treat all others as you expect to be treated. Get along with your teammates. Respect your coaches, teammates, parents, opponents, officials, and property.
- INTEGRITY - We seek to foster honesty and fair and equal play beyond mere strict interpretation of the rules and regulations of the game. Learn the rules and play by them.
- PURSUIT OF EXCELLENCE AT THE INDIVIDUAL, TEAM AND ORGANIZATIONAL LEVELS- Each member of the association, whether player, volunteer or staff, should seek to perform each aspect of the game to the highest level of his or her ability.
- ENJOYMENT - It is important for the hockey experience to be fun, satisfying and rewarding for all participants.
- LOYALTY - We aspire to teach loyalty to the ideals and fellow members of the sport of hockey.
- TEAMWORK - We value the strength of learning to work together. The use of teamwork is reinforced and rewarded by success in the hockey experience. Put the needs of the team first and foremost.
- COMMITMENT - Understand the commitment to your teammates, coaches, and yourself. Work hard to improve your skills. Be on time for practices and games.

- **Players Code of Conduct**
 - Play for FUN.
 - Work hard to improve your skills.
 - Be a team player — get along with your teammates.
 - Learn teamwork, sportsmanship and discipline.
 - Be on time for practices and games.
 - Learn the rules and play by them. Always be a good sport.
 - Respect your coach, your teammates, your parents, opponents and officials.
 - Never argue with an official's decision.
- Discipline Issues
 - It is the goal of the RFYHA to provide all participants (players, coaches, and parents) with the highest level of personal productivity. Please remember that as RFYHA players, parents and coaches we are representing our association and community at both home and away events. Always be on your best behavior and leave places better than you found them: respect your opponents, your coaches, the referees, arena staff as well as picking up your trash and refraining from using inappropriate language.
- Discipline Violations
 - In the event of needed discipline, the head coach is the person recognized as having responsibility for the team. The coach (in accordance with the following guidelines) shall discipline violations of team rules. The Head Coach has full discretion to determine what is or is not a violation of the team rules. These rules should be enforced equitably by the coach, without regard for the possible impact on the outcome of any game or the importance of any game or tournament.
 - First Offense: special chores or benching for less than one period (coach is required to notify parent via e-mail with team liaison attached to e-mail)
 - Second Offense: benching for one period (coach is required to notify parent via e-mail with team liaison attached to e-mail)
 - Third Offense: benching for one game (coach is required to notify parent via e-mail with team liaison attached to e-mail)
 - Fourth Offense: refer member to the RFYHA Player Conduct Committee (see Player Conduct Committee below)
- Major or Continued Violations
 - Major or continued violations will result in a meeting between coach, parents, and RFYHA Team Board Liaison to develop a correction plan which corrective plan or action may lead to and include suspension from all RFYHA activities and premises.
- Player Conduct Committee
 - A three-member player conduct committee will be created to review any and all game misconducts, match penalties, gross misconducts, and individual player behavior.
 - Members of this committee will include the head referee, the head of the coaches' committee, and one board officer.
 - The board officer serving as a member of this committee must not have a skater from the same team as the skater whose conduct is in question.
 - The order for board member team conflict exclusion would be president, vice-president, treasurer, and secretary.

- **Coaches Code of Conduct**
 - Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game.
 - Be a positive role model to your players, display emotional maturity and be alert to the physical safety of players.
 - Be generous with your praise when it is deserved; be consistent; be honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.
 - Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official.
 - Give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.
 - Provide fair and equal playing time for all players at every game and practice.
 - Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.
 - Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
 - Be concerned with the overall development of your players. Stress good health habits and clean living.
 - To play the game is great; to love the game is greater.
 - Failure to follow/enforce the player/coach's/parent's code of conduct may result in loss of the ability to coach at RFYHA as determined by recommendations from the ACE, On-Ice Director, and board oversight.
 - The board supports the player's discipline policy and expects all coaches to enforce the policy
- **Coach's Conduct Committee**
 - The ACE, On-Ice Operations Director and VP act as the committee.
 - The following actions will be taken for any team not following the game maximum guidelines.
 - Effective the first game over the limit, the Head Coach will be immediately suspended for the balance of the year.
 - All coaches for that team will serve a one-year suspension effective immediately after their team's last official scheduled game.
 - The following actions will be taken for any coach not following the Discipline Conduct Guide.
 - Effective immediately after investigation by the Coach's Conduct Committee, if found to be true.
 - Violation #1: The Head Coach will be issued a formal warning.
 - Violation #2: The Head Coach and entire staff will be issued a final warning.
 - Violation #3: The Head Coach will be immediately suspended for the balance of the year. In addition, all coaches for that team will serve a one-year suspension effective immediately after their team's last official scheduled game

- **Coach's Handbook**

- All coaches will be given, and required to understand and follow their Level's Coach's Handbook. This handbook will contain the skills foundation required for their specific level, concepts to be taught by level, and suggested practice plans by level.
- Coaches are encouraged to build on the foundational skills once the TEAM has mastered
- the foundation for their level.
- Concepts outside of the skills foundations by level are not supported, will be viewed as a violation of RFYHA policy, and dealt with in a similar nature to not following the Discipline Conduct Guide.

Section 2: Parent Meeting Agenda: All the tools you need for your first parent's meeting.

- **Parent Meeting Agenda**
 - Welcome and Introductions.
 - High school coach.
 - Schedule found on RFYHA calendar.
 - What we do to build relationship between RFYHA and HS hockey.
 - Codes of conduct.
 - Letter to the Parents.
 - Parent Pledge.
 - Team rules.
 - New RFYHA discipline policy.
 - Board liaison.
 - Introduce them.
 - Explain their purpose/role.
 - ACE coordinator role.
 - Coach support.
 - RFYHA Player Development Pathway and the ADM.
 - Skills and skating are the primary focus.
 - Zach Parise has a skating coach.
 - # of games is a maximum...not a goal.
 - Coach training.
 - USA Hockey certifications.
 - RFYHA Coaches Meetings.
 - Team coaches.
 - Introduce coaching staff.
 - Coach's philosophy.
 - Review schedule.
 - Team Manager.

- **Team Rules**

- Team Goals

- 1. HAVE FUN!!
- 2. Learn and develop skills
- 3. Learn and develop team play concepts
- 4. Show excellent sportsmanship on and off the ice
- 5. Support coaches, parents and other teammates

- Team rules

- Family, school and church are more important than hockey. They come first. If you must miss a practice or a game, contact a coach in advance. It is recommended that the **skater** should make the call not the parent, it teaches discipline.
- Please remember that as RYHA players, parents and coaches we are representing our association and community at both home and away events. Always be on your best behavior and leave places better than you found them: respect your opponents, your coaches, the referees, arena staff as well as picking up your trash and refraining from using inappropriate language.
- Attendance
 - Excused absences
 - Family matters (Death, etc.)
 - Sickness or injury
 - School work or school performances
 - Church functions
 - Other situations, Coaching staff discretion
 - Unexcused absences
 - First unexcused, warning
 - Second unexcused, sit out 10 minutes
 - Third unexcused, sit out 1 period
 - Fourth unexcused, coach, player, parent talk
- Be ready to go on the ice 5 to 7 minutes before practices and 45 minutes before games.
- Coach will set hotel rules and curfew (including pool curfew) based on away game schedule.
- Locker Room: No one allowed in or around the player's locker rooms (other than players and coaches) 20 minutes before and 10 minutes after a game. All players are responsible for locker room clean up after every event.

- **Letter to Parents**

LETTER TO PARENTS

Please accept this letter in the spirit intended. We do not know how to raise your child, but we have learned a few guidelines over the years that can help towards a good player-coach-parent relationship.

- The parent's role should be one of support and not criticism. Each of our players will have bad practices and bad games at times. They usually know when this occurs and do not need you to remind them.
- When your child cannot attend a game or practice, we should be told or called in advance. Please have your child make the call.
- Parents do not belong on the player's bench or in the locker room unless there is an apparent injury.
- Parents need to act in an appropriate manner while representing RFYHA.
- Please support all coaching philosophies. Do not "coach" against the coaches. This will confuse your skater (e.g. stand in front of net or give incentives for goals).
- (Squirts)Your child will play multiple positions as a Squirt. One of the goals of Squirt is leaving with an awareness of how to play all positions.
- If your child is unhappy for any reason, please talk to us about it. We want your child to be happy and perhaps can solve the problem before it gets out of hand. If we don't know there is a problem, we can't fix it.
- If you are unhappy with a decision made by one of the coaches, please make an attempt to follow the "wait a day rule" and call the next day. Many situations become less volatile after a twenty-four-hour cool down period.
- Ice-time or how much a child plays in a given game is up to the coaches, not the parents. It is impossible to give everyone equal time in every game, but our coaches will do their best to make it fair and equal.
- Try to keep this activity in perspective. It is supposed to be a fun game for the KIDS!
- If your child has a medical condition, we should know about it. We will keep a log in the first aid kit of each skater's special medical needs (Inhaler, etc.). Please provide this information to your teams' coaches and manager.
- Each family will need to participate in game activity during MAHA conference play (penalty box, clock and score). We share this responsibility with the other team.

- **Parent's Pledge**

RFYHA Parents Pledge

- ***Please read, initial each item, and complete/sign the bottom portion***
- ***Return this form to your team manager***

1. I PLEDGE TO GET MY CHILD TO PRACTICE AND GAMES ON TIME. I will do my best to be on time when dropping off and picking up my child from all games and practices. This shows respect for the coach, and it tells my child that he or she is my top priority.

Initials _____ Initials _____

2. I PLEDGE TO USE POSITIVE ENCOURAGEMENT TO BUILD MY CHILD'S SELF-CONFIDENCE because athletes do their best when their "self-confidence" is high. I understand that less than 1% of youth sports participants receive college scholarships and that the top three reasons kids play sports are 1) to have fun, 2) to make new friends, and 3) to learn new skills. I understand that the game is for the players, and I will keep sports in the proper perspective.

Initials _____ Initials _____

3. I PLEDGE TO REINFORCE THE "T.E.A.M." CONCEPT WITH MY CHILD (T for Treat others with respect, E for Effort, A for maintain a positive Attitude, M for learn from Mistakes). Winners are people who make maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that children are born with different abilities and that the true measure is not how my child compares to others, but how he/she is doing in comparison to his/her best self.

Initials _____ Initials _____

4. I PLEDGE TO "RESPECT THE GAME." I understand the importance of setting a good example for my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and officials. I understand that officials make mistakes. If the official makes a "bad" call against my team, I will Respect the Game and be silent!

Initials _____ Initials _____

5. I PLEDGE TO REFRAIN FROM YELLING OUT INSTRUCTIONS TO MY CHILD. I understand that this is the coaches' job. I understand that games are chaotic times for children trying to deal with fast-paced action and respond to opponents, teammates, and coaches. I will limit my comments during the game to encouraging my child and other players for both teams.

Initials _____ Initials _____

6. I PLEDGE TO REFRAIN FROM MAKING NEGATIVE COMMENTS about my child's coach in my child's presence. I understand that this plants a negative seed in my child's head that can negatively influence my child's motivation and overall experience.

Initials _____ Initials _____

I will honor the River Falls Youth Hockey Association Parent Pledge in my words and actions.

Print Child's Name: _____

Parent's Signature: _____

Parent's Signature: _____

Game Day Expectations

Coach Game Day Expectations

WINNING IS A RESULT OF WHAT WE ACCOMPLISH IN PRACTICE--NOT A GOAL ON GAME DAY.

- Practice/s leading up to game day
 - Do not lose sight of RFYHA & USA Hockey practice guidelines
 - Working on skills and skating is always the main priority
 - Squirts: 60-minute practice = 45 min on skills, 10 on concepts, 5 on systems
 - Pee Wees: 60-minute practice = 40 min on skills, 15 on concepts, 5 on systems
 - Bantams: 60-minute practice = 30 min on skills; 20 on concepts, 10 on systems
- Game Day
 - Preparation for games (before, during, after)
 - Outline game-day responsibilities
 - Coaches roles / duties
 - Locker Room / Bench Management
 - Arrival time
 - Jobs at the rink (roster, water bottles, locker room location)
 - Locker room policies pre/post-game
 - End of game guidelines
 - Head Coach
 - Assign roles for Assistant Coaches
 - Know your players
 - Know the game situations and the rules
 - Line rotations
 - Tone on the bench
 - Do not yell instructions to players on the ice
 - Let them play, react and enjoy the game
 - Discuss what happened on the bench with them between shifts
 - Do not swear in front of the kids
 - Do not yell at the referees
 - ALL COACHES: Be professional, act & dress appropriately. No tobacco or alcohol use
 - Bench Management
 - Arena layout; Bench Configuration; Lines of Communication between coaches; Offense, Defense, Goalie; Line changes
 - Post-game speech
- Practice/s after game day
 - Do not lose sight of RFYHA & USA Hockey practice guidelines

Player Game Day Expectations

- Be at rink 45 minutes prior to game (in locker room)
- Begin warm ups as team. (10 minutes)
 - Push-ups
 - High knees
 - Walking lunges
 - Karaoke
 - Sprints
 - Backwards shuffle with low knee-bend
 - Stationary side to side...one foot to the other foot
 - Jumping jacks
- Stick handle with golf balls (10 minutes)
 - Goalies should have tennis balls and toss against wall
- Get dressed (15 minutes)
- Chalk Talk (5 minutes)
 - Having FUN!
 - Reinforce PASSING, puck control, reduce turnovers
 - Effort and Team work
- Post-game Speech (No parents in locker room)
 - Short and sweet
 - Focus on positives, did we have fun?
 - Discuss number of good passes and reducing turnovers
 - Did we give 100% effort?
 - Did we show good sportsmanship? (win or lose)

Having a pre-game warm is a great way to build team unity and a helps prevent injury as well as help with development of our players. All league games and tournaments may start 15 minutes early. Please make sure we are ready!

Section 3: RFYHA Terminology: It is important that we speak the same language from Mites to High School. This will ensure that we are not re-training concepts, or having to explain situational play in different ways with each successive level and/or coaching group.

<u>Term</u>	<u>Zone</u>	<u>Definition</u>
Active Stick	Primarily Defensive Zone	Primarily a defensive tactic performed by keeping the blade of the stick on the ice and adjusting its position to deny passing lanes.
Angling	All Zones	Skating at an angle to intercept a puck carrier and to force the puck carrier in the direction and space the defender wants them to go.
Area Pass	All Zones	Passing the puck to an area where the team member is not occupying but is in the process of skating to.
Backdoor	Offensive & Defensive Zones	Weak side position next to but slightly in front and to the side of the net.
Back Checking	All Zones	Process of skating to support your team back into the defensive zone with the intent of neutralizing the opponent's ability to shoot or maintain possession of the puck. Skate; do not reach with your stick!
Box	Defensive Zone	Basic Penalty Kill formation with 2 defensive players low and 2 forwards high. Use active sticks and force the attackers to the boards.
Break Out	Defensive Zone	Process of getting the puck out of the defensive zone while transitioning to offense and maintaining puck possession.
Bump Pass	Defensive Zone	An indirect pass from one defenseman to the other behind the net that bounces off the boards to the other defenseman's stick.
Bunching	All Zones	3 or more skaters all chasing or attacking the puck or occupying the same space. Spread out!
D1, D2	All Zones	D1 is playing or ready to play the puck. D2 is supporting D1 for a pass or in front of the net tying up an opponent.
Dead Squirrel	All Zones	Make a Play! It's better to make a mistake than being indecisive. Squirrels that can't make up their minds end up as road kill.
Dead Zones	Offensive & Defensive Zones	Areas in the corners and behind the net where the probability of scoring is none however can be used to maintain puck possession.
Defender	All Zones	Skater without position of the puck.
Defense	All Zones	Team that is not in clear possession of the puck.
Defensemen	All Zones	Skaters closest to the blue line in the offensive zone. Should play inside the blue line to keep the puck in the zone. Skaters closest to the goalie in the defensive zone. Should
Defensive Side	Defensive Zone	Establishing a position between your opponent and your net.
Defensive Zone	Defensive Zone	Zone in which your goalie is located.
Driving the Net	Offensive Zone	With or without the puck, skating as hard to the net as possible during the attack. Stop at the net—do not skate by!
Drop Pass	Primary Offensive Zone	In a two on one, the skater with the puck leaves the pass for the supporting offensive skater while drawing the defensive player with them.
F1, F2, F3	Offensive Zone	F1 is the first forward to the puck, F2 supports F1, and F3 remains high or in the slot to receive a pass or rebound.
Fire	Defensive Zone Transition to Neutral Zone	When a team dumps into your defensive zone and makes a change, the first player back to the puck should look and if open, "fire" a long hard pass to a team mate positioned on the opponent's side of the red line opposite of the opponent's bench.
First to the Puck	All Zones	Wildcats will always get to the puck first. Be aggressive and attack!
Flip Pass	All Zones	Passing the puck through the air over an opponent or their stick. The ideal pass lands flat on the ice.
Force Outside	Defensive Zone	Angle the attacker away from the center of the ice to the boards.
Fore Check	Offensive Zone	Applying pressure in the offensive zone with the intent of regaining possession of the puck.

Gap	Neutral Zone to Defensive Zone	The space between the defenseman and an attacking forward. Close the gap to attack the puck as you back into the defensive zone.
Get Open	All Zones	Present a target, give the passer room to give you the puck, and don't bunch in a group.
Give & Go	All Zones	Process of giving a pass and immediately receiving it back.
Head on a Swivel	All Zones	Your head should constantly be moving around to read the play.
Headman Pass	All Zones	Passing the puck to the player in a better offensive position.
Hand Check	All Zones	Legally impeding a defender by blocking their progress and getting into their hands. Can also be defined as "rubbing" or moving parallel to your opponent to impede his movement.
Indirect Pass	All Zones	Passing the puck off of the boards or around to another skater.
Inside the Dots	Defensive Zone	Establishing a position inside of the face off dots to play inside out.
Man Up	Primary Defensive Zone Secondary Neutral Zone	Identify a player on the other team to cover and stay with that skater to prevent an offensive opportunity.
Numbers	All Zones	On Defense, always outnumber the opposition by 1. On Offense, provide support to the puck carrier to provide a 2 on 1.
Neutral Zone	Neutral Zone	Area between the blue lines. Control of the neutral zone dictates control of the game.
Offense	All Zones	Team that is in possession of the puck.
Offensive Zone	Offensive Zone	Zone in which you are trying to attempt to score.
One Touch	All Zones	Shoot or pass the puck immediately off the pass without stopping the stick...similar to swinging a bat at a baseball pitch.
Passing Lane	All Zones	Any open route between the player controlling the puck and another offensive skater.
Player or Puck	All Zones	Defensive tactic. Either take out the skater or the puck or both.
Poke Check	All Zones	Using your stick to poke the puck out of a skater's possession while skating backwards. Normally performed by Defensemen.
Possession	All Zones	Controlling the puck and not allowing the opposition to take control.
Pressure	Defensive Zone	Defensive speed creates pressure on the offensive players. This results in reducing time and space available to the attackers.
Pressure	Offensive Zone	Quick player and puck movement which overtakes the ability of the defenders to gain possession.
Puck Protection	All Zones	Any action or movement that keeps the puck away from the defender through use of one's body.
Rebound	Offensive & Defensive Zones	A puck that is shot and comes off the goalie. Driving to the net and getting rebounds score goals!
Screen	Offensive Zone	Positioning yourself in the goalkeeper's line of vision so they cannot see the puck.
Slot	Offensive & Defensive Zones	Area from the top of the circles to the net between the face off dots for quality scoring opportunities.
Support	All Zones	Players away from the puck make themselves available as a passing option on offense. On Defense, being the second skater when battling for the puck...should not be in the play but close to get the loose puck and transition to offense.
Three Hard Strides	All Zones	Take three hard strides when changing direction or standing still.
Transition	All Zones	Moving from offense to defense and vice versa.
Through The Puck	All Zones	Skating through the puck means not stopping or slowing down as you attempt to gain control of a loose puck or are attacking an offensive player.
Weak Side	Offensive & Defensive Zones	The side of the ice opposite to where the puck is being controlled.

GOALTENDER TERMINOLOGY

Skating	How you get in the proper position. Goalies should be the best skaters on the team.
Crease Awareness	Knowing where you are in relation to the puck and the goal.
Blocking	Methods to stop the shot.
Angles	The positioning that covers the most net between you and the puck.
Shuffle	Lateral movement with your feet.
T-Glide	Movement where the lead foot is perpendicular to the trailing push foot.
C-Cut	Skate making a c-shape in the ice.
Butterfly	Position on your knees with your legs in a V position.
Square	Position to the shooter where your body is aligned with the shooter.
Five Hole	Space between the goalie's legs.
V-Slide	Lateral motion going from standing to the butterfly position.
Paddle	Thick part of the stick above the blade.
Screen	Skater(s) blocking the goalie from seeing the puck.
Goalie Ready	Athletic ready position with your glove out and prepared to block a shot.
Glove Save	Save with your glove hand.
Blocker Save	Save with your blocker hand.
Stick Save	Save with your stick.
Rebound	Condition where a first save is made and the puck is not controlled offering another chance to score.
Depth	Distance between the goal and the shooter.
Follow the Shot	Tracking the puck with your eyes.
Recover	Getting back into position for the next shot once a save has been made.

Section 4: RFYHA Player Development Pathway: High level outline of Priorities and Goals from Squirts to Bantams

Squirt Coaching

Long Term Development Stage: 75% Individual Skills (hockey skills and activities); 15% Hockey Sense (teaching concepts through small area games); 10% Systems (team play training).

Squirt Coaching Priorities

- Allow the players to have fun and want to return next season
- Enhance and refine skill techniques in skating, puck control, puck movement, and shooting
- Prepare players to advance to the next level (Squirt B to A; Squirt to Pee wee)
- Increased understanding and appreciation of a full ice game (teamwork, position play, specialty, situations)

Level Goals

- Player Development: Develop habits of successful team character, value for puck possession (puck protection and winning battles to puck without throwing it away), players learning all positions with goalies skating out when not in net, basic defensive player and offensive player skills.
- Skating Development/Individual Skill Development: Emphasis on edge work (linear forward/backward skating uses inside edge; turning and changing directions uses outside edge)
- Player Concept/Team Play Development: Basic Defensive Zone, Neutral Zone and Offensive Zone
- Body Contact/Body Checking: Introduction to body contact through stick checking, proper skating skills, defensive and offensive side positioning, covering lanes, strong and weak side positioning, angling-steering-driving and Gap control
- Off-Ice Development: Introduction to off-ice development that might include stick handling, shooting, chalk talk or speed & strength

Pee wee Coaching

Long Term Development Stage: 65% Individual Skills (hockey skills and activities); 25% Hockey Sense (teaching concepts through small area games); 10% Systems (team play training)

Pee wee Coaching Priorities

- Provide “game-like” conditions in practice as often as possible
- Teach shooters to finish the drills by following the shot to the net
- Back-check, back-check, back-check (2-way hockey players)
- Body contact - develop body contact skills that lead to puck possession

Level Goals:

- Player Development: defensemen, scorer’s and body contact
- Skating Development/Individual Skill Development: emphasis on skating speed - forward and backward; backwards skating with emphasis on rip C starts with backwards cross-unders and reach; transition from forward to backward to forwards, and forward crossovers and push-unders
- Shooting: ability to shoot wrist shots and backhanders, shoot off of inside skate
- Scoring: crashing net, reading goalie, puck support around net

- Player Concepts/Team Play Development: develop strong forehand and backhand passes while maintaining the head up: understand importance of tape to tape passes; be able to control the passes, one touch passing; emphasis on creating passing options and utilizing support players effectively
- Body Contact/Body Checking: Become experts on difference between body contact and body checking for puck possession. *Focus is on body contact.*
- Off-Ice Development: Regular off-ice develop that includes stick handling, shooting, chalk-talk and speed & strength (limited to body weight maneuvers)

Bantam Coaching

Long Term Development Stage: 50% Individual skills (hockey skills and activities); 35% Hockey Sense (teaching concepts through small area games); 15% Systems (team play training).

Bantam Coaching Priorities

- Develop defensemen as top priority
- Establish team discipline in executing a system of play
- Provide “game-like” conditions in drills as often as possible
- Teach shooters to finish the drills by following the shot to the net
- Back-check, back-check, back-check (2-way hockey players)
- Short Shifts (45 seconds to 1 min)
- Body contact - teach proper body checking that leads to puck possession
- Reinforce player communication on the ice

Level Goals:

- Player Development: mentality for creating scoring opportunities, offensive and defensive skills for defensemen
- Skating Development/Individual Skill Development: quickness, speed, agility training; development of power and enhanced change of direction
- Stick Handling/Puck Control – ability to control the puck in traffic and open ice for puck possession
- Puck Movement – headman the puck
- Shooting – wrist, snap and slap shots
- Player Concepts/Team Play Development: zone entry, neutral zone regrouping, fore-checking, defensive zone coverage, face-offs, special teams
- Body Contact/Body Checking – body checking safety and skill that leads to puck possession.
- Off-Ice Development: Regular off-ice develop that includes stick handling, shooting, chalk-talk and speed & strength (body weight and weighted maneuvers)

Key Association Phrases

“Driving the Net”

“First to the Puck”

“Headman the Puck”

“Through the Puck”

“Three hard Strides”

Section 5: RFYHA Skill Competency by Level: What each of our skaters should be proficient at by the end of each level of play.

	Squirts	Peewees	Bantam
	~Golden Age of Skill Development ~Intro to full ice games ~Intro to off-ice training ~Goalies skate out	~Golden Age of Skill Development ~Emphasis on Body Contact ~1-2 Off-Ice training per week ~Increased game play ~Committed goalies	~Optimal Window for Speed & Endurance Development ~Team Discipline in executing a system of play ~2-3 Off-Ice training sessions ~Emphasis on Body Checking
Skating			
	Ready position	Ready position	Ready position
	edge control	edge control	edge control
	Forward Start	Forward Start	Forward Start
	Forward Stride	Forward Stride	Forward Stride
	2 Foot Stop	2 Foot Stop	2 Foot Stop
	1 Foot Snowplow	1 Foot Snowplow	1 Foot Snowplow
	Controlled Turn	Controlled Turn	Controlled Turn
	Forward Crossover	Forward Crossover	Forward Crossover
	Backward Skating	Backward Skating	Backward Skating
	Backward Stop	Backward Stop	Backward Stop
	ABCs of Skating	ABCs of Skating	ABCs of Skating
	1 Foot Stop	1 Foot Stop	1 Foot Stop
	Backward Crossover	Backward Crossover	Backward Crossover
	Mohawk Turn	Mohawk Turn	Mohawk Turn
		lateral skating	lateral skating
		backwards cross-under start	backwards cross-under start
		backward two-skate stop	backward two-skate stop
		backward power stop (one skate)	backward power stop (one skate)
			quickness
			speed
			agility
			power
			change of direction
			balance (use of edges)
Passing & Receiving			
	forehand pass	forehand pass	forehand pass
	backhand pass	backhand pass	backhand pass
	receiving a pass properly with stick	receiving a pass properly with stick	receiving a pass properly with stick
	saucer pass (forehand and backhand)	saucer pass (forehand and backhand)	saucer pass (forehand and backhand)
	receiving a pass properly with skate	receiving a pass properly with skate	receiving a pass properly with skate
	indirect pass	indirect pass	indirect pass
		receiving a pass properly with the hand	receiving a pass properly with the hand
		surround the puck	surround the puck
		one-touch passes	one-touch passes
		area passes	area passes
			crisp passes

	Squirts	Peewees	Bantam
	~Golden Age of Skill Development ~Intro to full ice games ~Intro to off-ice training ~Goalies skate out	~Golden Age of Skill Development ~Emphasis on Body Contact ~1-2 Off-Ice training per week ~Increased game play ~Committed goalies	~Optimal Window for Speed & Endurance Development ~Team Discipline in executing a system of play ~2-3 Off-Ice training sessions ~Emphasis on Body Checking
Puck Control			
	Lateral side to side SH	Lateral side to side SH	Lateral side to side SH
	front to back SH	front to back SH	front to back SH
	diagonal SH	diagonal SH	diagonal SH
	attacking the triangle	attacking the triangle	attacking the triangle
	puck protection	puck protection	puck protection
	change of pace	change of pace	change of pace
	toe drag	toe drag	toe drag
	give and take	give and take	give and take
	accelerating with the puck (1-hand carry)	accelerating with the puck (1-hand carry)	accelerating with the puck (1-hand carry)
		change of direction	change of direction
		backward puck control	backward puck control
		fakes & deception while SH	fakes & deception while SH
		puck off boards	puck off boards
			fake shot
			stop & go
			spin around
Shooting			
	wrist shot	wrist shot	wrist shot
	backhand	backhand	backhand
	flip shot	flip shot	flip shot
	screen shot	screen shot	screen shot
	deflection	deflection	deflection
	off rebound	off rebound	off rebound
		snap shot	snap shot
		slap shot	slap shot
		fake shots	fake shots
		one-timers	one-timers
			stick position in scoring areas
			shots in close (pull puck in & get it up)
Body Contact & Body Checking			
	stick on puck	stick on puck	stick on puck
	lift the stick check	lift the stick check	lift the stick check
	poke check	poke check	poke check
	stick check	stick check	stick check
	covering the puck	covering the puck	covering the puck
	Understanding of Offensive and Defensive sides of the play	Understanding of Offensive and Defensive sides of the play	Understanding of Offensive and Defensive sides of the play
	strong and weak side of a play	strong and weak side of a play	strong and weak side of a play
	gap control concept	gap control concept	gap control concept
	body positioning & angling	body positioning & angling	body positioning & angling

	Squirts	Peewees	Bantam
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Body Contact & Body Checking Continued			
		receiving by the boards	receiving by the boards
		receiving in open ice	receiving in open ice
		receiving from behind	receiving from behind
		rubbing out	rubbing out
		screening out	screening out
		pinning out	pinning out
		box out	box out
			concept: Balance & generating power
			concept: The Respect Zone
			concept: taking and applying check
			front check
			side check
			side check in open ice
			side check along boards
			hip check pinching
			the danger zone
			hip check
Team Play			
Offense	2 on 2 situations	2 on 2 situations	2 on 2 situations
	1 on 1 situations	1 on 1 situations	1 on 1 situations
	triangle offense	triangle offense	triangle offense
		team play in each zone	team play in each zone
		face-offs	face-offs
		zone entry	zone entry
		power-play	power-play
			principles: pressure, transition, support
			cycling
Defense	gap control	gap control	gap control
	protect center of the ice	protect center of the ice	protect center of the ice
	stick on puck	stick on puck	stick on puck
	back checking	back checking	back checking
	body position: man-you-net	body position: man-you-net	body position: man-you-net
	basic defensive coverage	basic defensive coverage	basic defensive coverage
		defending the middle of ice	defending the middle of ice
		1on1 & even-numbered situations	1on1 & even-numbered situations
		2on1 & odd-numbered situations	2on1 & odd-numbered situations
		Fore-checking	Forec-hecking
		man-short concepts	man-short concepts
		shot blocking	shot blocking
			principles: pressure, transition, support
			defensive play in each zone
			boxing out & fronting an opponent

Section 6: RFYHA Bantam Level Development

Bantam: Long Term Development Stage

- Skill Acquisition and Development: Science has shown this is the prime age for skaters to acquire and develop sport skills, there it is known as the Golden Age for Skill Development
- Speed: This is the prime time to increase speed by improving the stride length and stride frequency through drills requiring high velocity for shorter intervals of time.
- hockey skills and activities 65%; hockey sense 25%; systems; 10%

Bantam Coaching Priorities

- Develop defensemen as top priority
- Establish team discipline in executing a system of play
- Provide “game-like” conditions in drills as often as possible
- Teach shooters to finish the drills by following the shot to the net
- Back-check, back-check, back-check (2-way hockey players)
- Short Shifts (45 seconds to 1 min)
- Body contact - teach proper body checking that leads to puck possession
- Reinforce player communication on the ice

Level Goals:

- Player Development: mentality for creating scoring opportunities, offensive and defensive skills for defensemen
- Skating Development/Individual Skill Development: quickness, speed, agility training; development of power and enhanced change of direction
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- Off-Ice Development: Regular off-ice develop that includes stick handling, shooting, chalk-talk and speed & strength (body weight and weighted maneuvers)

Player Development:

Mentally Creating Scoring Opportunities

- Driving to and stopping at the net
- Creating odd man situations
- Finding open ice
- Creating traffic in front of the net
- Tipping skills
- Finding the back door
- Handling rebounds
- Shooting angles

Defensive Skills for Defensemen

- Gap Control
- Controlling/Containment - moving players to the least dangerous area
 - Body
 - Stick
- Shot Blocking
- Diagonal (staggered) support
- Playing 1 on 1, 2 on 1, 2 on 2, 3 on 1 and 3 on 2 situations
- Pinching in the offensive zone; in correct situations
- Handing off offensive player to partner

Offensive Skills for Defensemen

- Making breakout passes
- Using defensive partner
- Joining the offensive rush
- Shooting the puck with eyes on the net
- Shoot to create
- Reading the fore-check
 - Escapes
 - Reverses
 - D to D

Skating Development/Individual Skill Development

Skating

- Lateral skating
- Forward crossovers and pushunders
- Backward cross-under start
- Backward two-skate stop
- Backward power stop (one skate) to a quick start

Puck/Puck Control

- Change of pace
- Slip through
- Slip across
- Backhand pull back
- Backward puck control
- Accelerating with puck

Passing and Receiving

- One touch
- Receiving with the stick
- Receiving with the skate
- Receiving with the hand
- Surround the puck
- Flip – saucer pass (forehand and backhand)

Shooting

- Backhand
- Snap
- Slap
- One- timers

Player Concepts/Team Play Development

Team Play

- Fore-checking
- Neutral Zone
- Situation Play
- Defensive zone coverage
- Face-offs
- Special Team

Body Contact/Body Checking: Emphasis on Body Checking

Coaching Points: the difference between body contact and body checking is the following: *body contact* is taking away space from an opponent while going to the puck and *body checking* is body contact with a thrust of hip, shoulder or hands (and stick) towards an opponent.

- Checking Concepts
 - Balance and Generating Power
 - The Respect Zone
 - Taking and Applying the Check
- Front Check: Lean forward and connect with the top of shoulder
- Side Check: Extend the outside knee and connect with shoulder and hip
- Side Check in Open Ice: Unload the weight of the closest skate
- Side Check Along boards: Aim to control the opponent's arms
- Hip Check Pinching: Turn sideways and connect with shoulder and hip
- The Danger Zone: Receiver checks both shoulders and checker only contains
- Hip Check: Maintain a solid tripod position

USA Hockey Body Contact/Body Checking Materials: <http://www.usahockey.com/page/show/893675-checking-materials>

Off-Ice Development

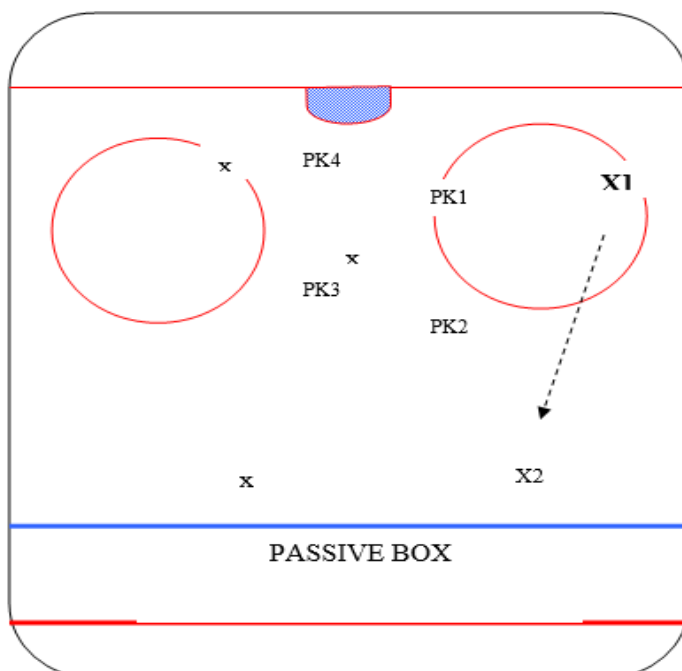
- Duration: 2-3 times per week
- Conditioning: speed and strength training to include body weight and introduction to weight training and stretching for hockey players
- Stickhandling/Shooting: high repetition of stickhandling skills and Shooting Skills
- Mental toughness

Section 7: RYHA Key Concepts: We will run our Penalty Kill, Face-offs, Power Play, and Fore-check consistently within the boy's organization.

Penalty Kill

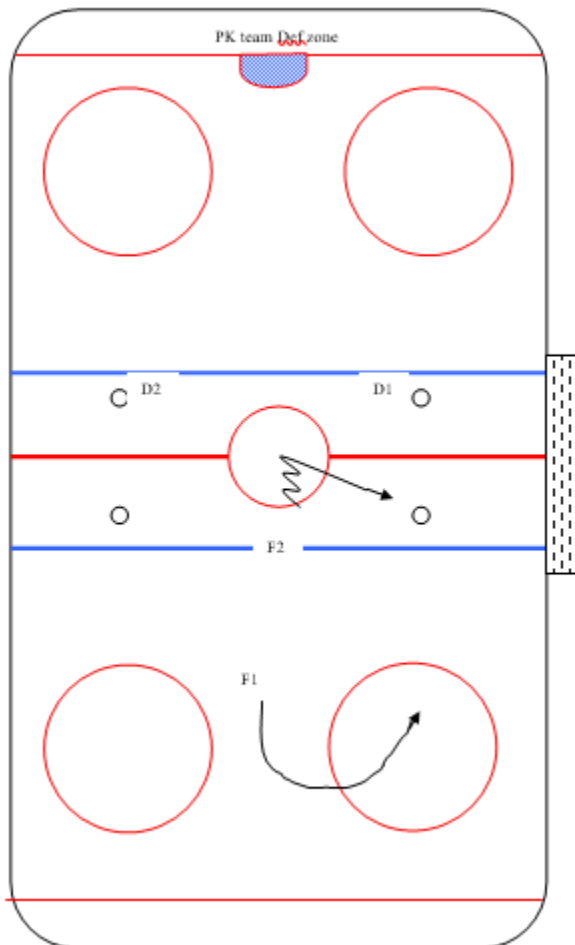
KEYS TO SUCCESS ON PENALTY KILL—PASSIVE BOX

- ◆ Hard work is the key to success always!!!
- ◆ Get into position ASAP
- ◆ When in doubt get in the middle of the rink, between the face off dots, and on the defensive side of the puck
- ◆ Force aggressively whenever they mishandle the puck, make slow or weak passes, or turn away from you
- ◆ Always force in straight lines, after the player you've challenged moves the puck stop and get back to the middle of the rink before he does.
- ◆ DO NOT GET BEAT BACK TO THE MIDDLE
- ◆ Have active sticks in the passing lanes
- ◆ Head on a swivel, always aware of what is happening behind you
- Ice the puck when you have a chance, eat it if you're on your backhand
- Make smart line changes whenever you have a chance
- Always have your feet up ice
- Do not tie up another player, cover your area and when the puck arrives challenge the most dangerous player in your area
- Similar to the sliding triangle in that there should always be 2 PK players Since the Box and 1 power play has dangerous backdoor and weak side options the PK should be less aggressive than the Box to Diamond PK
- Where ever the puck is we have 2 PK players out and 2 players staggered behind them. This staggered look allows us to cover several passing lanes into the prime scoring area by simply being in position
- When puck moves from X1 to X2 PK player #2 and #3 move up while PK players #1 and #4 stagger behind and between them inside the prime scoring area



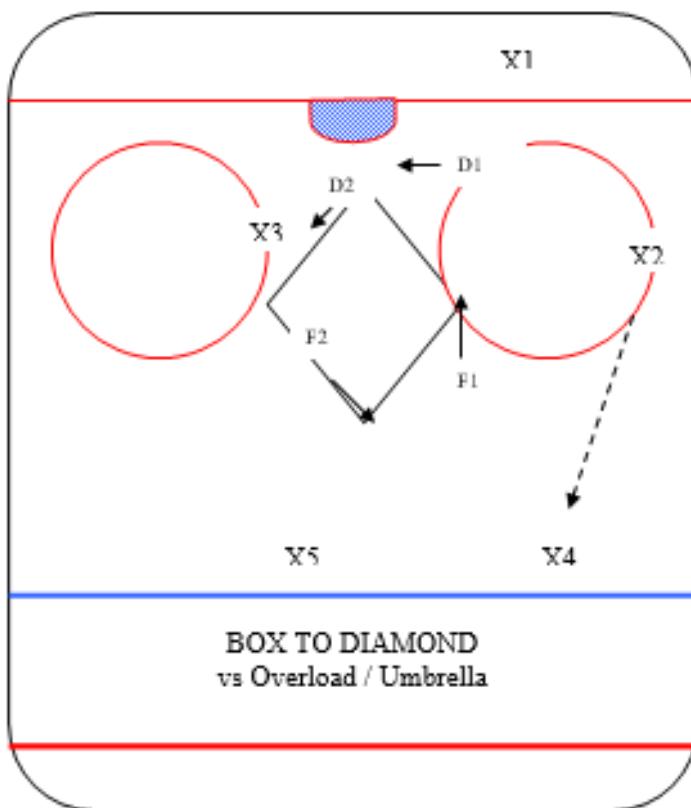
PK "I" Fore check

- The goal of this fore check is to get the power play team to either dump the puck in, ice the puck, or turn it over in the neutral zone before they can do either
- F1 needs to force the PP breakout to come up the side of the rink that has the players' benches on it. This forces a low dump in (below the glass) and increases the opportunity for our goaltender to stop the puck behind his net.
- As F1 angles the puck carrier to the bench side in the neutral zone F2 initially backs off inviting the puck carrier to continue up that side. If F1 is successful angling the puck carrier, then F2 steps up aggressively before the puck carrier crosses the center ice red line.
- As F2 steps up F1 needs to get on the defensive side of the puck and back to the middle of the rink
- As F2 steps up D1 moves over to help F2 retrieve the puck and / or defend the blue line
- As F2 steps up and D1 moves over, D2 needs to get back to the middle of the rink and be aware of the weak side. If the puck is dumped in D2 should be able to get to it and ice it with the help of his goaltender



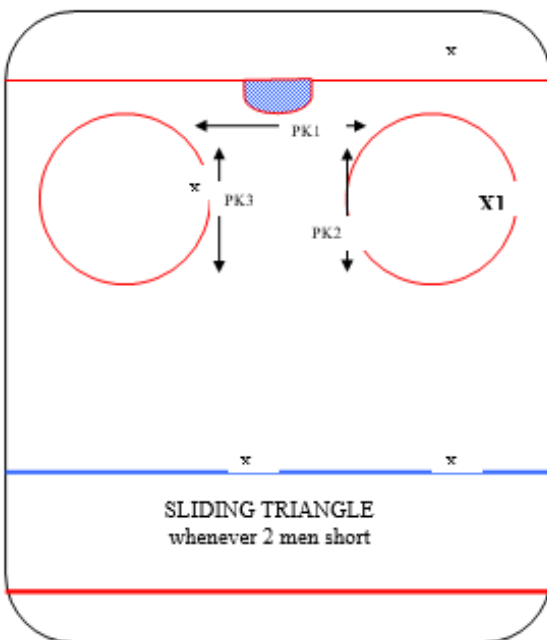
KEYS TO SUCCESS ON PENALTY KILL—BOX TO DIAMOND

- ◆ Hard work is the key to success always!!!
- ◆ Get into position ASAP
- ◆ When in doubt get in the middle of the rink, between the face off dots, and on the defensive side of the puck
- ◆ Force aggressively whenever they mishandle the puck, make slow or weak passes, or turn away from you
- ◆ Always force in straight lines, after the player you've challenged moves the puck stop and get back to the middle of the rink before he does.
- ◆ DO NOT GET BEAT BACK TO THE MIDDLE
- ◆ Have active sticks in the passing lanes to the prime scoring area
- ◆ Head on a swivel, always aware of what is happening behind you
- ◆ Ice the puck when you have a chance, eat it if you're on your backhand
- ◆ Make smart line changes whenever you have a chance
- ◆ Always have your feet up ice
- ◆ Do not tie up another player, cover your area and when the puck arrives challenge the most dangerous player in your area
- ◆ When the puck moves from the side boards to the point our PK box rotates into a diamond in the opposite direction of the puck
- ◆ Whenever a PK player is out forcing the puck the remaining 3 PK players play the sliding triangle behind him
- ◆ Only one PK player can challenge the puck at a time, another cannot force until the first is well on his way back into position...
- ◆ ALWAYS HAVE AT LEAST 3 PK PLAYERS INSIDE THE PRIME SCORING AREA

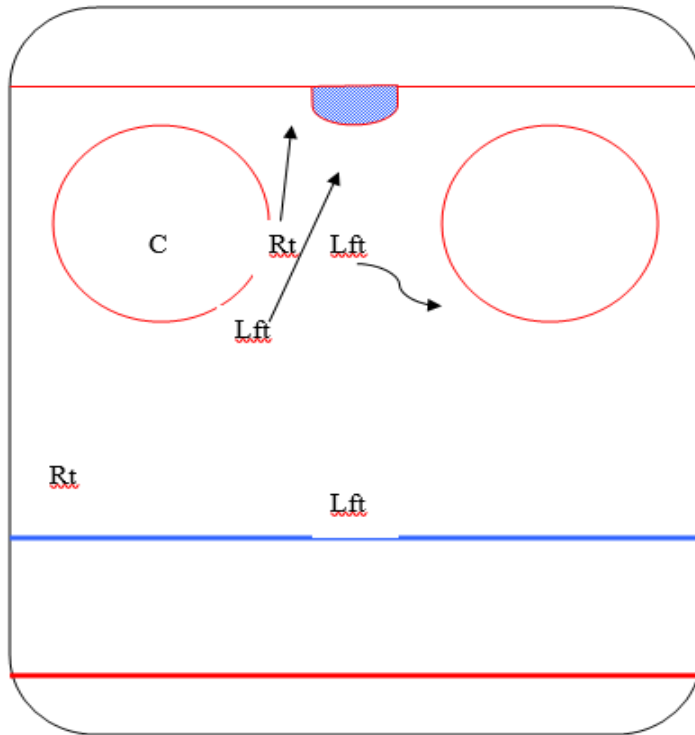


KEYS TO SUCCESS ON PENALTY KILL—SLIDING TRIANGLE (2 MEN SHORT)

- ◆ Hard work is the key to success always!!!
- ◆ Get into position ASAP
- ◆ When in doubt get in the middle of the rink, between the face off dots, and on the defensive side of the puck
- ◆ Force aggressively whenever they mishandle the puck, make slow or weak passes, or turn away from you
- ◆ Always force in straight lines, after the player you've challenged moves the puck stop and get back to the middle of the rink before he does.
- ◆ DO NOT GET BEAT BACK TO THE MIDDLE
- ◆ Have active sticks in the passing lanes to the prime scoring area
- ◆ Head on a swivel, always aware of what is happening behind you
- ◆ Ice the puck when you have a chance, eat it if you're on your backhand
- ◆ Make smart line changes whenever you have a chance
- ◆ Always have your feet up ice
- ◆ Do not tie up another player, cover your area and when the puck arrives challenge the most dangerous player in your area
- ◆ Most 5 on 3 power plays will rotate into an umbrella
- ◆ Less aggressive when 2 men short
- ◆ All 3 PK players stay inside the prime scoring area, the only time it is okay to leave is when you are guaranteed an opportunity to ice the puck
- ◆ When X1 has the puck PK player #1 and #2 are out and PK player #3 is behind and between them, forming a triangle
- ◆ If X1 moves the puck to the point PK3 and PK2 are out and PK1 drops back to the middle, behind and between his teammates again forming the triangle
- ◆ The key is to always have a PK player behind and between the 2 PK players that are out on the puck
- ◆ The fore check when down 2 men is the same rotation in the neutral zone as it is in the defensive zone. Always have 2 PK players near the puck and the 3rd PK player behind and between them forming a triangle

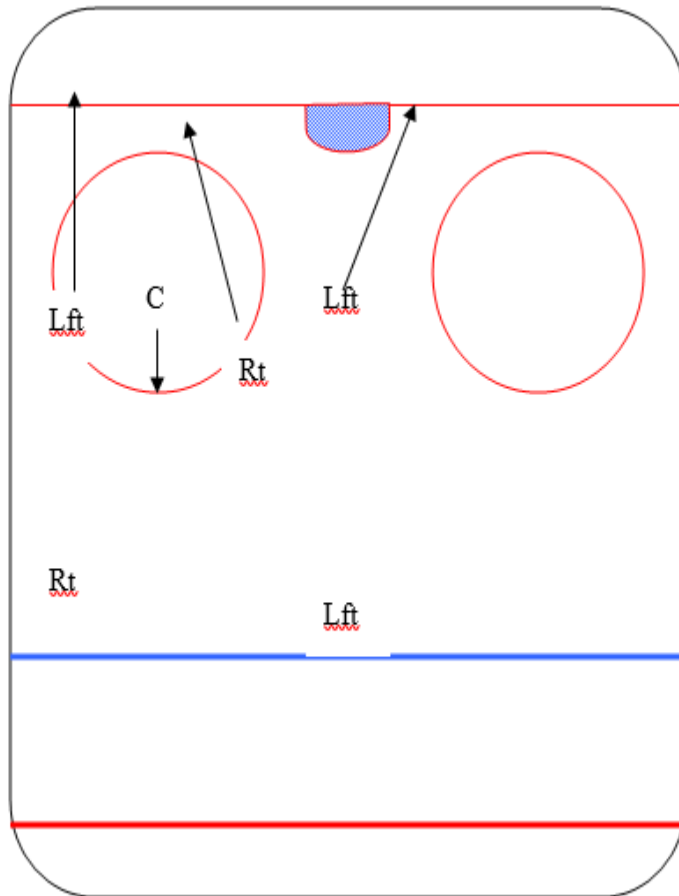


Face-Offs



LAST SECONDS—QUICK SHOT

- ◆ CENTER CAN SHOOT OFF OF THE DRAW OR DRAW IT BACK TO FORWARD OR DEFENSE
- ◆ LOOKING FOR A QUICK SHOT FROM FORWARD OR DEFENSE
- ◆ INSIDE FOR GO DIRECTLY TO NET FRONT
- ◆ OUTSIDE FOR OPEN UP FOR SHOT OFF OF PASS OR GO TO NET
- ◆ FORWARD ON TOP OF CIRCLE HELP GET PUCK TO THE NET OR GO TO THE NET
- ◆ RIGHT DEFENSE CAN CHEAT UP TOWARD NET DEPENDING ON PUCK
- ◆ LEFT DEFENSE HELP GET PUCK TO THE NET



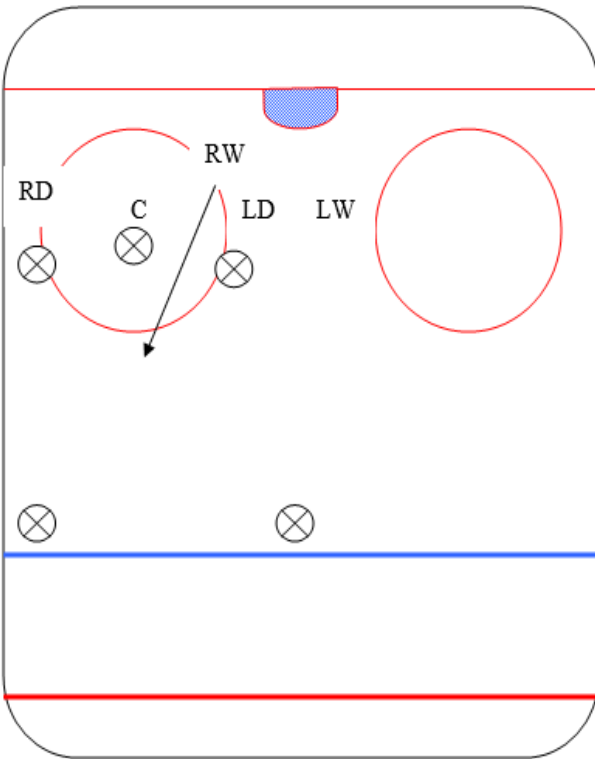
EXTRA MAN—LOOKING FOR POSSESSION

OPTION 1:

- ◆ CENTER TRIES TO WIN TOWARD BOARDS
- ◆ LEFT SIDE FORWARDS AND DEF HELP GAIN POSSESSION
- ◆ INSIDE FORWARD CAN RELEASE BELOW GOAL LINE AS AN OUTLET

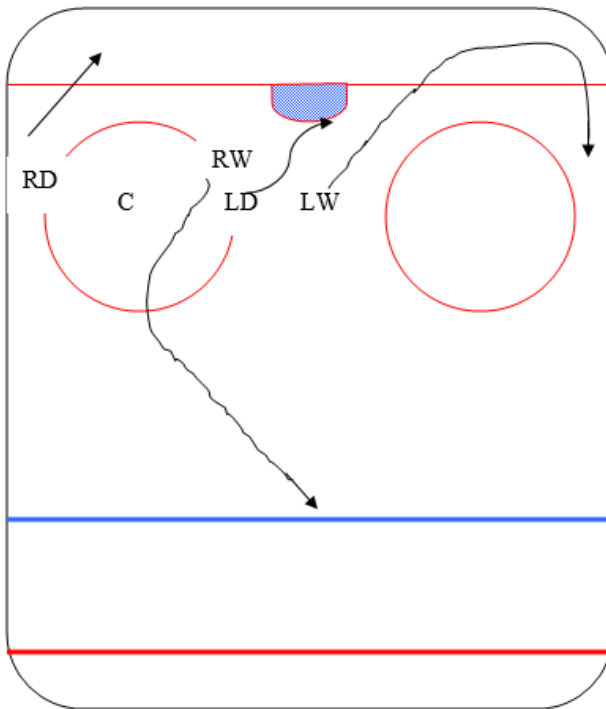
OPTION 2:

- ◆ CENTER PUSHES PUCK TO THE CORNER, THEN BECOMES F3
- ◆ ALL OTHER FORWARDS PURSUE THE PUCK
 - INSIDE FORWARD GO TO OPPOSITE CORNER AS AN OUTLET IF NEEDED



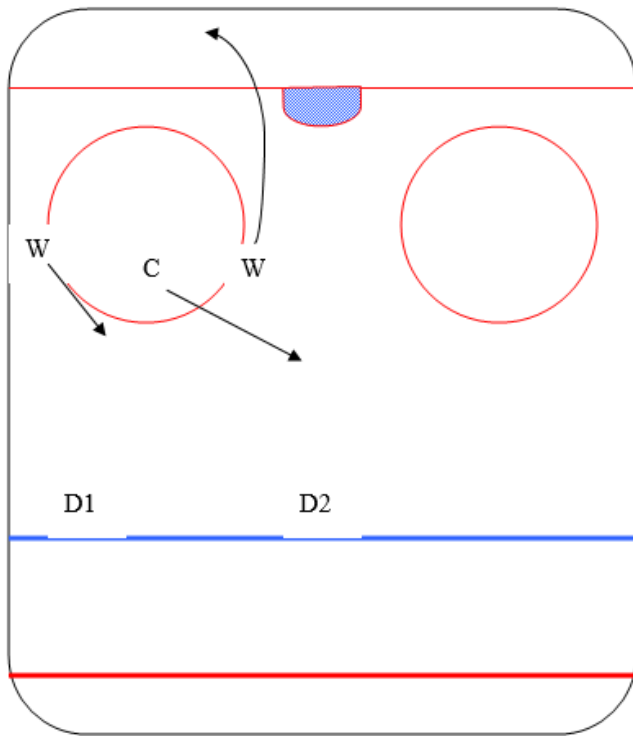
D ZONE—Loss

- ◆ CENTERS MAIN GOAL IS TO NOT LOSE THE DRAW OR THE MAN CLEAN
- ◆ AS SOON AS HE CAN THE RW SHOULD WORK TO GET TO TOP OF CIRCLE-GOAL SIDE OF D
- ◆ LD, RD AND CENTER STAY WITH THEIR MAN ON THE DRAW
- ◆ LW STAY NEAR HASH MARKS FOR SUPPORT.
- ◆ IF THE OFF TEAM OVERLOADS THE SLOT MOVE THE RD FROM THE BOARDS INSIDE
- ◆ LD SHOULD ATTEMPT TO TIE UP OFF PLAYER SO RW CAN GET THROUGH CLEAN
- ◆ RW AND LD - MAKE SURE YOUR GOALIE CAN SEE THE FACE OFF



D ZONE -WIN

- CENTER WINS PUCK BACK TOWARD CORNER
- ◆ RD RETRIEVE PUCK, PASS CORNER TO CORNER TO LW
 - ◆ LD TO NET FRONT
 - ◆ C SWING — MIRROR THE PUCK FOR SUPPORT, DO NOT GET AHEAD OF THE PUCK
 - ◆ RW SPLIT THE DEFENSE ON THE BLUE LINE TO PULL THEM OUT OF THE ZONE



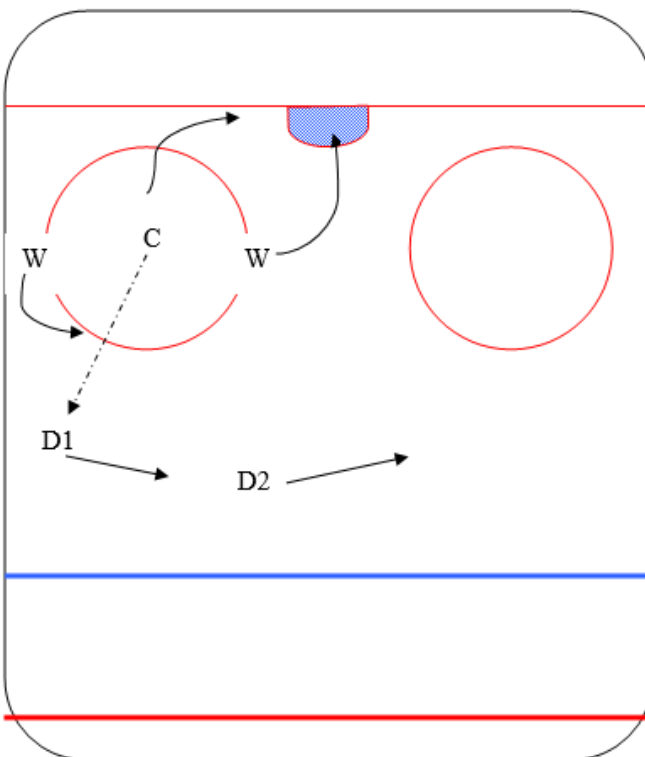
O ZONE—Loss

SHOULD TRANSITION TO 1-2-2 FORE-CHECK

CENTER BECOME F3 OR F2

SLOT WING PRESSURE THE PUCK - F1

- ◆ BOARD SIDE WING BECOME F2 OR F3

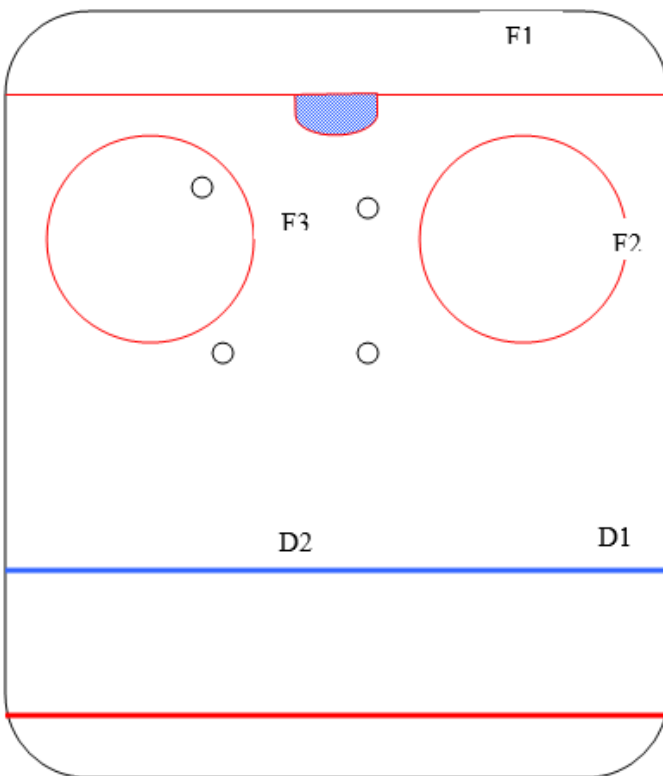


O ZONE—WIN BACK TO D1

CENTER DELAY THEN MOVE TO NEAR SIDE POST

- ◆ IF D DUMPS TO CORNER C CAN RETRIEVE OR PRESSURE THE PUCK
- SLOT WING MOVE TO NET FOR SCREEN, TIP OR REBOUND
- ◆ CAN ALSO ASSIST C IF PUCK IS DUMPED LOW
- ◆ BOARD SIDE WING SUPPORT PUCK OUT HIGH AROUND TOP OF CIRCLE
- ◆ IF PUCK IS SHOT OR DUMPED BECOME F3 IN FORE CHECK
- ◆ D1 SHOOT QUICKLY - SHOTS FROM THE POINT MUST GET THROUGH
- ◆ IF NO SHOT IS AVAILABLE MOVE TO MIDDLE OF THE RINK
- CAN PASS TO D2 OR BOARD SIDE WING

Power-Play



KEYS TO SUCCESS

- ◆ Hard work is the key to success always!!! Get into position ASAP
- ◆ Move the puck tape to tape with firm passes, NO BOARDS PASSES OR BACKHAND PASSES
- ◆ Do not put yourself in 1 on 1 situations; pass the puck and move your feet
- ◆ Support each other. Puck carrier should always have at least two options.
- ◆ Always outnumber the PK players on the puck 2-1, 3-2...
- ◆ Be creative, but be smart.

POWER PLAY

Squirts: Focus on the following Power Play Concepts:

- Puck Possession: Work hard to possess the puck immediately and at all times!
- Fore-check: Out-number opponents on puck
- Team Play: Tape to tap passes; no board or backhand passes
- Philosophy of Play: Work on taking advantage of odd man situations; especially 2 on 1s

PeeWees: Overload

- F1 and F2 attempt give 'n goes
- If F2 gets pass he can attack, pass to F3 or D2
- Don't force a pass
- Fill in for each other: for example, F1 moves to hash marks as F2 breaks to net, do not force a pass to F2

Bantams: work on versions of the overload to High & Low Umbrella

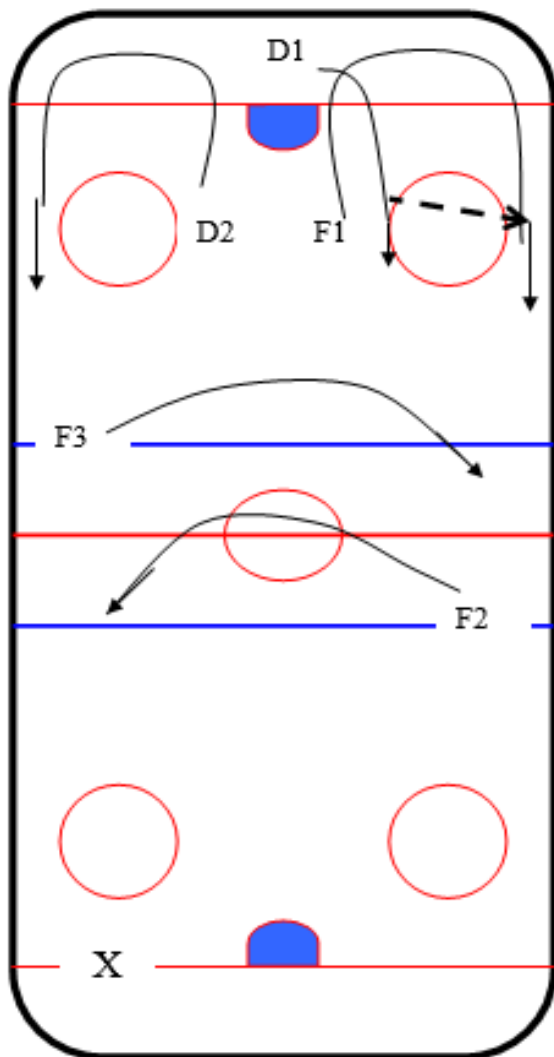
High Umbrella

- F2 can move puck to D1 if/when he is open
- When in the high umbrella F1 and F3 should go to the net for tips or rebounds
- D1 carries to the middle, F2 and D2 move to the tops of the circles
- F3 should move over, this allows F1 to find open ice by going behind the net and then to the front

1 – 3 – 1 Power Play

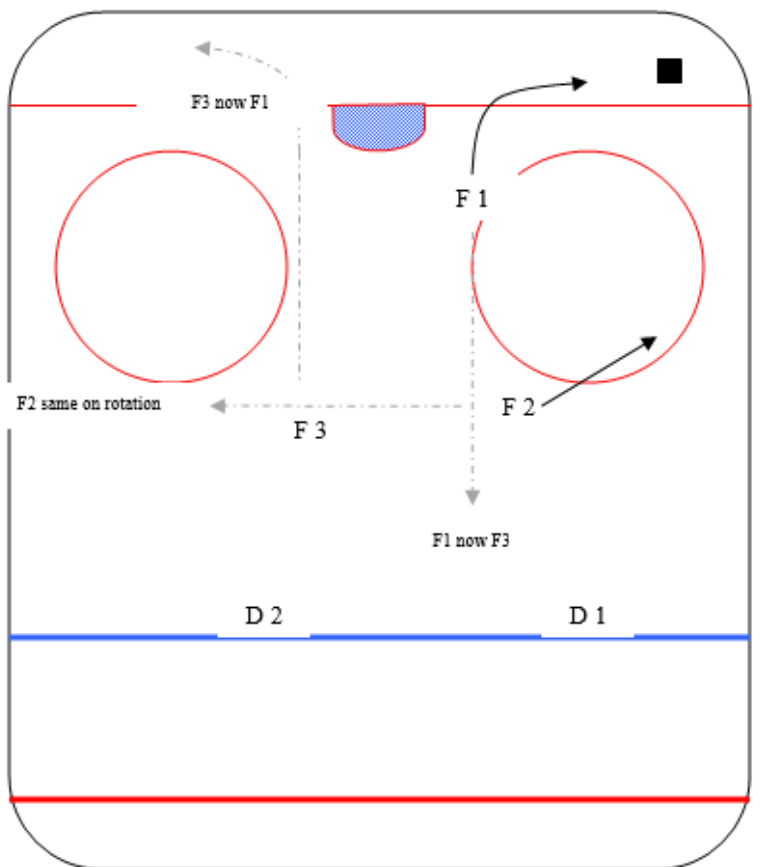
- Same as Umbrella Power Play with the following changes
- F1 moves to the front of the net - should screen the goaltender
- F3 moves towards hash marks in slot, always be available to receive a pass from F1, D1 or D2
- F1 and D2 have the freedom to move in closer to the net, one of them, not both

Power Play Breakout



- D1 has puck behind the net
- F1 and D2 swing at the same time
- D1 carries puck out from behind the net after D2 and F1 cross the goal line slightly ahead of D1
- D1 passes to F1 or D2 when he is pressured by a PK player
- F3 and F2 start their swing as F1 and D2 cross the goal line moving up ice
- D1 follows his pass staying behind F1 or D2 & near the center of the rink.
- F1's options if he is pressured early are back to D1 or up to F3
- If pressured in the neutral zone F1 or D2 should dump the puck hard around as he is crossing the center ice red line AND follow the path of the puck
- The puck and F2 should cross the offensive blue line at the same time
- F2 should get to the puck on the side boards or in the corner
- F3 crosses the offensive blue line and takes his spot in front of the net
- D2 is the strong side D in the PP set up
- D1 is the last D out of the D zone and the weak side D in the PP set up
- F1, F2, F3 and D2 should get into position in the offensive zone ASAP
- **If D1 is pressured behind the net D2 and F1 need to come back along the sideboards so D1 can have an easy pass to relieve that pressure. The swing of D2 and F1 becomes a stop and start on the goal line and F2 and F3 still start their swing as D2 and F1 start coming back up ice.**

Fore-Check



1-2-2 Fore-check

F1: FORCE PUCK CARRIER AND/OR PUCK INSIDE OUT, AWAY FROM THE MIDDLE. TAKE AWAY THE D TO D PASS FIRST, THEN FORCE UP THE BOARDS. YOU ARE THE ONLY PLAYER THAT CAN FORCE BELOW THE HASH MARKS.

F2: WAITS FOR THE RESULTS OF F1 IN THE DOT LINE. IF THE PASS COMES UP THE BOARDS BE IN A POSITION TO FORCE THE PUCK BACK DOWN. PLAY THE BODY, TAKE THAT MAN OUT OF THE PLAY, CONTAIN HIM. DO NOT GET TOO CLOSE TO THEIR FORWARD ON THE BOARDS, LEAVE THE ILLUSION THAT HE IS OPEN.

F3: BE IN POSITION TO TAKE AWAY ANY CROSS-ICE PASS OPTION. ALSO, BE READY TO SUPPORT THE DEFENSEMAN IF ONE OF THEM STEPS UP.

D1: ASSISTS F2 IN FORCING THE OPPOSING FORWARD ON THE BOARDS. HOLD THE BLUE LINE AS LONG AS POSSIBLE, ONLY PINCH WHEN YOUR PARTNER AND F3 ARE IN A POSITION TO SUPPORT YOU. WHEN YOU PINCH YOU MUST EITHER PLAY THE BODY OR GET THE PUCK.

D2: ALWAYS IN A POSITION TO SUPPORT YOUR PARTNER. ALSO RESPONSIBLE FOR THE WEAK SIDE, DO NOT LET ANYONE GET BEHIND YOU.

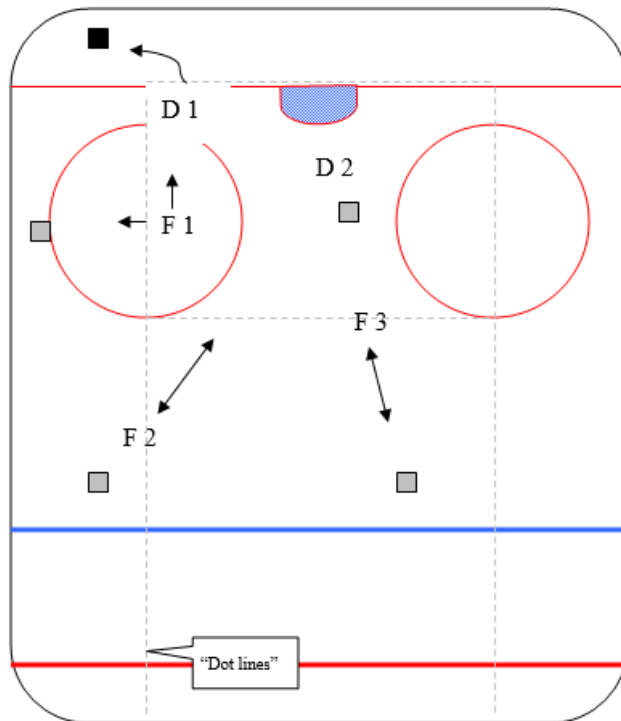
ROTATION: (LIGHT COLORED LINES IN DIAGRAM)

WHEN THEY REVERSE OR GO D TO D ON THEIR BREAKOUT

- ◆ F1 QUICKLY MOVES BACK OUT AND DEFENDS THE WEAK SIDE AS F3
- ◆ F3 BECOMES F1 MOVING QUICKLY THROUGH THE SLOT & PRESSURES THE PUCK
- ◆ F2 ASSUMES THE SAME ROLE - WHEN THE PUCK COMES UP THE SIDE BOARDS HE CAN ATTACK THE PUCK CARRIER
- ◆ D1 AND D2 SWITCH ROLES

IN THE NEUTRAL ZONE, OR WHEN WE ARE LEADING LATE, WE PLAY CONSERVATIVELY, NO ONE CHANGES ROLES

Man on Man Defensive Zone Coverage



KEYS TO SUCCESS

- ◆ KEYS TO SUCCESS
 - ◆ A GOAL PREVENTED IS MORE IMPORTANT THAN A GOAL SCORED
 - ◆ NEVER GET OUTWORKED
 - ◆ ALWAYS MAINTAIN DEFENSIVE SIDE POSITION ON YOUR OPPONENT AND NEVER GET BEAT BACK TO THE NET
 - ◆ FINISH YOUR CHECKS WHENEVER POSSIBLE; CONTAIN, DON'T LOOK FOR BIG HIT
 - ◆ NEVER GET CAUGHT STANDING STILL...DEAD SQUIRREL
 - ◆ HEAD ON A SWIVEL; IF YOU'RE NOT COVERING SOMEONE, SOMEONE IS OPEN
 - ◆ ALWAYS KEEP YOUR STICK ON THE ICE IN PASSING OR SHOOTING LANES
 - ◆ COMMUNICATE WITH YOUR TEAMMATES
 - ◆ KNOW EVERYONE RESPONSIBILITIES
 - ◆ ALWAYS HAVE YOUR FEET UP ICE WHEN COVERING IN THE SLOT, INSIDE THE DOT LINES

- D 1: FORCING PUCK CARRIER
 - ALWAYS FORCE OUTSIDE (FROM THE INSIDE TOWARD THE OUTSIDE)
 - MOVE WITHIN A STICK LENGTH GAP AND BLOCK MOST DANGEROUS PASS BEFORE PLAYING THE BODY
 - FINISH YOUR CHECK WHENEVER POSSIBLE. DO NOT COAST IN AN ATTEMPT TO BLOCK A PASS, HIT AND PIN YOUR OPPONENT... AND SKATE THROUGH THE PUCK
 - NEVER GET BEAT YOU BACK TO THE NET
 - ALWAYS MAINTAIN DEFENSIVE SIDE POSITION
 - ALWAYS KNOW WHERE THE PUCK IS AND ALWAYS BE IN POSITION TO PREVENT YOUR MAN FROM GETTING THE PUCK OR A SCORING CHANCE
- F 1: FIRST BACK-CHECKING FORWARD INTO THE DEFENSIVE ZONE
 - SUPPORT POSITION, HAVE GOOD DOT LINE SUPPORT. DON'T GET SO CLOSE TO D-1 THAT YOU CAN'T REACT TO YOUR MAN.
 - READY TO REACT TO YOUR MAN IF HE GETS THE PUCK (SEE D-1)
 - READY TO PLAY A 2 ON 1 IF D-1 GETS BEAT IN THE CORNER
- D 2: COVERING OPPOSING FORWARD IN SLOT, OFFENSIVE TEAMS F3
 - MAINTAIN DEFENSIVE SIDE POSITION ON YOUR MAN
 - READY TO REACT IF YOUR MAN GETS THE PUCK
 - NEVER CHASE BEHIND THE NET, MAINTAIN DEFENSIVE SIDE POSITION AND GOOD DOT LINE SUPPORT
- F 2: SECOND FORWARD BACK INTO THE DEFENSIVE ZONE
 - WITHIN ONE – TWO STICK LENGTH GAP OF STRONG SIDE DEFENSEMAN
 - MAINTAIN DEFENSIVE SIDE POSITION ON YOUR MAN
 - READY TO REACT IF YOUR MAN GETS THE PUCK
- F 3: LAST FORWARD BACK INTO THE DEFENSIVE ZONE
 - ULTIMATELY RESPONSIBLE FOR THE WEAK SIDE DEFENSEMAN
 - IN A SUPPORT POSITION IN THE HIGH SLOT
 - MAINTAIN DEFENSIVE SIDE POSITION ON YOUR MAN
 - READY TO REACT IF YOUR MAN GETS THE PUCK
- BREAKDOWN: IF D-1 GETS BEAT DOWN LOW
 - F-1 HAS A 2 ON 1 UNTIL D-2 COMES OVER TO SUPPORT
 - D-2 CANNOT COME OVER TO HELP UNTIL F-3 IS IN POSITION TO COVER D-2'S MAN IN THE SLOT
 - D-2 ABSOLUTELY HAS TO COMMUNICATE WITH F-1 AND F-3

Section 8: RYHA General Practice Plan Outline: Below you will find a general practice plan outline and an actual practice plan for your age level. It is imperative that our coaches are prepared, knowledgeable, passionate and most importantly engaged.

Here is a good planning/teaching sequence to follow:

1. Explain the skill - name the skill and describe it - emphasize why it's important and when it's used. Highlight the key teaching points (words or phrases used in instructing and giving feedback to your players)
2. Show how it is done (demonstrate/explain/practice/correction method) - demonstrate - state key points again
3. Give time to practice - instruct players to practice the skill right away (imitation/self-discovery method) - ensure everyone is involved
4. Tell them how they're doing - move around to each player - provide individual feedback - ask assistants to help

SQUIRTS: 60 MINUTE PRACTICE.

- 5 mins: warm up skate
- 15 mins: skating-all aspects (including goalie specific station at this time)
- 40 mins: stations (vary stations from week to week to include some areas that run the length of the ice)
 - Skills – examples include skating, stick handling and shooting
 - Concepts (small games) – odd man situations, extra man situations, team play, angling...
 - Fun – relay races, small area games, competitions!!

PEEWEEES: 60 MINUTE PRACTICE.

- 5 mins: warm up skate
- 20 mins: skill work/stations (including goalie specific station)
- 15-20 mins: flow/skating
- 15-20 mins: small games - work on concepts within systems
- 5 mins: conditioning

BANTAMS: 60 MINUTE PRACTICE

- 5 mins: warm up skate
- 20 mins: skill work (including goalie specific station)
- 15-20 mins: flow/skating
- 15-20 mins: small games - work on concepts within systems
- 5 mins: conditioning

Section 9: RYHA Bantam Practice Plans and Template: Leverage www.usahockey.com and the coach's corner on our website www.riverfalls.pucksystems.com/page/show/31045-coaches-corner for

BANTAM Hockey Practice Plan

specific age appropriate drills

Day _____

Date _____

Today's Objectives: To learn, practice, and reinforce these skills:

<i>Skill Work</i>	<i>Team Play</i>	<i>Concepts</i>	<i>Specialty Work</i>	<i>Small Games/Fun</i>
___ <i>Skating</i>	___ <i>1 on 1</i>	<i>Defensive Concepts</i>	<i>Goaltender Drills</i>	___ <i>Full Rink Games</i>
___ <i>Puck Control</i>	___ <i>2 on 0</i>	___ <i>Offensive Zone</i>	_____	
___ <i>Pass/Receive</i>	___ <i>2 on 1</i>	___ <i>Defensive Zone</i>	_____	
___ <i>Shooting</i>	___ <i>2 on 2</i>	___ <i>Neutral Zone</i>	_____	
___ <i>Body Contact</i>	___ <i>3 on 0</i>		_____	___ <i>Zone Game</i>
___ <i>Body Position</i>	___ <i>3 on 1</i>		_____	
___ <i>Stick Checking</i>	___ <i>3 on 2</i>	<i>Offensive Concepts</i>	___ <i>Other</i>	___ <i>Restricted Area Games</i>
___ <i>Agility Work</i>	___ <i>3 on 3</i>	___ <i>Offensive Zone</i>	_____	
	___ <i>5 on 5</i>	___ <i>Defensive Zone</i>	_____	
		___ <i>Neutral Zone</i>	_____	

Time	Activity Drill Notes	Key Points
5	1. Warm UP	
	➤ Butterfly with pucks	
15	2. Stations	
	➤ Skating (for and back)	
	○ Edges ○ Stops and starts	
	➤ Intro to checking and body contact	
	➤ GOALTENDER STATION	
10	3. Wisconsin Drill (both ends)	
15	4. Big Flow (regroup/breakout)	
10	5. Small games	
5	6. Conditioning	

Evaluation/Comments

Equipment

Hockey Practice Plan

Da

y _____

Date _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
___ <i>Skating</i>	___ <i>1 on 1</i>	<i>Defensive Concepts</i>	<i>Goaltender Drills</i>	___ <i>Full Rink Games</i>
___ <i>Puck Control</i>	___ <i>2 on 0</i>		_____	
___ <i>Pass/Receive</i>	___ <i>2 on 1</i>	___ <i>Offensive Zone</i>	-	
___ <i>Shooting</i>	___ <i>2 on 2</i>	___ <i>Defensive Zone</i>	_____	
___ <i>Body Contact</i>	___ <i>3 on 0</i>	___ <i>Neutral Zone</i>	-	___ <i>Zone Game</i>
___ <i>Body Position</i>	___ <i>3 on 1</i>		_____	
___ <i>Stick Checking</i>	___ <i>3 on 2</i>	<i>Offensive Concepts</i>	-	___ <i>Restricted Area Games</i>
___ <i>Agility Work</i>	___ <i>3 on 3</i>	___ <i>Offensive Zone</i>	<i>Other</i>	
	___ <i>5 on 5</i>	___ <i>Defensive Zone</i>	_____	
		___ <i>Neutral Zone</i>	-	

			-	

Section 10: RFYHA Off-Ice Development: Dryland conditioning and stickhandling training.

Additional training can be found at <http://www.usahockey.com/page/show/893673-age-specific-training>

Team Conditioning Workout Examples for Bantams

- 3 ROUNDS WORKOUTS (5 EXERCISES – 20 SECOND WORK / 10 SECOND REST)
 - PUSH UPS
 - SIT UPS
 - SKATE JUMPS
 - LEG SWINGS
 - SQUAT JUMPS
 - BACKWARD LUNGES
 - BURPEES
 - FLUTTER KICKS
 - OVERHEAD PLATE SQUAT
 - SKATE LUNGES

- USA HOCKEY TRAINING CIRCUIT (30 SECONDS WORK-30 SECONDS REST – FINISH 90 SECONDS REST)
 - 2 OR 3 ROUNDS (Choose 1 group of 5 exercises)
 - SQUAT JUMP
 - PUSH UP
 - ALTERNATING LUNGES
 - SITUPS
 - BACKWARD LUNGES
 - SCISSOR JUMPS
 - SITUPS
 - MOUNTAIN CLIMBERS
 - CLAP PUSH UPS
 - BURPEES

 - LEG SWING
 - BURPEES
 - FLUTTER KICKS
 - BODY WEIGHT SQUATS
 - SKATE JUMPS

AS MANY ROUNDS AS POSSIBLE IN 10 MINUTES OF:

- 5 SQUAT JUMPS
- 10 PUSHUPS
- 15 BODY WEIGHT SQUATS

MISC.

- 200 METER LUNGES
- SPRINT LADDER
- 100 BURPEES

Stick-handling circuit

- Warm-up:
 - Perform all skills with a partner.
 - One rests while the other works, 30-second rotation.
 - Resting player can help his/her partner retrieve a ball that is mishandled
 - Exaggerate rolling the wrists for these skills
 - Quick touches (3 times): Move the ball in front of you as quickly as you can
 - Quick touches around body (2): quick touches from one side of the body to the other
 - Quick touches (2); reach out in front of you as far as you can and back in to the toes
 - Short, short, wide (2): two quick touches in front of you and then extend the ball out as far as possible to one side, pull it back in and do the same thing in the other direction
 - Quick touches while jogging in place (2)

- Karaoke's while handling the ball (3) (move laterally crossing feet over then under and back)
- Bring stick handling ball used in warm-ups to the stations
- Stations
 - Groups of 4 are ideal; 5 stations x 4 per group = 20 players.
 - If there are more than 20 make a 6th group and station for rest
 - 8 minutes per station, rotate on a whistle
 - Leave all equipment at each station
- Cool down
 - Perform all skills with a partner.
 - One rests while the other works, 30-second rotation.
 - Resting player can help his/her partner retrieve a ball that is mishandled
- Expansion of Reach / wide movement
 - Players on each end of pucks so there is less time standing in lines
 - Walk down the middle
 - Extend ball around pucks
 - Release bottom hand when necessary
- Quick Stick
 - Players on each end of pucks so there is less time standing in lines
 - Straddle pucks while walking
 - Stickhandle through as quickly as possible
 - Keep the ball as close to the pucks as possible
- Figure 8's (horizontal and vertical)
 - 2 Players on each set of pucks
 - Move the ball around the pucks in a figure 8 pattern
 - 2nd time through move the ball in the opposite direction so the figure 8 pattern is performed in reverse
 - After performing the pattern once each direction horizontally performs the figure 8 vertically
 - Keep the ball as close to the pucks as possible
- Toe pulls (give, take away, go around)
 - 2 Players on each group of pucks
 - Push the ball out, pull it back and slide it across as quickly as possible
 - Forehand and backhand side