



***MAHA  
COACHES BOOK***

## **Welcome MAHA COACHES!**

As coaches within MAHA, we strive to provide a positive environment for our athletes that promotes the development of hockey skills, good sportsmanship, competitive play and fun for all players.

We can accomplish this together by creating a culture that focuses on making hockey a more desirable and rewarding experience for all participants.

For us to help meet the stated goals, the Hockey Development Committee has put together the following book to assist you in developing better players for future success at whatever age and skill level.

Included in this book are drills covering all aspects of hockey skills, tactics, and some systems. You will find drills related to specific levels, practice plans, skill drills, skating drills, goalie drills, as well as off ice resources. Each drill has a picture showing the drill along with a description and some key points to focus on.

We appreciate all you do for the kids and helping them to get the most out of the game we all love.

-MAHA Hockey Development Committee



**A coach will impact more people in one year than an average person will in an entire lifetime.**

**BILLY GRAHAM**

## **Coaches Code of Conduct**

The intent of the Mankato Area Hockey Association Coaches Code of Conduct policy is to remind coaches of the impact their actions have on the kids and the influence they have on them both on and off the ice. The philosophy of a coach within MAHA is to teach the kids to learn and play the game of hockey while understanding the importance of being a good person and teammate, while working hard and having fun. We can accomplish this together by creating a culture that focuses on making hockey a more desirable and rewarding experience for all participants.

Coaches must be prepared for every practice, scrimmage and game. Practices are opportunities to teach and practice skill development, and game situations provide an opportunity to test the skills of the team. Coaches should never place the value of winning over the objective of skill development.

Coaches are responsible for the conduct of their players at practice and at game situations. Whenever players exhibit unsportsman-like behavior to an opponent, a teammate, or another MAHA player it is the responsibility of the coach to immediately address that behavior and end it. Coaches will inform respective parents of any physical or emotional harassment by one party (player, coach etc.) immediately. A member of the coaching staff or designated parent is required to be in the locker room from the time the first player arrives until the last player has left the locker room.

Every Coach must have one team meeting before the start of the season to communicate team expectations.

“Fair” play should be the guide for coaches. This means that players should have comparable playing time; however, it is understood that certain situations could limit this practice. Coaches should make every effort to comply with the fair play rule. Coaches should also use discretion to keep practices and games in good proportion.

1. I will enforce the MAHA Code of conduct for Players and Parents.
2. I will teach and demonstrate respect for teammates, opposing players, coaches and officials.
3. I will set a good example at all times both on and off the ice.
4. I will agree to attend and obtain the necessary certifications required by Minnesota Hockey and MAHA.
5. I will not be under the influence of alcohol while at any team practice, scrimmage, game, or tournament.
6. I will not use any tobacco products while in an arena.
7. I will place the emotional and physical well-being of the players ahead of any personal desire to win.
8. I will do my very best to provide a safe playing environment for my players.
9. I understand that I, or a team representative, need to be present in the locker rooms at all times that players are in the rooms.
10. I will remember that I am a youth coach and that the game is for children to have fun.

# HOCKEY'S TRUE BENEFIT

Benefits of youth sports programs:

1/10

LESS LIKELY TO BE OBESE

40%

INCREASE IN TEST  
SCORES

- ✓ Lower levels of depression & higher self esteem
- ✓ Reduced crime rates
- ✓ Lower unemployment rates
- ✓ Higher graduation rates



# DEVELOPMENT OF NHL TALENT

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1 / 1,582



1 / 653



1 / 1,074



1 / 2,038



1 / 792

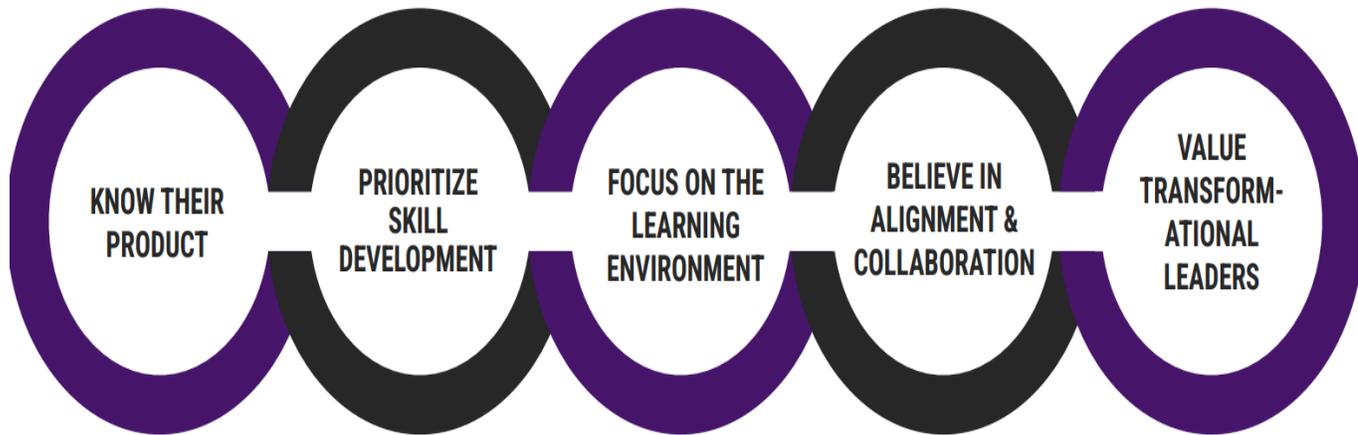


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# DNA OF THE TOP DEVELOPMENT ORGANIZATIONS



## PRIORITIZE SKILL DEVELOPMENT



***“My overall philosophy for youth hockey is having the kids ENGAGE. The less time they spend in lines and the MORE REPITITION in the drill we’re doing, the more engaged and involved they are... You have to build passion; you have to build a compete level in every kid. Do they just compete when it’s perfect for them? Or do they compete always? HABITS***

***ARE ALL THE TIME. If you have a kid that competes all the time, that kid will always improve.”***

### **Mankato Hockey Development Committee Practice Structure**

As an association we are putting a point of emphasis on INDIVIDUAL SKILL DEVELOPMENT, REPITITION, and SMALL AREA/COMPETE. Our goal is to continue to develop players individual skills (skating, puck handling, hockey sense, etc). We aim to increase players development through increase in puck touches and repetition of critical hockey skills along with small area/compete games to facilitate competition. Working in tight area skill drills forces players to think the game faster, react faster, and make plays faster which over time will help them to get comfortable performing these skills at full speed in full ice situations. **The following practice structure is what the MAHA HDC recommends for daily practices, this is a structure that should be followed for all age groups (This is based off a 60-minute practice slot, depending on how much time you have for practice on a given day, these can be adjusted accordingly):**

- **20 Minutes of INDIVIDUAL SKILL work**
- **20 Minutes of TEAM CONCEPTS**
- **20 Minutes of SMALL AREA GAMES**

**“IT’S A MATH PROBLEM.” OUR GOAL FOR PRACTICES AND THE DRILLS BEING RUN IS TO HAVE A 1:3 WORK TO REST RATIO.**

***This will ensure that players are getting repetitions, staying engaged, moving, getting puck touches, competing, and NOT STANDING AROUND IN LINE WAITING. Standing in line for extending periods of time causes players to become disengaged from practice/concepts, doesn't allow them to get crucial reps, and wastes ice time that they could be using to develop.***

## **ALGEBRA OF AN EFFECTIVE PRACTICE**

**ICE TIME     ÷     REPS     =     DEVELOPMENT**

### **3 Areas of Focus**

·**Skating** – Working on developing proper technique as a skater so that the players can improve their speed and acceleration. By working on their technique, they can continue to grow and develop the appropriate skating habits: good knee bend, chest up, striding all the way out and using their edges efficiently.

·**Puck Handling** – Working on getting the players plenty of puck touches throughout practice. By putting the players in small area drill situations, it forces them to handle pucks in tight which allows them to get comfortable moving with the puck in different directions. Developing good puck handling skills will allow them to grow not only their stick handling efficiency but also get them comfortable making and receiving passes.

·**Hockey Sense** – By working in tight areas, we're forcing the players to make quick decisions both with and without the puck. Working on the reaction speed and forcing them to make quick hockey decisions will help them understand and know the plays they should be making within game situations.



# ***PRACTICE PLANNING***

## Practice Planning – What Makes an Effective Practice?

### PREPARATION

*“I’ve learned that possibly the greatest detractor from high performance is fear: fear that you are not prepared, fear that you are in over your head, fear that you are not worthy, and ultimately, fear of failure. If you can eliminate that fear—not through arrogance or just wishing difficulties away, but through hard work and preparation—you will put yourself in an incredibly powerful position to take on the challenges you face.”*

**REMEMBER, “IT’S A MATH PROBLEM.” OUR GOAL FOR PRACTICE AND THE DRILLS BEING RUN IS TO HAVE A 1:3 WORK TO REST RATIO. This will ensure that players are getting repetitions, staying engaged, moving, getting puck touches, competing, and NOT STANDING AROUND IN LINE WAITING.**

#### 1. Prior To Practice

- Have a Plan
  - i. Set Goals or Themes for practice
  - ii. Prepare Practice Plan
  - iii. Usage of the ice (DON’T WASTE IT), know how many teams are on with you, how many coaches you have available and what their role is, KEEP PLAYERS ACTIVE, have a purpose behind your drills and games use them to teach concepts.
- Share Your Plan
  - i. With your coaches, with the players, post it in the locker room and/or on the glass.
  - ii. At rink organize the tools and objects you need ahead of time (borders, cones, tires, etc) so you’re not wasting time.
  - iii. Have enough pucks – Each Head Coach is given a bag of 30 to start the season and there are MAHA buckets of pucks at the rink. If you are low or the rink is low, let the hockey director know.

#### 2. On Ice

- Execute the practice plan you put together
  - i. Monitor the clock so you don’t lose track of time and fall behind on drills.

- ii. Count on all coaches to help to get drills set up as fast as possible (pucks in spots, cones, tires set up, players in position) so we don't waste time between drills, **KNOW WHAT YOU ARE DOING**.
- iii. Inform players of whistle sequences. (One whistle. Or one whistle stops, second whistle starts, etc).
- iv. Relate **WHY** you are doing a specific drill, how it will assist the team, this promotes buy in and accountability.
- v. Make sure they understand the importance of paying attention to drills and details but also that it is okay to fail.
- vi. Don't over coach, give them the details and guide them, but let them play and figure it out too.
- vii. Pay attention to the ice conditions, if you're doing a drill where players are skating the same route repeatedly, be sure to move the objects around so the ice doesn't get too chewed up.
- viii. Encourage your players, **TALK TO THEM**, don't yell at them and make sure when you're speaking to them, you're speaking loud and clear.
- ix. **DON'T WASTE TIME AT THE DRY ERASE BOARD.**



### 3. Post Practice

- Evaluate the practice plan and effectiveness (Were players moving and not standing around in line, did we have purpose behind the drills we ran, was everyone engaged and having fun?).
  - i. Don't be afraid to talk to your players and ask what they liked or didn't like and why.

#### 4. Other

- Make sure players come prepared with water for on the ice
- “Leave the locker room better than when your team arrived.” Clean up your garbage!

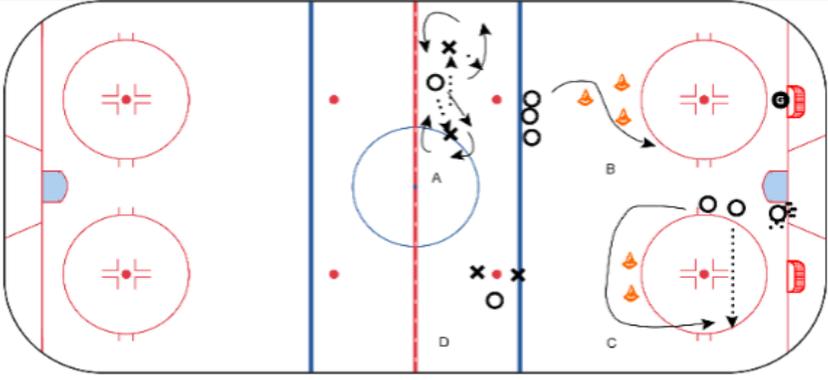
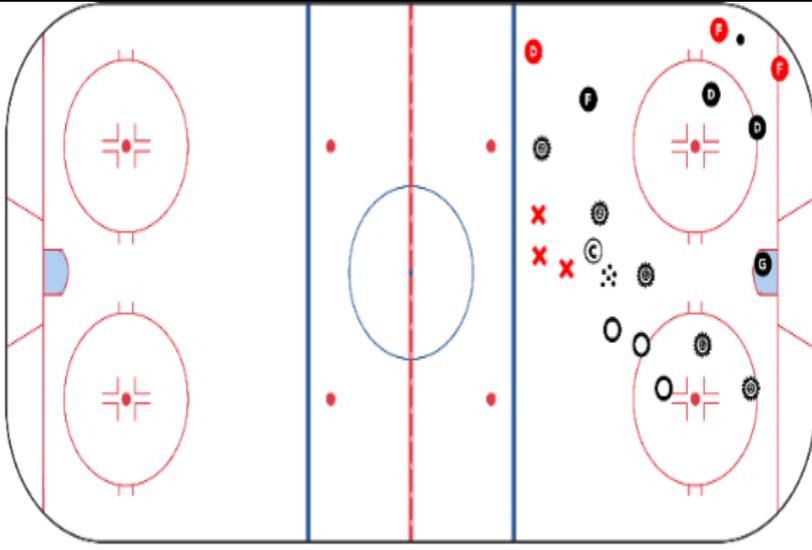
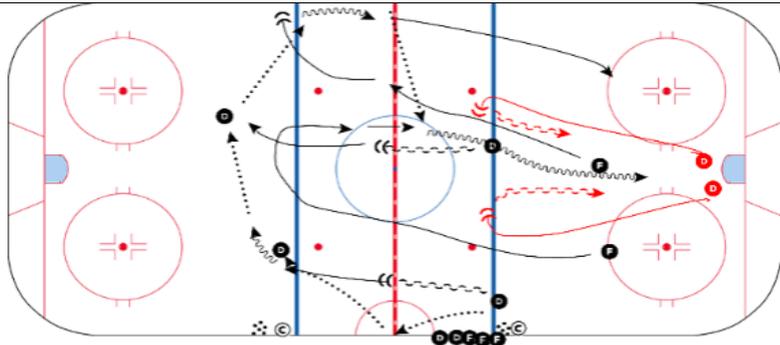
## KNOW YOUR PRODUCT

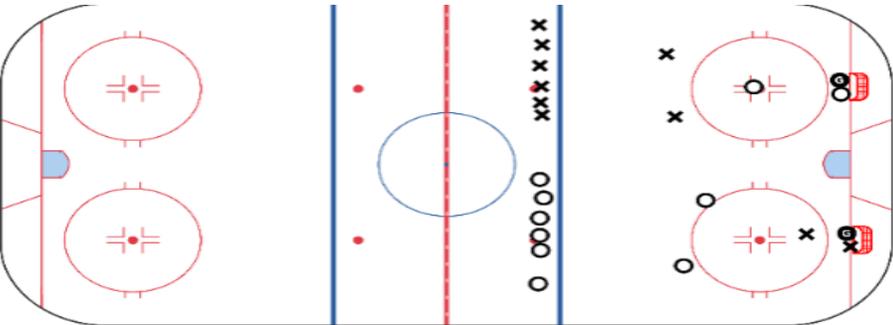
**WHAT  
YOU TEACH** + **HOW  
YOU TEACH IT** = **PRODUCT**



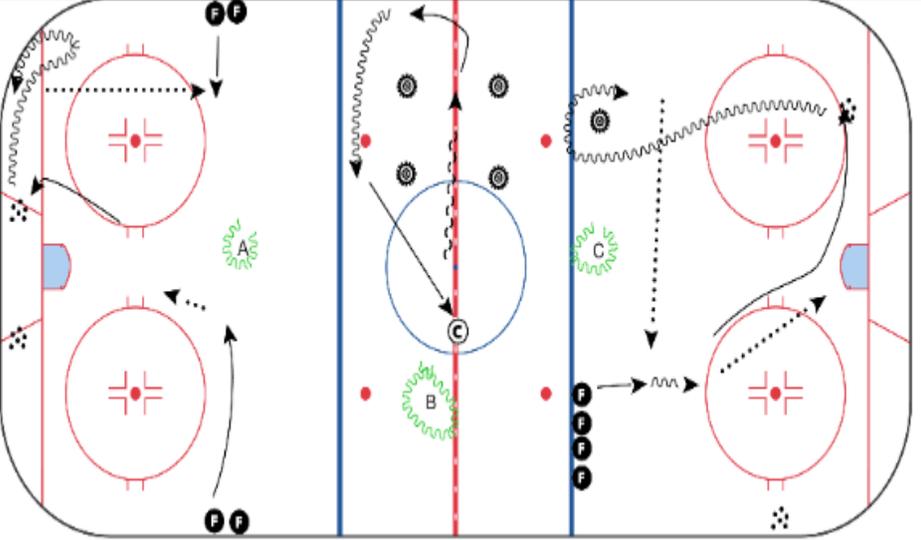
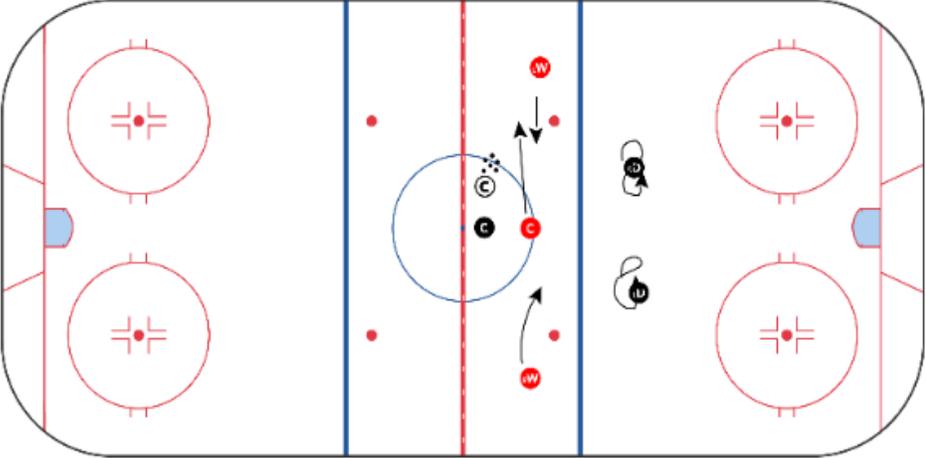
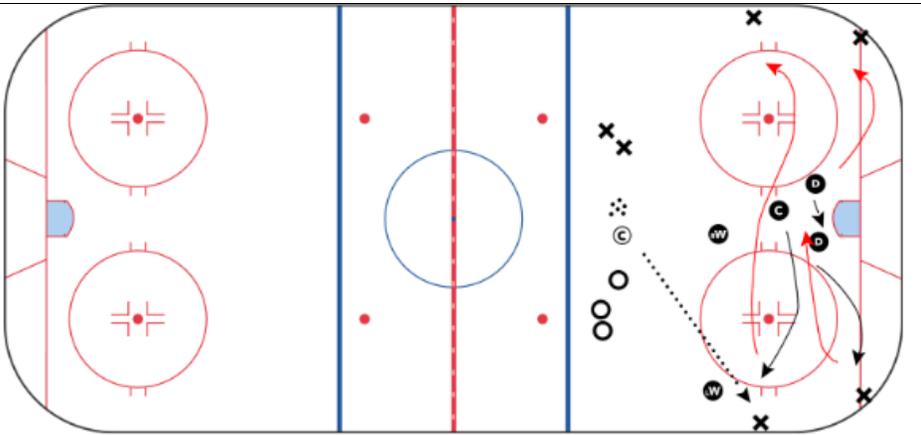
# ***PRACTICE PLAN TEMPLATES***

**PRACTICE PLAN EXAMPLE 1**

<p><b>Description</b></p> <p>A – Figure 8 Skating Passing- Continuous passing to either person – two figure 8’s and switch.</p> <p>B – Skate through shot – No stickhandle out of cones.</p> <p>C – One timer or quick shot.</p> <p>D – Faceoffs or Keep away.</p>	 <p style="text-align: center;"><b>Stations 20 Min.</b></p>
<p><b>Description</b></p> <p>Play 2V2 low with the D up top – D have to skate puck out over blue to end drill or coach ends in 30 seconds. Puck goes outside tires, or they score, coach throws another puck in to the offense.</p>	 <p style="text-align: center;"><b>DZ 2V2 Drill 10 Minutes.</b></p>
<p><b>Description</b></p> <p>WS D race back to get underneath puck. Two forwards have to race back to support, one on WS wall and one in middle.</p> <p>Regroup and transition 4V2.</p>	 <p style="text-align: center;"><b>Regroup to 4V2 Drill 10 Minutes.</b></p>

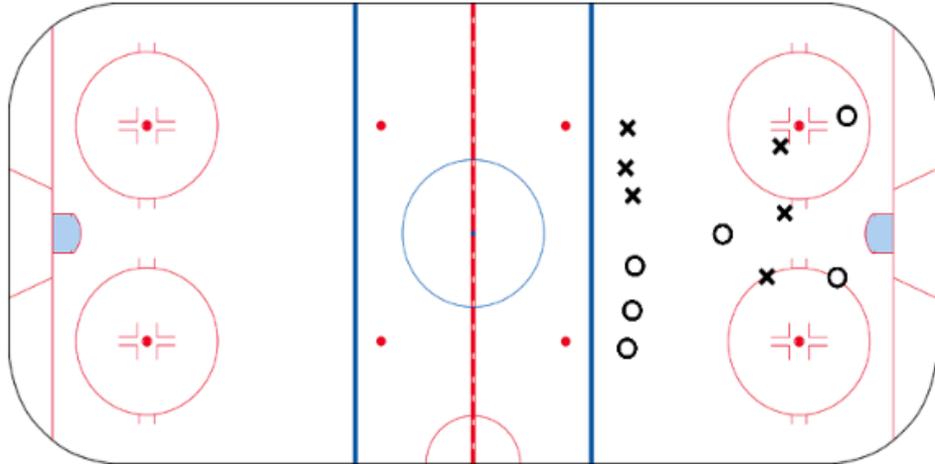
<p><b>Description</b>          Competition Drill – One puck and play either 2V1 or 3V2 on each side. Defensive players on one side and net to get puck to offensive side to score.</p>	 <p style="text-align: center;"><b>2 Net Drill 10 Minutes.</b></p>
<p><b>Description</b>          O's start with puck and try to score – X's will defend and need to take puck away and make good pass to next group of X's. New X's attack goal and try to score against O's that were just on offense.</p>	 <p style="text-align: center;"><b>2V2 Offense Defense OUT Game 10 Minutes.</b></p>

**PRACTICE PLAN EXAMPLE 2**

<p><b>Description</b>  A – Player shoots, goes to other side to pick up puck – drive net hard, escape to wall, back to net and make pass to next shooter off wall.  B – Retrievals and under handle to a pass.  C – Cross ice pass and shot.</p>	 <p style="text-align: center;"><b>Stations 20 Min.</b></p>
<p><b>Description</b>  Whistle, three forwards move around, D move in figure 8. Give puck to forwards or dump to D so F must forecheck. Coach let F go as backcheck and create 3v3.</p>	 <p style="text-align: center;"><b>3V2 W Backcheck Drill 10 Minutes.</b></p>
<p><b>Description</b>  Pass puck to one side and on D and the C will attach to defend with other D staying net front. Coach put puck in other corner net front D defend.</p>	 <p style="text-align: center;"><b>Beaver 2V2 Drill 10 Minutes.</b></p>

**Description**

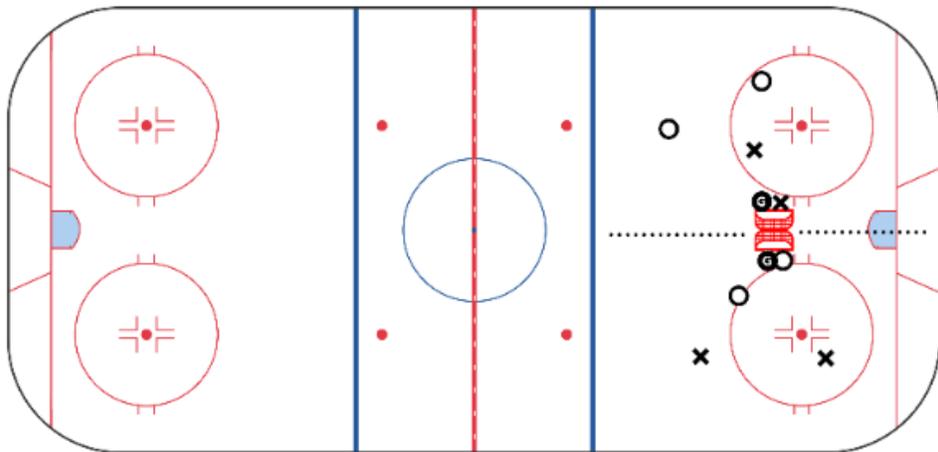
One side is offense and the other is defense. Defense has to skate puck out past the coaches to change. The offense gets to keep playing if they score. No tag up.



**3V3 10 Minutes.**

**Description**

2v1 on each side, can play with one goalie or two, play 30 seconds and switch.



**2V1 Both Sides 10 Minutes.**



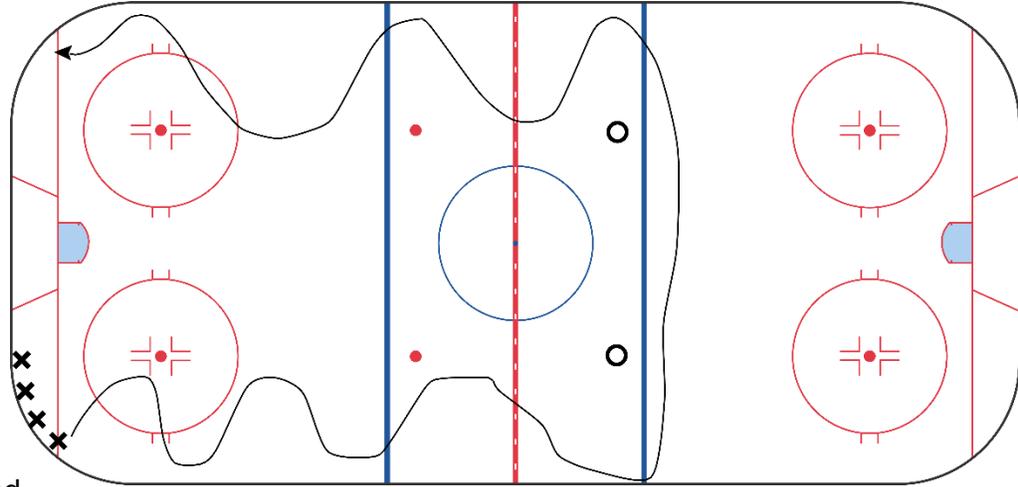
# ***SKATING DRILLS***

## Edges

### **Description**

#### Edge Warmup Drills

- Inside Edges
- Outside Edges
- Forwards/Backwards
- Can send 2 at a time
- Start in corner
- Provides goalies a warmup area
- Focus on knee bend and holding edges. Players should go about 50-75% speed.
- No pucks



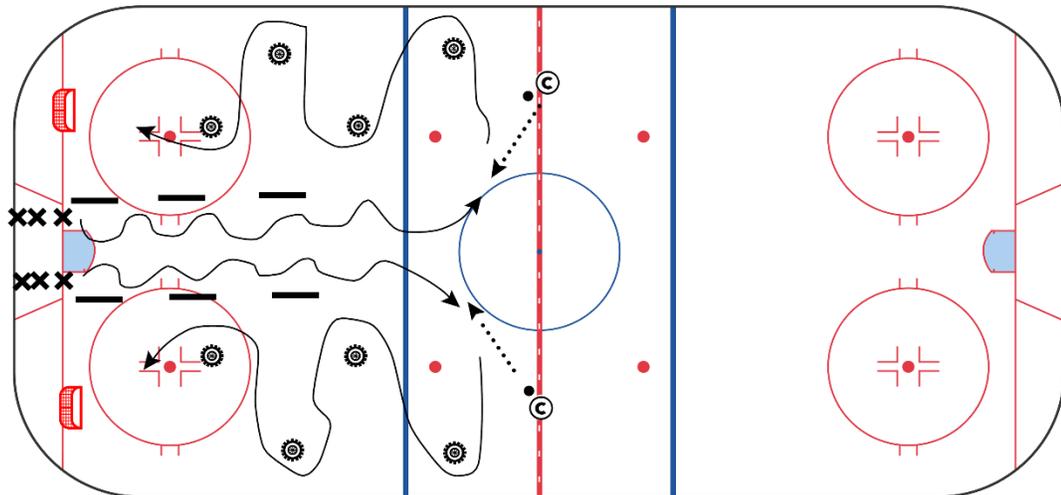
## Butterfly

### **Description**

Players perform agility moves, receive pass from coach, perform power turns, in for shot.

#### Agility moves include:

- Inside edges
- Outside edges
- Mohawks
- Backward to forward
- Full speed forward

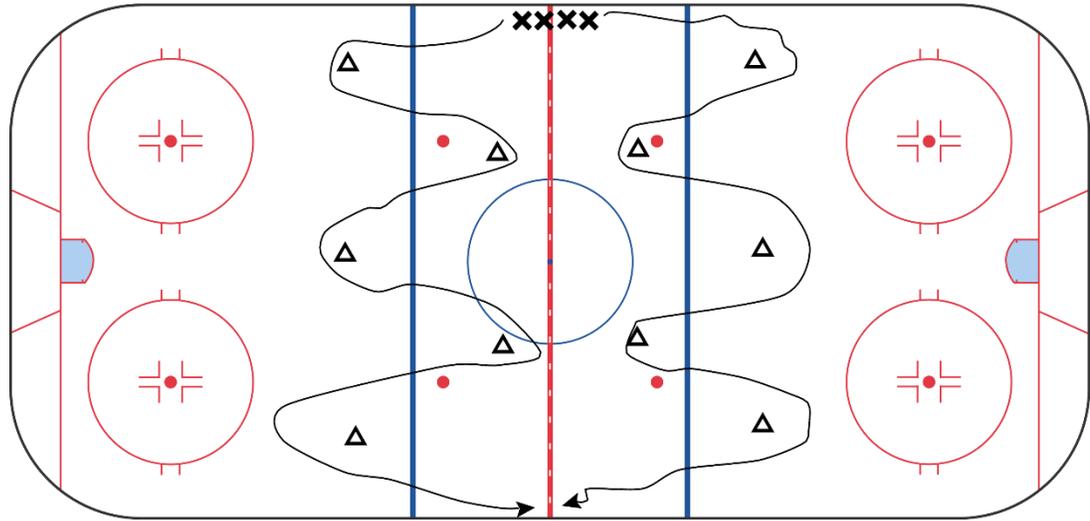


## ***Finnish Tire Series***

### **Description**

Skate around 5 cones performing edgework:

- Inside edge
- Outside Edge
- Power Turns
- Transitions (Face one end whole time)
- Mohawks
- No pucks

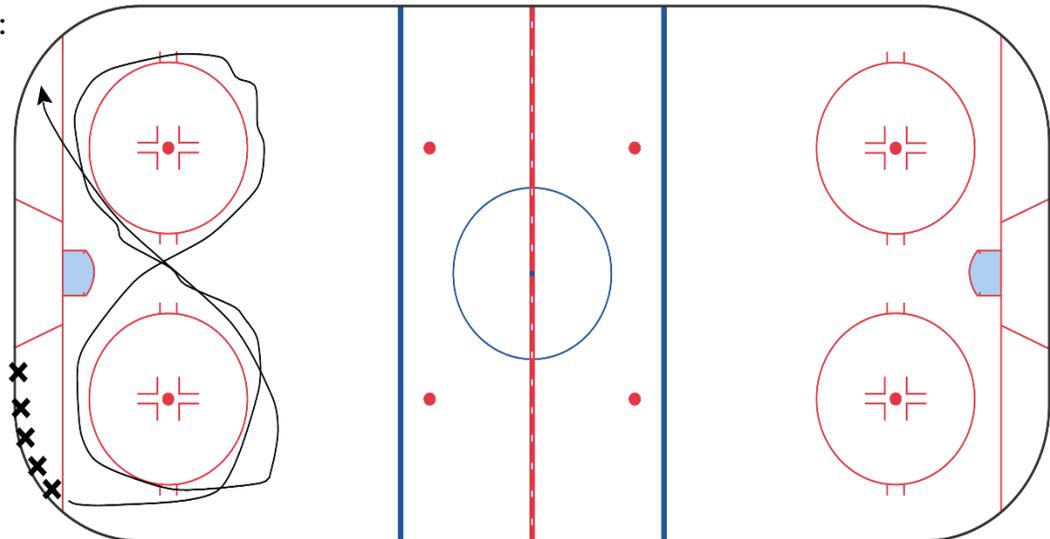


## ***Circle Figure 8***

### **Description**

Use 2 faceoff circles in zone:

- 2x through Forward
- 2x through facing the other end (transitioning forward > backward > backward > forward)
- No pucks
- Can send 3 skaters at a time

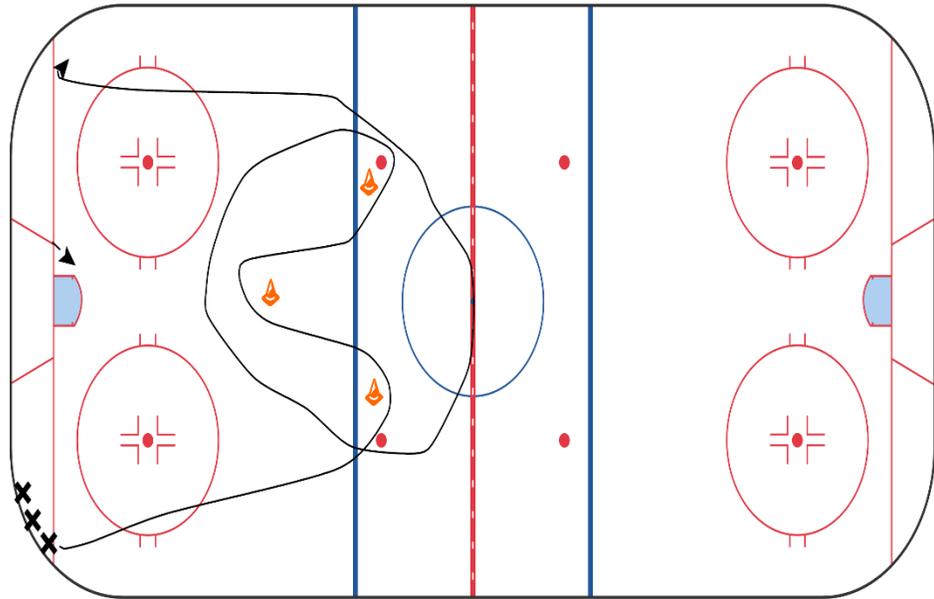


## ***M Drill***

### **Description**

3 Cones, power turns/crossovers

- No pucks
- Can send 2-3 skaters at a time
- Power turns at cones
- Crossovers all the way back circling around
- Bend knees, stay low
- Can also perform transition skating, facing one end the whole time.

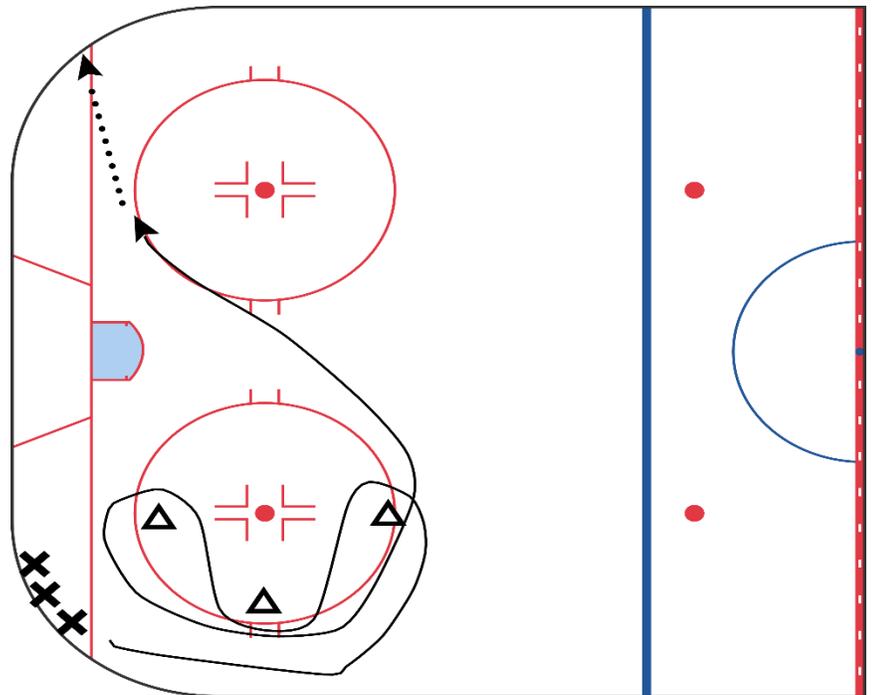


## ***3 Cones***

### **Description**

Power turns/crossovers

- No pucks
- Can send 2 players at a time
- Stay low throughout
- Power turns
- Crossovers

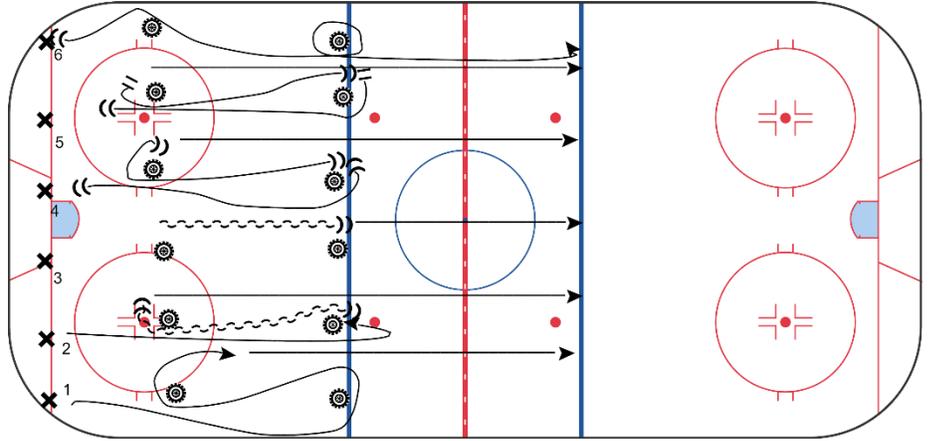


## Overspeed Progression

### Description

Overspeed – Push them to do as fast as they can under control!

1. All Forward – control turns on whistle and out of turn hard to opposite direction
2. Transition to Backwards – eyes up rink
3. Backward sprint to forwards open and go
4. J turns – quick pivot facing same way
5. Stops – Hard stops and out the other way
6. Quick Forward Backward Forward transition – Stay low  
\*If time pick any to do with pucks

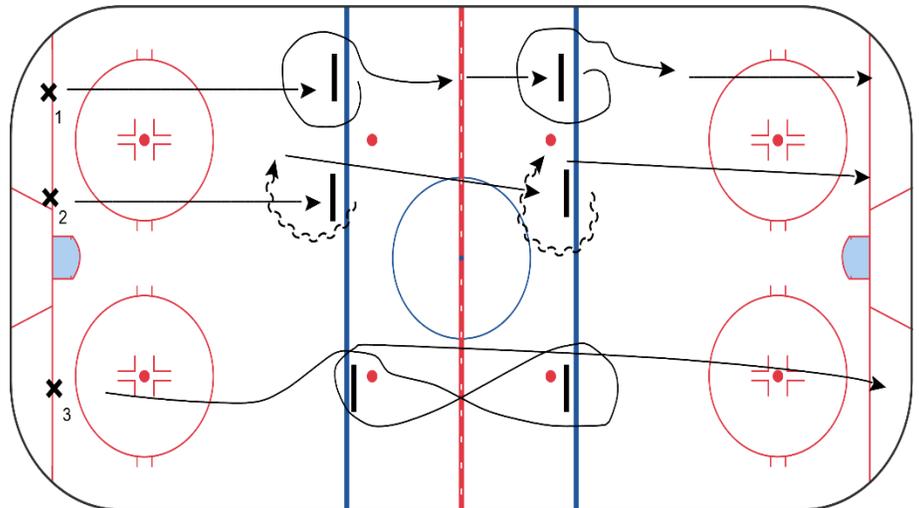


## Pad Progression

### Description

#### Forward, Backward, transitions

1. Forward to pad, jump over pad in stride (Land straight), cross overs/circle back around pad forward.
2. Transition around pad. Make sure kids are not turning in the air. Want them to land square and quickly turn their feet to skate backwards.
3. Figure 8. Full speed, try to stay low and tight to pads.

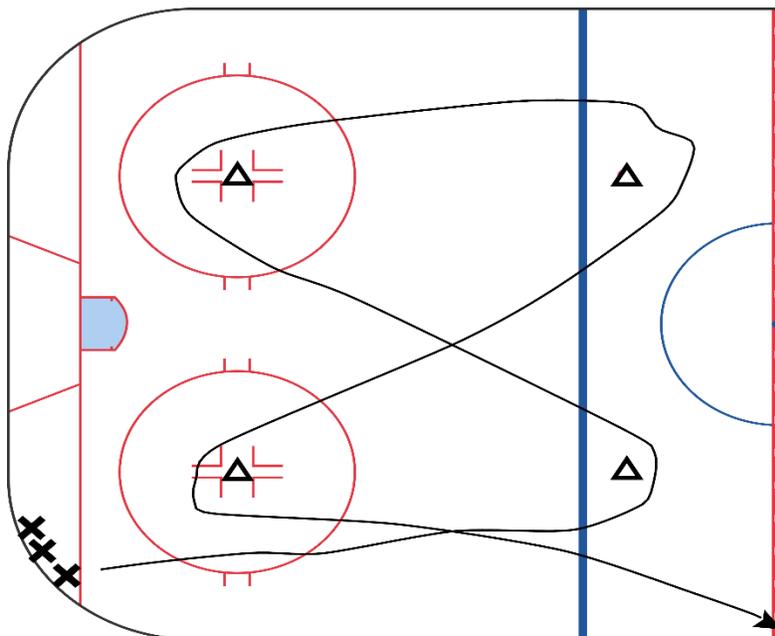


## ***Ribbon***

### **Description**

Full speed, tight turns

1. Forward around
2. No pucks
3. 2-3 players at a time
4. Stay low on turns and keep feet moving. Make sure players have good knee bend, stick is on ice in front of them and they're under control all the way through.

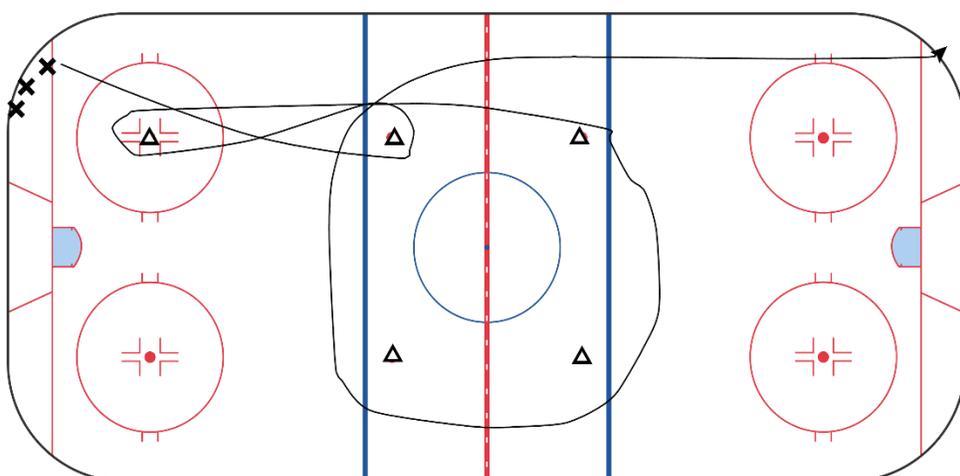


## ***Figure 8 4 Dot***

### **Description**

Players skate 3 at a time with or without pucks. Go forward, backward and with transitions. For transitions always face far end of the rink.

- This drill should be run out of both ends, with players in opposite corners. Goalie warmup can be run in the slot/crease areas without disrupting the drill.

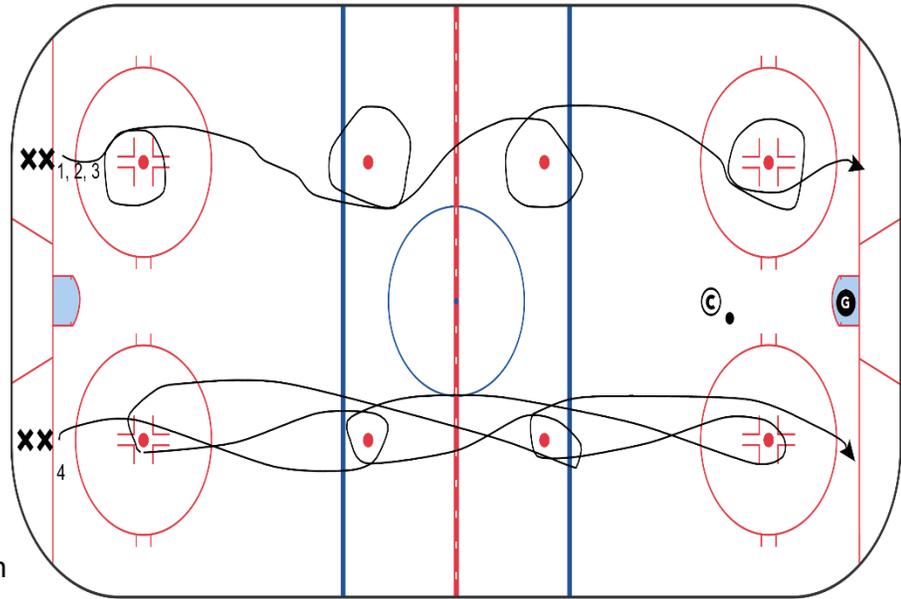


## Full Ice Dots

### Description

Can set up 2 lines (use both sets of dots). Focus on edge work, controlling body the entire way through, staying low, stick on ice out in front.

1. Inside edges. Skate to dots, circle around them on 1 foot using inside edge, hold the edge all the way around in a circle until facing up ice. Repeat using the other foot on next dot.
2. Outside edges. Skate to dots, circle around them on 1 foot using outside edge, hold the edge all the way around in a circle until facing up ice. Repeat using the other foot on next dot.
3. Transitions. Skate to dots, facing the far end the entire way, transition skate forward to backward around in a circle until facing up ice. Keep chest up, eyes up ice, transition back to forward, repeat the other way at the next dot.
4. 3 Figure 8's using the dots. Can do with or without pucks. Push players to go full speed, complete 3 figure 8's using the dots. Tight turns, stay low.

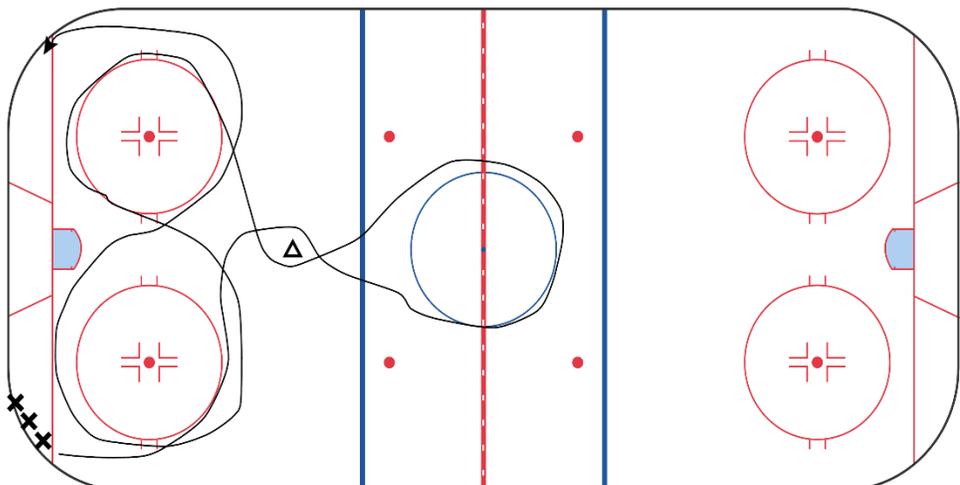


## **Crossovers**

### **Description**

Crossovers, can be done with or without pucks. Focus on staying low throughout, keeping feet moving during crossovers.

1. Follow circle lines

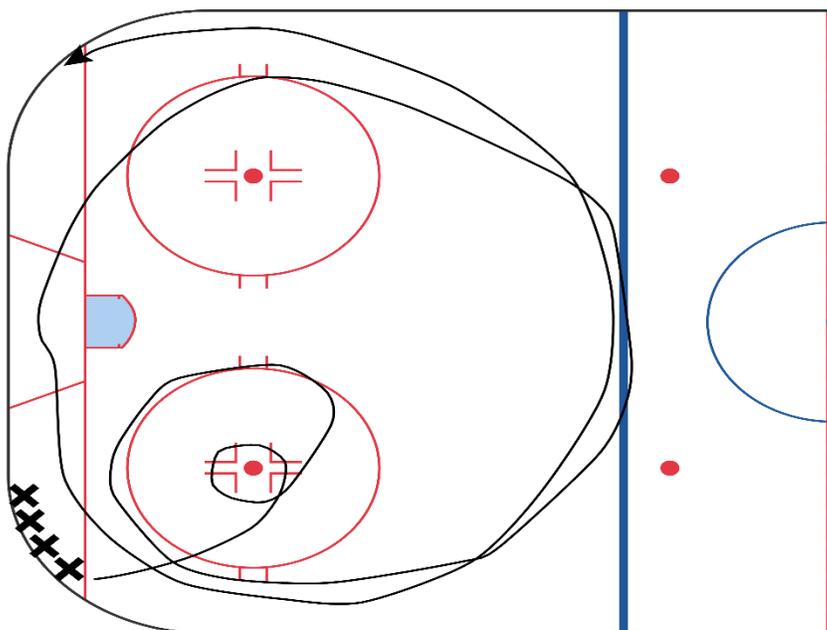


## **Circles**

### **Description**

Crossovers, can be done with or without pucks. Focus on staying low throughout, keeping feet moving during crossovers.

1. Tight circle around dot, follow bottom half of face off circle, one large full zone circle (try to touch blueline and goalie, they should do a big enough circle that they're crossing over majority of the time).

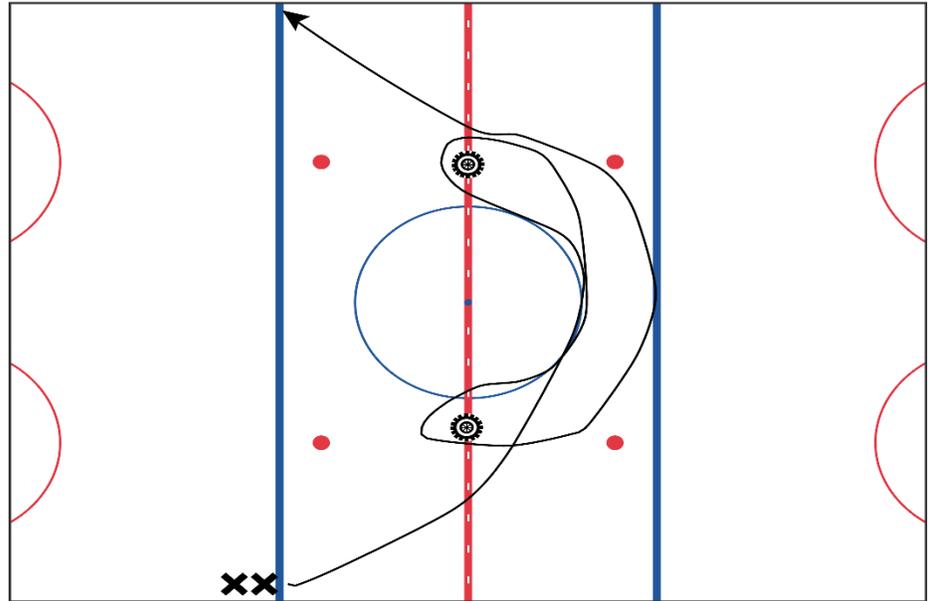


## **NZ Turn/Crossovers**

### **Description**

Crossovers, can be done with or without pucks. Focus on staying low throughout, keeping feet moving during crossovers.

1. Follow around outline of the circle crossing over, turn at tire, follow back around circle crossing over, turn at tire, crossovers out to the blue line, skate to far blue line.



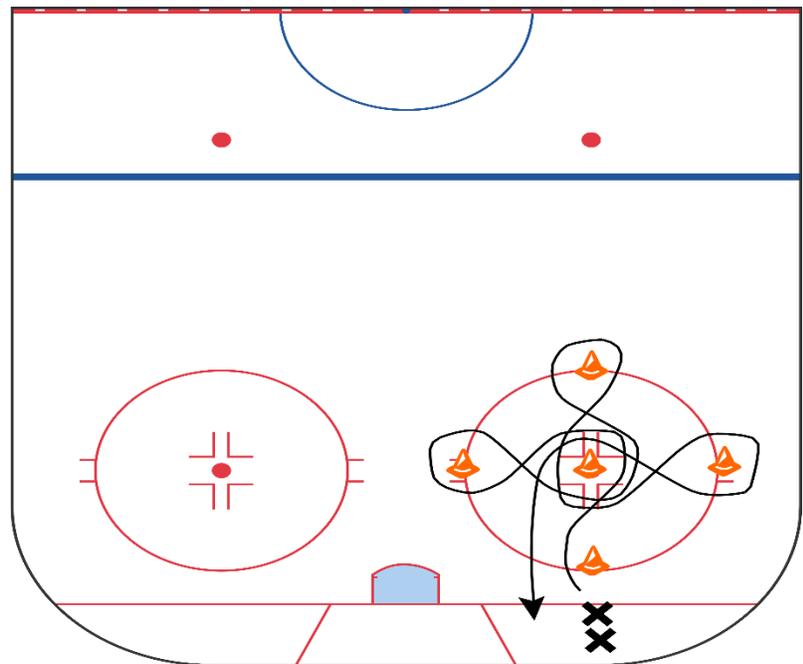
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## **Circle Edge Work**

### **Description**

Using the circles (depending on group size could split into 2-3 groups using the other circles) work on inside edge, outside edge, tight turns, and mohawks. The goal with this drill is to hold the edges all the way around the cone in a tight area. No pucks.

1. Full speed tight turns. No pucks, stay low throughout, stick leads the way, push them to go as fast as they can under control.
2. Inside edges. Hold the edge all the way around the cones, good knee bend and ride the edge all the way through. Can slow down for these to about 75% to focus on form.



3. Outside edges. Hold the edge all the way around the cones, good knee bend and ride the edge all the way through. Can slow down for these to about 75% to focus on form.
4. Mohawks, open up/mohawk at each cone. Can be done at full speed  
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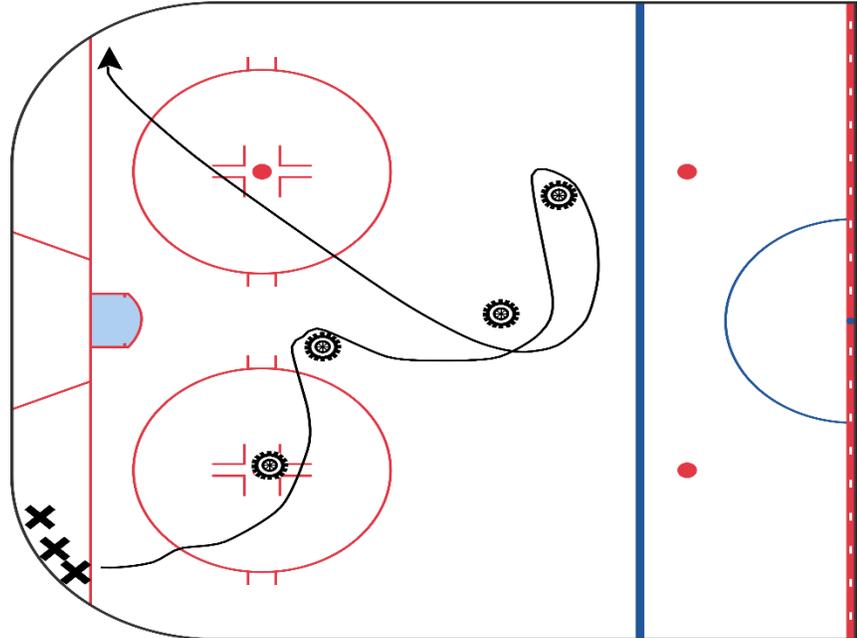
### **4 Tire Turns**

#### **Description**

Using the 4 tires, players will skate full speed forward through, focusing on staying low throughout and keeping their feet moving.

1. Can do with or without pucks, send 2 players at a time.
2. Stay low in and out of turns, keep feet moving.

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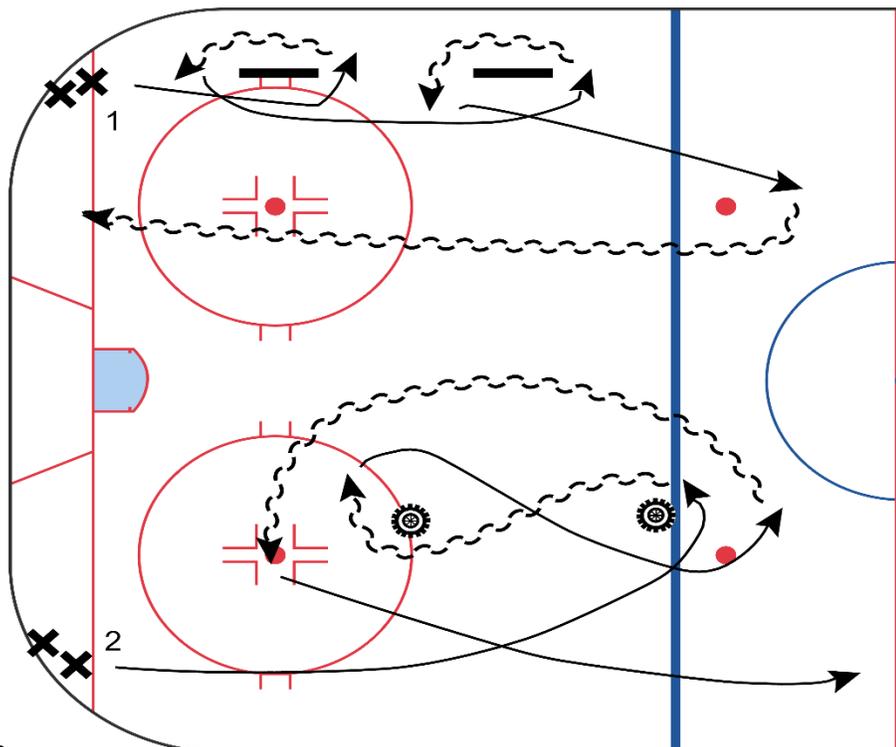


## ***IN Zone Transition Skating***

### **Description**

In Zone transition skating, can try these drills without a puck then add a puck after a few reps. With transitions focus on body control, chest up ice, knees bent, stay low and push into the forward/backward strides.

1. Using pads (Can set up on both sides), skate forward to the pad, transition backwards, up to second pad forward, transition backward, forward to dot, backwards to line.
2. Using tires (Can set up on both sides), figure 8. Forward to the far tire, pivot backwards, backwards around tire, pivot forward, forward through, backwards around and back to forward skating to finish.

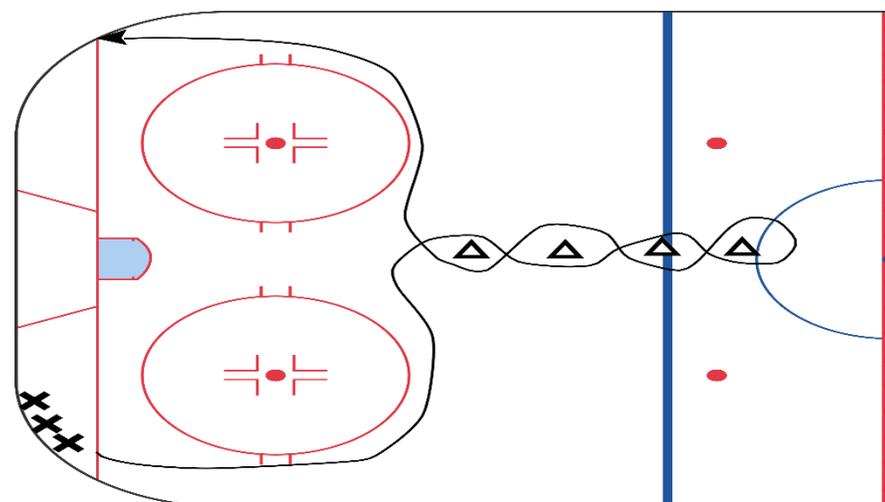


## ***Circle Slalom***

### **Description**

Work on staying low and maintaining speed through the cones, try to make a tight turn on the last cone and accelerate back through.

1. Can be done with or without pucks, 2 at a time.
2. Skate full speed to top of circle, crossovers at top of circle, through the cones, tight turn back through the cones, around circle to opposite corner.
3. Push them to go full speed through this while maintaining good knee bend, chest up.

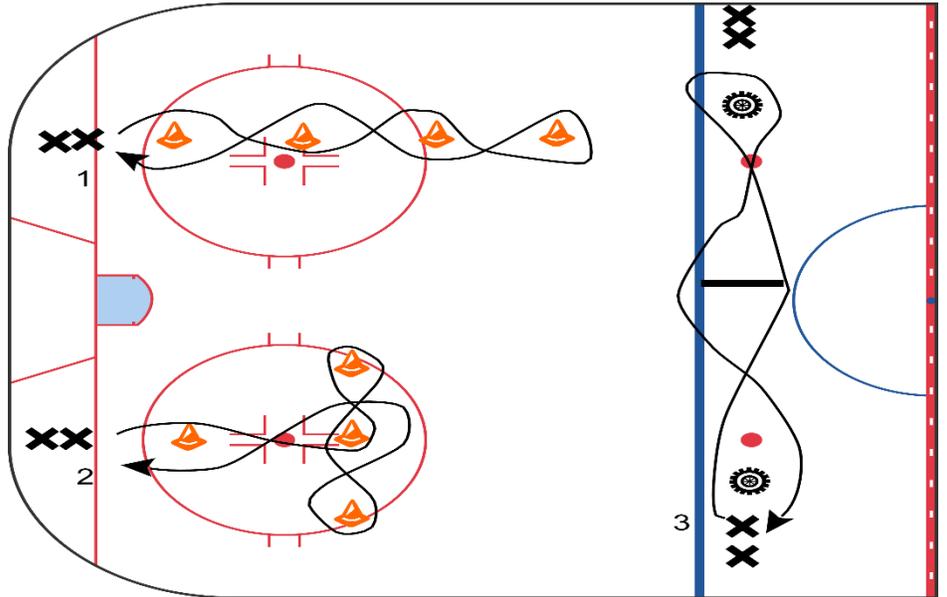


## ***Skating Series Options***

### **Description**

These are good for half ice skating drills to get the kids moving while working on some tight turns.

1. 4 Cone slalom can be done forward, backward, transition forward/backward, and with or without a puck. With this push the kids to go full speed and try to get around the last cone as quick as possible while maintaining body control.



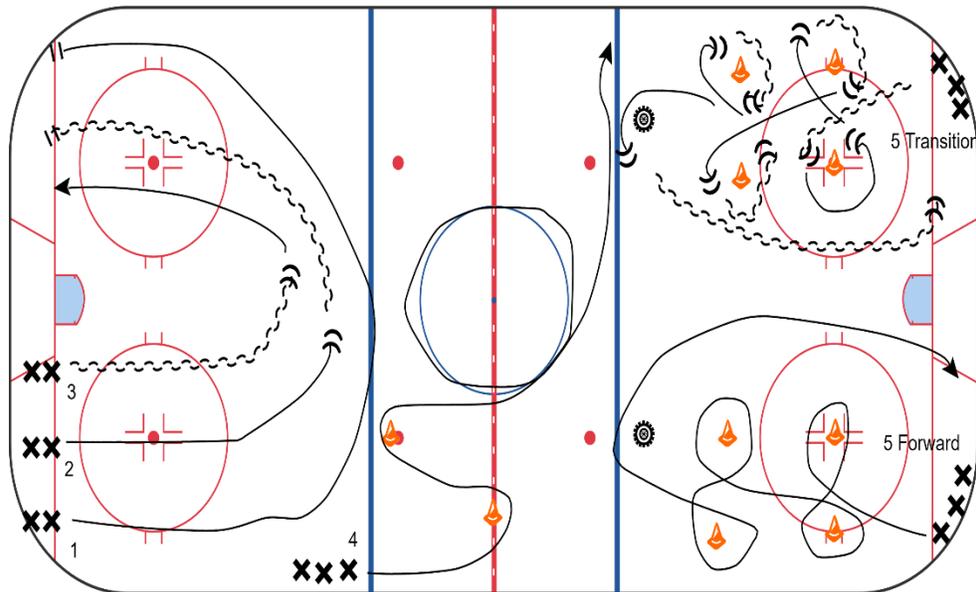
2. T Drill can be done forward or backwards. This drill is essentially 3 figure 8's through the cones. Can be done with or without a puck, focus on staying tight to the cones (tight turns) staying low throughout and body/puck control.
3. This can be done with 2 players going at the same time (one from one side, one from the other) make sure that players start by going to the same side of the first tire, so they don't run into each other (Tell them to start on left or right side so they know).

### ***3 Lines, NZ, 4 Cone***

### **Description**

These don't need to be done at same time. Just 3 more options for turns and transitions. With or without pucks.

1. 3 lines (Progression) First one is forward, second one is forward/transition backwards, third one is backward. Go on whistle. First whistle 3 players go, let them get above top of circle, second whistle they cross over/transition



to the opposite side of crease that they started.

2. NZ turns and crossovers. Can be done forward, backward or transition backward to forward. 2-3 players at a time.
3. 4 Cone. Can do forward and/or add transition (face far end the whole time). Players do 2 figure 8's, try to stay tight to cones and control body/stick.



# ***SHOOTING & SCORING***

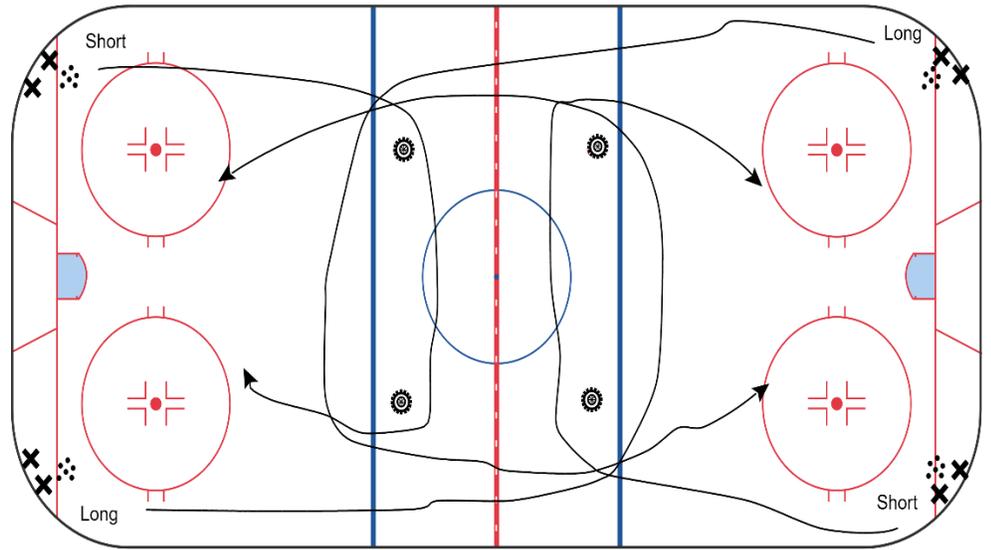
## ***Short & Long***

### **Description**

4 skaters leave from the 4 corners of the rink, coach predetermines which lines are “short” and which lines are “long.”

Opposite/diagonal lines should be the same.

- “Short” goes around close tires/dots with puck.
- “Long” goes around far tires/dots with puck.
- Shoot by top of circle

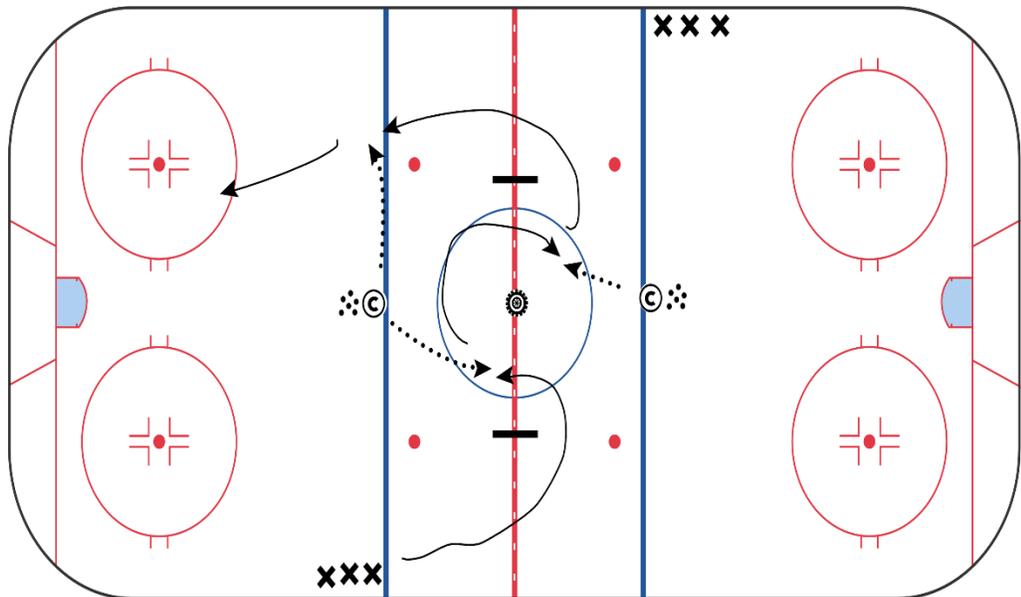


## ***NZ 2 Coach Pass***

### **Description**

Skills: Catching/passing in stride, shooting in stride.

- 1 side at a time, player leaves without a puck, goes around the bumper pad, give and go pass with coach, around the tire, give and go pass from other coach, around the bumper pad, get a pass from the 1<sup>st</sup> coach and back the same end they came from for a shot in stride.
- Go on the whistle and alternate sides, once the player receives the pass to go shoot, coach blow the whistle so the next player can go. It should be a somewhat continuous drill.



## 1-2-3 Shooter

### Description

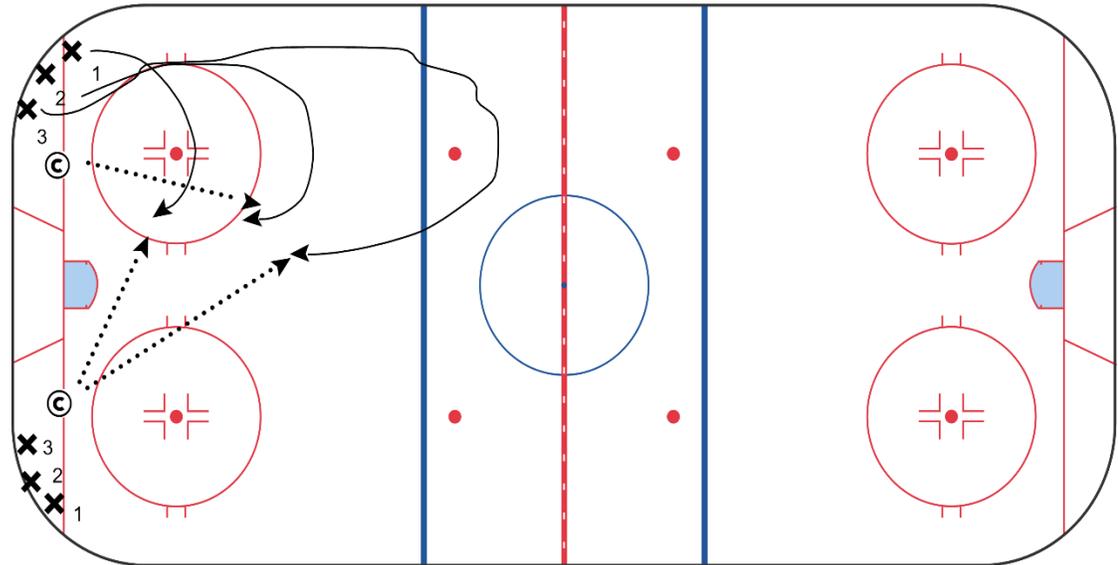
Skills: Catching passes, shooting in stride.

X1, X2, X3 leave at the same time.

- X1 around the dot, receive pass from far coach, shoot.
- X2 around top of circle, receive pass from near coach, shoot before hash mark.
- X3 around NZ dot, receive pass from coach and shoot above top of circle.

Drill then repeats from opposite corner.

Good drill for goalie movement.



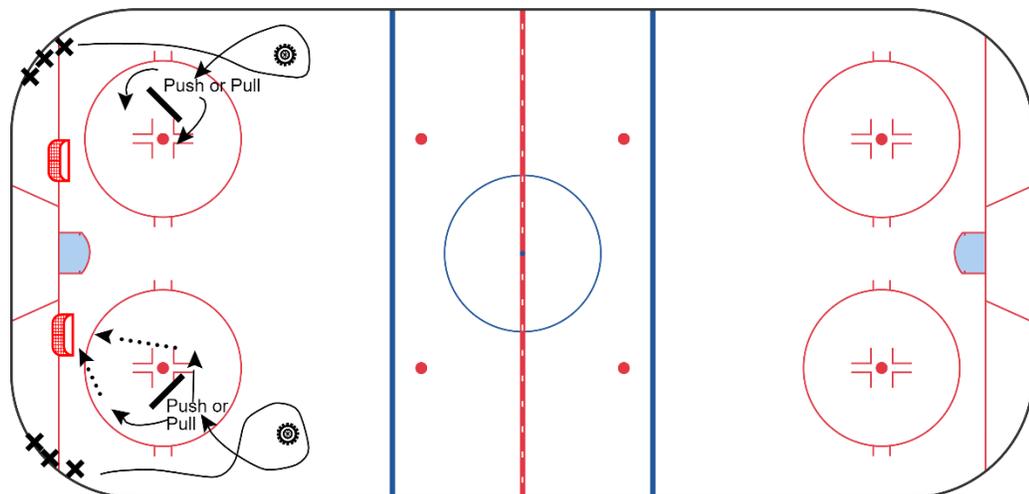
## Escape, Push/Pull

### Description

Skills: Power turn/escape, change of angle shot.

Can run out of both corners at the same time. Have players go back to same line so they aren't skating behind the other net while other side is going. Can switch sides after a few minutes.

- Player takes off with a puck full speed up the wall, pull puck off the wall to the middle, escape/power turn towards the boards, attach the bumper pad and make a move to the inside or outside (push or pull) for a quick shot.
- The goalie is to get the shot off right away when they push or pull at the pad. Quick release.



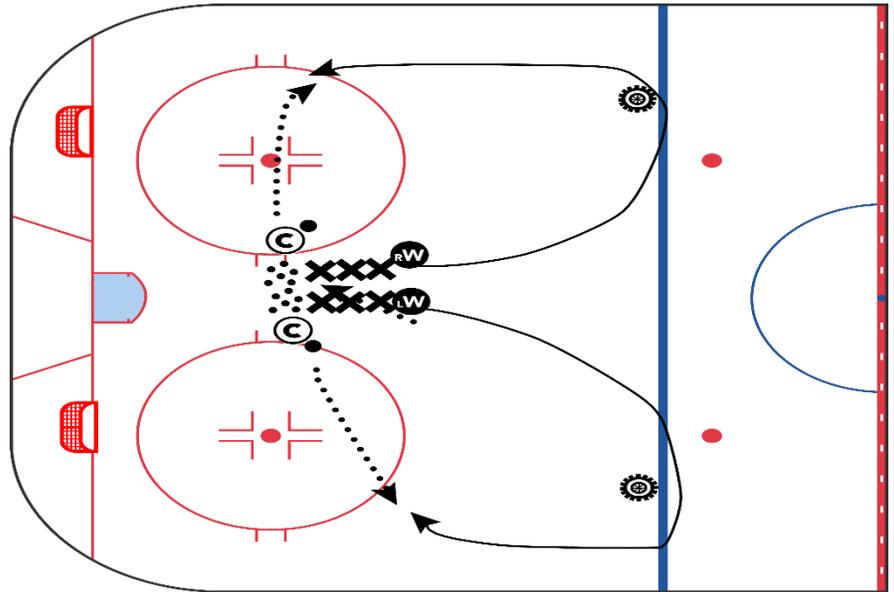


## Catch & Release

### **Description**

Lefties on one side, righties on the other. Skate to the blueline, catch and shoot all in one motion. **\*\*NO STICKHANDLING\*\***

- Have them catch pass on their forehand side.

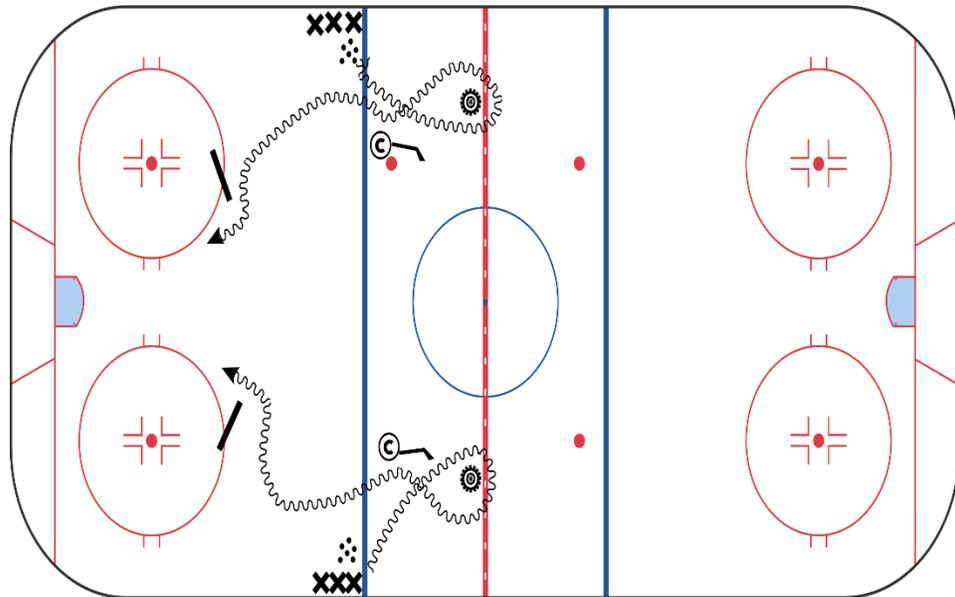


## Curl N Go

Skills: Power turn, deception, rush

One side goes at a time, alternate sides, can go off a whistle.

Player leaves with a puck, skate full speed to tire, power turn towards the boards, drive at coach like they're going to the inside then slip back to drive wide/outside, drive to the bumper pad and make a move to the inside.



Shoot right away after the move to the inside is made. The shot should come right at the pad.

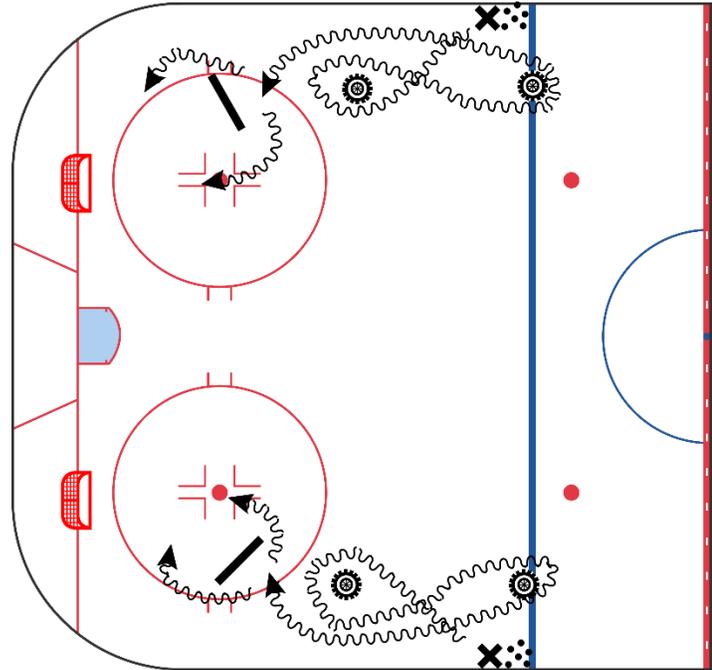
## ***Figure 8 Attack Option***

### **Description**

Split players at both blue lines. Can have them switch sides after a few minutes. Put nets on both dot lanes, if you only have 1 net just put it on normal in the crease and can just alternate sides.

Player goes with a puck, figure 8 through the cones/tires, drive at the pad and then make a move to drive wide or cut to the inside for a quick shot.

Push players to go full speed, under control through the figure 8, keeping head up, make a quick move and a quick shot once they go inside or out at the pad.



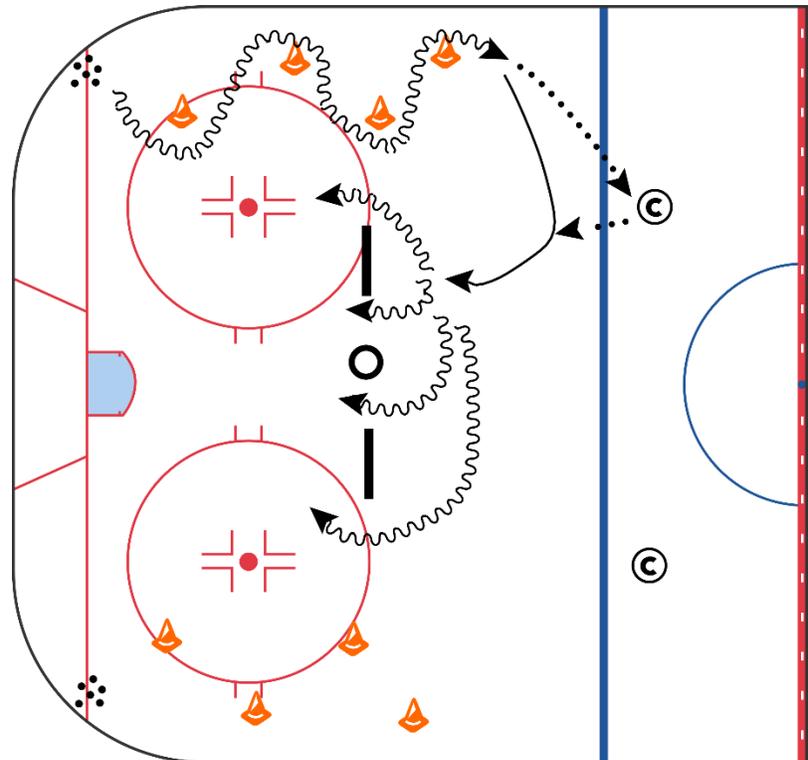
## ***Find A Lane***

### **Description**

Split players into both corners. Alternate sides so that goalies aren't getting 2 players shooting at them at the same time.

Players leave with a puck, go through the cones, pass to coach when they get up top, try to have them come up to the blueline to get the pass back, then attack the pads/cones/tires.

Create different lanes for them to choose from, this will force them to get their head up and find a lane to get through for a quick shot. They can pick any of the lanes to shoot from.





# ***PASSING & PUCK PROTECT***

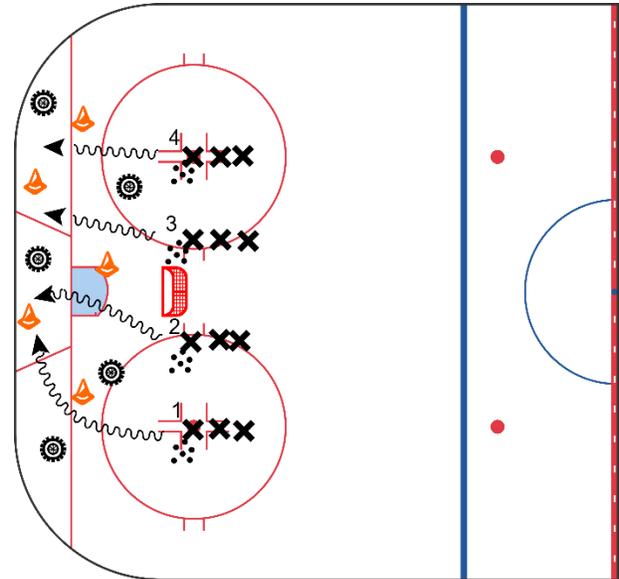
## **Chaos Stickhandling**

### **Description**

Move the net up to just below the hashmarks so it is out of the way. Have players get in to 4

single file lines (you can add more lines if you want) with pucks. Have the lines facing the goal line.

Place different objects (tires/cones) in the area from where the net is at all the way down towards the boards. The goal with this set up is to have the 4 or so players in a tight area with other players and objects to have to navigate through in a tight area.



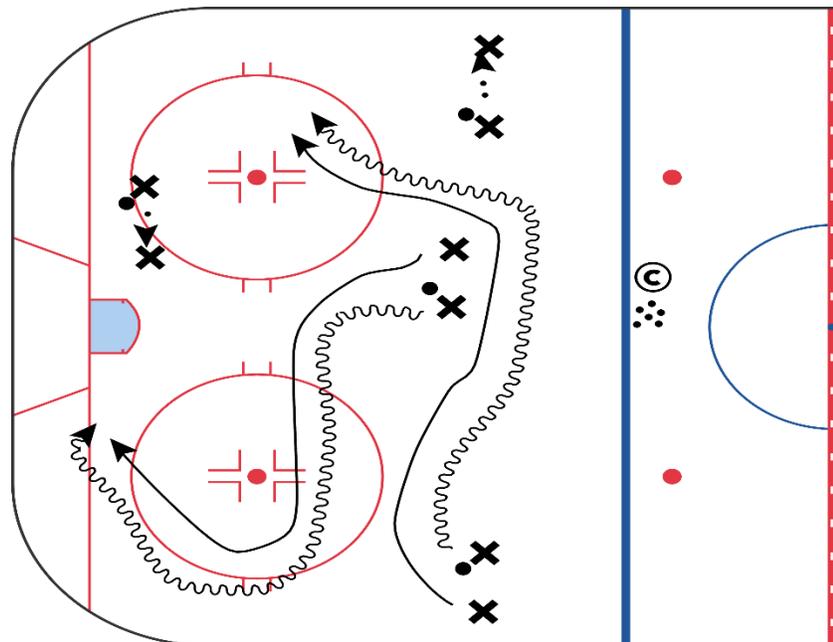
On the whistle the first 4 players enter with a puck and stickhandle at full speed. Push them to stop and start, make tight turns, go full speed and keep their head up with the puck!

## **Chaos Passing**

### **Description**

Have players partner up inside the zone, using the end boards all the way to the blue line. Each group should have 1 puck between the 2 players. On the first whistle partners should work on making forehand and/or backhand passes to each other (15-20 seconds), on the second whistle whichever partner has the puck will start skating around the zone trying to keep the puck away from their partner.

Have them use the full zone, player with puck work on protecting the puck from their partner who will be trying to take the puck away from them. If partner steals puck then they take it and try to protect. Keep head up so groups are not running into each other.



Next whistle they will stop and resume passing with each other again, followed by another whistle where they then play keep away.



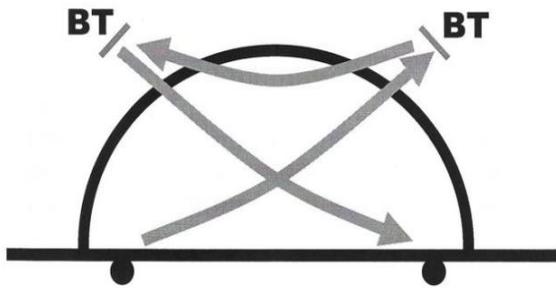
# ***GOALIES***

*MAHA Goalie Development*

*Goalie Coaches Training Manual*

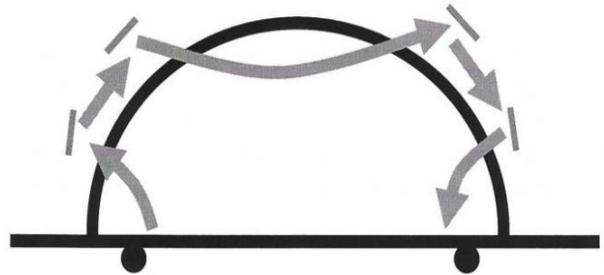
**POSITION SPECIFIC MOVEMENT #1**

<u>SYMBOLS</u>		<u>ACRONYMS</u>	
T-push		Butterfly	<b>BT</b>
Shuffle (from feet)		VH Position	<b>VH</b>
Backside Push (from BT)		Narrow Butterfly	<b>NB</b>
Knee Shuffle (from BT)		Distance Carry	<b>DC</b>
Butterfly Slide (from feet)		Quick Trigger	<b>QT</b>
Set Point			



**POSITION SPECIFIC MOVEMENT #2**

<u>SYMBOLS</u>		<u>ACRONYMS</u>	
T-push		Butterfly	<b>BT</b>
Shuffle (from feet)		VH Position	<b>VH</b>
Backside Push (from BT)		Narrow Butterfly	<b>NB</b>
Knee Shuffle (from BT)		Distance Carry	<b>DC</b>
Butterfly Slide (from feet)		Quick Trigger	<b>QT</b>
Set Point			



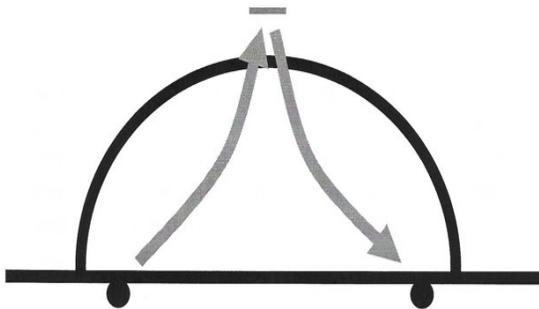
**Videos:**

[GOALIE MOVEMENT 1](#)

[GOALIE MOVEMENT 2](#)

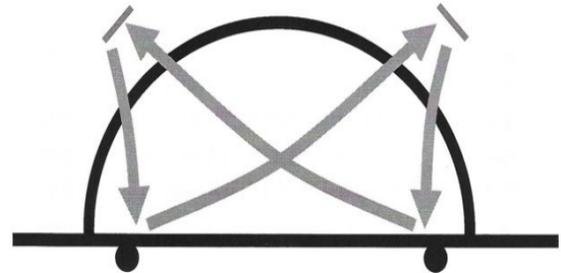
### POSITION SPECIFIC MOVEMENT #3

SYMBOLS		ACRONYMS	
T-push		Butterfly	<b>BT</b>
Shuffle (from feet)		VH Position	<b>VH</b>
Backside Push (from BT)		Narrow Butterfly	<b>NB</b>
Knee Shuffle (from BT)		Distance Carry	<b>DC</b>
Butterfly Slide (from feet)		Quick Trigger	<b>QT</b>
Set Point			



### POSITION SPECIFIC MOVEMENT #4

SYMBOLS		ACRONYMS	
T-push		Butterfly	<b>BT</b>
Shuffle (from feet)		VH Position	<b>VH</b>
Backside Push (from BT)		Narrow Butterfly	<b>NB</b>
Knee Shuffle (from BT)		Distance Carry	<b>DC</b>
Butterfly Slide (from feet)		Quick Trigger	<b>QT</b>
Set Point			



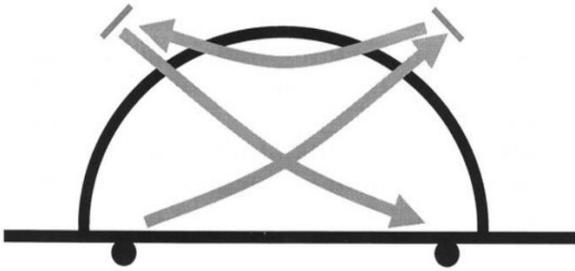
### **Videos:**

**GOALIE MOVEMENT 3**

**GOALIE MOVEMENT 4**

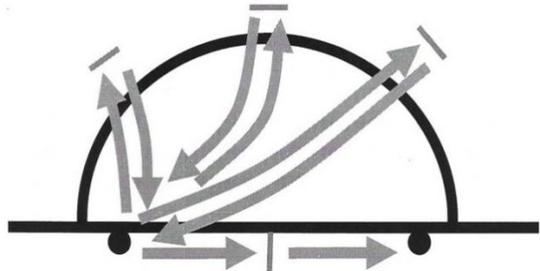
**POSITION SPECIFIC MOVEMENT #5**

SYMBOLS		ACRONYMS	
T-push		Butterfly	BT
Shuffle (from feet)		VH Position	VH
Backside Push (from BT)		Narrow Butterfly	NB
Knee Shuffle (from BT)		Distance Carry	DC
Butterfly Slide (from feet)		Quick Trigger	QT
Set Point			



**POSITION SPECIFIC MOVEMENT #6**

SYMBOLS		ACRONYMS	
T-push		Butterfly	BT
Shuffle (from feet)		VH Position	VH
Backside Push (from BT)		Narrow Butterfly	NB
Knee Shuffle (from BT)		Distance Carry	DC
Butterfly Slide (from feet)		Quick Trigger	QT
Set Point			



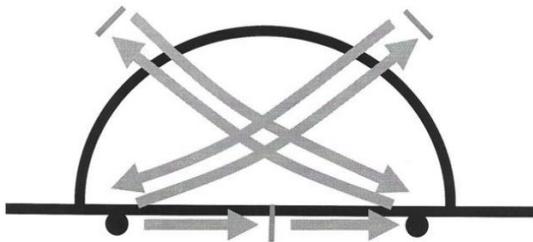
**Videos:**

[GOALIE MOVEMENT 5](#)

[GOALIE MOVEMENT 6](#)

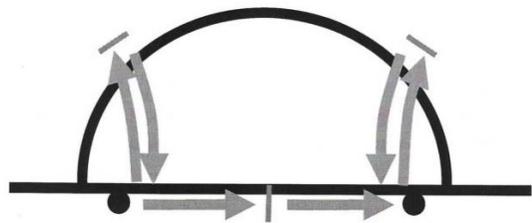
**POSITION SPECIFIC MOVEMENT #7**

SYMBOLS		ACRONYMS	
T-push		Butterfly	BT
Shuffle (from feet)		VH Position	VH
Backside Push (from BT)		Narrow Butterfly	NB
Knee Shuffle (from BT)		Distance Carry	DC
Butterfly Slide (from feet)		Quick Trigger	QT
Set Point			



**POSITION SPECIFIC MOVEMENT #8**

SYMBOLS		ACRONYMS	
T-push		Butterfly	BT
Shuffle (from feet)		VH Position	VH
Backside Push (from BT)		Narrow Butterfly	NB
Knee Shuffle (from BT)		Distance Carry	DC
Butterfly Slide (from feet)		Quick Trigger	QT
Set Point			



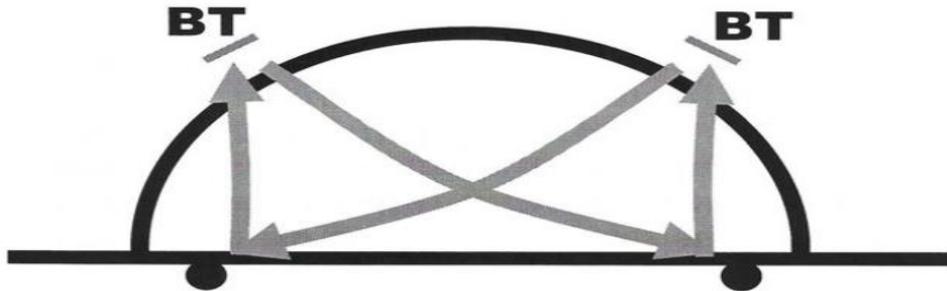
**Videos:**

[GOALIE MOVEMENT 7](#)

[GOALIE MOVEMENT 8](#)

## POSITION SPECIFIC MOVEMENT #9

<u>SYMBOLS</u>		<u>ACRONYMS</u>	
T-push		Butterfly	<b>BT</b>
Shuffle (from feet)		VH Position	<b>VH</b>
Backside Push (from BT)		Narrow Butterfly	<b>NB</b>
Knee Shuffle (from BT)		Distance Carry	<b>DC</b>
Butterfly Slide (from feet)		Quick Trigger	<b>QT</b>
Set Point			



**Video:**

**GOALIE MOVEMENT 9**

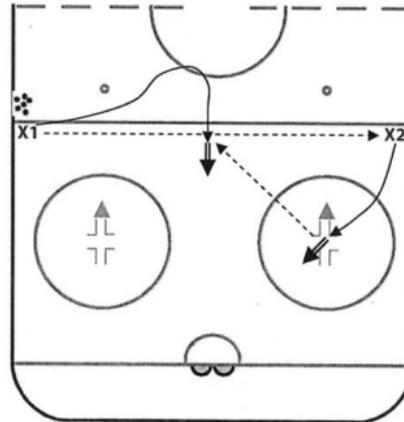
**DRILL TYPE: POSITIONAL SPEED**

**Description:**

1. Pucks begin on the boards / blue line on each side
2. X1 passes across to X2
3. X2 drives wide around the pylon
4. X2 now has the option of shooting or dropping the puck back to X1
5. X1 circles outside the blue line and receives dropped puck high in the slot above circles (see diagram)
6. If X1 receives the puck, X1 must shoot with X2 going for the rebound (there is no second pass)

**Key Development Points:**

- G wants to “beat the pass”
- The first opportunity to “beat the pass” is on the initial pass between X1 and X2 – don’t let G be complacent on this pass
- G should track X2’s movement through angle-tightening moves (i.e. the shuffle)
- If X2 shoots the save is made from this strong, centered position
- If X2 drops the puck back to X1, G must, again, “beat the pass”
- Beating the pass in this manner not only gives G the opportunity to reach an optimal position but also to get fully set for the shot



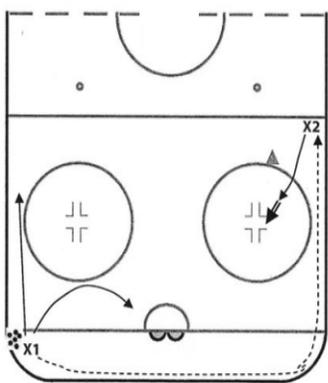
**DRILL TYPE: ICE AWARENESS**

**Description:**

1. X1 and X2 position as indicated on diagram
2. X1 rims the puck around to X2
3. X2 receives puck at point and drives down and around a pylon as indicated
4. X1 will opt to go to the net OR go up the wall and away from the net
5. X2 always shoots the puck

**Key Development Points:**

- When the play is developing, ice awareness will help the goalie anticipate the play
- Good awareness also aids a goalie in positioning: increase depth if no weak side threat, give back depth if low threat is present
- As the play moves into the zone, the goalie can visually identify which options are available to the puck carrier aiding them in their decision-making process



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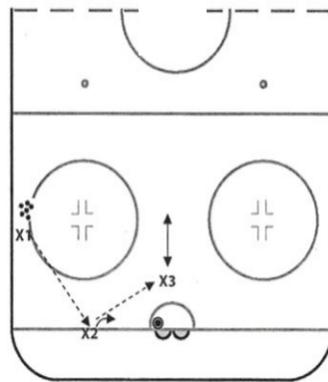
**DRILL TYPE: POWER PLAY SETUP**

**Description:**

1. X1, X2, X3 and pucks situated as indicated on diagram
2. X1 passes to X2 on the goal line
3. X2 can now take the puck quickly to the net or pass to X3
4. X3 will always start in the low slot but randomly reposition as the first pass is made
5. X3 can either one-time the shot or receive it fully before releasing the shot
6. Repeat on other side

**Key Development Points:**

- Goalie must get organized quickly on the post with proper post integration
- A read must be made using peripheral vision along with the slope of the pass
- This information should allow the goalie to take a hard slope at X3 to jam him if the play is in tight
- Goalie should react from the feet not the knees on the shot from the slot
- Early and calm eyes are key



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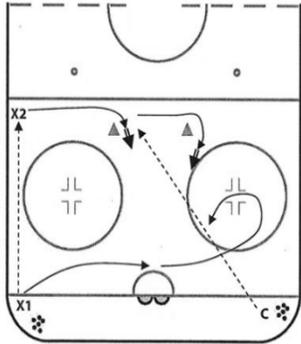
**DRILL TYPE: HANDLING TRAFFIC**

**Description:**

1. X1, X2, and C position as indicated (pucks in each corner)
2. X1 passes to X2 and goes to the front of the net
3. X1 must have a physical confrontation with G before X2 shoots the puck
4. X2 will drag the puck towards the center of the blue line before using some deception and stepping around either cone and releasing a wrist shot at the opportune time of confrontation
5. C will then pass a 2<sup>nd</sup> puck to X2 (who is now standing on the blue line between the cones) while X1 slides out into the mid slot
6. X2 steps around one of the cones and wrist shoots the 2<sup>nd</sup> puck and a rebound is played

**Key Development Points:**

- Goalie must maintain the strength of their position in traffic and not get pushed deep
- Goalie must be quick to position so traffic is forced to form around their position
- Goalie does not want to get tangled or distorted in traffic but does want to continue to be big and strong in the space
- Goalie must visually battle for sight lines on both the tight screen and the mid-zone screen
- Goalie should seek to strengthen or regain lost depth following the first shot



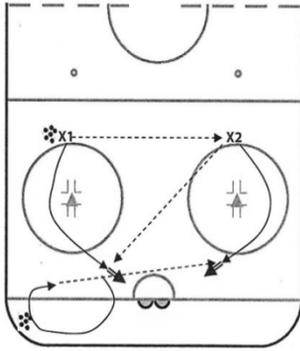
**DRILL TYPE: MULTI FEEDS**

**Description:**

1. X1, X2, pucks and pylons situated as indicated on diagram
2. X1 passes to X2, X1 then drives around the pylons
3. X2 feeds the puck down to X1 as he goes to the net
4. After X1's shot, X1 cycles to the corner while X2 drives down and around the pylon to the opposite side
5. X1 feeds X2 for a 2<sup>nd</sup> shot

**Key Development Points:**

- Staggered feeds are traditional lateral feeds in which the puck starts higher in the zone and is received lower in the zone
- A flat feed is more parallel to the goal line
- Due to the severe rotation required on a flat feed, it becomes difficult to get the eyes around as quickly as well as the body
- Depending on how low X1 is to the goal line, G may elect VH post positioning as an initial base of coverage
- If a butterfly slide is to be used, it is vital that the lead pad get flush to the ice as quickly as possible – this early coverage is key to save success in these situations



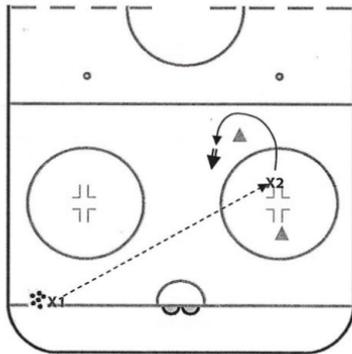
**DRILL TYPE: ES/HANDS – HIGH/LOW**

**Description:**

1. X1 and pucks situated in the corner
2. Cones setup on opposite side of the ice -- one just outside the face-off dot, the other just on top of the inside of the face-off circle
3. X2 will start in the middle of the two cones
4. X1 will make a pass to X2
5. X2 will take the puck around one of the cones (mix it up) and release a shot to the top corner

**Key Development Points:**

- When dealing with shots from bad angles, it is important for the Goalie to start getting their shoulders and elbows involved
- It is not necessary for the Goalie to try to use their hands, but rather apply small reactions off their blocking position
- When using the shoulders and elbows to make saves, the Goalie should ensure they come up and towards the puck, not turn away
- Shots from the middle of the ice or further out should be stopped with the hands



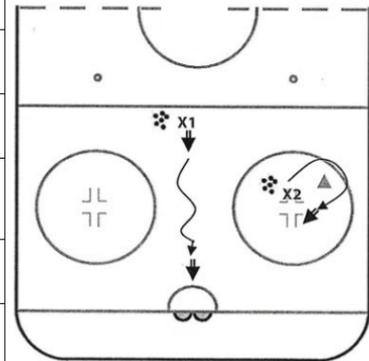
**DRILL TYPE: BACKSIDE RESPONSE**

**Description:**

1. X1 and X2, a pylon and pucks are situated as indicated on diagram
2. On coach's "Go", G steps out from a post
3. X1 shoots to this same side from the blue line position
4. Following this shot, X2 swings around the pylon and shoots for low, far side
5. X1 has now drifted down into the low slot for the third shot and as G comes to the middle, X1 attempts to beat G through the body
6. Rebounds off the 3<sup>rd</sup> shot are played

**Key Development Points:**

- A backside push is defined as a down push that is powered by the leg on the opposite side of the new angle requirement
- Stress that the quality of a post-save response is dictated by the quality of the save movement
- Execution includes visual lead, proper rotation backside activation, load, gather, and full extension of push
- A backside response provides the goalie with the quickest response to gain angle on the pucks new location and is a key step in the standardization of post-save response



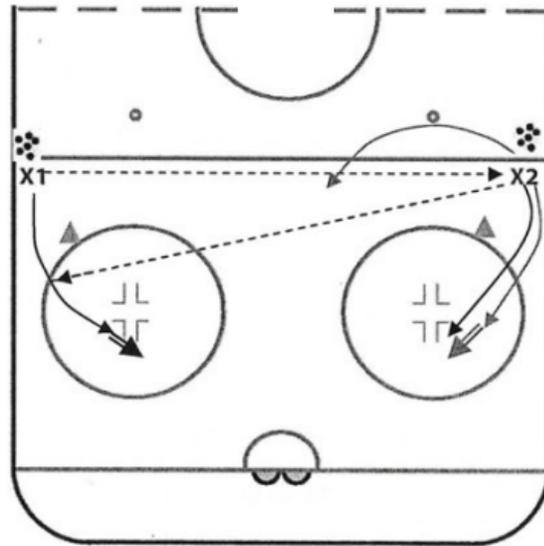
**DRILL TYPE: QUICK TO POSITION**

**Description:**

1. Pucks are positioned at the blue line on the boards
2. A pylon is positioned on each side as indicated
3. X1 passes cross ice to X2
4. X2 takes pass and begins to drive down the boards or up high; X2 now has two options: pass back to X1 who is driving down the opposite side or two drive and shoot themselves
5. If X2 passes to X1 it must be done before the pylon is reached (right away) – if a pass is not possible or not chosen, then X2 must drive and shoot

**Key Development Points:**

- The goalie should arrive at the new positional target as quickly as possible
- Arriving at the positional target early allows the goalie to make further adjustments to refine or optimize their position
- This extra time also allows the goalie to be more aware and make smarter positional adjustments
- A quick goalie hits more of their positional targets which paves the way for controlled, initial save and more dynamic post-save response





# ***OFF ICE / DRYLAND***

## ***MAHA Pre Practice & Pre-game Warm Up Routine***

*Mobility/Hockey Specific Warmup Progressions (Approx. 10 minutes)*

*Players should be wearing appropriate tennis shoes when warming up!*

### **1. Light Jog (Should be about 50% pace, 1-2 minutes just to get moving)**

### **2. High Knees (10 yards)**

- Stand tall with your feet about hip-to-shoulder-width apart and your arms at your sides.
- Looking straight ahead, open your chest, and engage your core muscles.
- Begin by bringing your right knee toward your chest, slightly above waist level. Simultaneously, move your left hand up in a pumping motion.
- Quickly lower your right leg and left hand.
- Repeat with your left leg and right hand.

- Alternate your right and left leg for the desired time.



### **3. Butt Kickers (10 yards)**

- Begin by standing with your feet about hip-distance apart, with your arms at your side.
- Slowly bring your right heel to your buttocks by contracting your hamstring muscle.
- Place the ball of your right foot back on the ground, and slowly bring your left heel to your buttocks.
- Perform this motion a few more times — alternating heels and gradually building speed.
- When you're ready, continue alternating your right and left heels, picking up your pace until it feels like you're jogging in place.

- To work your upper body at the same time, pump your arms while performing this motion. If your left heel is kicking your buttocks, pump your right arm forward at a 90-degree angle. If your right heel is kicking, pump your left arm forward.



#### 4. **Hamstring Stretch (5 yards)**

- Stand shoulder width apart
- Take one step forward with left foot, keep right foot flat on the ground.
- Raise left toe, keeping left leg straight and toe raised reach down towards left toe with both arms.
- Keep back flat
- Hold 2-3 seconds, switch.



### **5. Quad Stretch (5 yards)**

- From both feet, bend one knee and grab that heel with the opposite hand.
- Draw the heel toward your glutes.
- With your free hand, reach straight overhead Hold for two or three seconds, then let go.
- Take a step forward, and switch sides.



## **6. Cradle Stretch (5 yards)**

- In a standing position, quarter squat and position one leg in a figure four position.
- Reach down and grab the ankle and knee of the non plant leg using a pronated grip.
- Pull the leg upwards while keeping the chest tall and extending the planted leg.
- Release the leg and slowly lower back to the starting position.

- Repeat the process on the opposite leg for the desired number of repetitions.



## **7. Forward Lunge (5 yards)**

- Stand erect with your feet hip-width apart, chest out, and shoulders back, maintaining the natural curvature of your spine. Your knees should be unlocked and your hand on your hips. This is your starting position.
- Take a moderate-length step forward with one foot, descending to a point in which your rear knee approaches the floor without touching,

maintaining your body's upright posture. Your front knee should bend about 90 degrees, but for knee health it should not be forward of the vertical plane that extends straight up from your toes. If so, take a slightly longer step.

- From the bottom position, push back up from your forward foot, bringing it back beside the other.
- Repeat on the opposite side for the required number of repetitions.



### **8. Backward Lunge (5 yards)**

- Stand tall with your arms hanging at both sides.
- Step one foot backward while lowering your hips so the front knee bends to 90 degrees and the back knee grazes the floor.
- At the same time, extend your hands to the ceiling and reach back over your shoulders.
- Pause, then return to the starting position.



### **9. Alternating Lateral Lunge (10 yards)**

- Stand in an upright position with your feet together and arms at your sides.
- Step laterally and sit back into your hip while you extend your opposite leg.
- Once at the bottom of the lateral lunge, keep your arms straight and raise them into shoulder flexion.

- After you reach overhead, lower the arms and push back to your starting position.
- Repeat for the desired number of repetitions on both sides.



***Finish with some pace!***

- 75% Sprint (10-15 yards)
- 100% Sprint (10-15 yards)

# ***Nutrition Habits***

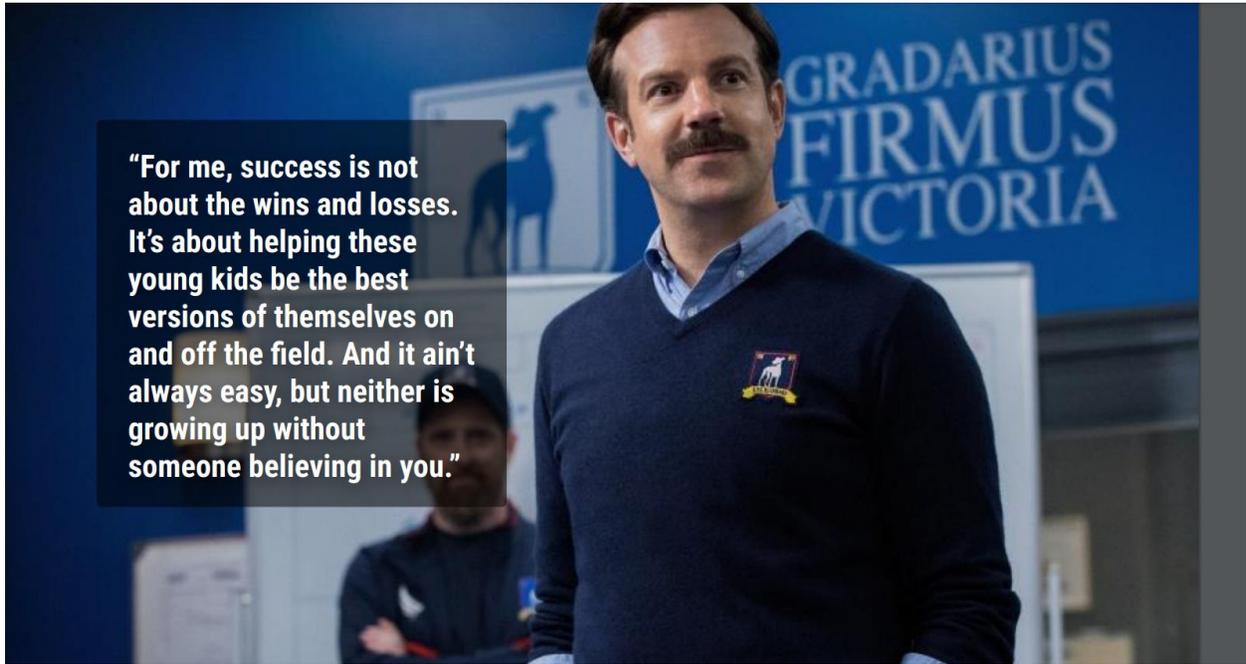
- Players should target 8-10 hours of sleep per night
- Limit caffeine amount during the day
- Try to eat 3 balanced meals a day (this would include some sort of protein, fruits, vegetables).
- Try to eat every 3 to 4 hours, this is especially important during the school year to maintain energy and focus throughout their daily activities.
- At least 2 servings of fruit per day.
- **Water Intake**= Half your body weight per day, this is important for athletes with how much they sweat during activities, to make sure to replenish their fluids.
- **Pre-Training/Practice/Game:** Make sure to get lean proteins and carbs, this would include chicken, turkey, salmon, ham, lean red meat amongst other options. Carbohydrates including pasta, PB sandwich, granola bar, fruit, vegetables, oatmeal, or rice amongst other options.
- **Post-Training/Practice/Game:** Fresh fruit, chocolate milk, a protein shake/bar, brown rice, quinoa, oats, lean proteins, chicken, turkey breast, steak, ham, eggs, (Carbs, fluids, electrolytes, Protein).

Help kids to understand the importance of taking care of their body and preparing for competition! The appropriate amount of sleep, water, and nutrition will allow kids to compete to the best of their abilities. Giving them the energy they need to practice and play games, be at their best mentally, and keep them physically healthy to be able to play.



## **MAHA Dryland Room Rules**

- 1. To reserve the room, please follow the procedure of booking the room through the google Doc provided by Jared with ASA *and* emailing the MAHA Scheduler at [scheduler@mankatohockey.com](mailto:scheduler@mankatohockey.com). This will help us track usage of the room as well as get your dryland session put on the MAHA Calendar.**
- 2. Room is intended for players Hockey Development; shooting, passing, stickhandling, or any hockey related off ice exercises... Not to mess around.**
- 3. Please do not intentionally flip pucks or hit sticks on the ceilings or walls.**
- 4. No Food or Drink allowed in room.**
- 5. Clean up room prior to leaving, pucks put back in bucket, any passers or stick handling tools put back where they are supposed to be stored, and any garbage thrown away.**



**"For me, success is not about the wins and losses. It's about helping these young kids be the best versions of themselves on and off the field. And it ain't always easy, but neither is growing up without someone believing in you."**