

THE BEAR ACADEMY

Session 3 – Deception



Excellence in Education and Performance

2019 edition

DECEPTION DEFINED

The element of surprise is the most powerful competitive advantage over any opponent, deception is the intent to hide your actual execution by faking that you will do something else (dribble vs. pass vs. shoot) or target someone/something else (shots, passes).



DECEPTION KEY ELEMENTS

1. **Anticipation** – *Think ahead to what is going to happen instead of reacting to what is currently happening.*
2. **Peripheral Awareness** – *Being able to expand your visual focus to include peripheral threats/opportunities. Keeping your head on a swivel will help assess what to focus on as they subsequently evolve in your periphery.*
3. **Take Action To Cause Reaction** – *Most athletes have strong reflexes, use them to their disadvantage by faking.*
 1. **Fake Shot** –
 1. *Opponents will block the lane to the net = opens passing lanes instead.*
 2. *Goalies usually go down in a butterfly = move laterally and shoot.*
 2. **Fake Pass** –
 1. *Opponents put sticks in passing lanes = deke or shoot*
 2. *Goalies may cheat to towards the receiver = shoot*
 3. **Skate Fake** –
 1. *Opponents become “flat footed” = accelerate*
 4. **A Look Speaks A Thousand Words**
 1. *Remember that what you see is usually BEHIND your attacker, he reads your eye, head, puck and body movement to take out your options = no-look passes*
 2. *Even though nobody is in an area, look to it to make the opponent cover that area with his stick and then pass to the obvious receiver.*

THE DIFFERENCE MAKERS

As you move “UP” the career ladder, space get’s smaller, puck-possession is shorter, bodies are bigger, everyone skates faster, EVERYONE IS GOOD!

A few key differences to players who make it and the one’s who don’t are;

1. **Don’t telegraph your decisions.**

1. If you don’t have an option, create one
2. If you don’t see net, shoot for rebounds or create net (lateral movement, fakes etc.)
3. Protect the puck – don’t turn it over (sometimes no play is a good play = dump a puck, keep away, puck protection to buy time etc.

2. **Stop Playing Combative Hockey With the Puck**

1. There are no more 1 on 1’s at the highest level, creating 2 on 1’s is EVERYTHING.

3. **Be THE BEST at something**

1. Be good at everything but try and be the best at something, find that niche that you can bring to any team and be the best. Shooting, Checking, Leadership, Passing, Fore Checking, Penalty Kill, Power Play etc.

4. **Communicate on the Ice**

1. Contribute to line and team chemistry, don’t just do your own job.

5. **Be a student of the game**

1. Make sure to not only learn how to play a system, figure out how to beat systems as well.

6. **Three Steps**

1. Everything is three steps away, either you separating from opponents or closing a gap, the first three steps must be explosive and you MUST be able to assess developments while doing this to continue or stop the flow of a rush.

Notice how I don’t write Work Ethic, Physical Elements, Discipline, Skill. That is because ALL players at the highest level has this and if that is what you bring to the table you are REPLACEABLE!

ANTICIPATION

Most players know what is going to happen if they actually pay attention (head on a swivel). The problem is that 1) Players look but wait until it happens, or 2) Don't look and end up constantly chasing the game.

Being good at anticipating the game is of outmost importance. It will save you energy and use your strength, power etc. at the right time with better execution. Playing hard is good, but playing smart and hard is the best (Anticipation and Timing).

Here are some key elements of Anticipation (with and without the puck)

- 1) Keep your head on a swivel, scan the ice for what you regard as the most likely outcome, react to it before it has happened and reassess.
- 2) Don't skate into an open area because it is open, skate into the area that is going to be open at the time your line mate is able to make a play. This does NOT mean stand still and wait, it means you should dynamically delay your attack until the time is right. This is usually a matter of a few seconds here and there. Taking one step left or right before continuing or rolling off an opponent at the right time will give you that half-second space you need to be "Johnny on the Spot".
- 3) With the puck, if you see a pattern happening in 2 seconds (example, your friend is beating his coverage with speed), draw attention away from it by pretending to execute something else (shot fake, cut to a new skating pattern, skate fake, pass fake etc.)

TELEGRAPHING DECISION – NO NO NO!

Telegraphing your decisions will constrain your success WITH and WITHOUT the puck. As you get older, all players know what a pass and shot looks like before they actually happen, don't be a victim to telegraphing your decisions, here are a few DON'T DO's.

1. With the Puck;

1. Using your body or head movement to pre-maturely show the opponent what you are going to do, be it a shot, pass, or direction you are going to skate.
2. Repetitive and predictable stick-handling patterns. Especially players who are combative with the puck and want to put it between the leg's or skate/body of the opponent.
3. Slow puck release (shot or pass)

2. Without the Puck;

1. Standing still in a passing lane (especially "parking at the back-door all the time"). Instead, leave the back-door for your defensemen to skate into or skate to it unexpectedly – be there at the right time- and keep moving.
2. Skating in predictable patterns in the offensive zone. Instead criss-cross with your linemates, seek to create the option for your buddy who has the puck to change direction of the rush (drop's etc.).
3. Allowing yourself to get "tied up". Instead bump and roll to get open into a new passing lane.
4. Rushing on a train-track. Instead switch lanes with your linemates up the ice, maintain width and depth but keep it dynamic where opponents are forced to communicate and who will be susceptible to making easy errors.

TELEGRAPHING WHAT YOU ARE NOT GOING TO DO WHILE SUBSEQUENTLY EXECUTING THE UNEXPECTED = DECEPTION!!

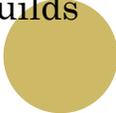


PERIPHERAL AWARENESS

Why is it important?

Peripheral vision is intimately related to the brainstem areas that control vital functions such as blood pressure, heart rate, respiration, etc. It is a survival mechanism, letting us know whether or not our surroundings are threatening to us. Stressful situations arouse the sympathetic nervous system which, among other things, causes dilation of the pupils. This allows for more light to enter and reach a greater area of the retina which may provide a wider range of information about the environment. If peripheral awareness is at a desirable level of functioning in the first place, two things may occur. First, there will be fewer stressful events since there will be fewer surprises in the environment and, second, the ability to react to and make closure (an acceptable conclusion) with such events will be more efficient.

Stress in itself is not a bad thing. It is the response to stress that can be toxic. Feeling nervous is common and prevalent at “clutch situations” but it can fuel or destroy you. 1) being nervous resulting in adrenaline that is combined with mental preparation, peripheral awareness, anticipation/reaction and focus = good. 2) being nervous resulting in anxiety causing the body to shut down while your head is racing 200 miles per hour = very bad. Stress creates changes in body chemistry as well as basic functions such as respiration, heart rate, blood flow, etc. Humans depend heavily on **vision** to determine the status of the surroundings. **When there is insufficient information readily available, stress levels are high** (i.e. builds anxiety)



PERIPHERAL AWARENESS (CONTINUED)

Peripheral vision and movement

Peripheral vision helps maintain optimal awareness of the total visual environment. **The more aware we are of our surroundings, the easier it is to move about.** The importance of this begins with eye movements themselves. Constricted peripheral awareness reduces the amount of visual information available per fixation or glance. This, in turn, reduces and disrupts the available context, which can easily decrease the quality of performance and understanding. The results of reduced peripheral awareness transfer into other areas. The less aware we are, the more likely we are to bump into things, and have difficulty with athletic performance. Peripheral awareness, like the whole of visual performance, is a dynamic process not a passive act. The input is important, but the main objective is output, i.e. coming to terms with our environment via response.



PERIPHERAL AWARENESS (EXERCISES)

Exercises

1 Periphery

- Put a soda can 10 feet ahead of you. Have a person stand 10 feet away, at a 90 degree angle on either side of your face. Have the person hold up fingers where you count them while staring at the soda can. Change depth (distance) to the objects, have the person stand closer or further away. Repeat and improve your skill.

2 Focus Depth/Periphery

- Put a soda can 10 feet ahead of you. Put a 2 liter soda bottle 2 feet behind the soda can at the same height. Have a person stand 10 feet away, at a 90 degree angle on either side of your face. Have the person hold up fingers where you count them while staring at the soda can, focus on the bottle and back to the soda can each 5 seconds but have the person keep putting fingers up for you to verbally acknowledge. Change around and use different objects if you want to. Change depth (distance) to the objects, have the person stand closer or further away. Repeat and improve your skill.

Video Games – Tetris and 3D Tetris (multi-dimensional puzzle games with stress (time and speed) elements. Example: Tetris and 3D Tetris

Hockey (don't think you are going to be awesome at hockey because you play video games but it does help with visual awareness a LITTLE BIT)

Escapa (copy paste link below) THIS GAME IS AWESOME FOR PERIPHERAL AWARENESS!!! It is used by the Air Force when training pilots.

<http://www.iol.ie/~dluby/escape.htm>

