

# **Coaching Handbook**

## **Basic Individual Skills**

Skating, Puck Control, Passing, Shooting, Checking

These skills will be addressed at practice by using, error detection and correction, new drills, repetitive drills and a willingness to learn/change on the player's part.

Our new skills program set up by Capital Sport Management will greatly add to the improvement of individual skills.

## **Individual Tactics**

These skills are learned at practice working together. Using error detection and correction, drills that allow the coach to teach Offensive Zone entries, Offensive Zone plays and teaching defensemen how to play against them.

## **Offensive Team Play**

These skills are learned at practice working together, in the dressing room listening to the coaches, at the white board. Using error detection and correction, using drills that allow the coach to teach; Defensive zone exits, Neutral Zone regroup and transition, Offensive Zone entries, Offensive Zone plays, and teaching defensemen how to join the rush.

## **Defensive Team Play**

Defensive Team Play is a work issue not a talent issue.

Defensive Team Play is more about the right attitude than it is about talent.

These skills are learned at practice, at home, at school.

By working together at practice, in the dressing room listening to the coaches, at the white board the players will learn the skills needed to play good defense.

The coaches will use error detection and correction, drills that allow the coach to teach the skills and method they want for there team.

## **Face Offs**

These skills are learned at practice working together, in the dressing room listening to the coaches, at the white board. The coaches will use error detection and correction and drills that allow the coach to teach.

## **Specialty Teams**

These skills are learned at practice working together, in the dressing room listening to the coaches, at the white board, maybe from a team playbook.

There is no substitute for hard work, effort and a great attitude.

The coaches will use error detection and correction and drills that allow the coach to teach the skills and system they want to use.

## **Goaltending**

Most goalies now have their own private instructor so most coaches involve the goalies in most drills by shots on net, error detection and correction, office training, mental prep, and by allowing them to be who they are.

## **Off-Ice Training**

The team should have a good warm-up and cool down in place for use at practice and games. This outline should be provided by a professional.