



**Ottawa Senators AAA Hockey Association**

## **OTTAWA SENATORS COACHING HANDBOOK**

### **Purpose:**

To create a reference for all Senators Coaches to use as a resource when working with their team.

### **Scope:**

The document has been created for the Coaches, Players and Parents.

### **Objective of the Document**

- 1) Define areas that should be covered by Senators coaches throughout their season.
- 2) To give parents and players an outline of what they can expect from the Senators organization and its coaches.
- 3) To create a formal document that will assist the Senators executive in conducting interviews for their coaching positions.
- 4) This document should allow an incoming coach an understanding of what they are expected to cover with the players in their responsible age group.
- 5) The document will allow an incoming coach the understanding of what was taught to his team in previous years.

### **Important Points**

- 1) This document is not meant to be the sole resource of the coach. They have the flexibility to cover other areas as he sees fit but the skills outlined here, should be covered.
- 2) This document will change with the times, any and all feedback should be provided to the Senators coaching mentor.
- 3) The information provided will require the coaches to expand on certain areas.
- 4) This document is a resource for the coaches, that can be referred to throughout the year.
- 5) It is important to note that this is a "what to do" document not a "how to do" document. It is up to the coaching staff to implement the teaching sequence, progressions and drills for each item outlined in this document.

## BASIC INDIVIDUAL SKILLS

**ATOM      PEEWEE      BANTAM      MIDGET**  
**MNR MJR MNR MJR MNR MJR MNR MJR**

### Skating

Forward Stride	T	T	T	R	RR	RR	RR	RR
Backward C-Cuts	T	T	T	R	RR	RR	RR	RR
Glide Turns	T	T	R	R	RR	RR	RR	RR
Forward Stops 1 foot and 2 feet	T	T	T	R	RR	RR	RR	RR
V / X-Over Starts	T	T	T	R	RR	RR	RR	RR
Backward Stops	T	T	T	R	RR	RR	RR	RR
Backward Starts		I	T	T	RR	RR	RR	RR
Reverse Pivot Turns		I	T	T	R	RR	RR	RR
Pivoting	T	T	T	T	R	RR	RR	RR
Forward Crossovers	T	T	T	T	R	RR	RR	RR
Backward Crossovers	T	T	T	T	R	RR	RR	RR
Forward Lateral Movement			I	T	R	R	RR	RR
Backward Lateral Movement			I	T	R	R	RR	RR

### Puck Control

Two Hand Stickhandling	T	T	T	T	R	RR	RR	RR
One Hand Stickhandling		I	T	T	T	R	R	RR
Range		I	T	T	T	R	RR	RR
Use of skates	I	T	T	T	T	R	R	RR
Puck protection		I	T	T	T	R	R	R
Use of Hands		I	T	T	T	T	T	R

### Passing

Sweep Pass (Forehand)	T	T	T	T	R	R	RR	RR
Sweep Pass (Backhand)	T	T	T	T	T	R	RR	RR
Aerial Pass (Forehand)			I	T	T	R	R	RR
Aerial Pass (Backhand)				I	T	T	T	T
Board Pass	I	T	T	T	T	R	R	RR
One Touch Pass	I	T	T	T	R	RR	RR	RR
Pass Receiving (Forehand)	T	T	T	T	R	RR	RR	RR
Pass Receiving (Backhand)	I	T	T	T	R	RR	RR	RR
Pass Receiving (Skates)		I	T	T	T	R	R	RR
Pass Receiving (Boards)	I	T	T	T	R	R	RR	RR
Two-Way Passing	T	T	T	R	RR	RR	RR	RR
Three-Way Passing		I	T	T	R	RR	RR	RR
Four-Way Passing				I	T	R	R	R
Five-Way Passing					I	T	T	T
Passing to allow the shooter the quickest shot				I	T	T	T	T

**Shooting**

- Shooting in Motion
- Wrist Shot
- Snap Shot
- Backhand Shot
- Slap Shot
- Shooting of wrong foot
- One-time Shot
- Pass receive and shoot
- Understanding "Pucks eyes"

			I	T	T	T	T
T	T	T	T	R	R	RR	RR
			I	T	R	RR	RR
T	T	T	T	T	R	R	RR
		I	T	T	T	R	R
		I	T	T	T	R	R
			I	T	T	T	T
T	T	T	T	R	R	RR	RR
			I	T	R	R	R

**Checking**

- Stick Check
- Poke Check
- Taking a Check (Along boards)
- Taking a Check (Open ice)
- Shoulder Check
- Body Blocking
- Hip Check
- Finishing a Check
- Pinning

T	T	T	T	R	RR	RR	RR
T	T	T	T	R	RR	RR	RR
T	T	T	T	T	R	R	R
T	T	T	T	T	R	R	R
T	T	T	T	T	R	R	R
		I	T	T	T	R	R
				I	T	T	T
	I	T	T	R	R	RR	RR
	I	T	T	T	R	R	RR



## OFFENSIVE TEAM PLAY

	ATOM		PEEWEE		BANTAM		MIDGET	
	MNR	MJR	MNR	MJR	MNR	MJR	MNR	MJR
<b>Defensive Zone</b>								
Basic Breakout	T	T	T	T	R	RR	RR	RR
Weak Side Breakout			I	T	T	T	R	RR
Transitional Breakout				I	T	T	T	T
Interchanging Positions (2 Forwards)				I	T	T	T	T
Interchanging Positions (3 Forwards)						I	T	T
Defense filling offensive lanes				I	T	T	T	T
Breakout off Oppositions line change				I	T	T	R	RR
Strong Side Breakout		T	T	T	T	R	R	RR

<b>Neutral Zone</b>								
Basic Setup	T	T	T	T	R	RR	RR	RR
Transition			I	T	T	R	R	R
Regroup				I	T	T	T	T
Interchanging Lanes (2 Forwards)				I	T	T	T	T
Interchanging Lanes (3 Forwards)						I	T	T

<b>Offensive Zone</b>								
5 man offence (continuation of 3 on 2 & 2 on 2 with Defenceman)			I	T	T	T	R	R
Pinching Defenceman (Offensive Roll)			I	T	T	T	R	R

	ATOM		PEEWEE		BANTAM		MIDGET	
	MNR	MJR	MNR	MJR	MNR	MJR	MNR	MJR
<b>Defensive Zone</b>								
Basic Defensive Zone Positioning	T	T	T	T	R	R	R	R
Center High wingers low				I	T	T	T	R
Man to Man Defense					I	T	T	T

<b>Neutral Zone</b>								
Back Checking	T	T	T	T	R	R	RR	RR
Lane Coverage			I	T	T	T	T	R
Man Coverage				I	T	T	T	T
Trap						I	T	T
Off reading rushes 3 on 2 vs. 2 on 2					I	T	T	T

<b>Offensive Zone (Forechecking)</b>								
2-1-2-	T	T	T	R	R	RR	RR	RR
1-2-2-		T	T	R	R	RR	RR	RR

## FACE-OFFS

	ATOM		PEEWEE		BANTAM		MIDGET	
	MNR	MJR	MNR	MJR	MNR	MJR	MNR	MJR
<b>Defensive Zone</b>								
Basic set and responsibilities	T	T	T	R	R	RR	RR	RR
Five Across					I	T	T	T
Breakout Options of win	I	T	T	R	R	RR	RR	RR
Defensive Responsibilities of loss	T	T	T	R	R	RR	RR	RR
Shorthanded Alignments				T	T	R	R	RR
<b>Neutral Zone</b>								
Offensive options of center ice win			I	T	T	R	R	RR
Defensive responsibilities of loss			I	T	T	R	R	RR
Offensive options of offside dots (Win)			I	T	T	R	R	RR
Defensive responsibilities of loss			I	T	T	R	R	RR
Shorthanded Alignments				I	T	T	T	R
Power play Alignments				I	T	T	T	R
<b>Offensive Zone</b>								
Offensive options of win				I	T	T	R	R
Defensive responsibilities of loss				I	T	T	R	R
Shorthanded alignments					T	T	T	R
Power Play alignments					T	T	T	T

## SPECIALTY TEAMS

	ATOM		PEEWEE		BANTAM		MIDGET	
	MNR	MJR	MNR	MJR	MNR	MJR	MNR	MJR
<b>Penalty Killing</b>								
Forechecking set	T	T	T	T	T	T	T	T
Aggressive	T	T	T	T	R	R	R	R
Passive				I	T	T	T	T
Backchecking					I	T	T	T
Lanes					I	T	T	T
Standing up at blue line					I	T	T	T
Defensive Zone	T	T	T	T	R	RR	RR	RR
Standard Box	T	T	T	T	R	RR	RR	RR
Aggressive Box	I	T	T	T	T	R	R	R
Triangle + one						I	T	T
Defensive Zone (3 men)	T	T	T	T	T	R	R	R
Basic Triangle		I	T	T	T	R	R	R
Inverted Triangle (1Def, 2 For)						I	T	T
Triangle Rotation		I	T	T	T	T	R	R
Neutral Zone Spacing (3 men)			I	T	T	R	R	R
<b>Power Play</b>								
Defensive Zone			I	T	T	R	R	R
Specialty Breakout					I	T	T	T
Neutral Zone					T	T	T	R
Dump ins				I	T	T	R	R
Cross dump				I	T	T	R	R
Puck possession over blue line				I	T	T	T	T
Offensive Zone		I	T	T	T	R	R	R
Switching Wingers					I	T	T	T
Switching Defenseman						I	T	T
Picks					I	T	T	T
Umbrella PP					I	T	T	T
High PP					I	T	T	T
Low PP					I	T	T	T

## GOALTENDING

	ATOM		PEEWEE		BANTAM		MIDGET	
	MNR	MJR	MNR	MJR	MNR	MJR	MNR	MJR
<b>Skating</b>								
Balance	T	T	T	R	R	R	R	R
Moves with speed & control			I	T	T	R	R	R
Agility	T	T	T	T	R	R	R	R
Post to post movement	T	T	T	R	R	R	R	R
T-push	T	T	T	T	R	R	R	R
Shuffle	T	T	T	T	T	R	R	R
Maintains ready position	T	T	T	R	R	R	R	R
Recovery	I	T	T	R	R	R	R	R
Telescoping				I	T	T	R	R
Coordination	T	T	T	R	R	R	R	R
<b>Puck Control</b>								
Ability to clear puck effectively			I	T	T	R	R	R
Stops the rim		I	T	T	T	T	R	RR
Sets puck up for defense			I	T	T	R	R	R
Ability to disguise passes					I	T	T	T
<b>Technical Play</b>								
Glove	T	T	T	T	R	R	RR	RR
Blocker	T	T	T	T	R	R	RR	RR
Use of stick	T	T	T	T	R	R	RR	R
Use of skates	T	T	T	T	R	R	RR	R
Rebound control			I	T	T	R	R	R
Looks through screens				I	T	T	T	T
Use of Body		T	T	T	R	R	R	R
Ability to butterfly			I	T	T	R	R	R
Ability to stack pads		I	T	T	R	R	R	R
<b>Positional Play</b>								
Aware of position in net	T	T	T	R	R	R	R	R
Challenges shooters		I	T	T	T	R	R	R
Ability to orient self quickly				T	T	T	R	R
Lines up properly on puck	T	T	T	R	R	R	R	R
Positions self properly at post	T	T	T	R	R	R	R	R
Maintains ready position	T	T	T	R	R	R	R	R
Follows puck at all times			I	T	T	R	R	R
Breakaways (dekees)	I	T	T	T	T	R	R	R
Breakaways (shots)	I	T	T	T	T	R	R	R
Read & react			I	T	T	T	T	T
<b>Strength, Fitness, Intrinsic</b>								
Strength				I	T	T	T	T
Stamina		I	T	T	T	R	R	R
Communication	T	T	T	R	R	R	R	R
Size					I	T	T	R
Works hard	T	T	T	R	R	RR	RR	RR
Positive attitude, listens well	T	T	T	R	R	RR	RR	RR
Maintains focus/concentration	T	T	T	R	R	RR	RR	RR
Confidence	T	T	R	R	R	RR	RR	RR

**OFF ICE TRAINING**

	ATOM		PEEWEE		BANTAM		MIDGET	
	MNR	MJR	MNR	MJR	MNR	MJR	MNR	MJR
Flexibility	T	T	T	T	R	R	R	R
Muscular Endurance					I	T	T	T
Muscular Strength						I	T	T
Muscular Power						I	T	T
Aerobic	T	T	T	T	R	R	R	R
Anaerobic Lactic	T	T	T	T	T	R	R	R
Anaerobic Alactic	T	T	T	T	T	R	R	R
Mental Imagery						I	T	T
Diet	T	T	T	T	T	T	T	T

**DEFINITIONS**

<b>I</b>	<b>INTRODUCE</b>	- Making athletes aware of skills/concepts and their importance to development.
<b>T</b>	<b>TEACH</b>	- Instruct athletes how to perform skills and concepts through practice and repetition. Multiple teaching years allows coaches time to add options or increase level of difficulty as he sees fit.
<b>R</b>	<b>REVIEW</b>	- Review skills and concepts which were instructed previously. There should not be a major emphasis on instruction but some review through practice will/may be necessary.
<b>RR</b>	<b>REINFORCE</b>	- At this stage, these skill(s) should be mastered by the athlete or team. Reinforcement of these skills without actual teaching time is all that should be required.

## **METHODOLOGY**

This document is to insure proper instruction and teaching progression of hockey's basic skills, tactical play and team play. It is designed for players at the "AAA" level so that they can properly develop their hockey abilities and be prepared for hockey beyond their Major Midget "AAA" year.

In the Bantam Year's, players should progress to group tactical skills and should start to have a good understanding of basic Team Play. At the Midget level, coaches should shift their focus to enhancing Team Play (Systems). The basic skills should always be reinforced as these skills are the foundation of any players overall hockey ability.

The Ottawa Valley Senators want to produce the best possible Player at the end of the line. This guide is part of the process.

Blake Callaghan

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