



AIR CANADA 

 Imperial Oil

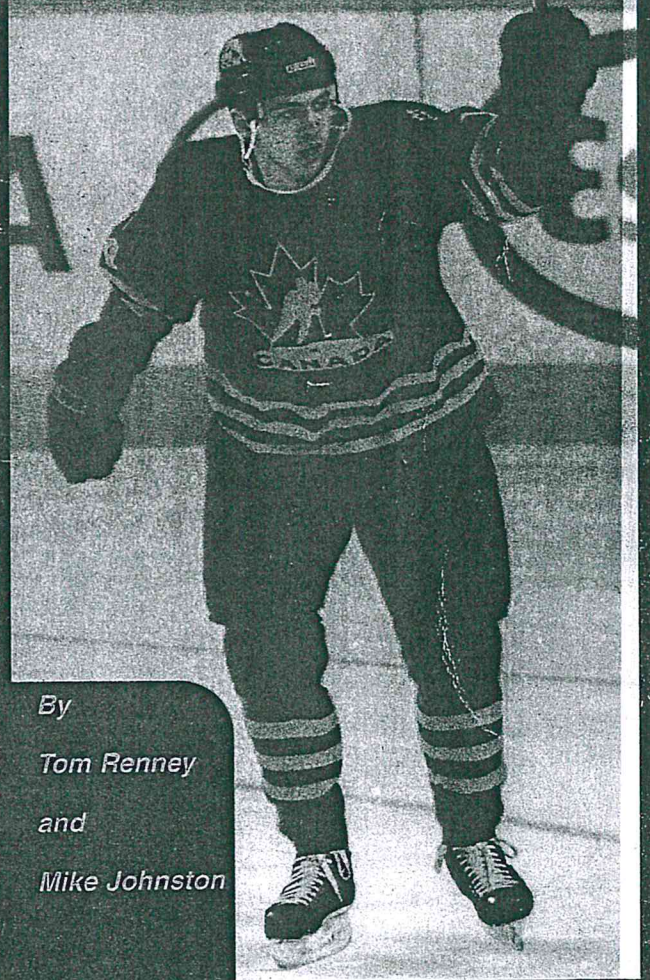
 ROYAL BANK



# *40 Of The Best*

CANADIAN NATIONAL TEAM DRILL MANUAL

- Volume 1 -



By  
*Tom Renney*  
and  
*Mike Johnston*



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## **TOM RENNEY, HEAD COACH,** **CANADA'S NATIONAL HOCKEY TEAM**

### **1994-95:**

Coached Canada's National Hockey team to a bronze medal at the 1995 World Championships...Canada's record at the end of the season was 37-17-0.

### **Career:**

The native of Cranbrook, British Columbia joined the National team program at the beginning of the 1992-93 season...appointed Head Coach in August of 1993...coached Canada's Olympic Hockey Team to a silver-medal victory in Lillehammer, Norway at the 1994 Olympic Winter Games...gold-medal victory at the 1994 World Ice Hockey Championship in Milano, Italy...honoured with the 3M Coaches Canada Award...head coach of the Kamloops Blazers (WHL) posted a record of 101 wins and 6 ties against 37 losses over two campaigns...coached the Blazers to a pair of regular season WHL pennants (1990-91 and 1991-92)...Canadian Hockey League's Memorial Cup Champions in 1991-92...earned WHL Coach of the Year honours in 1990-91...assistant coach for the Canadian team at the International Ice Hockey Federation's 1992 World Junior Championship in Fussen, Germany...summer of 1992, head coach of Canada's National Under 18 team winners of the Phoenix Cup in Japan.

### **Personal:**

Attended the University of Victoria (British Columbia) and the University of North Dakota, graduating with a degree in Physical Education...Tom and his wife Glenda reside year round in Calgary with their two daughters Jessica and Jamie.

### **Biggest influence in coaching:**

My junior coach for being well prepared and communicating effectively with his players.

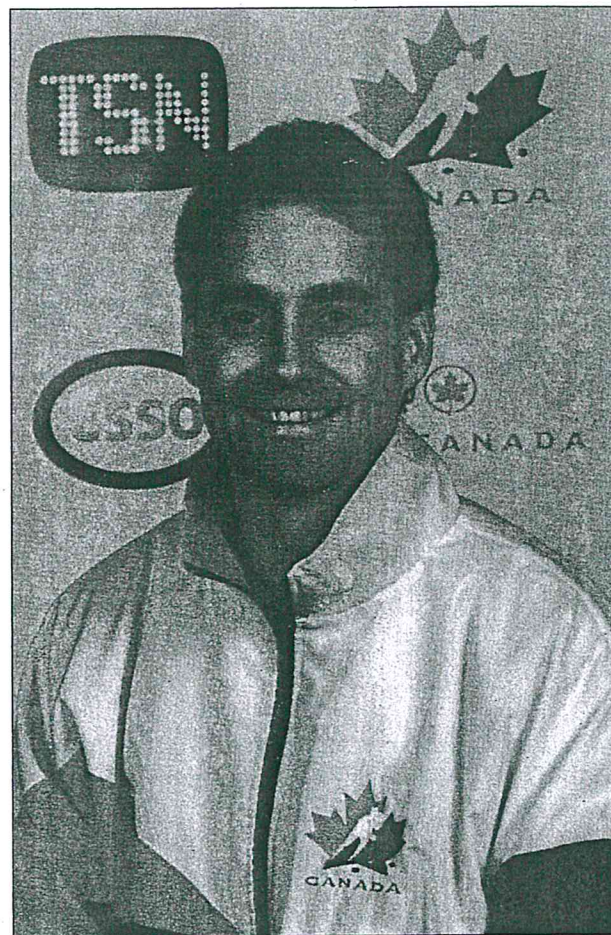
### **What does the National Team Program mean to you?**

Opportunity for players, coaches and fans . . . the National Team is a continuation of the development process of hockey in Canada and is the only program of its kind in the world.

### **Most memorable hockey moment:**

The Olympic Games in Lillehammer, Norway. Coaching in the only overtime final and shoot out in Olympic history.

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**Tom Renney**



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**MIKE JOHNSTON, ASSISTANT COACH,  
CANADA'S NATIONAL HOCKEY TEAM**

***1994-95:***

Assistant Coach with Canada's Gold-medal winning 1995 World Junior Championship Team...assistant Coach with Canada's bronze-medal winning 1995 World Championship Team.

***Career:***

The summer of 1994 appointed assistant coach for Canada's national team...assistant coach for Canada's gold medal winning 1994 World Junior Championship team...co-coach and guest coach at the U.S.A. Cup and Atlantic Cup Tournaments...1994 New Brunswick 3M Coach of the Year...Telegraph Journal Coach of the Year in 1993...McAdam Division Champions with the University of New Brunswick in 1992-93 and 1993-94...led Canada to two overtime victories and the gold medal at the 1992 Spengler Cup...guided Team Pacific to the Quebec Esso Cup for Under-17 players in 1988...coached the University of New Brunswick Varsity Reds from 1989-1994 finishing with an overall record of 76 wins, 42 losses and 7 ties.

***Personal:***

Attended Acadia University (B.P.E.), Brandon University (B.Ed.) and then completed a Master's Degree in Physical Education at the University of Calgary specializing in Coaching Science. Mike and his wife Myrna moved to Calgary from New Brunswick during the summer of 1994 with their two children, Adam and Gabrielle.

***Biggest influence in coaching:***

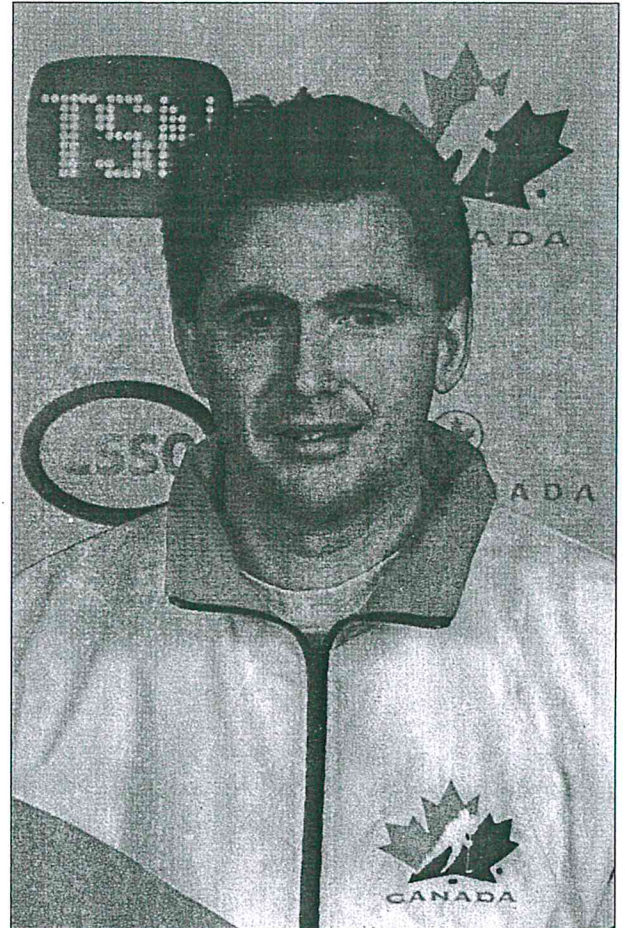
High school coach Don Bauld and University Coach, Andy Murray, who both demonstrated that practices could be fun and challenging at the same time. They were very intense people and thorough in their preparation.

***What does the National Team Program mean to you?***

Provides me with an opportunity to develop as a coach, challenge my abilities and represent Canada in the world of hockey. There is no greater thrill than playing overseas and watching the Canadian flag being raised at the end of a tournament, especially at the World Championship events.

***Most memorable hockey moment:***

Winning the World Junior Championship (1995).



***Mike Johnston***



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## INTRODUCTION

This drill manual is intended to provide you with a resource to which you can turn when preparing your practices. All drills have a definite focus but are not set out in a specific sequence in terms of progressive teaching offensively or defensively, individually or collectively. In this way you will peruse the entire manual in search of appropriate drills for your teams development.

We have attempted to provide you with a series of drills for "skills in combination" which have tempo, maximum player participation, focus on specific skills or tactics, utilize the entire ice surface, and have the ability to be easily modified to form new drills. Ultimately, it is our intention that you use the drills as a catalyst to expand your ability to develop new and exciting practices. You will notice a wide variety of names for the drills ranging from nicknames which relate to the National Team program to specific functions performed in the drill. For recall purposes, it is often important to put a label on the drill especially if you are continually varying your practices.

It is our intention that the "Best Of" drill manuals will be a publication you can look for annually as we help you expand your coaching library. Each manual will also include topics of interest, much like "The Trap", "Practice Considerations" and "Nutritional Guidelines" you see in this volume.

Enjoy the publication and thank you for taking your coaching job seriously.











Tom Renney  
Head Coach  
Canada's National  
Hockey Team

Mike Johnston  
Assistant Coach  
Canada's National  
Hockey Team





## SYMBOLS

©	Coach
G	Goaltender
F	Forward
D	Defenseman
O	Player
X	Player
	Forward Skating
	Backward Skating
	Skate and Puckhandle
	Pass
	Puckhandling and Shot
	Stopping
	Drop Pass
	Checking
	Area with Scattered Pucks and Pylons
	Pivoting



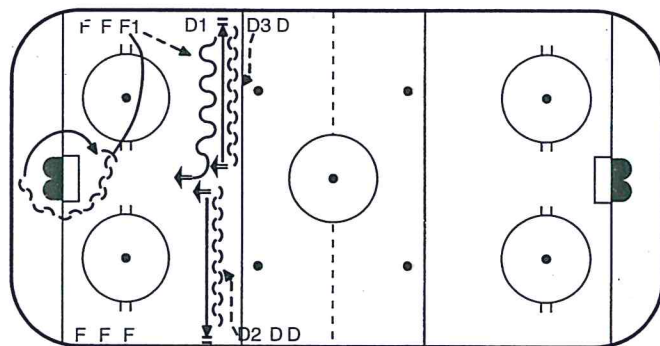
## WHEELHOUSE SPRINT & SHOOT

### Description:

- F1 passes to D1.
- D1 sprints to mid-ice and shoots with F1 screening or deflecting.
- D1 touches the far boards, backwards to center, receives a pass from D2 and shoots.
- D1 touches the boards again at the starting point, receives a pass from D3, moves to the middle and shoots.
- every time D1 touches the boards, F1 goes backward to forward around the net and gets ready for a deflection or screen.

### Teaching Points:

- D1 works on getting to mid-ice quickly and shooting.
- D1 should drag and shoot (normal shooting side) and quickly move from backwards to forwards for a shot on the opposite side.
- placement of the shot will depend on where F1 is set-up.
- goaltender must be aware of F1 (move tight to him on screen).



### Coaches Note:

The forward must establish himself quickly to deflect or screen. This is an excellent evaluation drill to test the agility, speed and shooting accuracy of your defensemen.





## SWISS SWARM

### Description:

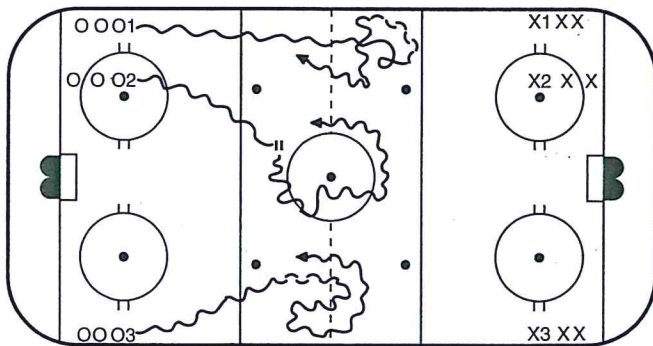
- start on the whistle
- O1, O2, O3 skate into the neutral zone and for 10 seconds perform agility skating maneuvers (forward, backward, tight turns, pivots)
- on the next whistle, O's return to the same end and the X's go
- may allow shots on goal (goalenders must make eye contact with shooters or have the 2nd and 3rd shooter delay until the goaltender is ready)

### Options:

1. quick movement with pucks
2. knock pucks off other player's sticks while keeping your own
3. one puck passing between a group of three
4. both ends at the same time
5. 6 players one puck (3 vs. 3)
6. pass to the original line on return.
7. pass to the opposite line and receive it back

### Teaching Points:

- skating maneuvers should be performed in a small space
- when passing reinforce tape to tape passes - no area passes



### Coaches Note:

Skaters must challenge themselves and each other throughout the entire neutral zone. Watch the skating skills of your players in a confined space.

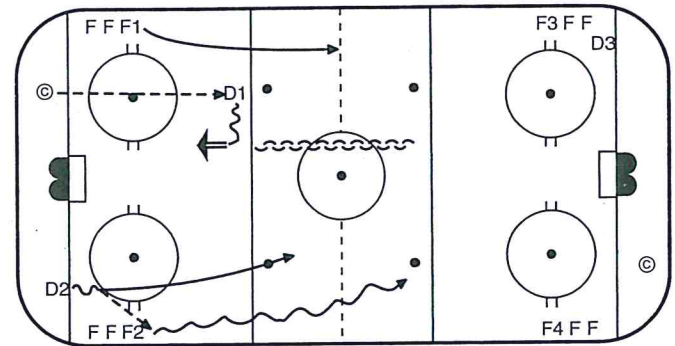
## BAUER - SECOND SHOT DRILL

### Description:

- to start the drill, © passes to D1 for a shot
- D2 passes to F1 or F2 who break-out 2 vs. 1 on D1
- D2 follows up on the play
- after the 2 vs. 1 shot, © passes to D2 for a second shot while F1 and F2 remain at the net
- D1 takes either F1 or F2 and moves them from the front of the net
- D3 passes to F3 or F4 on the break-out and the drill continues as they attack D2

### Teaching Points:

- forwards read the 2 on 1 options quickly as the puck-carrier chooses to shoot or pass
- after the point shot the defenseman must retreat quickly to take the 2 vs. 1
- net defensemen must box out in front following the 2 vs. 1 rush (get defensive side body position)



### Coaches Note:

This drill will encourage proper decisions at the net by the defenseman. Really, this is a 2 vs. 2 if you consider the fact that at the net, the goalie also has a man. The goaltender must work to control the rebound.





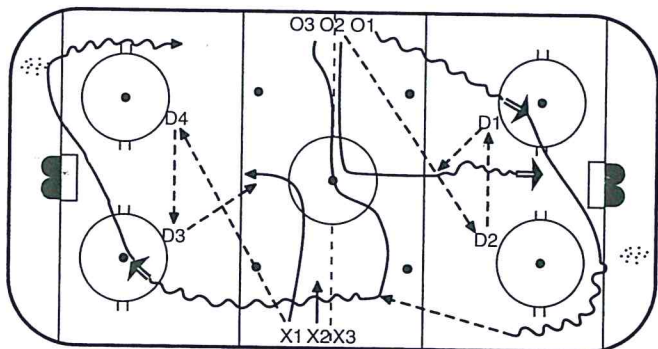
## MAPLE LEAF 4 PASS

### Description:

- O1 shoots on goal and picks up a puck in the far corner
- O2 passes to D2 who passes to D1 and after skating through the center face-off circle O2 moves in for a pass from D1 and shoots from the slot
- O3 moves with timing to receive an up pass from O1
- O3 shoots on goal at the far end, picks up a puck in the corner and continues the drill passing to X2
- X1 repeats the same routine as O2 passing to D4 who passes to D3 and after skating through the center face-off circle, X1 moves in for a pass from D3 and shoots from the slot

### Teaching Points:

- move the puck quickly for the shot from the slot
- the stretch skater should skate under control and accelerate into the pass leaving space to turn up ice
- defense must keep feet moving not planted



### Coaches Note:

This drill, like any, requires tremendous concentration from the players since there is a lot of activity. If you decide to go both ways at the same time, the activity only increases. Have your eyes up and communicate.



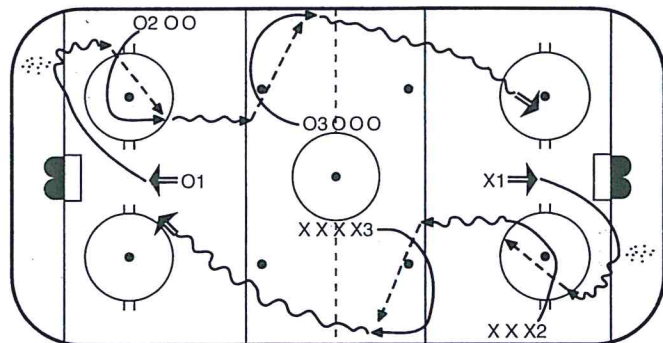
## COQUIHALLA SWING DRILL

### Description:

- to start the drill O1 and X1 shoot from the slot
- picking up a puck in the corner, O1 passes to O2, X1 passes to X2
- prior to receiving the pass, O2 and X2 curl into the center lane
- O3 and X3 curl into the outside lane
- O2 passes to O3, and X2 passes to X3
- O3 and X3 shoot on goal and continue the drill
- players advance to the next line

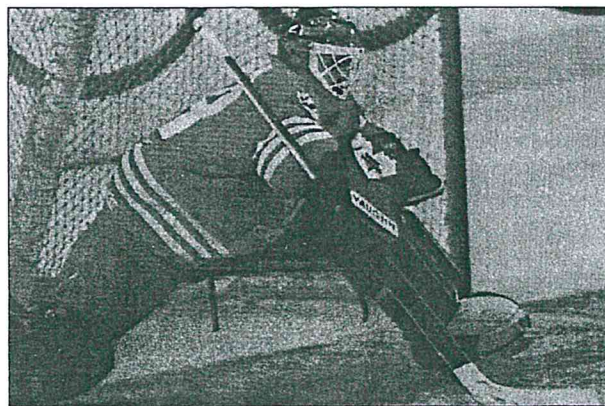
### Teaching Points:

- when exchanging lanes move with speed, eye on the passer at all times
- present a target
- accelerate into the pass
- two quick passes to gain the far blue line



### Coaches Note:

Timing, a key component to skating off the puck, is critical in this drill. The players curling should be able to do so with little prompting from the coach if they are reading properly.





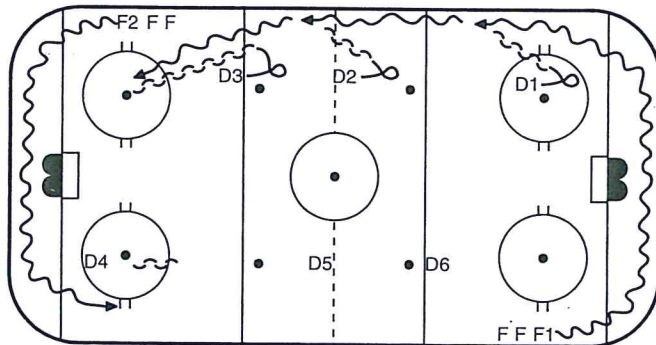
## SMOKE EATER

### Description:

- F1 and F2 skate around the net with a puck
- F1 goes 1 vs. 1 against D1, D2 and D3
- D1 defends the area between the goal line and blueline
- D2 defends the neutral zone
- D3 defends the offensive blueline to the net
- in the first two zones the forwards must stay between the boards and the face-off dot
- once F1 hits the offensive blueline he may cut to the net
- switch defensemen around after a few repetitions

### Teaching Points:

- forwards should use deception and change of pace skating to beat the defense
- defensemen when closing the gap pivot to the inside, forcing the puck-carrier up the boards
- forwards must keep their feet moving after contact
- one hit and the defense must let the forward go by
- if the forward loses the puck the defense must let him pick it up and continue



### Coaches Note:

The defense should be moving their feet while forcing the forward to the outside as they approach. Standing still to defend will not work.



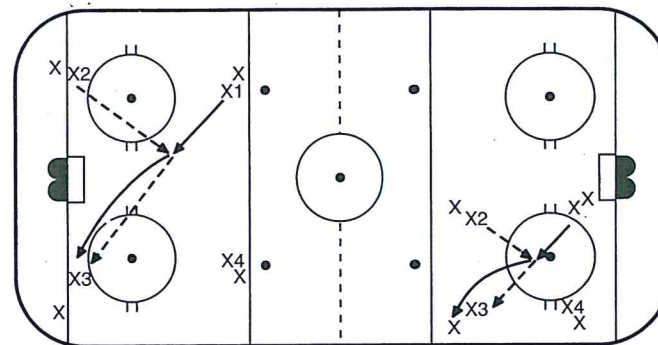
## WINDSOR ONE-TOUCH

### Description:

- X1 skates through the center of the box, receives a pass from X2 and passes to X3
- X2 skates through the center (with timing) receives a pass from X3 and passes to X4
- repeat with X3
- after passing, follow your pass to the back of the line
- drill is continuous
- may be performed by several groups at the same time using all areas of the ice

### Teaching Points:

- with young players, delay sending the skater until the receiver has the puck under control
- older players may use one-touch passing skills
- timing is essential; the player should be hitting the center of the box with speed at the same moment the pass is made



### Coaches Note:

Stick blade on the ice while passing and receiving. Reinforce controlling the puck in reception then pass quickly. This drill may be performed anywhere on the ice using a large or small box.





## GOLDEN BEAR 1 ON 1 DRILL

### Description:

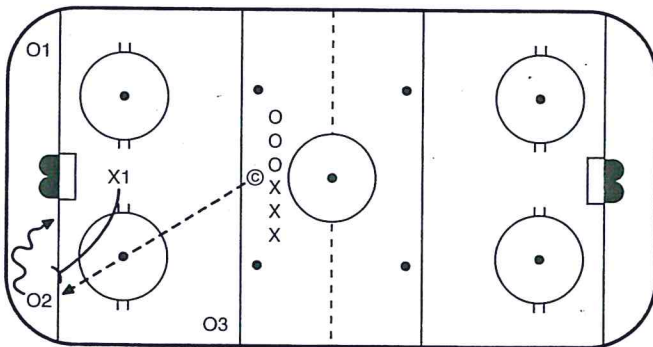
- O1, O2 and O3 set up in the designated areas
- X1 starts in front of the net and returns after every whistle
- © may pass to any of the offensive players
- once a pass is made X1 leaves the front of the net and plays the 1 vs. 1
- © may vary the drill by giving a direct or indirect pass to the offensive players
- X1 plays all three 1 on 1's

### Progression: (Diagram #2)

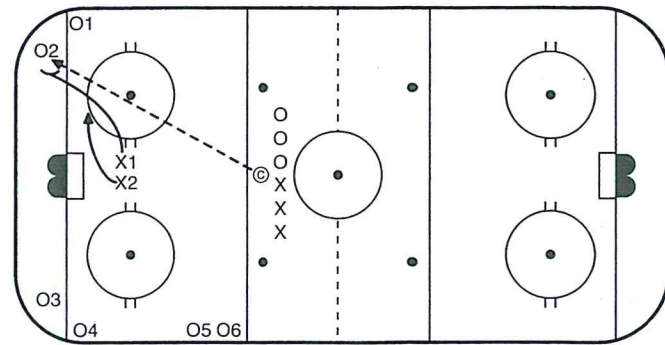
- use two checkers and two offensive players in each of the three positions
- communication is essential between the two checkers
- one defender must pressure while the other supports reading the available options

### Teaching Points:

- the defender must take an approach angle keeping eyes up on the offensive player
- close quickly on poor passes or loss of possession
- when checking, the defender should have one hand on the stick keeping the free hand ready to deflect the offensive player to the outside
- forwards or defense may play the checking position
- sometimes the defender will be able to pressure quick trying to get the pin while at other times may resort to contain checking

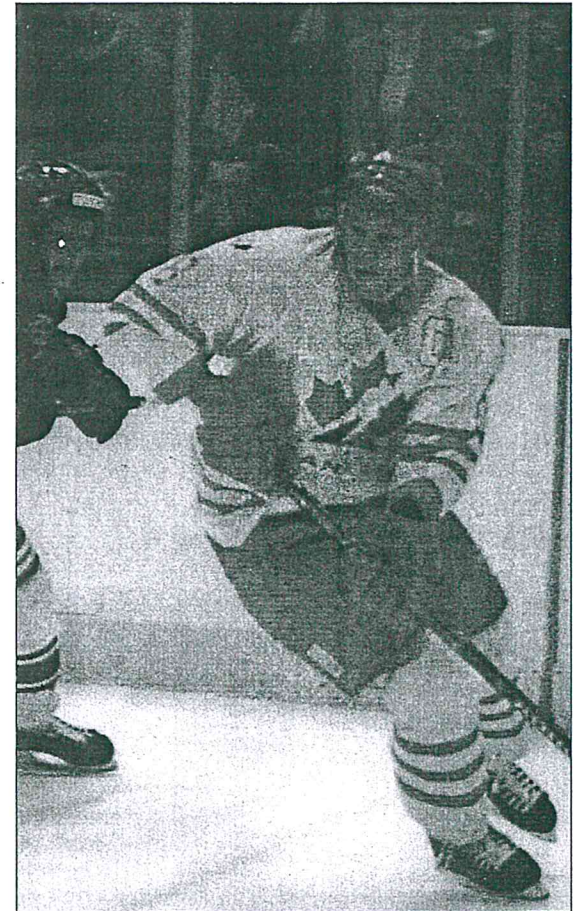


## GOLDEN BEAR 1 ON 1 DRILL (CONT.)



### Coaches Note:

An excellent drill for evaluation and teaching both defensive and offensive tactics. Communication becomes important as you build on this drill.





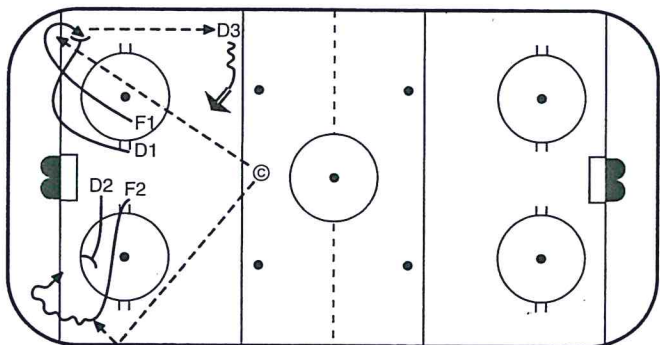
## WATERLOO BOX OUT DRILL

### **Description:**

- F1, F2, D1 and D2 start in front of the net
- © spots puck for F1
- F1 passes to D3 for a point shot
- D1 must prevent F1 from getting back to the net using body position and contact
- D2 must move F2 away from the screen position
- after the first shot © spots a second puck
- F2 retrieves the puck and goes 1 vs. 1 against D2
- D2 must stay in front until F2 touches the puck
- F2 may pass to F1, therefore D1 must support D2 defensively

### **Teaching Points:**

- defense learn to get body position on forwards before they move to the net
- work on coverage and awareness away from the puck
- on the second puck forwards must support each other to make the coverage difficult
- D1 and D2 must communicate coverage on the 2nd puck



### **Coaches Note:**

Another excellent evaluation drill for both the defenseman and the forwards. As well, an initial progression to this drill may be D1 and F1 playing both pucks. In this case, D1 cannot leave the front of the net until F1 gets to the second puck. This provides two different circumstances for both players.



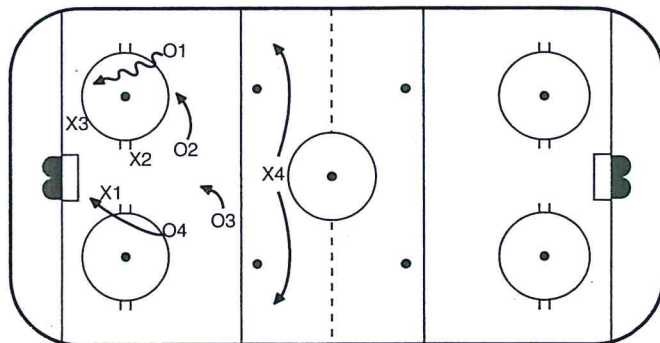
## LONE RANGER

### **Description:**

- 3 X's vs. 4 O's in the zone
- X4 stays outside the blue line and moves to support the outlet pass
- the O's play 4 vs. 3 until the X's get the puck and pass it directly to X4 then the X's play 4 vs. 3 and one O stays outside the blue line
- play for a set time or score

### **Teaching Points:**

- the defensive team must get possession and put themselves in a position to pass directly to their teammate in the neutral zone
- key area to work on is quick and close offensive support because of the extra player
- stress communication offensively and defensively



### **Coaches Note:**

Encourages good positioning defensively as well as enhancing awareness (head on a swivel) of the puck. May also be used as a power play drill for the group with the man advantage in a 4 on 3 or possibly a 5 on 4 situation.





## NEEPAWA CHIP PASS DRILL

### Description:

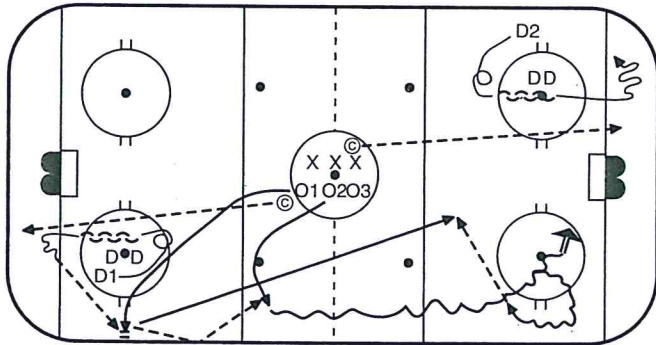
- © passes the puck low in the corner as D1 moves to the top of the circle
- D1 skates forward to the top of the circle and then goes backward and pivots to get the puck
- D1 passes to O1 who has moved to be an outlet on the boards
- O1 banks (chips) the puck off the boards to O2 who calls for the puck
- O2 may drive and shoot or delay and pass to O1
- the X's go at the same time on the other side of the ice

### Progression:

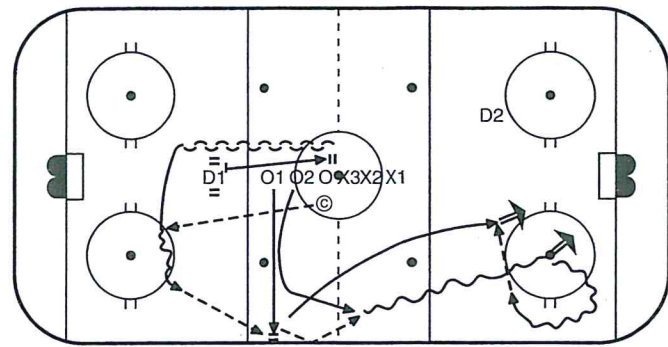
- © spots the puck inside the blueline
- D1 skates forward to center then goes backward and pivots to get the loose puck
- D1 retrieves the puck and passes to O1 on the boards in between the blue and red lines
- O2 calls for the puck and O1 chips it off the boards
- O2 may shoot or delay

### Teaching Points:

- this is a drill to beat pinching defensemen in the defensive or neutral zone
- communication is key as well as quick and close support
- the defense must turn the puck up ice quickly
- forwards should recognize where to pass the puck off the boards



## NEEPAWA CHIP PASS DRILL (CONT.)



### Coaches Note:

Not every pass has to be, or can be direct. Passes in behind defenders for a teammate to skate into are excellent methods of moving the attack with speed, and are effective against teams who try to "sit up".





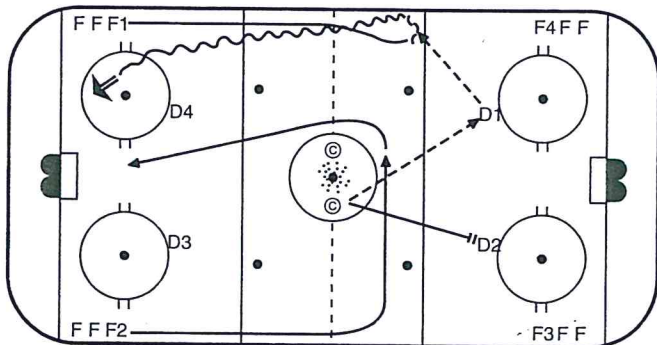
## RIDEAU SUPPORT DRILL

### Description:

- F1 and F2 skate down the boards toward their defense
- one © passes to D1 or D2
- one of the two coaches must pressure D1 or D2
- if D1 has the puck and © pressures, D1 passes to D2 and F2 supports the boards while F1 moves to mid-ice
- if D1 has the puck and © pressures D2 (diagram), D1 keeps the puck and passes to F1 supporting the boards while F2 moves across the ice
- double drive on entry for a wide shot or pass

### Teaching Points:

- coaches must vary their strategy of who passes and who pressures
- teaches the forwards to read pressure and to support accordingly. One forward should support the boards as an outlet and the other should move quickly across ice to support the first pass
- wide forward becomes an option by moving off the boards
- read and react quickly



### Coaches Note:

This drill encourages the defensemen to read the checking pressure and move the puck accordingly. It also challenges the forwards to read the same checking pressure and move to support the puck and each other.



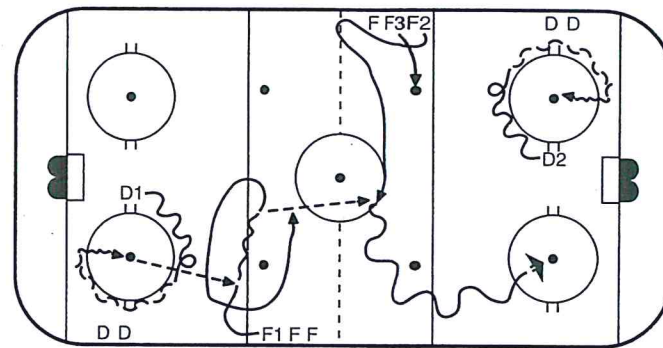
## SIGNAL HILL TIMING DRILL

### Description:

- D1 skates forward to backward around the circle with puck, skating up ice at the bottom of the circle
- D1 passes to F1 who jumps off the boards into the opening
- F2 accelerates into mid-ice receiving a pass from F1 and drives wide for a shot on goal
- F1 curls back to the original line and while moving prepares to receive a pass from F3 who is repeating the drill with D2 on the other side
- this drill is continuous

### Teaching Points:

- defensemen work on transition-skating and passing quickly after pivoting from backward to forward
- control skating for the forwards as they prepare to accelerate through the neutral zone
- use timing to accelerate at the appropriate moment for the mid-ice pass



### Coaches Note:

Once again, eye contact with the puck-carrier is essential. This eye contact is a non-verbal way to suggest "I'm ready".





## PLUNGER ONE-TOUCH AND UP

### Description:

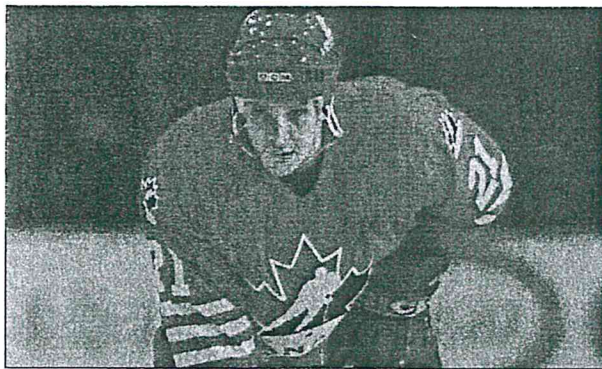
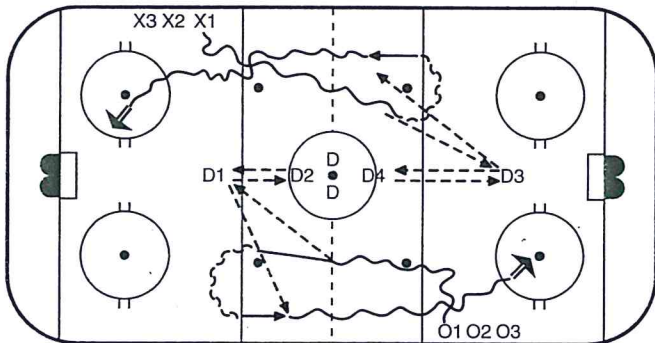
- O1 passes to D1 and skates toward the far blueline pivoting backward to forward, keeping eye contact with D1
- D1 passes to D2 then back to D1
- D1 passes to O1 who uses an open pivot to receive the pass up the boards
- X1 goes at the same time passing to D3

### Progression:

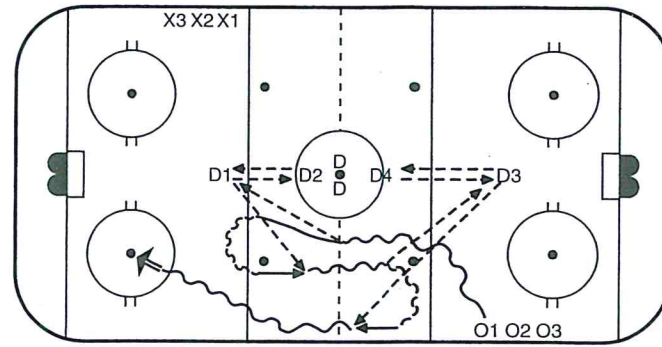
- while skating back up ice O1 passes to D3, D3 passes to D4 and return
- O1 performs an open pivot once again to the boards
- D3 passes to O1
- O1 shoots at the opposite end
- X1 is going at the same time

### Teaching Points:

- eye on the passer
- use open Mohawk pivoting technique to present a good target or a tight turn with head on a swivel
- accelerate into the pass
- encourage one-touch passing between defensemen while their feet are moving



## PLUNGER ONE-TOUCH AND UP (CONT.)



### Coaches Note:

The Mohawk turn or open pivot allows for eye contact with the puck-handling defensemen at all times. The key is to have your feet moving into and out of the Mohawk. You may wish to have forwards execute a tight turn toward the boards, however maintaining eye contact is essential.





## ST. MIKE'S TRANSITION DRILL #1

### Description:

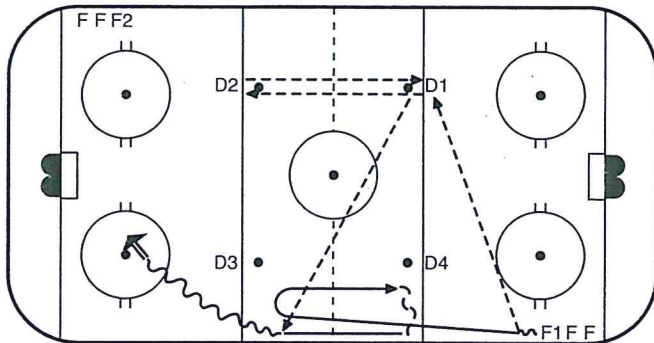
- F1 passes to D1 and breaks for a return pass up ice
- D1 passes to D2 simulating a turnover
- F1 backchecks (quickly turns to backcheck)
- D2 passes back to D1
- now F1 opens up for a wide out pass (Mohawk or glide turn) from D1 and drives the outside lane for a shot
- both sides at the same time

### OPTION

- F1 moves across through mid-ice for a pass from D1
- drive wide and shoot
- F2 works with D3 and D4 at the same time

### Teaching Points:

- change of pace skating for the forwards
- keep your eye on the puck
- defense must exchange the puck with authority but pause after each pass for F1 to adjust



### Coaches Note:

Be sure your players understand this is transition skating as they adjust to possession of the puck. Sometimes allow the defense to pass directly back to the forward to ensure they break for the potential first pass up ice.



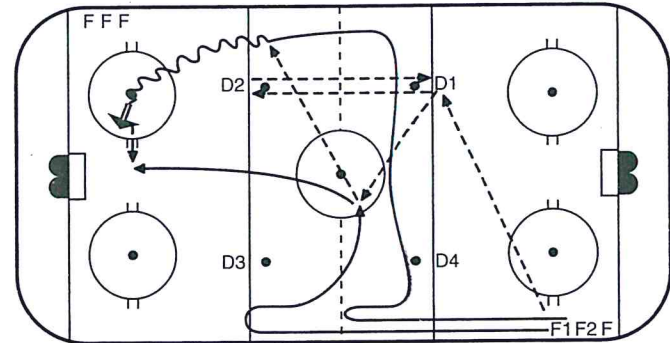
## ST. MIKE'S TRANSITION DRILL #2

### Description:

- F1 passes to D1 and accelerates for a return pass
- F1 goes to the far blue line, F2 follows F1 to the red line
- D1 passes to D2 simulating a turnover
- F1 and F2 backcheck towards their original line
- D2 passes back to D1 simulating possession-regaining
- F2 moves across ice to the wide lane
- F1 gets a mid-ice pass from D1
- F1 passes to F2 in the wide lane
- double drive for a shot and rebound or F2 may pass to F1 in the low slot

### Teaching Points:

- transition skating for the forwards
- maintain visual contact with the passer
- puck-carrier always drives wide and the mid-ice skater drives through the slot with stick on the ice
- F1 must work hard to get to the far blue line, and F2 to the red line so as to ensure appropriate support as they come off the boards



### Coaches Note:

Puck control is important as the puck is moved from the defense to the forwards . . . as much as possible, forwards should show their forehand when receiving the pass. Passing wide and then driving the mid lane is an effective strategy to back up the opposition defense and open up the slot.





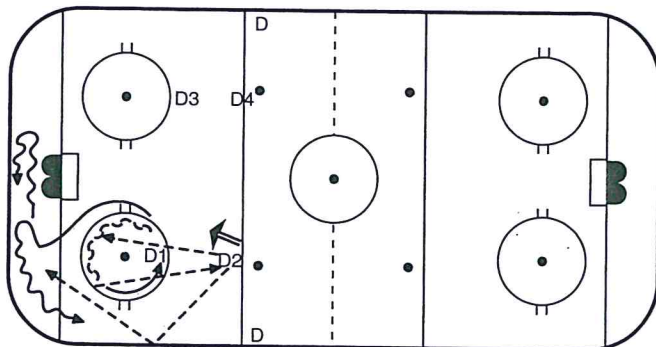
## KINGSTON BREAK-OUT DRILL

### **Description:**

- D1 starts backwards around the inside of the circle, pivots to forward at the bottom of the circle and up the other side
- while skating, D1 exchanges the puck with D2
- after the second time around D2 lays puck low into the corner
- D1 may do one of three things:
  - a) quickly turn the puck up ice
  - b) drive the back of the net and turn back
  - c) drive the back of the net, stop and step out on the same side
- pass to D2 who shoots on goal
- may add a coach or player to act as a forechecker especially on the quick turnback

### **Teaching Points:**

- stay on the perimeter of the circle
- don't attempt too many passes when skating around the circle
- when retrieving the puck use deception and look up ice when moving behind the net to simulate reading the break-out options



### **Coaches Note:**

Coaches should encourage players to utilize deception when retrieving the puck and "look away" skills when passing.



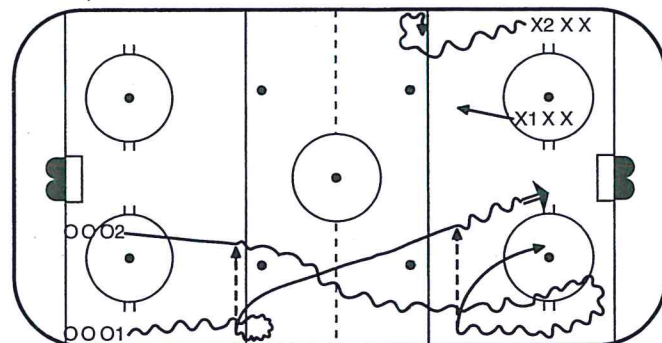
## PORTAGE AND MAIN DELAY DRILL

### **Description:**

- O1 skates over the first blueline and delays to the outside
- as O1 delays, O2 skates for the pass
- O2 carries the puck wide now, drives through the end face-off circle and delays toward the boards
- O1 comes late into the play receiving a pass from O2 for a shot on goal
- O2 follows in for the rebound
- X's go at the same time on the other side

### **Teaching Points:**

- use a tight turn delay
- delay wide to the outside and move back down the ice (don't turn on the spot)
- receiver must come late into the pass rather than forcing the passer early
- call for the puck when breaking into the opening



### **Coaches Note:**

This tactic is excellent for teaching puck control with attention given to the "backhand" and "wrist across" manoeuvre for tight turns. In game situations, the delay should be used to gain time and space when under checking pressure and no options are available. By delaying wide and moving back up ice in the offensive zone, this will normally create coverage confusion for the defensive team.





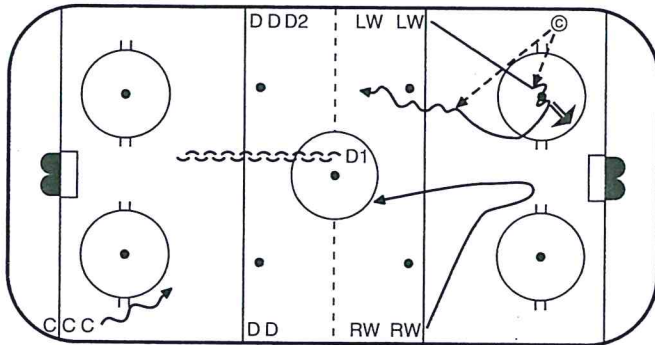
## DINOS 15 GOAL DRILL

### Description:

- © passes to LW or RW for a shot on goal
- © gives LW or RW a second puck for a 2 vs. 1 back against D1
- after the 2 vs. 1 shot the centre (C) passes to LW or RW and joins the rush for a 3 vs. 2 back against D2 with D1 chasing
- © passes to the high slot man after the rush (usually the center coming up late) and he goes back in the other direction for a breakaway with D2 chasing
- start again with the next line
- the TEAM must score 15 goals before the drill ends

### Teaching Points:

- good combination drill for the goaltenders with a variety of game situations
- players must think quick
- defense play a variety of situations including some where they are chasing down the rush
- both fun and challenging for all positions



### Coaches Note:

Conditioning is hidden in this drill . . . they'll love you for it!



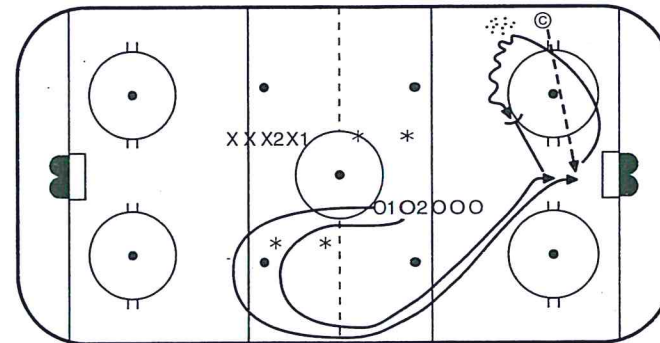
## ST. LAWRENCE DOUBLE CHECK

### Description:

- O1 skates around the second pylon and wide down the boards
- O2 is the back-checker and skates around the first pylon to cover O1
- O1 must stay down the boards until the blueline
- O2 bumps O1 along the way and uses body position to prevent O1 from cutting inside
- at the blueline O1 tries to get open for a pass from the ©
- O2 prevents O1 from getting the pass
- after the first puck is passed O1 comes up and gets a second puck from the ©
- O2 tightens up to play the 1 vs. 1 back to the net

### Teaching Points:

- the back-checker should make early contact but cannot interfere with the skater's progress (obstruction rule). Protecting the middle of the ice is key
- the back-checker tries to watch the offensive player and also keep an eye on the © to see when the pass coming
- tie up the offensive player's stick around the net



### Coaches Note:

This drill among other things will help you identify the offensive player's determination in "getting free" for the pass. Body position as well as knowing when the pass is coming are important reminders for the back-checker. Be sure to teach the back-checker to move their feet and to avoid hooking, holding or slashing.



## PACIFIC OPEN UP DRIVE DRILL

### Description:

- O1 and O2 exchange the puck as they go up ice
- the puck-carrier passes to the © in the neutral zone
- O1 and O2 switch lanes and skate backward facing the coach
- © passes the puck when the players have retreated to approximately the blueline
- O1 and O2 pivot quickly in transition
- the puck must cross the blueline in the outside lane; therefore if the mid-ice player gets the puck he may pass, or skate into the wide lane
- shoot early when crossing the blueline and play the rebound
- both sides go at the same time

### Progression: (Diagram #2)

- put a defenseman in for the © and after passing back to the forwards take the attack 2 vs. 1
- in this sequence, the puck does not have to enter wide, but the players must stay on their own side of center

### Teaching Points:

- quick transition skating after receiving the puck while skating backward
- use several different ways to make sure the puck enters the blueline in the wide lane

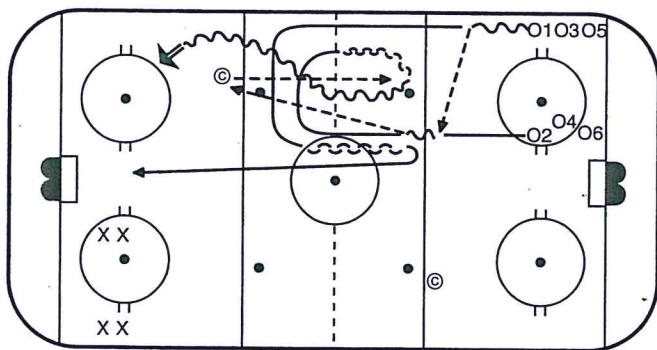
i.e. O2 carries the puck

O2 chips the puck off the boards to O1 who drives

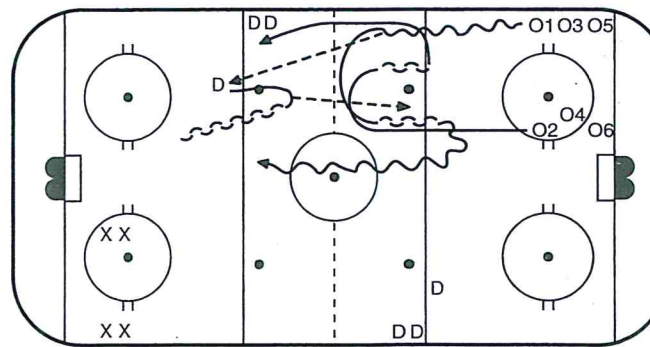
O2 passes to O1 who crosses to take the wide lane

O1 carries the puck into the wide lane forcing the cross

O1 passes to O2



## PACIFIC OPEN UP DRIVE DRILL (CONT.)



### Coaches Note:

As the forwards retreat have them do so quickly, working their way back to the far blueline, then have them get the pass back at different locations on the ice. Be sure your players accelerate as they retreat to take the pass and as they "step up" to attack. Players may use a variety of attack options including double drive, cross and carry, cross and drop, or cross and lateral feed.





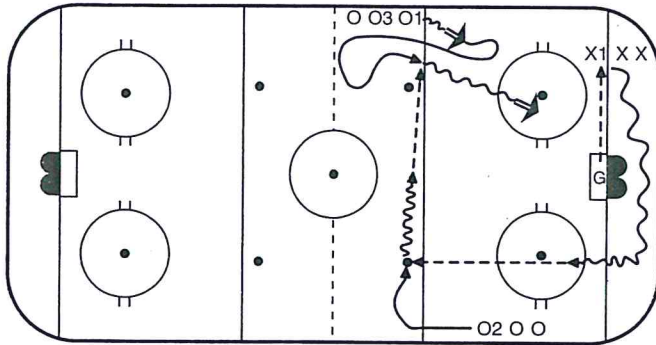
## PETERBOROUGH PASS UP

### Description:

- O1 takes an easy shot on goal which the goaltender controls and passes to X1
- X1 skates behind the net
- O2 receives the stretch pass from X1
- O1 after shooting comes outside the blueline and moves to accept a pass from O2
- O1 drives wide and shoots
- O3 starts the drill again with a shot on goal and all players advance to the next line

### Teaching Points:

- timing for O2 and O1
- O1 must control their speed in the neutral zone to accelerate into the pass from O2 without going offside
- goaltenders may use a one hand or two hand pass after controlling the shot



### Coaches Note:

Goaltenders are very much involved in transition. This drill should identify the upper body strength of your goaltenders along with general skills in stopping and ultimately passing the puck up ice quickly.



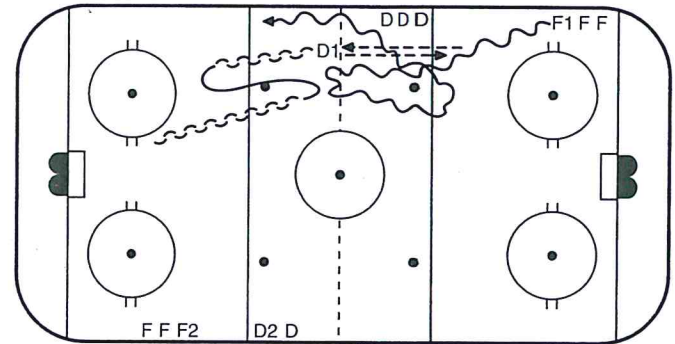
## ATLANTIC 1 VS. 1

### Description:

- F1 and D1 pass the puck several times as D1 skates backwards and F1 skates forward
- once F1 gets to center or D1 backs up to the far blueline, F1 takes the puck back crossing the original blueline
- F1 now attacks D1 staying on one side of the ice
- D1 must cross center ice before retreating to take the 1 vs. 1

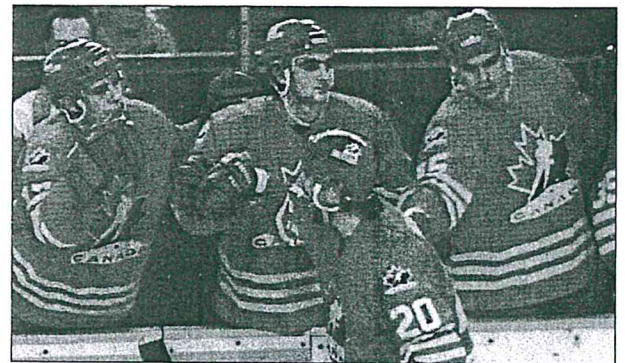
### Teaching Points:

- defense tighten up on the forward quickly
- defense should pivot inside to keep the forward in the outside lane
- forward tries first to get the outside lane and drive behind the defense or if this is closed cut back inside to the slot area. Recognize if the open ice is in front or behind the defense



### Coaches Note:

Another very good transition drill for both the defensemen and the forwards. You can also move this drill inside the blueline and have the forward turn back (delay) at the hash marks forcing the defenseman to play him tight.





## BRANDON DOUBLE BACK DRILL

### Description:

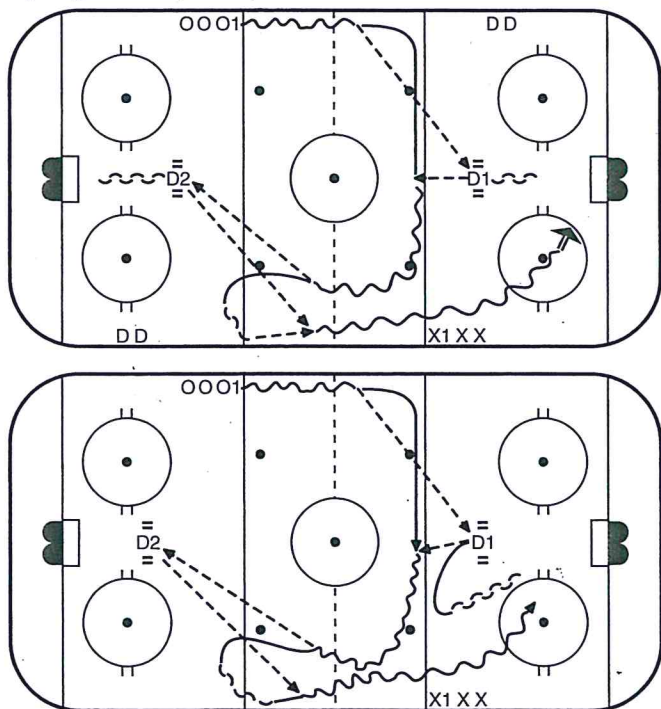
- O1 and X1 leave at the same time with pucks (diagram only shows O1)
- O1 passes to D1 and X1 passes to D2
- O1 and X1 receive a return pass in mid-ice and skate up the wide boards
- O1 now passes to D2 and X1 to D1
- O1 and X1 must touch the blueline and use an open pivot for a return pass
- O1 and X1 drive wide for a shot

### Progression:

- if players leave together on the whistle and are able to execute clean passes, play a 1 vs. 1 back to the net on the second sequence
- D1 comes up to play O1 (1 vs. 1) and D2 does the same against X1

### Teaching Points:

- defense must concentrate on their passes for the drill to flow smoothly
- forwards must receive the puck clean (without juggling the pass)
- defense after the final pass must close the gap by tightening up on the forwards and pivoting to mid-ice (progression phase)



### Coaches Note:

Whether the forwards pivot to receive the second pass or curl to do the same, eye contact is critical, so too is showing a good passing target with your stick.

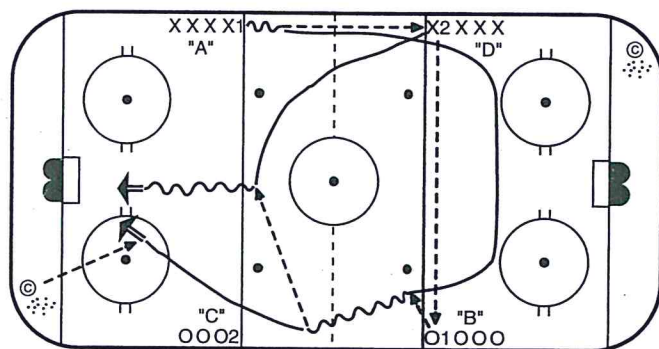
## KLONDIKE CONNECT DRILL

### Description:

- X1 passes to X2, X2 passes to O1
- X1 moves with timing to accelerate into the pass from O1
- X1 controls the pass and quickly headmans the puck to X2
- X2 drives wide or through the middle and shoots
- © passes to X1 for a second shot
- may use a variety of attack options
- drill continues with O1 passing to O2 (lines go in sequence: A, B, C, D)

### Teaching Points:

- the first player must move low into the zone (between the circles and blueline) to allow time for a cross-ice pass or higher, forcing one-touch passing
- head man the puck quickly
- accelerate into receiving areas
- player away from the puck must "communicate" by calling for the pass
- during games this may be a penetrating pass between the opponent's defense



### Coaches Note:

To encourage a middle drive, X2 may carry the puck into the offensive zone with a good outside drive, then feed X1 who drives the middle lane. This drill teaches smart skating off the puck as X2 moves laterally across the ice to shorten the pass.





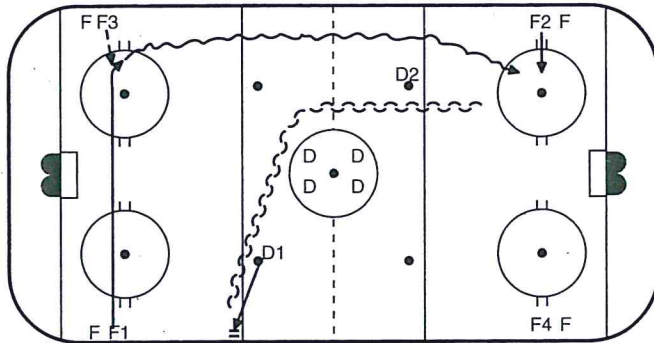
## OLYMPIC 1 VS. 1

### Description:

- F1 and F2 start on the hash marks tight to the boards
- D1 and D2 start on the face-off dots
- on the whistle F1 and F2 skate straight across the ice through the opposite face-off dot and receive a pass from F3 and F4
- D1 and D2 touch the boards and skate backwards around the outside of the circle
- D1 plays F1 and D2 plays F2 (1 vs. 1)
- D1 and D2 are not allowed to pivot until they reach center
- F1 and F2 must stay wide along the boards until center then attempt to cut in front or behind the defenseman for a shot on goal

### Teaching Points:

- defense must quickly cross over laterally to catch the forwards
- forwards read the open ice when attacking and decide quickly to drive or cut to the middle
- regulate the rules of the drill (where the players start and their skating pattern) to suit the speed of your forwards



### Coaches Note:

This is an excellent evaluation drill to recognize the mobility of your defense group as they attempt to play the rushing forward after cutting across the ice.



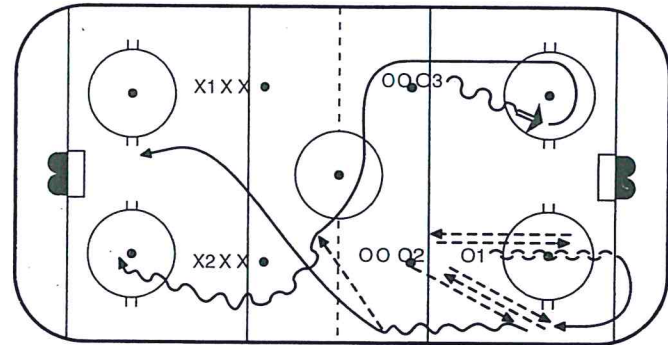
## MOOSEJAW DRIVE DRILL

### Description:

- O1 skates backward while passing with O2
- O1 pivots and takes a pass along the boards
- exchange puck with O2 one more time
- at the same time O3 shoots on goal and skates below dot and through the neutral zone preparing for a mid-ice pass between the two lines
- both players drive the net and the puck may be passed or shot quickly

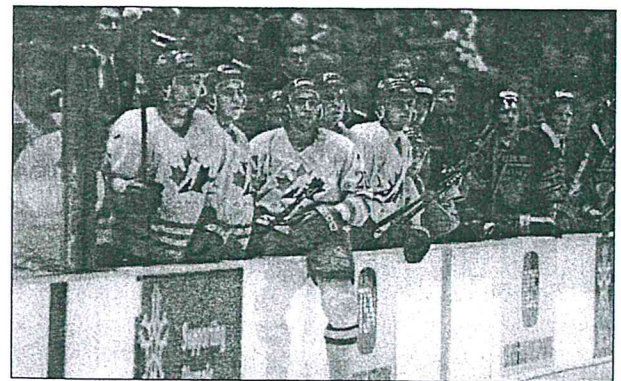
### Teaching Points:

- quick puck movement to initiate the drill
- teaches quick and close support by the player skating off the puck
- timing away from the puck
- control the drill with the whistle, as both groups go at the same time



### Coaches Note:

Passing while retreating is an important skill . . . as well the pivot to forward skating and the acceleration out of the pivot are key skills to evaluate. Remember in game situations support always overrides positional play.





## STAMPEDE ANGLING DRILL

### Description:

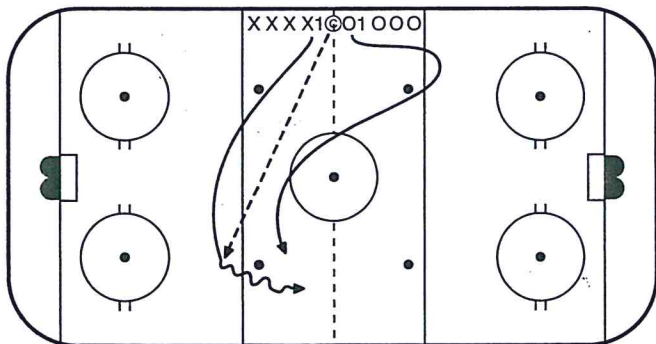
- © passes the puck anywhere on one side of the ice
- the first player in line (X1) goes to get the puck
- the first player in the opposite line (O1) must skate below the blueline and then close up on X1
- play a 1 vs. 1 in open ice for 10-15 seconds
- on a turnover the roles are reversed as both players attempt to score

### Progression: (Diagram #2)

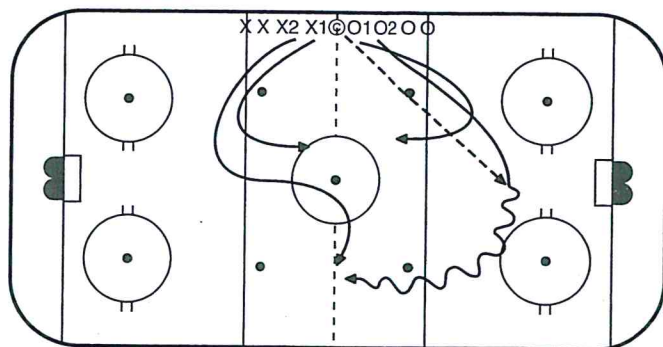
- add two players from each side
- the two checkers must communicate who has the puck-carrier and who will cover the open offensive player
- again on a turnover the roles are reversed

### Teaching Points:

- to prevent the offensive player from getting a scoring opportunity the defender must:
  1. close up quickly
  2. take the mid-ice away and angle the puck-carrier to the outside, encouraging the offensive player to skate wide
  3. eliminate the option of the attacking player cutting back to the inside through stick and body placement
  4. once the offensive player tries to take the wide lane the defender closes quickly to finish the check along the boards
- do not allow the defenders (even defensemen) to turn and skate backwards - this is an angling drill

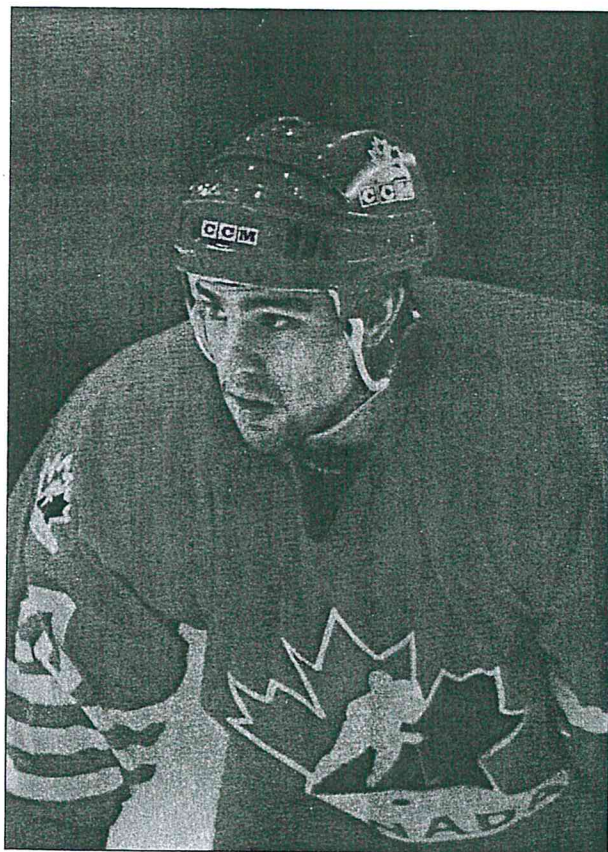


## STAMPEDE ANGLING DRILL (CONT.)



### Coaches Note:

As the defensive player, it is important to protect the middle of the rink, deflecting the attack to the outside. Do so with your feet moving and use your stick to eliminate movement to the inside. You can imagine how this drill can help you evaluate the general checking skills of your players. Beyond that, it will continue to be a great teaching drill.





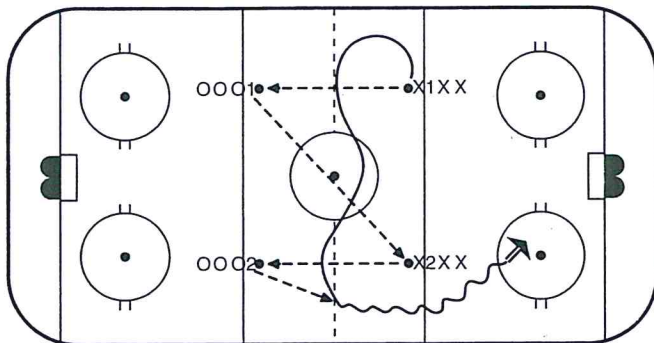
## CHARLOTTETOWN TRIPLE THREAT DRILL

### Description:

- X1 begins the drill by passing to any player at the beginning of the other three lines
- the puck must be passed to the first player in each line in any order before returning to X1
- X1 must present a passing option to each line and accept the final pass wide
- return to the same end by driving outside the lines for a shot
- repeat with each line in order (designate lines 1-2-3-4)
- may use 2 players at once and execute a double drive on the attack

### Teaching Points:

- show your stick at all times
- eye on the passer (swivel head)
- move under control but with speed
- accelerate wide on the final pass
- may be a difficult concept for younger players



### Coaches Note:

Call for the puck and explode as you attack the blueline, attempt to shoot in stride and follow the shot to the net . . . touch the post. This drill will demonstrate your player's understanding of the support concept.



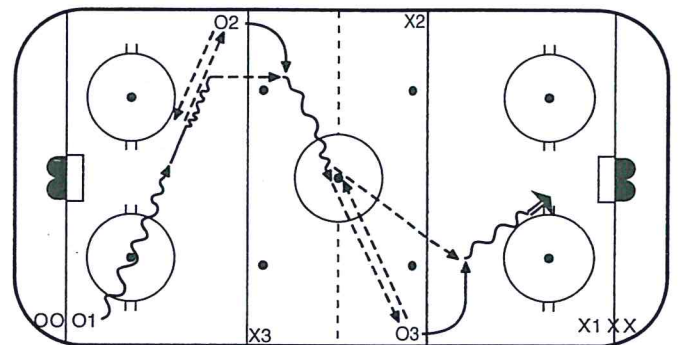
## PRONGHORN JACKHAMMER DRILL

### Description:

- O1 skates across the ice, passes to O2 who returns the puck quickly
- O2 moves to open ice making himself available for another return pass from O1 (O1 replaces O2 in line)
- O2 passes to O3; O3 returns the puck quickly and moves to get open and then receives a return pass from O2 (O2 replaces O3 in line)
- O3 shoots on goal
- X's are going at the same time
- the drill is continuous

### Teaching Points:

- use quick passing and receiving skills
- when moving to get open skate so that you receive a lateral pass
- show a target (blade of stick) in preparation for the pass



### Coaches Note:

Present good targets with stick down for the passer. The one-touch pass should not include slapping the puck. This drill helps develop soft hands. The player receiving the pass must explode from a stationary position.





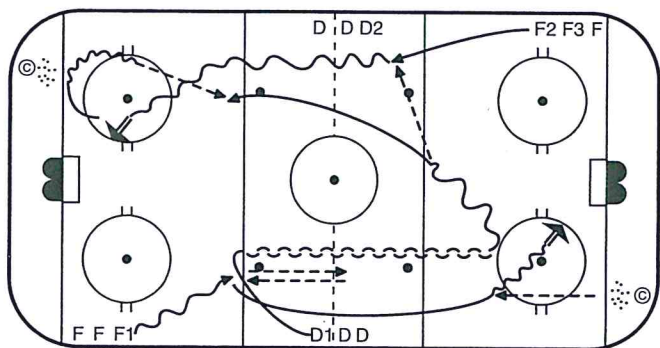
## THUNDERBIRD QUICK UP DRILL

### Description:

- F1 and D1 pass the puck several times as they go down the ice - D1 is skating backward, F1 skating forwards
- once inside the blueline D1 jumps up ice passing to F2 on the fly (vary the depth from which he jumps)
- D1 follows up on the rush to the offensive blueline
- F1 receives a pass from the © for a shot
- F2 after the first shot, gets a second puck, passes to D1
- F3 begins with D2

### Teaching Points:

- one-touch passing between the defenseman and the forward as they go down the ice
- defense pivot quickly from backward to forward and head man the puck
- defense follow the rush, gaining the offensive blueline quickly
- F1 must move into a scoring position before receiving a pass from the © (try not to get too close to the net)



### Coaches Note:

This drill will develop the transition skills of your defensemen as they "unweight" and step up quickly to pass to the forward.



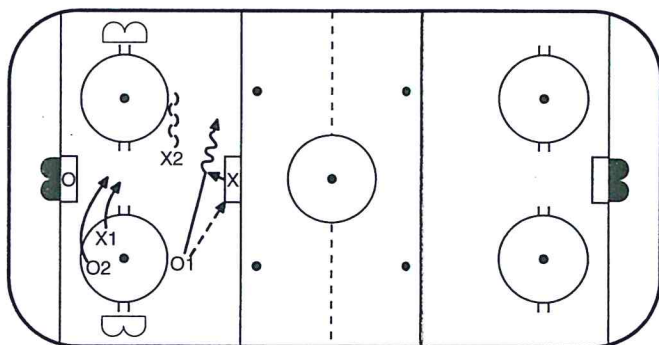
## GASPÉ RELAY DRILL

### Description:

- two teams
- one player from each team stands in the box area (use the crease, and draw a box with spray paint at the blueline)
- play 2 vs. 2 across the ice
- players may pass to their teammate in the box
- the two players in the box may:
  1. hold the puck for 3 seconds
  2. shoot on goal
  3. pass to teammates
- on the whistle switch all players including those in the box

### Teaching Points:

- encourage quick puck movement
- support is important both offensively and defensively
- angle and ride your check defensively
- use the box player in transition
- provide options offensively when the box player has the puck



### Coaches Note:

Very good small ice drill which encourages quick support both offensively and defensively. Great to evaluate the "instincts" of your players. Keep score and make it fun for your players.





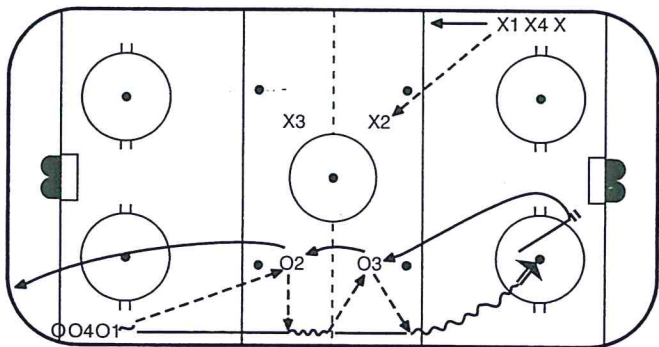
## COLTS SHOOT AND REPLACE

### Description:

- O1 passes to O2, and O2 passes back to O1
- O1 passes to O3 and receives a return pass then drives for a shot on goal
- after the shot O1 replaces O3 and O3 replaces O2; O2 returns to the line
- O4 begins
- X's are going at the same time

### Teaching Points:

- make the first pass early
- show a target with the stick on the ice
- when appropriate, use the backhand for passing and receiving
- shoot in stride, and stop at the net before returning to replace the passer
- return quickly to replace the passer, this simulates backchecking



### Coaches Note:

To encourage good work habits and going to net after each shot, have the shooter touch the post before coming back. For younger players who need more time to control each pass, spread out the players in the neutral zone. (O2 and O3)



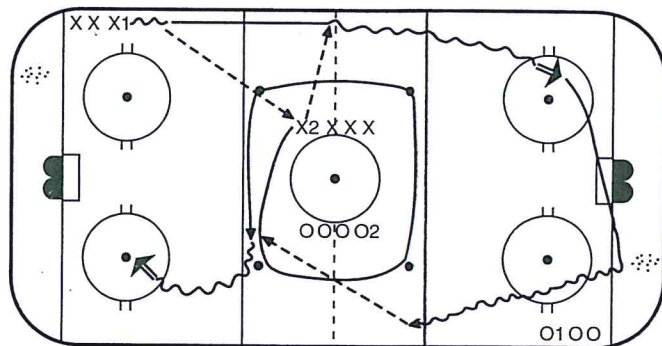
## FLAMES TIMING DRILL

### Description:

- X1 passes to X2 and receives a return pass
- X1 shoots on goal then picks up a puck in the opposite corner
- at the same time after passing to X1, X2 skates counter clockwise through the NZ receiving a stretch pass from X1 at the far blueline
- O1 and O2 go at the same time

### Teaching Points:

- while skating the stretch pattern keep an eye on the passer
- accelerate into the passing area once X1 or O1 get to the blueline
- no two line passes unless allowed by league rules
- keep the lines tight together in the neutral zone providing room for the stretch skater



### Coaches Note:

It is important to have the receiver skate through the four dots while moving off the puck . . . this will encourage smart movement and force the execution of good timing.





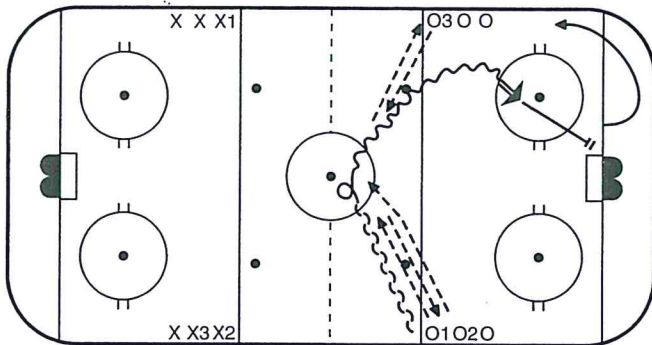
## SWEDISH ONE-TOUCH AGILITY

### Description:

- O1 skates backward and receives a pass from O2, then returns the puck and receives it back again
- pivot to skate forward, pass to O3 and receive it back, drive wide for the shot
- touch the post following the shot
- O1 goes into the opposite line

### Teaching Points:

- use one-touch passing where possible
- pivot from backward to forward, controlling the puck
- finish at the net after a quick release shot
- older players work on shooting in stride



### Coaches Note:

This drill works on a variety of skills in combination including passing, receiving, puck-handling, pivots and shooting. With younger players you may reduce the number of passes and move the lines closer together but always stress sweeping the puck hard which will improve the quality of passing and receiving skills.



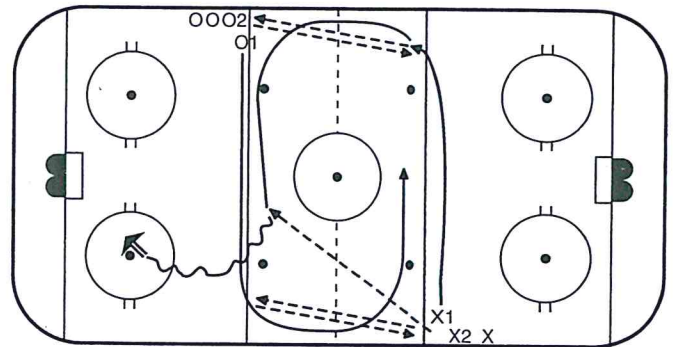
## GREYHOUND STRETCH DRILL

### Description:

- X1 and O1 skate wide across the blueline
- O2 passes to X1 and X1 returns the pass
- X2 passes to O1 and O1 returns the pass
- X1 and O1 stay wide then accelerate into mid-ice for a pass from their original line (X2 to X1; O2 to O1)
- drive wide for a shot

### Teaching Points:

- one-touch passing
- show a target while moving to mid-ice
- skaters must save their ice and look back to their original line before accelerating with timing to receive the final pass
- the passer must lead the receiver with the pass



### Coaches Note:

Make eye contact with the passer and call for the puck, this is a communication drill as well! The passer should be encouraged to make what amounts to a hard penetrating pass. In a game situation, this pass will usually spring the puck-carrier between the opposition's defense.





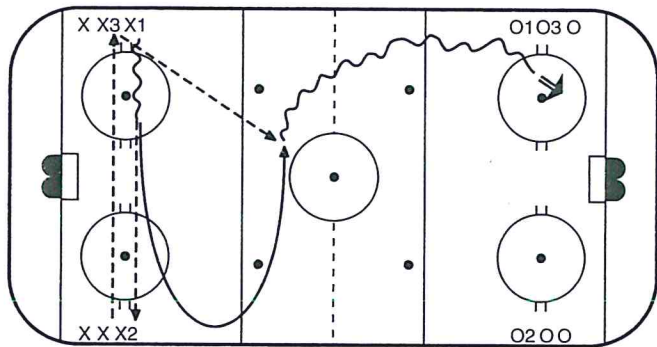
## NORTHSTAR TIMING OUTLET DRILL

### **Description:**

- X1 passes to X2 while moving across the ice
- X2 passes to X3
- X1 with timing moves back to support the puck
- stay on your own side of center when receiving the final pass
- X1 drives wide for the shot
- both ways at the same time starting with opposite lines

### **Teaching Points:**

- pass the puck with authority
- save ice by skating to the outside in preparation for the pass
- accelerate into the mid-ice seam when the passer is ready
- place pylons along the red line through the center circle to keep the skaters on their own side of center



### **Coaches Note:**

X1 must maintain eye contact with X2 and quickly make eye contact with X3. Tracking the puck with your eyes while moving is conducive to good support. As well, the receiver should complete the entire skating pattern.



## HUSKY DRIVE DRILL

### **Description:**

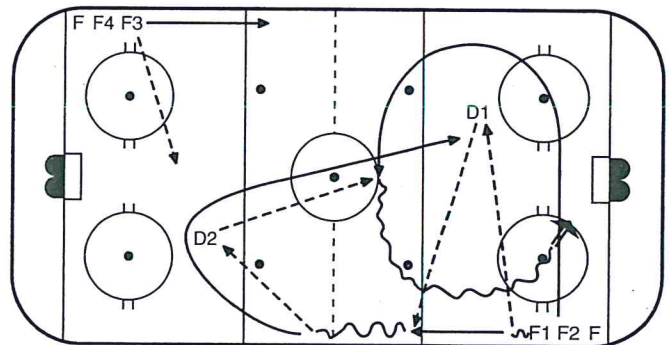
- F1 passes to D1 and accelerates up the boards
- D1 returns the pass
- F1 passes to D2
- at the same time F2 leaves the zone wide and accelerates into the center circle when D2 is ready to pass
- F2 drives wide
- F1 drives the middle seam
- F3 starts the other end by passing to D2

### **Progression: (no diagram)**

- F3 joins F1 and F2 coming up into the rush wide and late (3 vs. 0)
- now F4 would begin the drill in the other direction

### **Teaching Points:**

- defense must keep their feet moving
- wide forward must use timing to receive the pass in mid-ice
- use a double drive attack
- may use a redirect or one-touch passing skill when D1 passes to F1



### **Coaches Note:**

This drill allows for an evaluation of advanced passing and receiving skills, as well as skating off the puck to provide offensive support and pressure. Once the third player is added, vary the attack options.





## RED DEVIL TRANSITION DRILL

### Description:

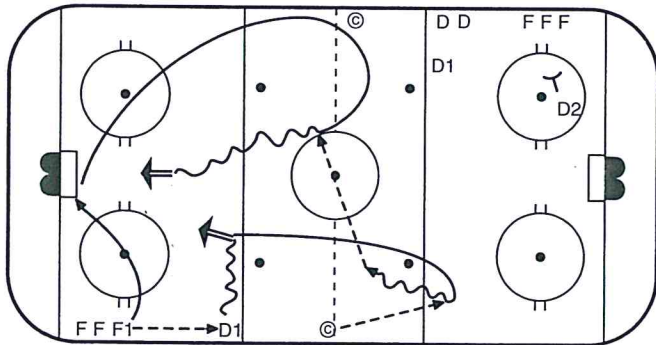
- F1 passes to D1 and goes to the net for a screen shot
- © lays a puck back to the far blue line
- D1 retrieves the puck and passes to F1 who skates to become available in the neutral zone
- F1 shoots on goal
- both ends at the same time

### Progression:

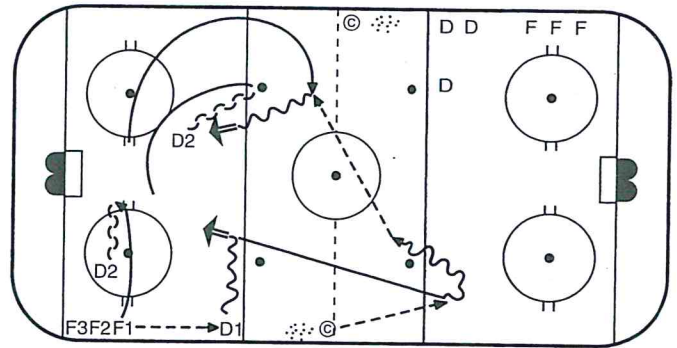
- add D2 to the drill
- after F1 passes to D1 to start the drill D2 tries to prevent F1 from getting to the net
- following the first shot D2 tightens up on F1 in the neutral zone and plays the 1 vs. 1 back to the net

### Teaching Points:

- F1 moves to a screen or shot pass position for the initial shot
- defensemen when retrieving the puck must get their feet moving and look up ice quickly for effective transition
- F1 must move into open ice providing the defense with a good passing angle
- when D2 is added this defenseman must work on "boxing out" the forward early then controlling the gap for the 1 vs. 1



## RED DEVIL TRANSITION DRILL (CONT.)



### Coaches Note:

Be sure to pay attention to the little details in this drill . . . from D2 boxing out F1 on the point shot, to D1 checking his shoulders while retrieving the puck in the neutral zone.





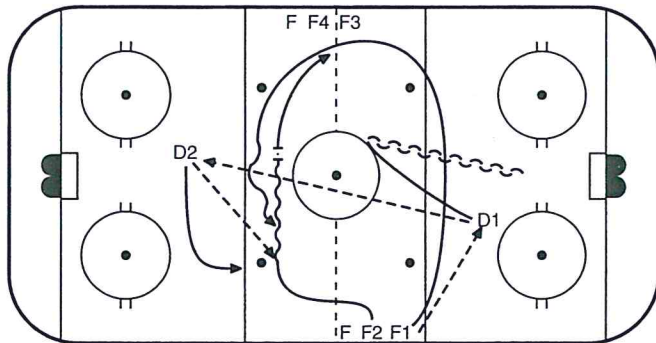
## **BRENNER PASS DRILL**

### ***Description:***

- F1 passes to D1 and skates wide
- D1 passes to D2
- F2 comes down the boards and receives an up pass from D2
- F2 crosses with F1 coming underneath for a drop pass
- F1 after receiving the drop pass skates up ice with D2 on one side and F2 on the other side
- 3 vs. 1 against D1 who has closed the gap

### ***Teaching Points:***

- F2 must control speed and move to mid-ice when D2 is ready to pass
- F1 must control speed by skating wide and accelerating with timing through the drop pass
- defense jump into the rush filling the wide lane
- D1 must close up quick on the attack playing mid-ice and deflecting the rush to the outside
- encourage speed in the attack



### ***Coaches Note:***

The attacking players must make a choice as to the nature of the attack . . . primarily, who will be the 3rd man so as to encourage the offensive triangle. Do not get caught with three deep.



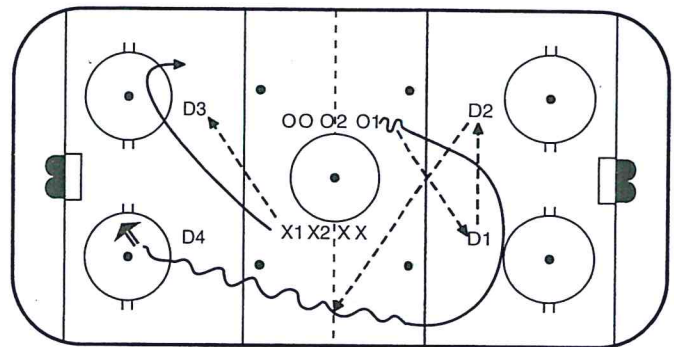
## **WHITEHORSE WIDE OUT**

### ***Description:***

- O1 passes to D1, and D1 passes to D2
- X1 passes to D3, and D3 passes to D4
- skate between the defense and receive a pass on the wide side (D2 to O1; D4 to X1)
- accelerate into the pass
- skate wide for the shot

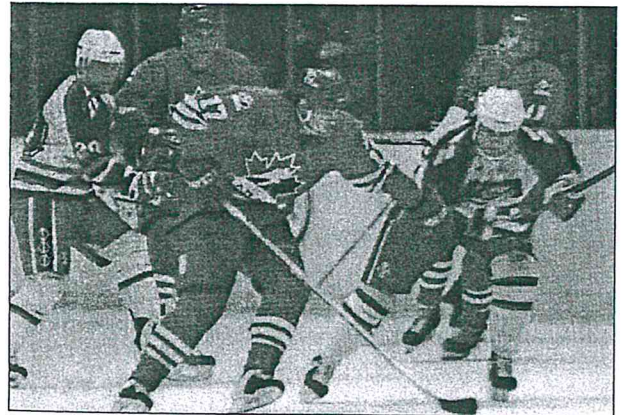
### ***Teaching Points:***

- keep an eye on the passer using a "swivel" head to see D2 and D4
- time it to receive the pass in between the blueline and redline
- defense must keep their feet moving while passing
- D2 and D4 should take a few strides up ice on the wide out pass



### ***Coaches Note:***

Speed is not a requirement here until the receiver turns up ice and accelerates into the pass. Call for the puck! This drill encourages the defense to headman the puck quickly once they have made an overpass to their partner.





**THE TRAP**

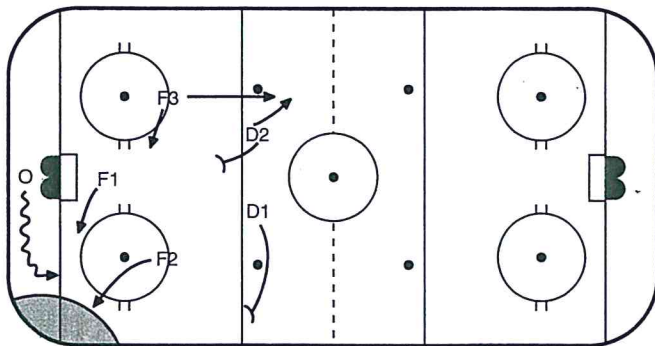
The defensive system known as "The Trap", can be implemented as a defensive zone forecheck system, or a neutral zone forechecking system. Basically the system can be utilized as a low trap, high trap, or a neutral zone trap. This has become a hot topic primarily because of the name it carries and the fact that it is a deviation from the "Hell Bent For Leather" forecheck that is synonymous with North American hockey. Arguably, the trap is a European influence on the North American game, and, to a degree that is true. The Swedes developed a forechecking system that allowed them to better control the Russians high-flying attack by steering the puck-carrier into an area that provided few passing choices, and allowed them to collaborate defensively to create turnovers and a quick counter-attack.

Really, "The Trap" looks an awful lot like the old 1-2-2 Forecheck System used in North American Hockey with some modifications. In any event, it is an excellent tactic if you feel you:

1. Do not have a particularly dominant team physically
2. Feel the need to give your defense more help in defending
3. Have a quick team who can capitalize off counter-attacking.
4. Want to keep your opponent off balance by varying your forechecking system.

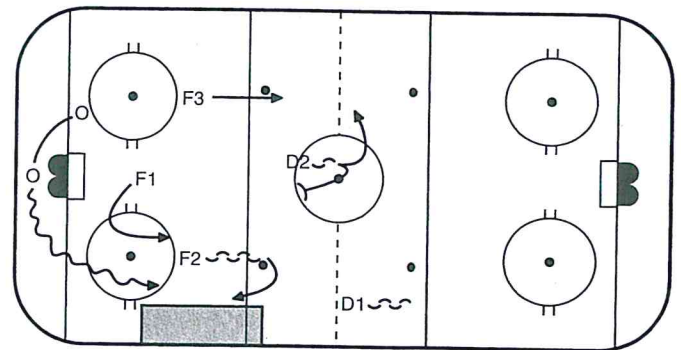
**(1) Low Trap:**

- can occur off of controlled or semi-controlled break-out
- F1 steers the puck-carrier toward F2 who quickly jumps in to take away ice
- F3 can come across to lock the middle or fill the wide lane
- D1 stays up on strong side while D2 takes away the middle, or plays the wide lane



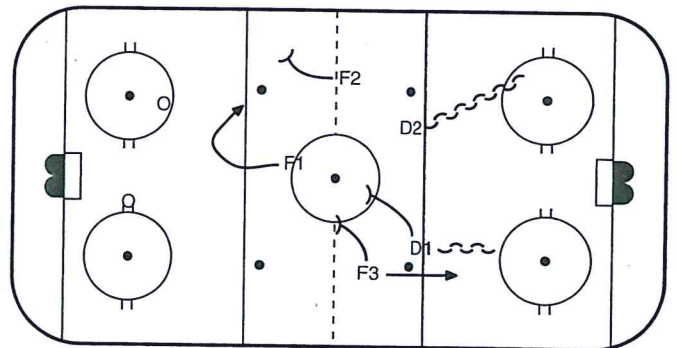
**(2) High Trap:**

- usually occurs off of a controlled break-out
- F1 steers while protecting middle...F2 backs up, then jumps up...F3 locks wide or takes away middle...D1 backs up to support in behind F2...D2 either takes away middle or plays the wide lane



**(3) Neutral Zone Trap:**

- F1 takes away the D to D pass and forces the puck up the boards
- F2 closes to play the pass and/or take away ice
- F3 plugs the middle or stays wide
- D1 plugs the middle or plays wide
- D2 drops in behind F2 to support



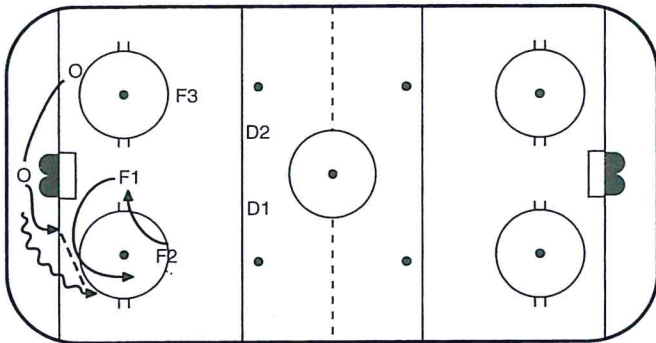
**Coaches Note:**

In all three cases you may consider one minor adjustment. Rather than have F3 play the weak or backside lane, you may have this player come across and lock the middle. In this system D2 would have the responsibility of the weakside or backside.



#### (4) The Rotation:

- F1 would switch with the forward toward whom he steers if the puck is passed back, or there is any kind of a reverse in direction
- if the puck looks to be coming out the other side, a simple shift of positioning maintains the "trap" formation



## - HOT TOPICS -

### **NUTRITION AND PERFORMANCE**

*The following information is provided as a guideline to help you choose appropriate foodstuffs essential for maintaining optimal health and sports performance. It is important to remember that a 'professional' approach to nutritional intake is just as important to the athlete as the other components of training. A sound nutritional program will aid you in your daily living, training, game preparation and recovery.*

Essentially, there are six forms of nutrients; carbohydrate, fat, protein, vitamins, minerals, and water.

#### **Carbohydrate**

This is your **PRIMARY FUEL SOURCE**, particularly when working at high intensity. Carbohydrate is found in breads, grains, fruits, and vegetables and should make up approximately 60-65% of your overall diet.

#### **Fat**

Fat is an important component of diet and serves several key roles. However, animal fats (found in butter and meat, for example) often existing as 'saturated' fats (solid at room temperature) are implicated in the occurrence of heart disease and cancer. In contrast, most vegetable fats, such as olive oil and canola oil, are 'unsaturated' and liquid at room temperature. As a basic rule, fat should not make up more than 20-25% of your diet.

#### **Protein**

Protein is extremely important in the general well-being of your body. It is used to build and repair muscle tissue, make hormones essential for bodily function, as well as several other key cells and tissue. Approximately 12-15% of your nutritional intake should be in the form of protein (i.e., lean red meat, chicken, and fish).

#### **Vitamins**

These substances are important regulators of chemical reactions in the body and in most cases can only be obtained through your diet.

#### **Minerals**

These are naturally occurring elements that are crucial for many bodily function and structures (e.g., calcium, iron, sodium, potassium, zinc, and magnesium).

#### **Water**

Water constitutes approximately 50-55% of your body weight and is essential for life.



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## FOOD CHOICES

### *Dairy Products*

Low-fat milk (try 1%), yogurt, and low-fat cheese (e.g., partly-skimmed mozzarella); minimum daily intake...approximately 3 servings; (1 serving = 8 ounces of milk or 1.5 ounces of cheese; about 2 slices).

Dairy products are a good source of calcium; other sources include broccoli, tofu, and canned sardines or salmon with bones.

### *Fruits and Vegetables*

Good choices include oranges, bananas, melon, broccoli, spinach, green peppers, and tomatoes. Also cantaloupe, kiwi, strawberries, cabbage, brussel sprouts. Fresh fruit and vegetables are best, but frozen is an acceptable alternative. Overcooking will destroy the nutritional value of vegetables. Try to eat at least two large portions (1 cup) per day.

### *Meats and Protein-Rich Alternatives*

Best choices in this group include lean meat, fish, poultry, nuts, beans, and legumes. A lean roast beef sandwich is preferable to a grilled cheese sandwich, tuna salad, or hamburger because of a higher degree of nutrients and lower fat content. Poultry generally has less saturated fat than red meat, although the skin should be discarded as it is very high in fat! Peanut butter is also another good source.

### *Grains and Starches*

Try for four servings per day (1 serving = 1 small bowl of cereal, 1 slice of bread, or 1/2 a cup of rice or pasta) of cereal, wholesome bread, pasta, rice, or potato.

### *Water*

Always drink before you are thirsty! Aim to drink one to two cups of water 5-15 minutes before a workout or game, and then at least 8-10 ounces every 15-20 minutes. During the games, and between periods, a diluted sports drink could be used.



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## GAME DAY ADVICE

Remember, the energy sources you will be using for the game come from the foods digested over the previous 48 hours. Therefore it is important to take in a substantial amount of carbohydrates and water during the two days prior to a game.

On game day our advice is to:

- eat your pre-game meal 5-6 hours before the game to allow for the food to be digested. You don't want your food being digested during the game
- have a pre-game meal which you like, but realize that fats take longer to digest than carbohydrates and if you are playing a few days in a row, this meal will impact the next day's performance
- hydrate (take in fluids) as much as possible. Fluids containing sugar are not as good as water
- eat a light snack again which is high in carbohydrates 2 hours prior to the game to minimize that hungry feeling (fruit, rolls, muffins, toast)
- avoid visiting the canteen when you get to the arena. Any fat or sugar intake now will drastically affect your performance
- take in fluids during the game in the form of water or Gatoraid®





## POST-GAME OR POST-WORKOUT

One of your priorities should be to replace fluids lost by sweating. Excellent choices for replacing lost fluids include:

- water (conventional and well-tolerated)
- juices (supply water, carbohydrates, and electrolytes)
- watery foods (e.g., watermelon, grapes, and soups)
- high-carbohydrate sports drinks (e.g., Gatorlode®)

Weigh yourself before and after the game or workout; you should aim to lose no more than 2% of your body weight! If you become noticeably dehydrated, drink frequently for the next 24 to 48 hours (aim to pass a lightly coloured urine!).

Strive to start replacing carbohydrates as soon as possible, Gatorlode® will be a good start in the first 30-60 minutes post-exercise, as will fruits such as bananas. However, try to move to carbohydrate-rich foodstuffs (e.g., potatoes and pasta) within the first 2-4 hours.



## GENERAL THOUGHTS

As an added precaution, take a multi-vitamin type pill (i.e., Centrum® A-Z) once a day.

Follow the 'choose-by-twos' principle per day to provide a basis for your sports-performance diet; for example:

Two dairy products; milk on cereal at breakfast and yogurt with your lunch.

Two small protein servings; peanut butter on toast at breakfast and tuna in a sandwich at lunch.

Two good-sized fruits or vegetables; glass (8 oz.) of orange juice at breakfast and a generous dinner salad.

Two thirds of the plate covered with carbohydrates at dinner; two baked potatoes and a large serving of vegetables, and only one piece of chicken.

*Information from: "Nancy Clark's Sports Nutrition Guidebook; Eating to Fuel Your Active Lifestyle, Nancy Clark, Leisure Press, Champaign, Illinois, ©1990, ISBN: 0-88011-326-X.*





**KEYS TO SUCCESSFUL PRACTICES**

1. **Develop A Priority Checklist**  
Most minor hockey teams' ice time is limited therefore prior to the season beginning, write down the key things you would like to accomplish with the ice time allotted.
2. **Prepare Yourself and Your Coaching Staff**  
Pre-icing the team at times is useful but your practices will flow smoother if your staff understands the drills and their purpose. Energize yourself for practice - it will flow through to your players.
3. **Provide Practice Rules and Enforce Them**  
Everyone must understand how to function in the practice environment.
4. **Create a Positive Learning Environment**  
Attempt to talk to every player every practice, if even for only a few seconds, it will have an impact.
5. **Balance Individual Skills with Small Group and Team Play Work**  
Surprising as it may sound, we spend 40 minutes a day with the National Team working on developing individual skills.
6. **Incorporate Challenges and Fun Games**  
It is incredible how practice will pick up once you introduce "fun or competition".
7. **Teaching Points for Every Drill**  
There must be a purpose and the players should realize where the focus is. Don't neglect the goaltender - provide them with direction as to their involvement in the drill.
8. **Have Teaching Aids Available**  
Use your imagination - you may introduce ropes, tires, pylons, arena boards, spray paint, hitting bags or balls into your practice.
9. **Provide Feedback Throughout the Practice**  
Constructive positive feedback will result in improved performance.
10. **Conduct a Warm-up Off the Ice Prior to Practice**  
Ice time is often wasted warming up and stretching. Players may stretch while watching the coach diagram the next drill after using a skill and tempo drill to begin practice.

**11. Demand Intensity and Allow for Water Breaks**

Players need to learn good practice habits and they should understand that a sound work ethic will pay huge dividends in any future endeavour. If the players buy into this with well structured drills, it won't be necessary to waste valuable ice time on traditional conditioning exercises.

*"Whenever possible, a coach should indicate how a drill relates to a game situation. This will enable the player to appreciate the drill's overall value."*

