

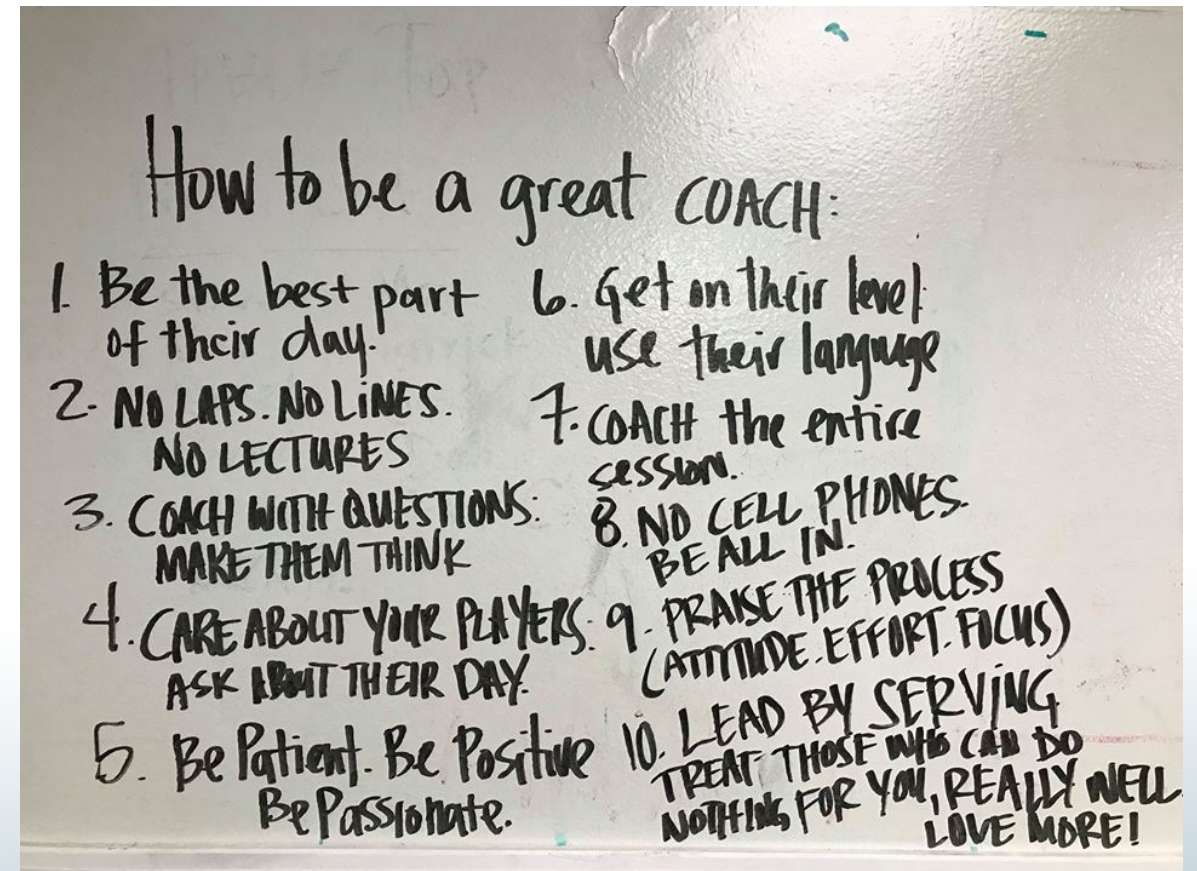


GLOBAL

SPORT ACADEMY GROUP

How do you Bring Your Team to Life?

A unified, passionate and engaged coaching staff whom **listen**, **learn**, **grow**, **challenge** and **engage** players in a positive fashion every single encounter.



Our Bench Priorities



1. Shift Length and Shift Variance Formula.
2. Four Shift Science and Focus: Start, After Goal, End
3. Vibe, Energy, Passion, “The Feel”
4. “Unavoidable” vs “Decision” based Penalty Matrix
5. Challenge Coaching Formulas
6. Recipe Card Focus for each Coach
7. Coach to Pillars and DNA attributes with Vocabulary
8. Humour and Body Language
9. Be prepared for “last minute”, “pulled goalie”, “time-outs”
10. Fun



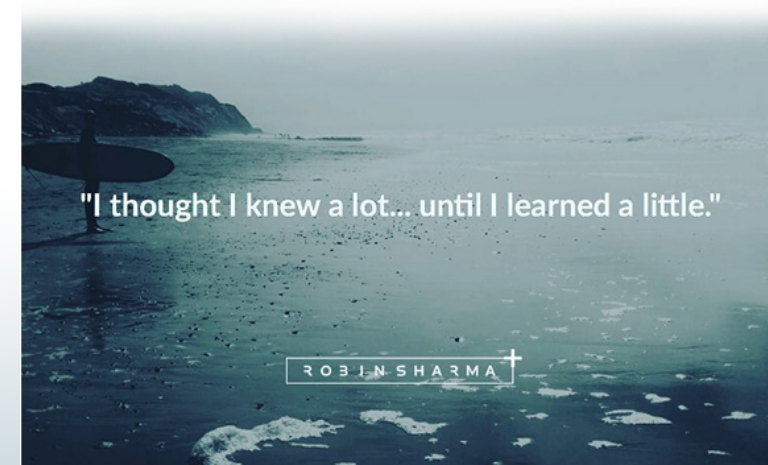
Finding Your True North



What are the 5 most important things your team has to do to win games?

(Presenter's Top 5):

- 1. *Manage Turnovers and the Types of Turnovers***
- 2. *Stay "Above the Puck" and "Re-Load/Bubble Back"***
- 3. *Royal Road and Pucks to the Dangerous Mid-Ice Corridor***
- 4. *Feed and Starve Transition Tactics and Execution***
- 5. *Keep Pucks and Plays Alive***





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The Magical 7's *The Building Blocks of Team Greatness*



Mental Pillars

1. **Ultra-Competitive**
2. **"In" the Shift**
3. **Courage to own your DNA**
4. **Habits of Excellence in Sport and Life**
5. **Honesty+Integrity+Love**
6. **No Fear of Failure**
7. **Growth without a Ceiling**

"Selfless Excellence"

Physical Pillars

1. **Warm Up and Cool Down Innovation**
2. **Eat to Perform**
3. **Rest Wins**
4. **Train to my weakness while building on my strengths**
5. **Listen to my Body**
6. **Every single day I "Build the Machine"**

"I play to the level of my conditioning and preparation".

Team Tactical Pillars

1. **Above the Puck and Bubble Back Execution**
2. **The Play Never Ends with You**
3. **2nd Battle Belief**
4. **Habits and Instincts beat Thinking**
5. **Transition Mentality and 5 Player Vertical**
6. **Patience/Protection/Support**
7. **Game Rhythm and Change Mentality**

"All or None"

Goaltending Pillars

1. **Live outside of the Paint**
2. **Air Traffic Controller**
3. **Cover the post lanes to the Net Front**
4. **Play the Puck and Initiate the BreakOut**
5. **Recognize all Odd Man Rushes and Backdoors**
6. **Rebound Control and Net Clears**
7. **Battle Belief 2nd and 3rd Shot**

"I want the Shot"

Defenceman Pillars

1. **Close the "Eyes" of the Offence**
2. **Gap starts on Breakout and not Transition**
3. **Net Front Coverage and Corner Ownership**
4. **Block Shots ... Always**
5. **Purposeful Shot Strategy to Create Dangerous Chances**
6. **Eliminate Ice so you don't have to Defend**
7. **Own Your Partner + Communication Cues with Vocabulary**

"We Own the Zone"

Forward Pillars

1. **Build Strings and Keep Pucks Alive**
2. **Deadly Deception + LookAways + Fakes + Unreadable**
3. **Net Front "Nasty" + Strip Pucks Mentality**
4. **Change Angle of Attack + Pop the Top**
5. **Walls+Escapes+Keep "Eyes" Alive**
6. **Risk Reward Science and 1vs1 Perfection**
7. **Highways+Lanes+Royal Roads**

"Unrelenting Pursuit of Scoring Chances in Adverse Conditions"