



## OC Talks to His Team

At our New Jersey camp we went over many basic drills to help you get acquainted with each other and improve your basic skills. Hockey is first a skilled game and sled hockey takes even more skill to play:

Skating with agility and hustle; handling the puck with finesse, accuracy in passing to teammates' stick or front of sled; shooting the puck on the net.

Your coaches have expectations that you will have the pride in quality execution of these skills. Skills come from an attitude and attitudes are commitments and choices: "If it is to be, it is up to me". If we cannot skate, puck handle, pass, shoot from here to there, we go nowhere.

In most games, shots on net determine what team has the momentum; as Gretzky said, "you miss 100% of the shots you don't take". We must have shooters !

Hockey is a game of read the situation and react to what you read, READ & REACT. There are many reoccurring situations (Deja Vu), I have been here before, in every hockey game that is played. The great players when they have the puck will recognize four to five options they could use.

1. You drive the net, shoot and go for the rebound.
2. You drive, then lateral pass to supporter.
3. You drive down boards, diagonal back pass to supporter.
4. You can drive, go deep, do an escape and carry or pass to trailer. There are many things you can do to get a shot.
5. The puck carrier and his supporters create the situation. The puck carrier is the quarterback; all others are open receivers who skate different routes like receivers in football.

In our short time together, we gave you ideas, tactics, options that will come up continually in every game to help broaden your choices and creativity. Hockey is also a geometric game. You box them out in the defensive zone, and you set up triangles in offensive zone to give puck carrier options for passing or carrying. We also use the Triangle Formation on the Forecheck: 1st man on puck, 2nd man trailer or backer upper to help, and 3rd man is the high man in slot as Offwing shooter, swing man or 1st backchecker. When you hear me yell "Help", that means 2nd man help 1st man on the forecheck. n

As Bobby Knight said, "Mental is to physical as 4 is to 1". In hockey from the bottom up it is basic skills, and from the top down it is game understanding and hockey sense.

Manual Importance:

It is absolutely necessary that you read and understand:

Forechecking - 2 - 1 - 2 spread forechecking system.

Then look at Defensive Zone Coverage, Breakouts, Faceoffs, Offensive Zone Entry.

The National Sled Staff and probably the 2010 Vancouver Staff will be at our games. Play with the end in mind.

Players play; Coaches coach !!

COME TO CHICAGO WITH THE ATTITUDE OF A CHAMPION

- \* That puck is mine
- \* That puck is ours
- \* We will work hard to keep possession
- \* We will work hard to take back possession
  
- \* Play a heads up game
- \* Be swivel headed
- \* Get there fast
- \* Move it fast
- \* Move it and shoot it accurately
  
- \* Win the races to the puck
- \* Win the battle for the puck
- \* Angle the puck carrier for the puck
- \* Win the recovery of the puck - take it back
  
- \* 2-1-2 Spread forechecking system (Manual)
- \* 1 1/2 minute shifts - earn your ice time
- \* Nobody is going to outwork me
- \* Outwork them, outplay them, outshoot them, outskate them
- \* Make things happen, have fun

By: Bob O'Connor Head Coach, USA Hockey under 20 Sledge Hockey Team 2006