



Ontario Minor Hockey Association
Guelph Storm
Game Day Coaches Clinic
November 12, 2006
Guelph Sports and Entertainment Centre





Sunday, November 12, 2006

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Agenda

Location: Guelph Sports and Entertainment Centre

Time	Component	Speaker
11:00 am - 11:15 am	Registration	
11:15 am - 11:30 am	Introduction / Review Agenda	
11:30 am - noon	Equipment Trends, Safety Issues, the role of an OHL Equipment Manager, etc.	Russ Hammond - Equipment Manager
Noon - 12:30 pm	Offensive Team Play <ul style="list-style-type: none">➤ Power Play➤ Creating Scoring Chances➤ Game Preparation	Bill Armstrong Assistant Coach
12:30 - 1:15 pm	Defensive Team play <ul style="list-style-type: none">➤ Teaching Effective Defense➤ Penalty Kill➤ Footwork and specific skills for Defensemen.	Jason Brooks Assistant GM/Assistant Coach
1:15 - 1:45 pm	Break	
1:45 - 2:30 pm	Building a Team and Coaching Effectively Around the New Rules Emphasis <ul style="list-style-type: none">➤ Includes tips on how to be successful in the new game.	Dave Barr Head Coach & General Manager
2:30 - 3:00 pm	Lunch	Provided in Suite
3:00 pm	Gametime Sault Ste. Marie Greyhounds vs. Guelph Storm	



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Biographies Of Guest Speakers

Dave Barr - Head Coach and General Manager

Dave Barr enjoyed 13-seasons in the NHL with various clubs including Detroit, St. Louis, Dallas, New Jersey, Hartford and Boston. After retiring in 1997, he joined the Houston Aeros of the IHL as a President and General Manager and guided them to a Calder Cup in 2003.

On July 8th, 2003, he was introduced as the third General Manager in the history of the Guelph Storm. In their first season with Barr as General Manager, the Storm finished with a 49-15-5 record and earned its second OHL Championship and a Memorial Cup birth.

In 2004-2005 Dave was named Head Coach of the Storm. That year, the team made in the playoffs for the 14th consecutive season. Last season, Dave led the Storm to the Western Conference Finals and won OHL Coach Of The Year.

Jason Brooks - Assistant Coach

After playing three seasons in the OHL, Jason Brooks enrolled in the University of Waterloo where he earned a degree in History. He is former second round selection of the Ottawa 67's. Brooks joined the Storm coaching staff following coaching positions in Listowel (Jr.B) and the University of Waterloo (CIAU) and has been an Assistant Coach with the Storm for five seasons. During the 2004/05 season, Jason took on several new responsibilities behind the bench as well as in the office which earned him the Assistant General Manager title. That year, Jason was also named Assistant Coach of the Team Ontario Under 17.

Bill Armstrong - Assistant Coach

Bill joined the Storm during the 2006 off-season. Prior to his start in Guelph, he was Head Coach of the Branford Blast of the Major Hockey League senior loop where he guided the last place team to first place in one year. Bill also coached the Aylmer Blues to two straight MHL titles in 2004 and took the team to the Allan Cup. Bill played nine years of professional hockey in the AHL and IHL; two of those years were played on the Orlando Polar Bears with current Guelph Storm Head Coach and then line-man, Dave Barr.

Russ Hammond - Equipment Manager

Russ has been with the Guelph Storm for thirteen seasons. Prior to the Storm, he spent twelve years with the Guelph Platers and the Guelph Jr. B team as the Head Trainer. Russ has a level three trainer certification from the Hockey Development Centre of Ontario. He was the Equipment Manager for Team Canada at the 2004 World Junior Championships in Finland where he won a silver medal. In 2002, Russ was a member of the training staff for Canada's Under-18 team that won a gold medal at the World Under-18 Championships in the Czech Republic.



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From the Playbook: Dave Barr

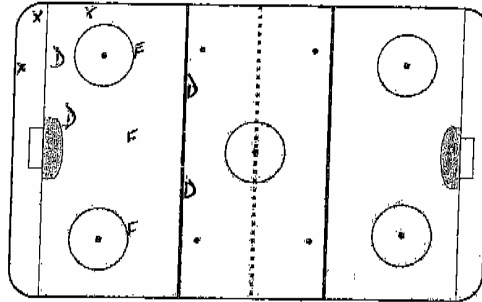


GUELPH STORM HOCKEY CLUB

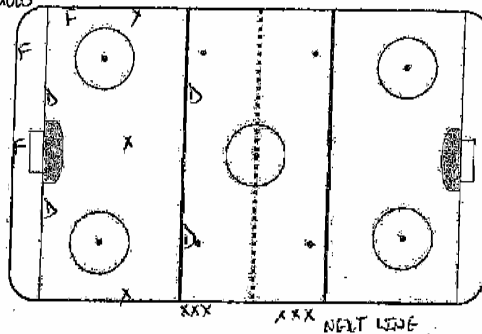


D-ZONE DRELLS

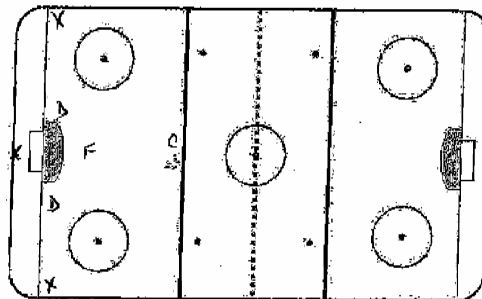
- START W 3-2 DOWN LOW, BELOW CIRCLES
- WHISTLE BLOWS FWD'S WAITING W/PACK TAKE OFF DOWN 3-2 W BV AND OFF D.
- BV COVER D AND TRY TO HELP BY CATCHING THE 3-2 RUSH
- PLAY OUT 5-5 OTHER END
- CHANGE ENDS HALFWAY THROUGH DRELL



- 3-2 DOWN LOW - 3-2 RUSH CONTINUOUS
- 3-2 DOWN LOW SEND AS D GET IT. PASS TO WAITING LINE
- DOWN ICE 3-0-2 PLAY OUT TILL GOAL IS D GET PUCK AND PASS TO WAITING LINE.



- 3-3 DOWN LOW
- SIMPLE - COACH DUMPS PUCK
- 3 OFF. PLAYERS VS 3 DEF. PLAYERS
- COACH ADDS SECOND PUCKS
- D PLAYERS CARRY PUCK OVER TOP'S OFF CIRCLES
- OFF. TRY TO CYCLE, MAKE PLAYS SCORE





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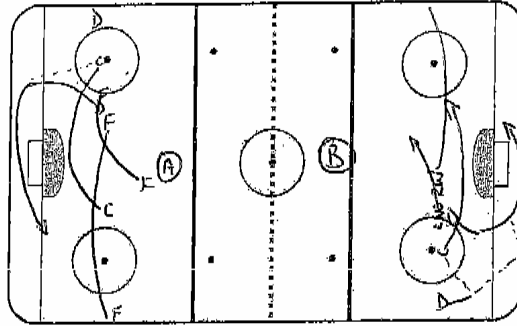
GUELPH STORM HOCKEY CLUB



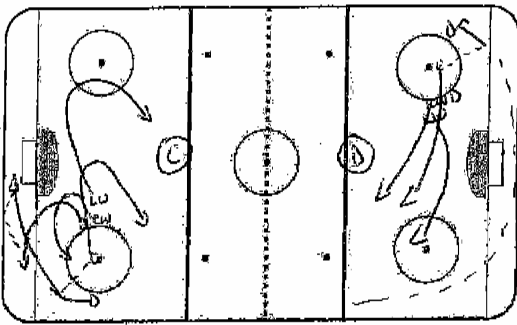
FACE OFF - OPTIONS

5-5

- (A) - D ON BOARDS - HOLD UP
- NET FRONT GETS PUCK
- WHEELS NET

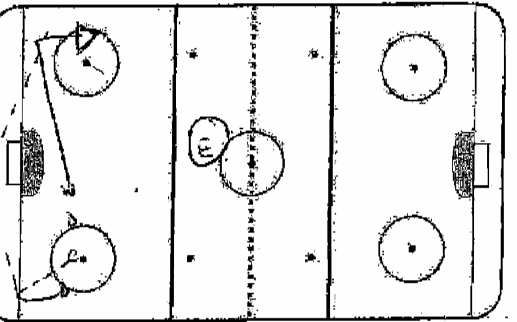


- (B) - D ON WALL CHIPS PUCK BACK OF NET
- NET FRONT WAITS FOR CHIP
- THEN GETS PUCK AND WHEELS NET
- NET



- (C) - SAME FORMAT AS B
- WALL D GETS PUCK SKATES HARD TO NET
- PARTNER CALLS "REVERSE"
- ORIGINAL D CHIPS PUCK BEHIND
- FORWARD
- NET FRONT D PICKS UP PUCK

- (D) - D ON FOREHAND RIMS PUCK AROUND
- ALSO FOR P. KILL



- (E) - P.K
- WALL D GETS PUCK TO FAR CORNER (CHIP)
- NET FRONT D HOLDS UP
- WINGER GETS TO CORNER ICE'S PUCK.



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From the Playbook: Jason Brooks

STEP #1 – Warm Up – Full Ice

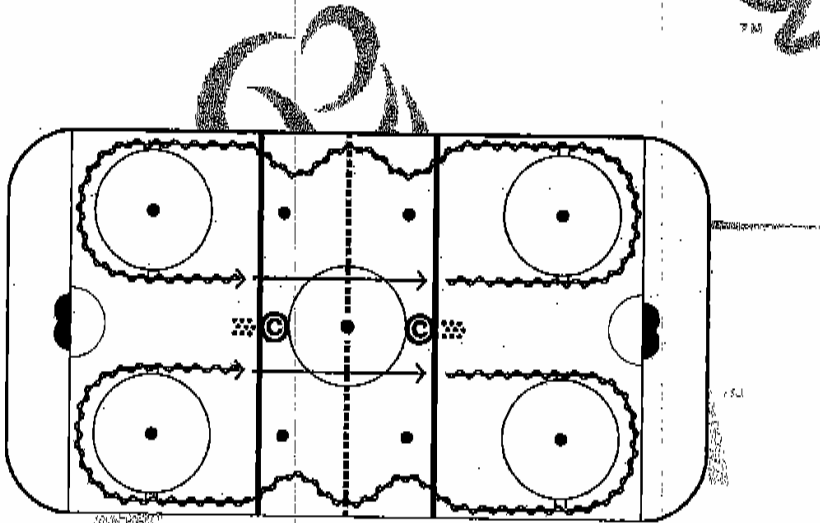
Time: 3 minutes

Objectives: puck control, agility skating and stretching

Instructions (refer to diagram): players skate pattern shown, stretch while going through the middle; slowly and without bouncing, $\frac{1}{4}$ speed through middle and $\frac{1}{2}$ around circle. Change sides and drop pass and pick-up puck as shown.

Key Teaching Points: stretching must be done slowly and thoroughly. Full stretch should be done in the dressing room.

Variation: without puck, backwards and increase speed.





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STEP #2 – Warm Up – Inside Out Tip

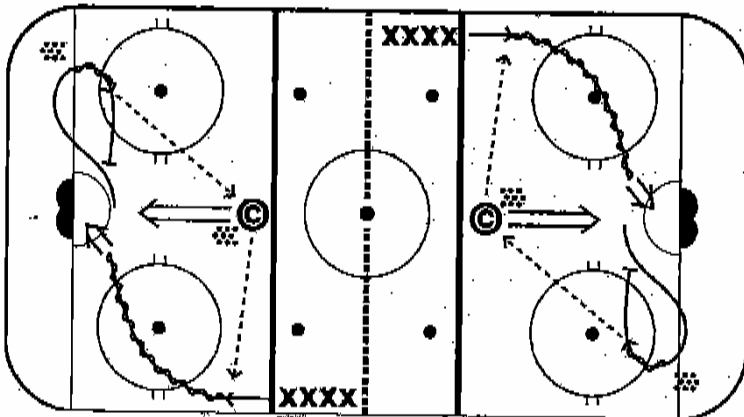
Time: 8 minutes

Objectives: puck control, positional play and shooting

Instructions (refer to diagram): players line up as shown in diagram. Player receives a pass from Bell Captain, skates in for a shot on net, picks up puck from corner, skates out and passes to Bell Captain. Player drives the net to tip Bell Captain's shot. Play all rebounds. Performed at both ends.

Key Teaching Points: positional play in front of net.

Variation: 2 on 0 with one player passing to Bell Captain from corner.





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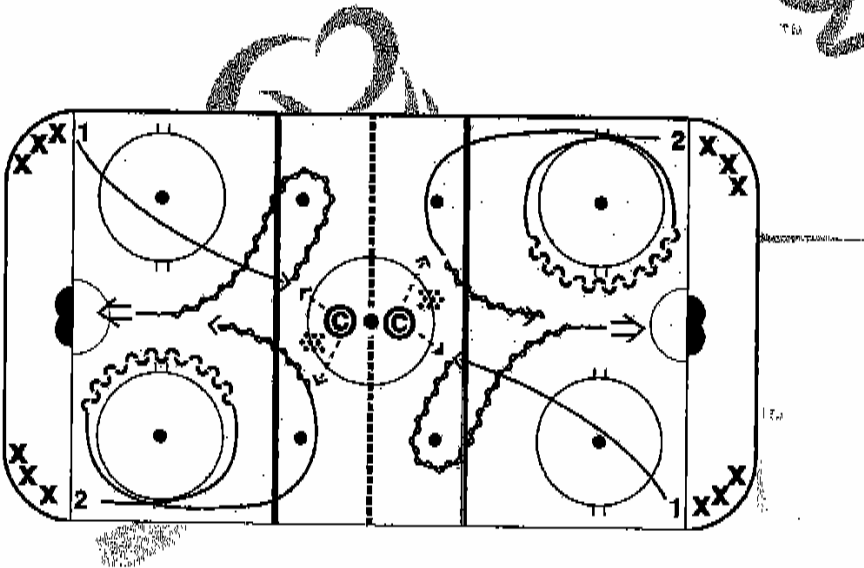
STEP #3 – Warm Up – Station Drill

Time: 8 minutes

Objectives: skating, shooting, puck control

Instructions (refer to diagram): player one skates out of corner, through middle, receives pass from Bell Captain, continues around face-off dot and drives to the net for a shot. Player two skates out after shot on net by player one. Full circle while facing Bell Captain at all times. Receive pass from Bell Captain and drives to net for shot. Encourage players to get their rebounds! Player to skate both lines at least once.

Key Teaching Points: skate hard out of corners, drive to the net and play rebounds.





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STEP #4 – Individual Tech – 2 on 0 Return

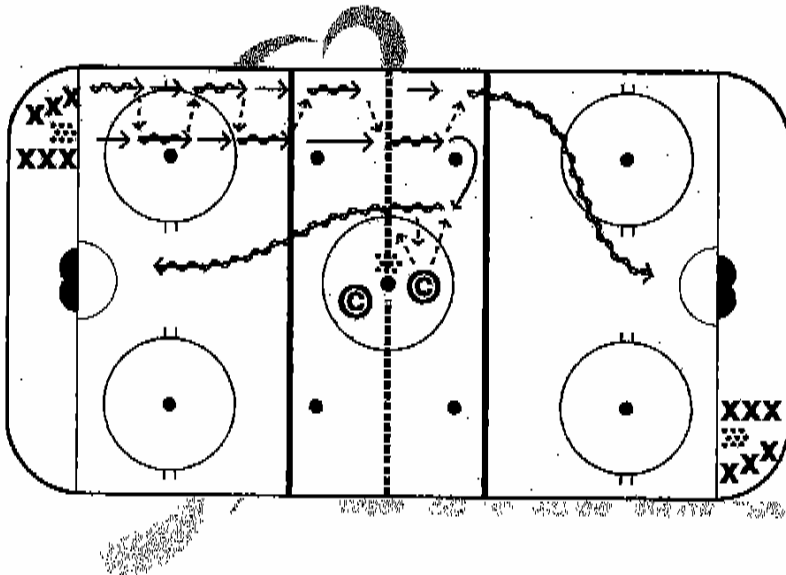
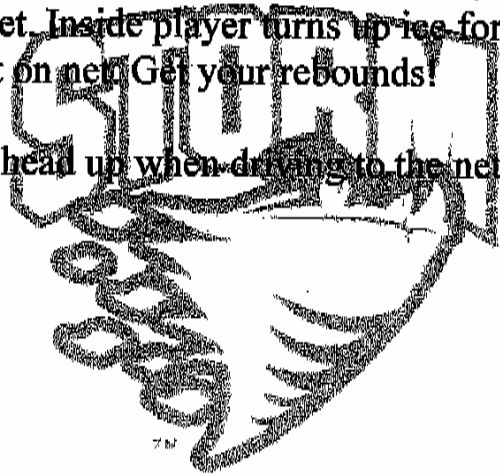
Time: 8 minutes

Objectives: passing in motion and scoring

Instructions (refer to diagram): Two lines in diagonal corners, pucks as shown in diagram. On whistle, both sides break out 2 on 0, at far blue, outside player gets puck and drives to net. Inside player turns up ice for a give and go with Bell Captain for a shot on net. Get your rebounds!

Key Teaching Points: drive to the net, head up when driving to the net and play rebounds.

Variation: play 1 on 1's after last pass.





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STEP #5 – Team Tactical – 1 on 1

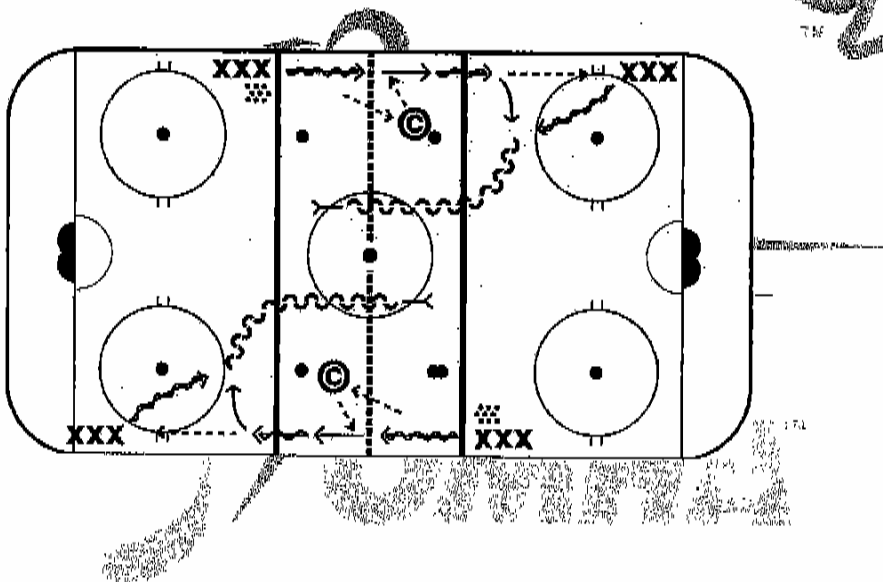
Time: 8 minutes

Objectives: 1 player attack and opening up to puck

Instructions (refer to diagram): Line up skaters as shown on diagram. D skates out with puck, passes to Bell Captain for a give and go. D passes off for a 1-on-1. Both sides go at the same time.

Key Teaching Points: call for the puck, passing accuracy, rushing player waits for D to begin backward skating before rushing the puck. Finish all plays!

Variation: 2 on 1's, 3 on 1's and 3 on 2's





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STEP #6 – Action Scrimmage

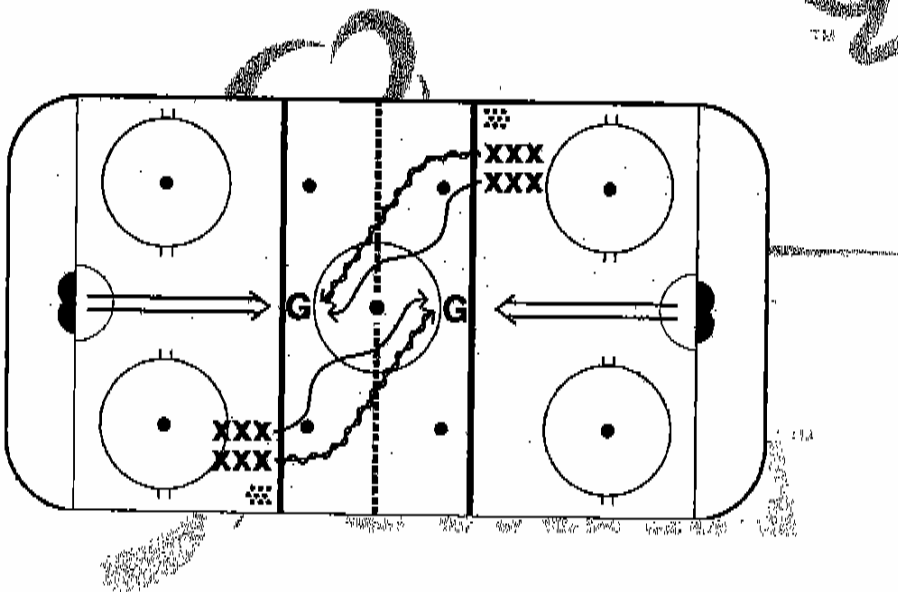
Time: 8 minutes

Objectives: positional play, passing and scoring

Instructions (refer to diagram): As shown in diagram, players skate out with puck at the same time to score 2 goals before other skaters. After first goal, scoring players clear centre for a pass from Bell Captain. Skaters who score the first 2 goals get a point and switch skaters, next 2. Games are up to 10.

Key Teaching Points: acceleration through play, give and go's, communication and good passing techniques.

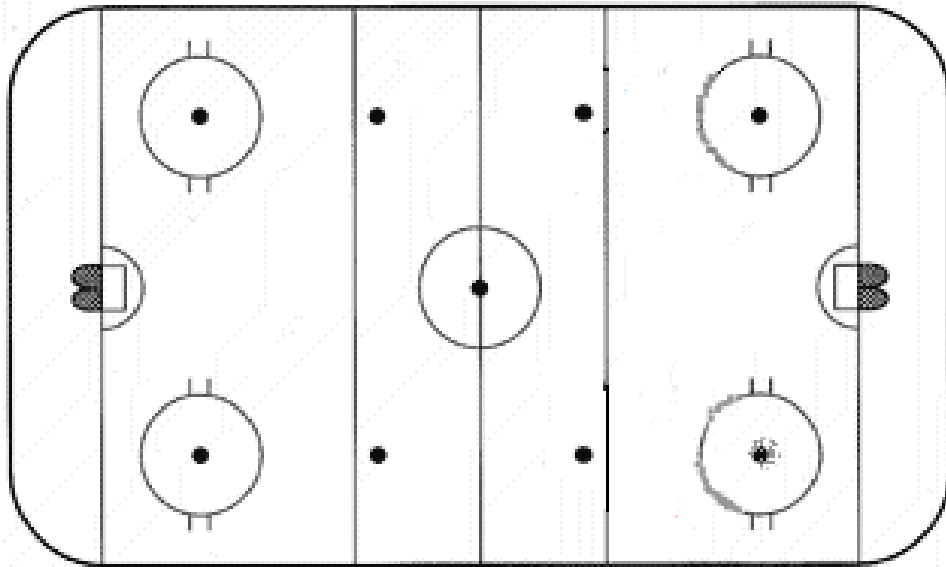
Variation: 3-on-3 or 4-on-4.





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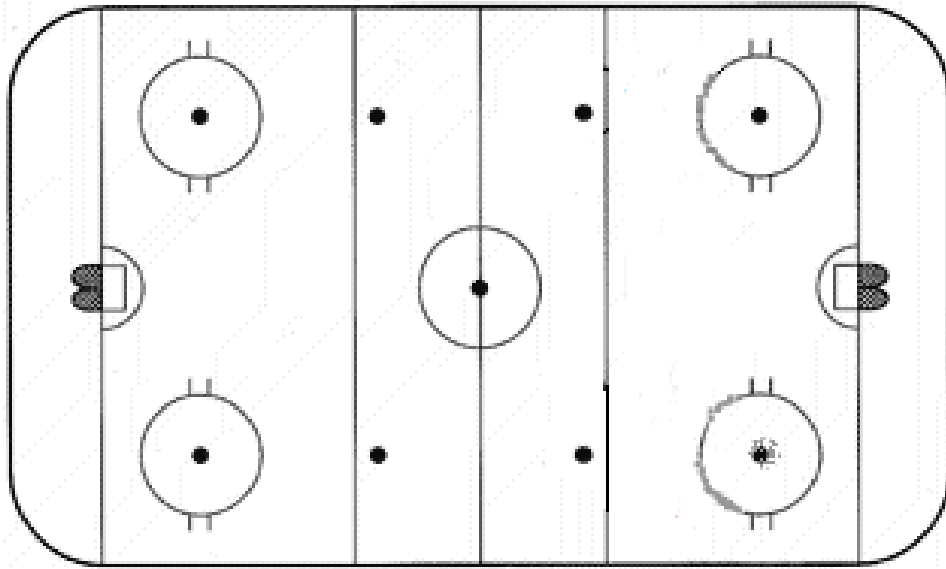
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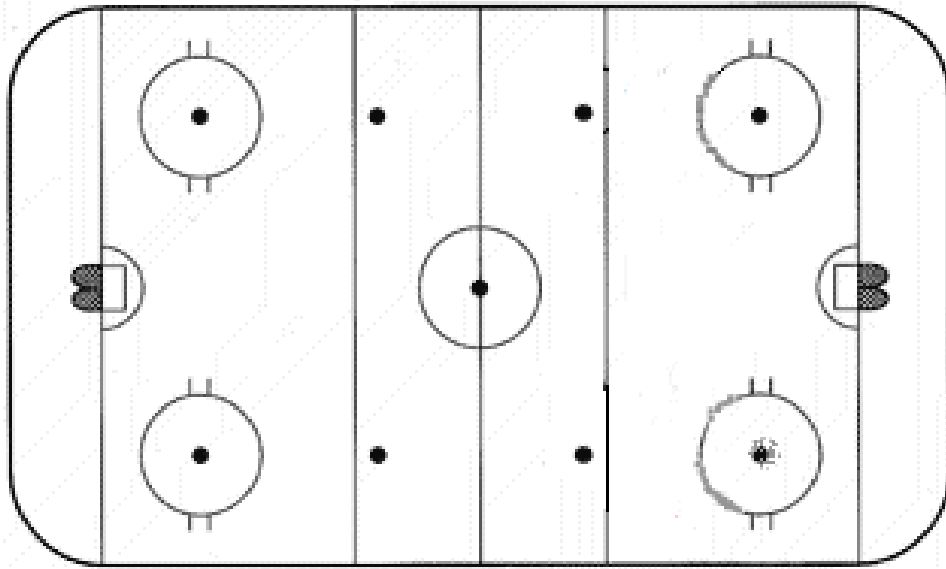
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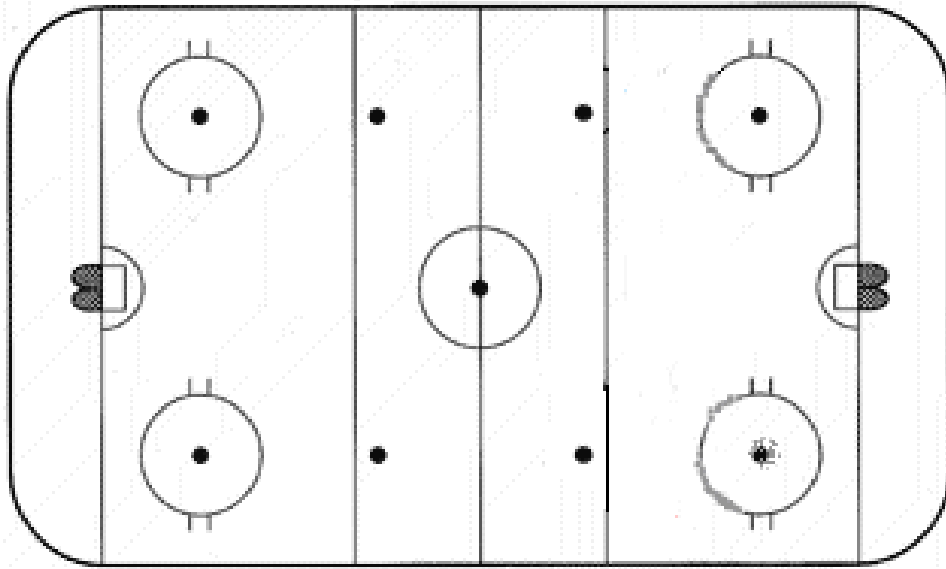
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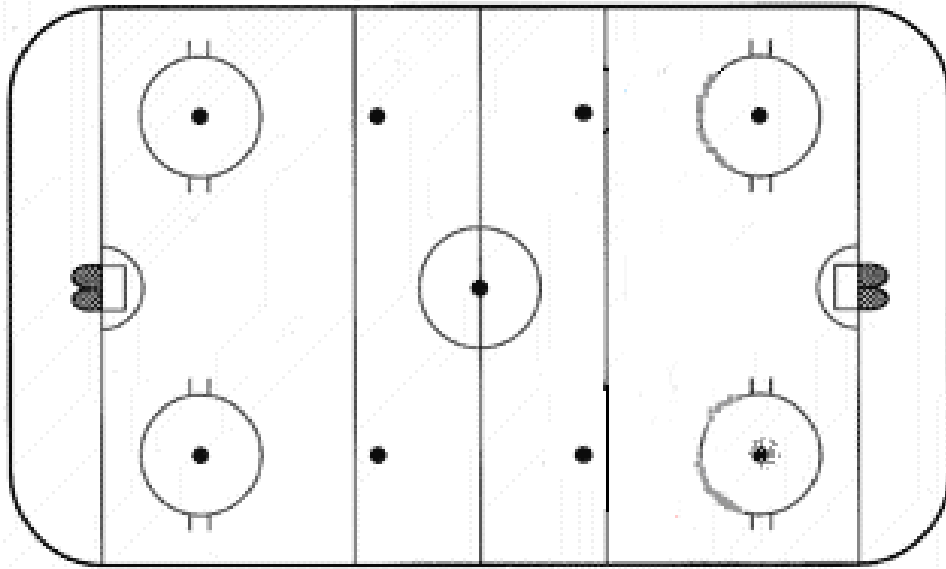
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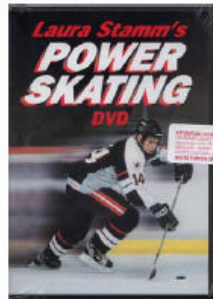
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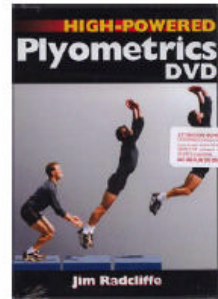
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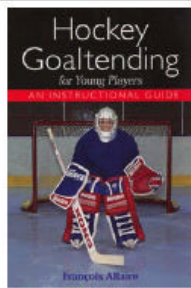


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