

## We just couldn't sustain offense zone pressure!

### Old school:

- systems systems systems
- drills drill drills
- skate them
- 5v5 ozone play in practice
- dump in chase
- for check better
- HOW???



Find the skill break down and give the players platforms to execute the skills

- ### New school: (skill)
- 1: teach/show it (video)
  - 2: rep it (simple)
  - \*re-teach (video)
  - 3: give a platform to execute the skill
  - \*re-teach (video)
  - 4: put it into a game
  - \*re-teach (video)

### We need to enter the zone better... HOW?

Fake Delay

"Go around this cone... turns into fake delay here"

Toe Caps (spinorama)

### We need to create time and space... HOW?

Offensive Stick Checks

Toe Caps (theirs)  
(hand sweeping)  
(contact)

### We need to get more rebounds... HOW?

Rebound Ready

### Key Takeaways:

- 1: Directions should be skills (how)
- 2: Do NOT turn drills into drills. The skill should ALWAYS be there
- 3: Skills make the system
- 4: ENOUGH BUZZ WORDS

### Small area games with a purpose

- Start with the skill (unlock)
- Skill gets you on offense
- Recognize the skill (stop and praise)