Ice Hockey

Teaching Pyramid

- STRATEGY
- TEAM PLAY SYSTEM
- TEAM TACTICS
- INDIVIDUAL TACTICS
- COGNITIVE
- MENTAL
- TECHNICAL
- PHYSICAL

Strategy

The style of play and tactics which the coach builds on the team's strengths to take advantage of the opponent's weaknesses and reduce their effectiveness.

Team Play System

A pattern of play in which the movement of all players is integrated in a coordinated fashion in order to accomplish an offensive or defensive objective.

Individual Tactics

Action by one player using technical skills in order to create or take away the advantage of an opponent. A tactic may be classified as offensive or defensive.
Team Tactics
A collective action of two or more players using technical skills and individual tactics in order to create or take away the advantage of an opponent.

Mental
Mental development consists of memory, perception, language, information processing, and thinking abilities.

Cognitive
Is the knowledge to understand the rules of play, terminology, team concepts and intellect to make decisions using this knowledge.

Technical Skills
The fundamental skills that are required to play the game - What are these Skills?

Offensive
- Skating
- Shooting
- Passing & Receiving
- Puck control
- Fakes
- Screening

Defensive
- Skating
- Blocking shots
- Stick checking
- Body checking

Physical
Physical development is measured by the factors as height, weight, body build, strength, endurance, flexibility, rate of physical maturation, motor skill coordination physical health, and body composition.