DEVELOPING HOCKEY SENSE
Teaching Player Roles

Ice Hockey
Playing Skills
Technical Skills
Hockey Sense

Technical Skills

OFFENSIVE
- Skating
- Shooting
- Pass & receive
- Puck Control
- Fakes
- Blocking

DEFENSIVE
- Skating
- Blocking shots
- Stick checking
- Body checking

Hockey Sense

1. Understanding the game
2. Reading the game
3. Making decisions

Understanding the game
The "golden" rules of Attack Play
1) Attack play starts as soon as the puck is received
2) The puck is always faster than the player
3) On offence you want width and depth
4) As soon as you get the puck you must move from a narrow space to a broad space
5) If a teammate is moving towards you, try to find a free zone /lane
6) The players without the puck look for a free place
7) The puck carrier always tries to move across the next line
8) After the offensive blue line one player must do strongly towards the net
9) Goals are scored from a slot (Prime Scoring Zone)
10) As soon you get the puck you place between the opponent and your own goal

Understanding the game
The "golden" rules of Defence Play
1) Defending starts as soon as the puck has been lost
2) On defense you want width and depth
3) There should always be one player forcing the puck carrier
4) The player with the puck should be directed to the outside
5) In the middle zone, there should be at least three players between the puck carrier and the blue line
6) In the defensive end you place yourself between the opponent and your own goal
7) You must see the opponent that needs to be guarded and the play situation
8) Guard specifically the opponent’s stick (stick to stick)
9) In defensive zone cover the slot (Prime Scoring Zone)
10) As soon you get the puck, think of attack – play towards
**Reading the Game**
- Reading the game means observing own team’s, opponent’s and puck’s, movement direction, speed and location.
- Continuously following and interpreting the game.
- With the help of visual reads the player can predict what will happen in the game.
- Essential: the space and time of the player with the puck; meaning the potential to continue the attack space and time depends on the opponent.

**Making Decisions**
- Selecting the right skill for the game situation = the playing skills the player chooses to carry out the decision.
- Essential: the speed and creativity of the decision making.
- It is not only the decision-making that is enough in the game; the player has to be able to carry out their decisions in a game situation.
- As a result; playing skills are needed.

**Learning Through Games**
Learning by playing – components of skills
- But was does playing mean to you?

**Game Situation Roles**
**Roles**
1. Offensive Puck Carrier
2. Non-puck Carrier
3. Defending the Puck Carrier
4. Defending Non-puck Carriers
Learning the Game

- A player can learn the game by practicing the roles.
- In team sports it is important that the players interpret game situations and act on them in a consistent manner.
- By learning the roles it is possible to learn every technical and tactical skill, including all parts of the game.
- By adding responsibilities to the possible courses of action in the roles, it is possible to develop a flexible, modern team play system.

Phase 1

Learning Game-Situation roles
Practicing Even-Strength Situations

1-on-1 Drills
Playing skills for the PUCK CARRIER and DEFENDING THE PUCK CARRIER

2-on-2 Drills
Playing skills on all four roles

3-on-3 Drills
Playing skills in all four roles

Phase 2

From Zone to Man-To-Man Defence
Finding a Role – “Marking Up”
Practicing Undermanned and Extra-Man Situations

2-on-1 ➔ 2-on-2 Drills
Playing skills in game-situation roles, transition from zone defence to man-to-man defence

3-on-2 ➔ 3-on-3 Drills
As above

3-on-1 ➔ 3-on-3 Drills
As above, defending has increased in difficulty; greater offensive efficiency is also required

Phase 3

Creating and Using Overload Situations
“Marking Up” and Supporting From Undermanned and Extra-Man Situations

1-on-2 ➔ Transition at Different Strengths
2-on-1 ➔ 2-on-2 ➔ 2-on-3 ➔ TRANSITION
Playing skills in game-situation roles, transition from zone defence to man-to-man defence

3-on-1 ➔ 3-on-2 ➔ 3-on-3 ➔ 3-on-4 ➔ TRANSITION
3-on-1 ➔ 3-on-2 ➔ 3-on-4 ➔ TRANSITION
4-on-2 ➔ 4-on-3 ➔ 4-on-4 ➔ 4-on-5 ➔ TRANSITION
4-on-2 ➔ 4-on-3 ➔ 4-on-5 ➔ TRANSITION

Bases of Successful Team Play

1. Co-operative Learning
   - Dependence
   - Commitment
   - Taking advantage of differences
   - Evaluation & feedback within team

2. Creativity and Talents
   Can be found in each player – belief in potential
   - Inner Motivation
   - Concentration
   - Curiosity
   - Openness - new ideas

3. Versatile Skills - Skillfulness
   - Co-ordination Skills
   - Balance
   - Intellectual Skills
   - Information Handling & Memory
Players?
- Learn inside the Game = Naturally
- Players interpret game situations and act on them
- Read & Act not Read & React
- Improves Hockey IQ

*Develop Hockey Sense*

No coach has ever won a game by what he knows; only by what his players have learnt!