

**Coaching Corner Development Tips:**



Overspeed Camp

1/15/2010

**Feet Movement.**

Sounds simple but is it?

Some of the best players in the game today have trouble doing this, believe it or not.

I'm sure you have said or heard a coach say "Boys remember to keep the feet moving" but

what he sometimes forgets to specify are the situations that players get into when moving their feet is a necessity.

**Number 1 defense.**

When a defender enters a 1 on 1 battle with an opposing team member his best defense is keeping his feet moving at all times, this will enable the defender to stay between the opponent and his net at all times while taking on an appropriate angle.

**Number 2 offense.**

Driving the net for some players when they feel the heat of a defenseman means stop, pass or shoot. This is not good in most cases. Most goals are scored by players who instead keep their feet moving towards the net at all costs resulting in a goal, rebound goal, opposing penalty or a collision that makes the goalie think twice the next time he steps in front of you barreling down the wing.

**Number 3 positioning.**

A well positioned player is one that seems always to be in the right place at the right time. Whether it be scoring a goal at the door step or deflecting an opposing players shot away from his net, this player is always a huge part of every shift. A key ingredient in a well positioned player is again keeping his feet moving. In order to get from offense to defense quickly or vice versa the player must move his feet to get in position wherever the play calls for. Nothing is more frustrating for a coach then seeing his players glide from one end of the ice to the other, a well positioned team must practice switching from offense to defense regularly this can also be used as a conditioning skate.

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\*\*\*Forward responsibilities within the defensive zone

1st Forward back is the F1 down low (UNLESS COACH CHANGES)

F1 Low areas of responsibility are:

Working together with D on the strong side

know how to cover side to side plays

F1 - must cover side to side in the DZC

## **F2 & F3 RESPONSIBILITY**

\*\*Covering the strong side point is your primary responsibility when the puck is in the corner. Position yourself within two stick lengths from your opponents point man \*stick is always towards the boards\*

Don't run into the corners be poised to maintain your point coverage, let the D & F1 do their jobs...

Cut off any passes to the point

If passes do get through get in the shooting lanes and block shots

Finish checks on your point man\*unless it takes you out of coverage.

Collapse and help protect the house whenever the puck enters that area-be ready for

Any rebounds

Any passes into the house/seams

Defend the high cycle

Cut off the D on the boards

If beat by D, collapse into the house

You are responsible low if 4 opponents are low

Ready to read picks/talk and switch

## **F3 Slot Coverage Responsibilities**

\*\*\*You have dual responsibilities\*\*\*

Be a robot, you must be between the hash marks

Front of the net is your responsibilities

Be ready to help out at the crease

Be ready to knock people down, rebounds, fight for loose pucks in the slot and crease.

The point is your secondary responsibility

Pressure quickly

Get in shooting lane/block shots

Get your sticks on puck whenever possible

Stop, back to the middle \*\*No Circling\*\*

~~Call your emergency contact if you are unable to resolve the situation as quickly as you need. If you are unable to resolve the situation as quickly as you need, call your emergency contact.~~