



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development Coaching Program





# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### Introduction

Welcome to the Red Circle Coaching Program.

In an effort to give coaches additional tools, Red Circle Hockey Development has created this Coaching Program.

What we will cover in the program will be the following:

- 1) Drill planning
- 2) Practice planning and preparation
- 3) Season planning
- 4) Tools to be successful in your upcoming season



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### What Makes A Good Coach?

- Being organized and on time
- Holding true to the “Equal Opportunity Regardless of Ability” motto
- Understanding the skills and abilities of each player
- Taking the skills and abilities of those players and making them into a team
- Having a plan for the season



# RED CIRCLE HOCKEY CLUB

*Equal Opportunity Regardless of Ability*

## Player Development

### What Makes A Good Coach?

- Being organized and on time
  - Its difficult to ask players to be at their peek of performance if the person leading them isn't prepared. Life gets in the way at times, but those players count on you to have a plan put together and be ready.
  - If your next event is a game, know who will be attending, know who your starting five players will be and what positions they will be playing.
  - If your next event is a practice, then know who is going to attend, who will be there to help you run the practice. Make sure that all of your assistant coaches know what they will be responsible for. Make sure you have enough pucks, pylons, a white board, etc.





# RED CIRCLE HOCKEY CLUB

*Equal Opportunity Regardless of Ability*

## Player Development

### What Makes A Good Coach?

- Holding true to the “Equal Opportunity Regardless of Ability” motto
  - It is the motto of Red Circle Hockey to give all players an equal opportunity to play. You as a coach are the only one who can actually fulfill this motto.
  - You must follow the Red Circle shift change sheet at all times.
  - Remember, winning isn’t everything but Equal Opportunity is.



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### What Makes A Good Coach?

- Understanding the skills and abilities of each player
  - As a coach, it is important to be able to read what the players strengths and weaknesses are.
  - Look at basic skills such as skating and then break it down further into, stops and starts, crossovers, forwards and backwards, transitions, etc.
  - Skating, puck handling, drive and initiative, hockey sense and if the player is coachable are all important factors to assess.
  - You can use this information to guide your next steps.



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### What Makes A Good Coach?

- Next, you need to take those skills and shape them into your season plan and the overall goal for your team.
  - Once you have established each of the players strengths and weaknesses, you need to;
    - 1) Decide what goals you need to focus on. Offense, defense, passing, positional play?
    - 2) Determine how to get your players to the level necessary to meet your goals
    - 3) Break this all down into stages to meet them



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### What Makes A Good Coach?

- Having a plan for the season
  - This is one of the most important steps in the process. It's one that will take some time to develop up front and will be modified as the season progresses.
  - When you have evaluated your players individual skills and abilities, it will be time to assess them as a group of players and a team.
  - You will have to identify what areas you should address first. What style of game you would like them to play? Do you have players with the skill set both physically and mentally to do what you will be asking of them?





# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### Be Prepared

#### What do you need for practice?

- A minimum of 40 pucks. Pucks can be purchased for about \$1 per puck and currently are not supplied by Red Circle Hockey.
- Pylons. You can purchase inexpensive ones from Walmart or Canadian Tire. Be sure to have enough to run the drills you want to.
- A white board to draw the drills for your players.
- Volunteers. Have enough people on the ice with you to keep the players organized, following the drills properly and to teach them. Red Circle tries to ensure there are enough coaches, but look to parents for extra help.



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### Don't Forget The Goalie(s)

One of the most frustrated players on most teams is the goalie.

Why?

Because there is only one or two per team and most coaches don't know what to teach them.

Yet, the goalie is the most important player on your team. They will win or lose games for you and feel the most pressure for two reasons. One, they don't get enough training. Two, they are expected to be super heroes in most games.



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### Don't Forget The Goalie(s)

Take some time to learn some goalie specific drills and if you are lucky enough, ask for a volunteer to work with them.

Second, don't just make them a target for your team's shooting drills. Tell your players to shoot for a specific area and no deking. Change your drills so that players are taking shots from different spots on the ice. Include drills that force your goalie to move in the net.

Finally, make them a part of the team and give them the opportunity to carry the puck, shoot the puck and pass the puck.

Your goalie can be your most important player and should be treated as such.



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### Developing A Season Plan

Once you have evaluated all of your players, you need to create your season plan.

1) Look at how many practices you have in your season. One practice per week starting in late October through to the end of March not including Christmas and New Years figures out to about 20-22 practices.

2) What skills are you going to focus on? Skating, crossovers, passing? What other areas? Defensive play, offensive zone setup, attack triangle, breakouts?

Pick 1 or 2 to start and add more later depending on how the players react to what you intend to show them. You are then going to work backwards from here.





# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### Developing A Season Plan

#### Team Level Drills

Based on the one or two items you would like to work on, what team skills do the players need to have in order to execute them.

Example: Defensive zone breakout

- What are the key elements?
- Positioning, pivots, reading the pressure, etc.
- When you break it all down there are multiple facets to even a simple breakout play at the team level.

Next, you will want to drill down to the group level (2 or 3 players).



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### Developing A Season Plan

#### Group Level Drills

Group level drills are designed to have 2 or 3 players working together on a specific skill set that is a part of the system you are trying to teach and a key component to the players executing the overall system correctly.

An example of group level drills would be having the defenceman pick up a puck from behind the net, making a pass to a winger. The winger might then skate up ice and circle around a pylon back towards their own net. The defenceman could then defend on a one-on-one.



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### Developing A Season Plan

#### Individual Drills

These drills will involve one or two players and work on the basic skills each player requires to complete the Group Level Drills.

If we drill down further from the group drill, we need to assess what individual skills are required.

Skating and passing (both giving and receiving). What if three or four of your players are brand new to hockey or have had limited experience. They need to be taught how to give and receive a good pass starting in a stationary position. That is a basic skill.



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### Developing A Season Plan

Drilling down to the basic skill sets required to perform a breakout drill is important. Now if you do this for all aspects of a breakout play, how does your assessment of your team compare to what you want to do?

Can all players skate and carry the puck properly?

Can all players make passes while moving?

Can they receive a pass and then look for the next outlet pass?

Can your players read the play and react without the puck?

Do they now how to support the puck and anticipate?

This will determine where you must start your season plan.





# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### Developing A Season Plan

So, now you are discouraged that you are not going to be able to do what you want this season because you have to teach ALL of the basic skills first?

**WRONG!!!!**

Start your season off with some basic skill development and as you go, then add more pieces of the puzzle. Explain to the players what your plan is. They are hockey players. They will understand. Even players who are new to the game will appreciate what it is you are trying to do. Explain to them that the stationary passing drill leads to the moving passing drill, which leads to the Group Level passing drill and eventually onto the breakout.



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

Is it wrong to teach systems to young players?

**NO!**

As long as you are also working to improve the lower level skills required to execute the system and as long as you are giving the players multiple options, you are just making players smarter and giving them the tools to be better players.

Those who teach systems without giving players options or developing the underlying skills are not being fair to the players.

And yes, you can run systems in house league and be successful. You just need to be patient with the players.

# Sample Season Plan

Options				Ready	WIP	Done			
Stops and starts properly executed	Shooting - Forehand and Backhand	2 - on - 1 Defensive / Offensive Positioning	Offensive Attack Cycle	Stops and starts properly executed	Stops and starts properly executed	Stops and starts properly executed			
Fluid forward and backwards crossovers	Defensive Zone Positioning Box + 1	3 - on - 2 Defensive / Offensive Positioning	Offensive Attack Point - Partner - Shoot	Goalie Specific Shooting Drills Rebound Control	Goalie Specific Shooting Drills Rebound Control				
Pivots in both directions	Offensive Zone Positioning	Goalie Specific Shooting Drills Rebound Control	Defensive Zone Simple Breakout Use The Boards	Defensive Zone Positioning Box + 1	Defensive Zone Positioning Box + 1				
Stationary and moving passes - Giving and receiving - Forehand and backhand	1 - on - 1 Defensive Positioning	Goalie Specific Passing Drills Side-to-side Movement	Defensive Zone Transition Box + 1 to Breakout		Revisit				
Edge Control - Inside and Outside	1 - on - 1 Offensive Positioning	Offensive Attack Delay	Defensive Specific Skating Drills						

**Drill 1: High / Low Shooting** Length: 10 Mins

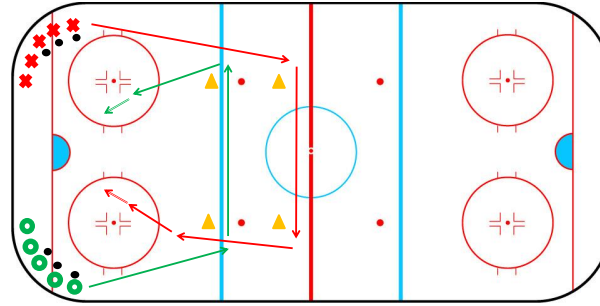
Designate one side as "High" and one side as "Low". On the whistle one red player and one green player leave at the same time carrying a puck.

Green will carry their puck around the nearest pylon (low), straight across the blue line and then towards the net.

Red will carry their puck to the far pylon (high), straight across the red line and then towards the net.

Be sure your players are shooting before the hash marks and no deking.

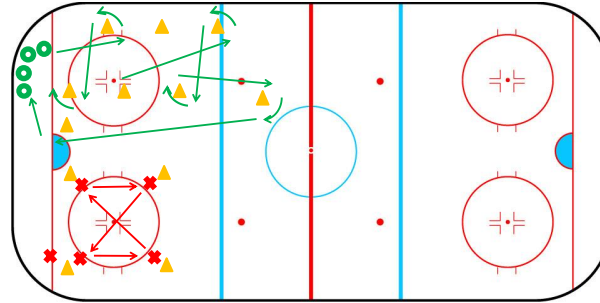
Goalies must react to the first shot and then find the next shooter and move to make the second save. Warm up for shooters and goalies.

**Drill 2: Edge control / Follow Your Pass** Length: 10 Mins

Green players will skate through the middle of the line of pylons performing tight turns to make a figure eight around each pair of pylons. At the end, skate towards center ice and return down through the crease to get back into line. Ensure players lead with their inside skate and stick and crossover to exit. Can be done next with pivots.

Red players make a pass and then follow it to the next pylon. Be sure give and receive the pass properly, look to where they are passing. Receiving players must provide a good target. Start slow and as players improve, move towards quicker passing while maintaining accuracy.

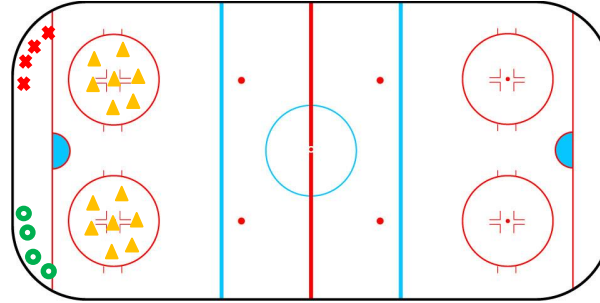
Goalie working at center ice on up/down movement and side to side slides.

**Drill 3: Chaos Skating** Length: 10 Mins

Place several cones randomly within each circle and split your team into two groups. On your command, send in one, two or three players to skate around the pylons, twisting and turning. Players must keep their head up and use tight turns going in all directions.

After all players have taken a turn, send them in with a puck each. Same rules apply. To make it more challenging on the third time through, they must try to knock the puck off the other players stick while maintaining their own. If they lose the puck, they are eliminated.

Goalies in the neutral zone work on covering, clearing and shooting the puck.

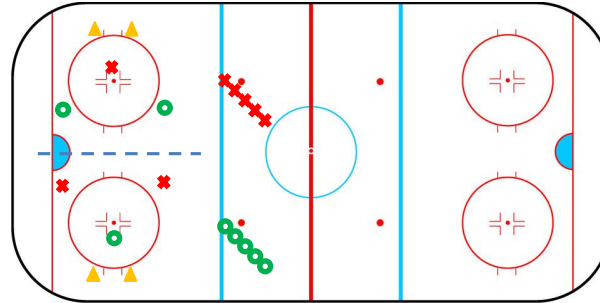
**Drill 4: 3-on-3 Scrimmage** Length: 10 Mins

Run a 3-on-3 scrimmage with two forwards and one defense per team.

The forwards cannot come back into their own zone and the defence cannot play in the offensive zone.

A variation would be to force the forwards to make a pass back to the defence before they could shoot.

Have your goalie(s) talk to your defence. They should say if they want the defender to take the shooter or the pass. They can advise where to play the puck. If they freeze the puck, have them make the pass to an open player. Get them into the scrimmage.





## Practice Plan

Date: November 10th, 2018

### Drill 1: High / Low Shooting Length: 10 Mins

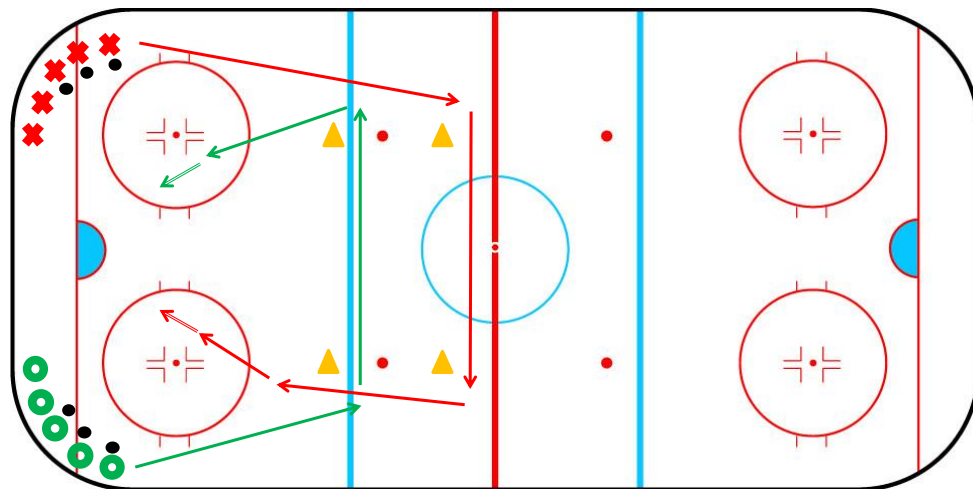
Designate one side as "High" and one side as "Low". On the whistle one red player and one green player leave at the same time carrying a puck.

Green will carry their puck around the nearest pylon (low), straight across the blue line and then towards the net.

Red will carry their puck to the far pylon (high), straight across the red line and then towards the net.

Be sure your players are shooting before the hash marks and no deking.

Goalies must react to the first shot and then find the next shooter and move to make the second save. Warm up for shooters and goalies.





# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### Developing a drill.....

We are going to split into groups of coaches and each group is going to draw up their own drill. You have 10 minutes to do this.

- Skating drill
- Puck handling drill
- Passing drill
- Shooting drill



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

### Developing a drill.....

Each group will teach your drill to the rest of the coaches on the ice.

- You must have one coach who will oversee the running of the drill and the rest of the coaches. A head coach, if you will.
- You must have one coach who will make sure the players are organized and starting when they should.
- You must have one coach who will make sure the players are executing the drill correctly.
- Other coaches will make sure that pucks and pylons are where they need to be and fix pylons if they are knocked over or moved, etc.
- Be sure you note placement of pucks, pylons, etc. How many you need to run your drill and how long the drill will last.



# RED CIRCLE HOCKEY CLUB



*Equal Opportunity Regardless of Ability*

## Player Development

Here the next steps:  
Practice Plan

- 1) You must prepare a practice plan for your next practice.
  - Include key teaching points
  - How long the drill will take
  - Where your assistant coaches fit in and what they will do
  - Continue to develop practice plans for each practice throughout the season.
- Remember – A prepared coach is a good one!!