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## USA Hockey Recertification Program

# Developing an Offensive Model Using Key Concepts

### *Lesson Workbook*



presented by



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# Developing an Offensive Model Using Key Concepts

## What is a concept?

A concept is a general idea or principle used to teach a particular element of the game.

## Why teach using concepts instead of systems?

Many youth coaches make the simple seem complicated rather than the complicated seem simple – teaching the game using concepts serves to simplify the process.

## Stressing Skill Development

What are the pre-requisite skills for teaching Offensive Concepts?

- Passing and Receiving
- Puck protection and stickhandling
- Deception: fakes / feints; disguised passes and shots
- Skating: Agility; Balance; Quickness
- Shooting: Accuracy; Quick – Release
- Courage and Tenacity

## Key Concepts of Offensive Philosophy

**Support** - Become an option for the puck carrier either “directly” or “indirectly”.

**Timing** - Is the key to Support – with good timing you enhance the passing opportunities and thus the chances of maintaining puck possession. Maintain eye contact with the puck carrier and provide a good passing lane and receiving angle.

**Read and React** - Is “Thinking” or the ability to take in information, process it and make a decision. “Reading and Reacting” involves vision – the ability to see the ice; Anticipation – being aware of the options or possibilities that exist; Decision Making – based upon what a player sees and anticipates they make decisions.

**Puck Possession** - Is an important ingredient. Players should protect the puck at all times and use movement without the puck to help keep possession – if a player is not open for a pass-move! All “dumps/chips” should be executed with the idea that they are area passes and that they are made to an area that someone is already moving into.

**Puck Movement** – Stress constant puck movement. This frequent change of the position of the puck results in constantly changing defensive challenges for your opponent. It changes the point of attack and creates “time and space”.

**Speed Kills** – Attack with speed by moving into open areas and creating plays!

**Transition** – Develop a quick counter attack with all five players involved in the offense so you gain possession of the puck.

**Shots** – In order to score you must get the puck to the net! Finish all scoring opportunities with a shot on net. Bad angle shots are often better than passes through traffic.

**Communication** – Both verbal and non-verbal (eye contact, stick on the ice) communication are important skills to teach your players.

## Teach Your Players

### A. Patience

### B. Awareness

1. Anticipation

### C. Preparation / Presentation to the Puck

### D. Puck Possession

1. Individual Control
2. Short Pass Effectiveness

### E. Offensive Puck Support

One of the fundamentals of offense is the principle of support. Support requires players away from the puck to include themselves in the attack by creating passing options for the puck carrier. Players must read opponents’ checking intentions and the puck carrier’s movements and react accordingly.

When attacking the offensive zone it is important for the attackers to create an offensive triangle. Triangulation is a formation in which two attackers position themselves around the puck carrier to create an offensive triangle. This formation provides support by creating two passing options for the puck carrier while adding width and depth to your team’s attack.

Offensive triangles provide your attack with more puck control, which leads to more scoring chances, and ultimately, more goals. Coaches must begin teaching triangulation to players at a young age by developing read and react skills through a variety of drills.

Here are some ideas to help you teach your players about creating an offensive triangle:

Design and implement a drill progression where players drive to the net alone, attack in pairs, and in forward lines, emphasizing that players must read the intentions of their linemates and react accordingly to form offensive triangles.

Teach players to use effective communication techniques on the ice, such as shouting, eye contact, nodding the head or other body language, especially when passing and receiving passes. Insist that players never try to force passes through a defender's skates or stick or into areas with strong defensive support.

### **F. Read and React**

Key factors in Read and React:

**Vision** - The ability to see the ice or see the play – pick up appropriate cues.

**Anticipation** – What options or possibilities exist and do any of the visual cues indicate a preference.

**Communication** – Ten players are actively moving on the ice therefore communication allows the player to clarify his role or activity early in the situation.

1. Verbal – without question, lead up communication before a key decision has to be made can really assist players in their ability to read and react. Communication prevents duplication and communication prevents hesitation.
2. Non-verbal – eye contact, stick on ice.

**Decisions** – Based upon what the player “sees” and anticipates, he then makes the decision or reaction.

## **Read and React applied to Offensive Support**

What is offensive support?

**Direct** – A player skates “off” the puck and gets open to become an option for the puck carrier.

**Indirect** – A player skates “off” the puck to move defenders and create space for the puck carrier.

**G. Timing is the key to support!** With good timing you enhance the passing opportunities, therefore you increase chances of puck control. However, poor timing often causes bad passes to be made.

**Too soon** - puck carrier either didn't have enough control to utilize it or he rushes his play and makes a poor pass.

**Too late** - puck carrier now under so much pressure he has to force the pass through a checker and turnover results.

## Key Factors or Reads in Timing

**Eye contact** – Tells you WHEN to support. Is the puck carrier looking? Does he have good puck control? Is he under checking pressure?

**Save Ice** - Tells you how to provide support and establish a good passing lane and receiving angle. Keep as much ice in front of you until the key moment when you must accelerate into the opening. Control skating and taking back ice are needed to accomplish this. Accelerate into the opening and receive the puck with speed. Hopefully you create a situation where you have some open ice and a real speed advantage on the closest defender.

## H. Puck Movement

1. Creating Passing Angles

## I. Utilizing Speed

1. Constant Motion

## J. Willingness to Compete in Traffic

1. Completing Attack/Cycle

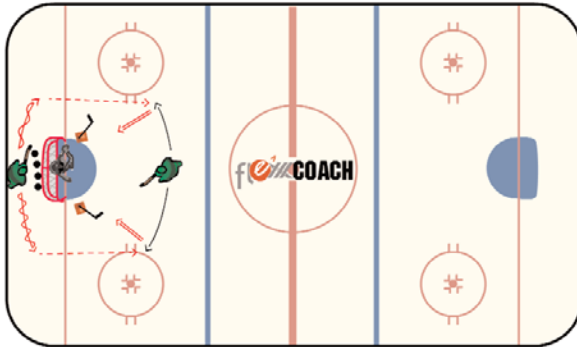
## Incorporating Situations into Drills

- Establishing Building Blocks
- Stressing Fundamentals
- Isolate Specific Areas
- Attention to Detail



# Drills

## Lateral Movement Shooting



### Objective

- Make yourself an available pass receiver with stick on the ice

One player starts behind the net with the puck, the other player starts in the high slot directly in front of the goaltender. Cones are placed as shown on the diagram. The low forward changes his passing angle and the high forward gets open by moving parallel with the player behind the net, to be available for a pass, to finish with a shot on goal.

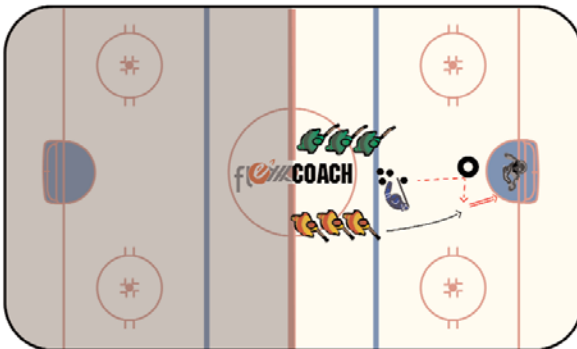
### Key Elements

- Change Passing Angle
- Lateral Movement to get open
- Shooting/Scoring
- Make your stick available
- Quick Release

### Goalie

- Post to post work, Angles and Squaring up on the shooter

## Rebound Shooting



### Objective

- Create Good Scoring Chances of rebounds in tight

Players are divided into two groups positioned inside the blueline in the center of the ice. Coach is between the groups of players with pucks. Coach shoots the puck into the tire located in front of the goal crease. Players play the rebound off the tire, controlling the puck for a quick shot to the net.

### Key Elements

- Shooting/Scoring
- Foot Work
- Create depth in the offensive zone
- knowledge of what to do with the puck
- Skating Balance

### Variations

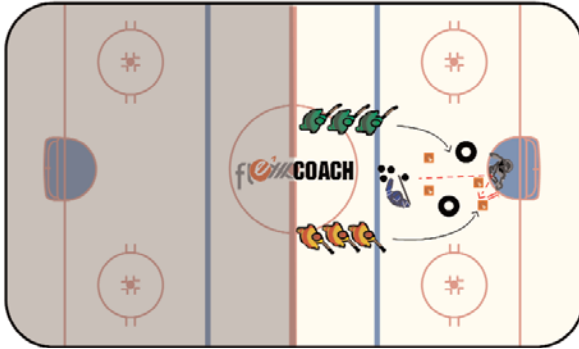
- Can make this a 2 on 0 with 1 pass

### Goalie

- Adjusting his angles base on the rebound of the puck, Staying controlled and square to the shooter.

# Drills

## Rebound Shooting Obstacles (Traffic)



### Objective

- Create Good Scoring Chances of rebounds in traffic

Players are divided into two groups positioned inside the blueline in the center of the ice. Coach is between the groups of players with pucks. Coach shoots the puck into the pads of the goalie to create a rebound. The first two players skate in to gain control of the puck, obstacles such as cones & tires are placed in the scoring area located in front of the goal crease. Players play the rebound, controlling the puck for a quick shot or pass for a scoring chance.

### Key Elements

- Shooting/Scoring
- Foot Work
- Create depth in the offensive zone
- knowledge of what to do with the puck
- Quick Decisions/Find seams

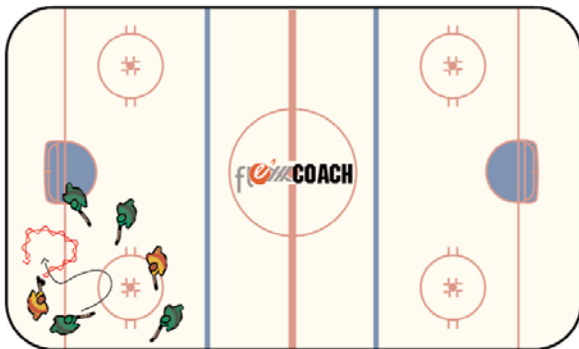
### Variations

- Can add a second puck behind the net for a second scoring opportunity; a pass from behind or a wrap-around.

### Goalie

- follow rebound focus on puck but be aware of where open man is, control rebounds.

## 1 on 1 Puck Protection



### Objective

- Puck protection maintaining control of the puck

Place two players in any small area on the ice using a border patrol pad or barrier of some sort; closing off a tight area. The two players are to battle 1 on 1, trying to maintain control of the puck.

### Key Elements

- Protect the puck/using your body
- Mobility /foot work
- Beat pressure
- Skating
- Maintaining possession

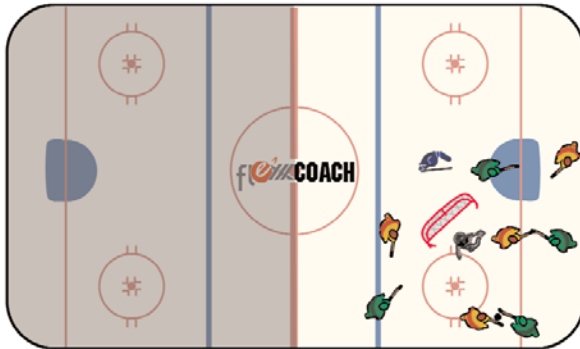
### Variations

- This also can be played as a two on two.



# Drills

## 2 on 2 Puck Protection



### Objective

- To maintain control of the puck with good support

Place four players in any small area on the ice, with a net; using a border patrol pad or barrier of some sort; closing off a tight area . The four players are to battle 2 on 2 trying to maintain control of the puck while trying to create scoring chances on the goalie in the net.

### Key Elements

- Protect the Puck
- Mobility/Foot Work
- Beat Pressure
- Create Scoring Chances
- Give and Go Passing

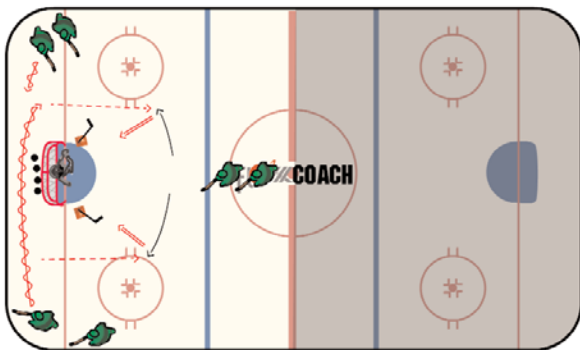
### Variations

- Can use this as a 1 on 1 to get your players to compete in a tight area

### Goalie

- A lot of scoring chances , quick reactions by the goalie.
- Encourage the goalie to play the puck and keep the play moving.

## Lateral Movement Shooting 3rd Man



### Objective

- Create Good Scoring opportunities finding seams

One player starts in the corner with the puck, the other player starts in the high slot directly in front of the goaltender. Cones are placed as shown on the diagram. The low forward changes his passing angle by skating with speed behind the net. The high forward gets open by moving parallel with the player behind the net, to be available for a pass and to finish with a shot on goal.

### Key Elements

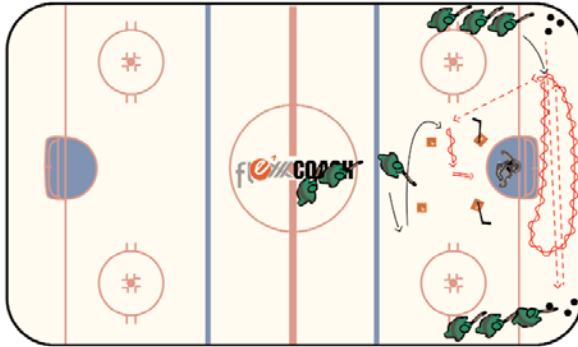
- Skating Speed
- Mobility/Foot Work
- Finding Seams
- Lateral movement to adjust your angles and stick position
- Create good offensive depth

### Goalie

- Post to post work, Angles and Squaring up on the shooter, Head on a swivel

# Drills

## Lateral Movement Shooting Change Direction



### Objective

- Create Good Scoring opportunities finding seams

Two lines of players positioned in the opposite corners, pucks in both lines. The third line of players start in the high slot directly in front of the goaltender. Cones are placed as shown on the diagram. One of the low forwards passes the puck to the other forward in the opposite corner, that forward skates in behind the net, changing direction to come out the same side from where he started. The high forward gets open by moving parallel with the player behind the net, to be available for a pass and to finish with a shot on goal.

### Key Elements

- Skating Speed
- Change of Direction
- Read and React
- Puck Support
- Adjust Your Passing Angles

### Variations

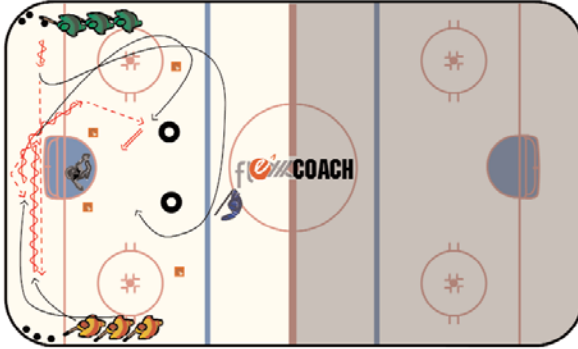
- Coach can add pressure to the player in behind the net to help him focus on protecting the puck.

### Goalie

- Post to post work, angles and squaring up on the shooter, head on a swivel.

# Drills

## 3 Man Cycle Behind Net



### Objective

- Create width and depth to attack thru triangulation

Players are divided into 2 groups in opposite corners. Pucks are placed with both groups. Place cones as shown in the diagram. The first player in one line starts with the puck, passing it to the opposite line of players. This first player skates out around the cone at the blueline, down the far side of the ice to the post. The second player that received the pass skates in behind the net, throws an indirect pass off the boards to the third player from the same line that gathers the puck. The second player skates out around the cone near the blueline and comes down the ice in the high slot. The third player that retrieved the puck behind the net, skates out to make a pass finding a seam to pass to one of the first two players for a shot on goal.

### Key Elements

- Adjust Passing Angles
- Puck Support
- Indirect Passes
- Cycling
- Create good offensive depth

### Variations

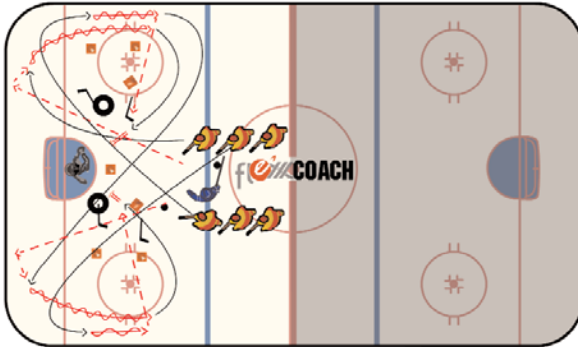
- Coach can act as a forchecker to pressure the players.

### Goalie

- Follow pass behind net, focus on puck but be aware of where the open man is. Use your stick to deny the intight passing angles thru the crease. Control rebounds.

# Drills

## 2 Man Cycle Obstacles



### Objective

- Offensive Creativity with good puck support

2 lines in high slot above the top of the circles. The Coach positioned between the two lines with pucks, dumps the puck into the corner. The first player in the near line skates in to retrieve the puck the first player in the other line follows that player into the corner. Player 1 skates up the boards with puck indirects the puck off the boards to the second player and heads to net to receive a return pass from player 2 for a quick shot on net. Player 2 follows the shot up for any rebound to play.

### Key Elements

- Puck Possession/support
- Offense skill work for forwards
- Creating seams in the attack
- Indirect Passes
- Passing Angles

### Variations

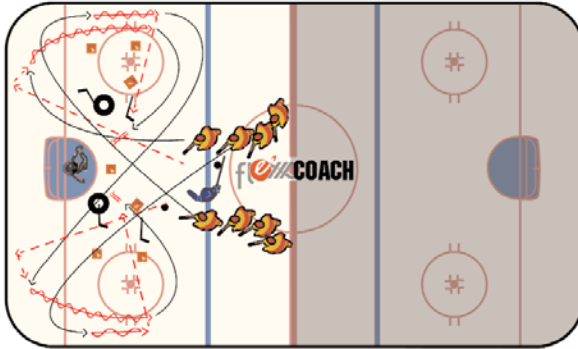
- A coach can provide pressure on the player who retrieves the puck.
- Coach can restrain player going to the net. Making him fight through the resistance.
- A third player can be added to the cycle, just add another indirect pass.

### Goalie

- Play the quick shot coming off the cycle; control your rebounds.

# Drills

## 3 Player Cycle Obstacles



### Objective

- Create Good Scoring Chances maintaining control cycling the puck

Players divided into 2 lines positioned just inside the blueline. The Coach positioned between the two lines with pucks; dumps the puck into the corner. The first player in the near line skates in to retrieve the puck; Player 1 skates up the boards with puck indirects the puck off the boards to the second player. This first player skates out around the cone at the blueline, down the far side of the ice to the post. The second player from the other line that received the pass throws an indirect pass off the boards to the third player from the same line and gains control of the puck. The second player skates out around the cone near the blueline and comes down the ice in the high slot. The third player that retrieved the puck makes a tight turn to the boards skating toward the back of the net, to make a pass finding a seam to one of the first two players for a shot on goal.

### Key Elements

- Puck Control
- Passing Angles
- Creating seams in the attack
- Create width and depth

### Goalie

- focus on puck but be aware of where open man is, use stick to intercept passes, control rebounds.

# On Ice Presentations



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# On Ice Presentations



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# On Ice Presentations



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