

**OSSEO-MAPLE GROVE  
HOCKEY ASSOCIATION**



**COACHES MEDIA RESOURCE  
CENTER REFERENCE GUIDE**

# OSSEO-MAPLE GROVE HOCKEY ASSOCIATION



## OMGHA MISSION

We, the members of OMGHA will  
Strive to provide a positive  
Environment that promote the  
Development of hockey skills,  
Good sportsmanship, competitive  
Play and fun for all players

## OMGHA GOALS

Our Goals as members of OMGHA will be

- To provide a quality program at a reasonable cost
- Quality training for all players
- Consistent skill development
- Positive community representation
- Promote personal growth and Positive attitudes
- Fun, fun, fun for all

## TABLE OF CONTENTS

OMGHA MISSION STATEMENT.....	1
INTRODUCTION .....	2
RESOURCE CENTER GUIDELINES .....	3
BOOKS.....	3
VIDEOS .....	8

### INTRODUCTION:

Please use the OMGHA Coaches Media Resource Center to improve your knowledge and ability to effectively coach your players at any level.

In this reference center you will find books and videos that provide tips and demonstrations to accurately mentor your player in all areas of the game of hockey both on and off the ice. The books and videos provide hands on training and illustrations to help you become a successful coach and mentor to players at any level. The OMGHA Media Center is a great resource for youth hockey coaches and parents working with their athletes to improve their skills from basic skating skills to complex skills and mental aspects of the game.

Please use these materials to broaden your knowledge base and strengthen your coaching techniques. Good luck and have fun!

## OSSEO-MAPLE GROVE HOCKEY ASSOCIATION

Visit our web site at:  
[www.omgha.com](http://www.omgha.com)



## MEDIA CENTER MATERIALS USAGE AND CHECK OUT PROCEDURES

1. Coach or Manager logs onto the OMGHA Website.
2. Place your cursor on the Coaches and Managers Tab on the Homepage. Click on the Coaches and Managers Tab to proceed to the Coaches and Managers page.
3. Click on the link **"Use the new Coaches Media Center.** [Click Here](#) to view the Coaches Media Center Handbook. [Click Here](#) for the Request Form.
4. Access the Web Form titled **"Checkout Form for the Coaches Media Center** "Input required information- first name, last name, email, team name, phone number and requested material title(s).

**First Name:**

**Last Name:**

**Email:**

**Team Name:**

**Phone Number:**

**Book or Video Title - 1:**

**Book or Video Title - 2:**

**Book or Video Title - 3:**

5. Click on the submit form button to submit your request.
6. Request Form will automatically forward to Volunteer Coordinator.
7. The Dryland Opener/Closers will retrieve the requested materials for Coach's or Manager's use within 24-48 hours.
8. The request materials will be placed in the Team mailbox located in the Osseo Arena.
9. All Videos and Books should be returned to the Dryland Facility dropbox located in the lobby of the Dryland Center.

## BOOKS

1. **Coaching Youth Hockey** – from the American Sport Education program. This book is a great resource for youth hockey coaches and parents working with 6 to 14

year-old athletes. It includes coaching strategies for ice hockey and roller hockey. Subjects covered include: elements of a good practice, prevention of injuries, rules and terms used in ice hockey and roller hockey, offensive and defensive team concepts and tips for positive communication with your players. This valuable guide contains 40 practice drills and 140 helpful illustrations. 1996 (1 copy)

2. **Half Ice Drill Book** – USA Hockey, Inc. **Coaching Education Program.** Planning a practice that motivates kids to play, learn and enjoy the game of hockey is one of the most important responsibilities of a youth hockey coach. Hockey players want and need to be excited to participate and enthused while they learn. A player will benefit most from practices that are challenging, fun and well organized. The Half Ice Drill Book has been written to provide coaches with a variety of half ice drills. Due to the need to increase shared ice practices, this book will become a valuable tool for a coach to use their practice preparation. These drills are specifically designed to challenge players to keep them active, interested and involved. These drills can also be easily adapted to a wide range of ages and abilities. (2 copies)
  
3. **The Incredible Hockey Drill Book** – by Dave Chambers  
More than 600 individual and team drills, each one illustrated and explained in detail are included in this book. Drills reinforce the techniques of skating, passing, puck control, shooting checking and player roles/responsibilities by position. Also included are drills for team tactics such as power plays, penalty killing, regrouping and breakouts. 1994
  
4. **Laura Stamm's Power Skating**  
Develop explosive acceleration to get the puck and goal with an extra burst of speed! *Laura Stamm's Power Skating* presents her system for helping players move with

maximum efficiency on the ice, plus practice drills to learn to transfer that speed to game situations. Author Laura Stamm has taught thousands of amateur and pro players her Power Skating System. She covers all the critical components of explosive skating, balance, agility and mobility to start, stops forward and backward strides, crossovers, turns and transitions. Every great hockey skates powerfully and is able to get in position to make the key plays. *Laura Stamm's Power Skating* will give you that explosive edge on the competition.

#### **5. *The Ultimate Hockey Drill Book***

Included in this book are drills for power skating, skating agility, passing, and shooting. A unique "fun 'n games" drills section includes simple games for beginners and small ice games for advanced players. Drills included can be incorporated into warm-ups, individual skills development, team skills development or conditioning. Each drill features a highlighted skill, clear instruction, a diagram and coaching points. 1997

#### **6. *Hockey Drills for Scoring***

Using 70 competitive drills and full-page diagrams, this book will help your team master scoring skills. Drills reinforce shooting fundamentals, scoring angles, scoring under pressure, one-time shots, deflections, redirects and dekes. Sample practice plans designed to improve shooting technique are also included. Find every tip your team needs for quick, creative and accurate shot-making.

#### **7. *The Hockey Drill Book***

No player or team is too good to skip regular practice sessions. For young players and inexperienced teams, practice is the only way to improve basic skills and learn the fundamentals. Mike Smith's *The Hockey Drill Book* will provide coaches everywhere with an accessible source of new, reliable practice drills. Smith's handbook covers the fundamentals of skating, stick handling, passing, shooting conditioning, goaltending, checking and game situations and includes drills complete with diagrams, descriptions and recommended variations.

## **8. Championship Team Building**

This book will help you find the answers to some of your toughest team building questions. *Championship Team Building* provides a comprehensive plan for building a successful program. Strategies discussed cover such themes as how to get your players focused on the same goal, how to gain a lasting commitment from your players. 15 keys to become an effective and credible coach, team games to promote teamwork, how to keep the conflict under control, and much, much more. This practical resource will help build a motivated, committed and cohesive team. 1999.

## **9. Hockey Drills for Puck Control**

"*Hockey Drills for Puck Control* is a must for coaches and players. It can assist both the expert and volunteer coach in improving puck-handling skills of players at all levels of the game." Gary Agnew, General Manager and Head Coach of the Kingston Frontenacs Canadian Hockey League. "Very informative and easy to follow, this book has many useful drills for any level of competition." Marc Crawford, Head Coach of the Colorado Avalanche in the National Hockey League.

Hockey is a game of speed and strength, but it's also a contest of skill and precision. Teams that control the puck also control the game and score more goals. *Hockey Drills for Puck Control* presents 70 challenging drills to help you better control the puck and help your team put more points on the scoreboard. Author Vern Stenlund. A former professional player and now a successful coach and instructor for the Huron Hockey School, explains and illustrates how to

- use the drills most effectively
- help players and coaches reduce the time requires to master skills
- refine the drills to challenge even the most experienced players

Improve your puck control skills with these 70 ice-tested *Hockey Drills for Puck Control*.

## **10. Complete Conditioning for Ice Hockey**

By Peter Twist, NHL Strength Training and Conditioning

Coach

Twist provides great on and off the ice training for getting your team into peak hockey shape! The 125 hockey exercises and drills for aerobic/non-aerobic training, strength training, quickness/agility training, flexibility and speed training will assist you in improving your team's strength, speed, agility and endurance. An additional chapter provides great nutritional tips for improving hockey performance. 1997.

**11. The Coach's Manual: A Guide to Drills, Skills, Tactics and Conditioning**

"Hockey is a game that demands good sound skills as the foundation for both individual players and the team" writes Mike Smith. And team success he adds is simply a reflection of coaching success." *The Coach's Manual: A Guide to Drills, Skills, Tactics and Conditioning*, Smith presents a winning formula for the hockey season. Complete with step-by-step diagrams, this book helps coaches set up a season long program and walks them through a host of dryland and on-ice training regimens that will build team cooperation and enhance individual ability. Skill-building drills provide coaches with the tactical and strategic advantage vital for matching a tailor-made hockey system –whether based on consecutive or aggressive play= to the achievement level of players ages 9 to 18. A timeless and accessible handbook, *The Hockey Coaches Manual* is invaluable both as an introduction and as a quick refresher course to the challenging responsibility of coaching hockey.

**12. USA Hockey Association Coaching and Education – ACE Coordinator Handbook**

**13. USA Hockey Bantam/Midget – Practice Plan Manual**

**14. USA Hockey Peewee– Practice Plan Manual**

**15. USA Hockey Squirt – Practice Plan Manual**

**16. USA Hockey Associate Level Manual**

Organizing for the season and practices.  
Handbook page 111

**17. USA Hockey Associate Level Manual –**  
Methods of effective Coaching. Handbook 1

**18. USA Hockey Associate Level Manual**  
Individual skill techniques. Handbook page 111

**19. USA Hockey Initiation Program Fun and Skills**  
Lesson Manual B

**20. USA Hockey Initiation Program Fun and Skills**  
Lesson Manual C

**21. USA Hockey Initiation Program Fun and Skills**  
Lesson Manual D

**22. USA Hockey Initiation Program Fun and Skills**  
Instructors Manual

**23. USA Hockey Coaching Ethics Code**

## VIDEOS

### **1. Neutral Zone Attack!**

With Dick Umile, Head coach University of New Hampshire. Coach Umile shares with you valuable strategies for utilizing the neutral zone in your offensive schemes including 3 different attack options by utilizing marker board diagrams with detailed explanation, and on-ice demonstration. Option 1: Flooding. On-ice demonstrations of how to flood the neutral zone with both a quick counter and D-D pass by defenseman! Option 2: Stretching. Umile utilizes a quick counter and D-D pass variations of stretching. Option 3: Spreading. Utilizes the flood and spread with a crisscross. The final section of his presentation, regrouping drills. Umile shares three different drills designed to control the puck, maintain possession, and always have somebody supporting the puck carrier. This video will help you strengthen the potency of your offense by strategically attacking the neutral zone! 2002 ISBN 1-56404-962-0

### **2. The Ultimate Guide to Penalty Killing**

With Shawn Walsh, coaching legend, former University of Maine Head Coach. Zone by zone, coaching legend Shawn Walsh shares his penalty killing systems strategies with detailed marker board explanation and drill implementation. Part 1 of this video includes techniques to kill time, strategies and tendencies including: committing a man, Michigan State inside out, covering the weak side, and I formation. Part 2 covers Neutral Zone strategies such as jumping the puck, covering the weak side, looking for the dump, and forward breakout positioning. Part 3 details the Defensive Zone. Walsh covers zone entry pressure, goalie plays on dumps, rotation, (normal vs. behind the net), and box and selected pressure. Part 4 – Player Penalty Kill. Walsh covers strategies for 5-On-3 and 4-on-3 including triangle alignment, special pressure spots, and preventing mid-ice shots, and forcing dumps in the neutral zone. Part 5-Drills. Walsh shares 5 different practice drills to enhance penalty killing. Part 6-Personnel. Walsh shares his tips on how to best utilize

your personnel for penalty killing situations. Part 7-going shorthanded; covers issues of who goes and when to go and the risk vs. reward of going shorthanded. Penalty Killing is a MUST SEE for anyone coaching hockey! 2002 ISBN 1-56404-958-2

### **3. *Defending the Rush***

With Don Cahoon, University of Massachusetts Head Coach and Len Quesnelle, Princeton University Head Coach. Finally! A quality video with detailed instruction and drill integration on how to defend the rush! Coaches Cahoon and Quesnelle center this tape around developing the defense to read and react to the different numbered situations that come at them through center ice. Concepts discussed include good skating, vision, communication, using the stick, and gap control. Drills for position development explained and demonstrated include 1-on-1, 2-on-2, and 3-on-2. Creative team drills simulating game situations (for 1-on-1, 2-on-1, 2-on-2, and 3-on-2, and 3-on-3) are also demonstrated.

*Defending the Rush* offers effective drills and skills for developing defensemen for nearly every imaginable situation! 2002 ISBN 1-56404-960-4

### **4. *Defensive Zone Coverage***

With Bruce Crowder, Northeastern University Head Coach. In this six part video, Coach Crowder breaks down defensive zone coverage strategies utilizing detailed marker board diagrams and explanation followed by on-ice demonstration. Specific defensive situations covered are; 1) 5-on-5 zone defense, 2) Face-off in zone, 3) Communication on picks, 4) Crease defenseman, and 5) Face-off with crease defenseman. In part 6 (Drills), Crowder shares on-ice demonstrations of three of his most effective team drills; 1) 3-on-3 low (emphasizes communication), 2) upside-down sticks (promotes movement of the feet by eliminating/limiting stick usage), and 3) Man to man defensive zone coverage (forces decision-making). This video offers a clear and detailed approach to help teach, coach, and develop concepts for effective defensive zone coverage

**5. Bertagna Goaltending Series: Fundamentals of Goaltending**

With Joe Bertagna, Director of the Bertagna Goaltending School, Commissioner of Hockey East, Executive Director of the American Hockey Coaches Association, and former Boston Bruins (NHL) and '94 U.S. Olympic Team goaltending coach. Learn from the best! World-renowned goaltending coach Joe Bertagna has designed Goaltending Basics to highlight the essential ingredients toward becoming a successful goaltender! Segment 1: Basic stance: basic stance, butterfly stance, and smothering stance. Segment 2: Movement: forward/backward, shuffle, and T-glide movements. Segment 3: Recovery ability: working up and down, on the stomach, and on the side recovery skills. Segment 4: Save techniques with detailed guidelines for positioning, defending, and making the appropriate choice of equipment for a shot on goal. Segment 5: Game situations: change of directions, poke checks, tying up the puck, cover-ups, and defending the wraparound, puck handling for behind-the-net strategies, techniques for leaving the puck in a desirable position, screen situations, and breakaways. Segment 6: Mental aspects: details the role of the coach in keeping the goaltender in the proper state of mind and offers mental techniques and strategies to maintain an edge! 2002

**6. Bertagna Goaltending Series: On ice Drills for Goaltenders**

With Joe Bertagna, Director of the Bertagna Goaltending School, Commissioner of Hockey East, Executive Director of the American Hockey Coaches Association, and former Boston Bruins (NHL) and '94 U.S. Olympic Team goaltending coach. Coach Bertagna believes it imperative to create and implement practice drills for your goaltender that best simulate the reality, confusion, and chaos of game situations. Bertagna's drills cover a wide range of skill development ranging from fundamental through highly competitive game-like

situations including: pre-practice/pre-game drills, movement around the crease, move and clear, stop and gather, drills from the corners, dump in and break out, pass from the corner, 1 on 1 attacks, 2 on 1 attacks, lateral motion breakout, rebounding, determining angles, among others. Bertagna shares advice on creating your own drills for game situations and follows with progressive drills that add even more confusion and chaos at game speed! Bertagna offers a helpful selection of “after practice” drills that further assist goaltender development. Bertagna concludes his information-packed presentation with valuable coaching tips including off ice coaching strategies to help your goaltender become more successful! 2002

## **7. Bertagna Goaltending Series: The Advances**

### **Goaltender**

With Joe Bertagna, Director of the Bertagna Goaltending School, Commissioner of Hockey East, Executive Director of the American Hockey Coaches Association, and former Boston Bruins (NHL) and '94 U.S. Olympic Team goaltending coach. Through his vast experience, Bertagna has observed that young goaltenders play the position by “reacting”, intermediate goaltenders “anticipate”, then react, and the advanced goaltender has developed the ability of influencing play through the development of an established “method.” *The Advanced Goaltender* takes you through a methodical process of helping you, the coach, become the catalyst for taking your goaltender beyond reacting to learn and establish a **method**. Bertagna takes you through game-like situational variations of: odd-man coming into the zone, plays down low, puck behind the net, leaving the net and handling the puck, and breakaways. In each demonstrated situation, Bertagna details what the goalie should see and how the goalie should react and shares the components of how to develop these situations into a **method**. Bertagna delivers the essence of developing today's goaltender through knowledge, anticipation, decision-making, execution, and having a **method!** 2002

## **8. Regroups**

From the International Center for Hockey Excellence. In this video, regroupes are defined as offensive team play skills executed primarily in the neutral zone. The focus is on quick-up regroupes that quickly expose a weakness in the defense and create a scoring opportunity. Types of quick-ups taught include: drags to the middle, defenseman to defenseman partner passes, defenseman advancing the puck, and second wave attacks. Team drills are demonstrated to reinforce the responsibilities of the defensemen and the forwards. Timing and communication are stressed in each drill. All drills are drawn on a chalkboard, and demonstrated on-ice. 1997

## **9. 17 Winning Face-off Plays**

With Dan Fridgen, Head Coach Rennsaler Polytechnic Institute (RPI). Face-offs can win or lose hockey games! Fridgen shares his repertoire of winning face-offs for defensive, neutral, and offensive zones along with 6x5 face-offs for a pulled goaltender situation. Each play is diagramed and explained in detail. He then offers on-ice demonstrations with and without defenders to give you a clear-cut idea as to how each play works. Fridgen also offers invaluable coaching expertise as to how each play might fit different game situations. *Winning Face-offs Plays* can give you **BIG** advantage in this small part of the game! 2002 ISBN 1-56404-957-4

## **10. Penalty Killing**

This video includes drill progressions and game highlights to the latest penalty killing strategies. Mike Johnson.

## **11. Championship Team Defenses**

With Jeff Sauer, University of Wisconsin, '89 and '90 NCAA Champions! Sauer describes man-to-man, rotational, and 1-2-2 trap defenses. His man-to-man

defense emphasizes proper rotations when your defense gets beaten in the defensive zone. His rotational defense focuses on taking the offense out of scoring position by creating 4-on-3 situations below the face-off circles in the defensive zone. The 1-2-2 trap instruction begins in the offensive zone, demonstrating the importance of angling offensive players toward the boards as the puck is advanced. 1999 ISBN 1-56404-138-7.

### **12. 15 High Tempo Practice Drills**

with Shawn Walsh, former Head Coach, University of Maine. Coach Walsh designs and demonstrates a series of highly competitive drills to keep your practices intense and to utilize the full ice surface. The drill work is divided into three segments: flow drills, situational drills, and team drills. Flow drills warm-up your players, develop skills, and develop timing. Situational drills include many of the match-up situations that player will encounter during games. Team drills feature more end-to-end action and thus are great for teaching transition. 2000 ISBN 1-56404-500-5.

### **13. Aggressive Team Forechecking Systems**

With Jack Parker, Boston University, 1995 NCAA Champions! Parker teaches four systems that he has perfected at Boston University; the “triangle-and-two, the inverted triangle and two, center ice forechecking, and passive forecheck.” Each system places pressure on an offensive, takes away outlet passes by the boards, and takes away center ice. Each forecheck is taught using chalk board instruction, on-ice demonstration, and game footage. Responsibilities and rotations for each player are demonstrated as the puck is advanced. 1999 ISBN 1-56404-136-0

### **14. Speed & Skills Video**

The most complete on-ice training video. Experience hockey’s most important skills demonstrated and explained step-by-step. Improve your game by developing your forward and backward strides,

crossunders, starts, stickhandling, passing, scoring, and more!

### **15. Dryland Training and Conditioning Drills**

With Paul Goodman, Strength and Conditioning Coach, University of Wisconsin. This video is filled with off-ice drills to improve your team's in-season and off-season conditioning. Included in this comprehensive program are stretching, slide board drills, torso strength exercises, and an aerobic running program. All of the training is geared toward improving the on-ice speed, agility, and strength of your athletes. This routine has made Wisconsin one of the best conditioned teams in major college hockey! 1999 ISBN 1-56404-139-5

### **16. Dryland Training**

With Sean Killian, Planet Hockey. *Dryland Training* offers coaches and players 40 effective off-ice training exercises that will assist your athletes in developing leg power, abdominal strength and explosive quickness. In addition, *Dryland Training* provides creative stick-handling drills and shooting techniques. This video is a great resource to improve or maintain great hockey conditioning whenever as ice rink is unavailable. Improve your players' on-ice performance with this intense off-ice workout. 1997

### **17. Laura Stamm's Power Skating: the Basics to Skate Great Hockey**

Featuring NHL player Doug Brown. The foundation of ice hockey is **Skating!** If you can't skate, you can't play the sport. To master the proper techniques of hockey skating takes years of practice. But now this job is made easier for you by bringing over 20 years of Power Skating experience into your home. Laura Stamm has developed this excellent instructional power skating video which can help hockey players of all levels, novice to pro. See and hear what you need to know to **SKATE YOUR WAY TO GREAT HOCKEY**. Learn tips to improve all aspects of your skating. Segments include: Explosive speed, forward and backward stride, crossovers and cornering, stops and starts, balance,

and agility.

**18. Volume I Becoming a Consistent Goal Scorer**

With Scott Bjugstad. Explore with Scott these critical building blocks for shooting and scoring success: Sticks; lie length, stiffness, curve, and grip. Catching passes, four primary shooting techniques, one advanced shooting technique, and the mental aspect of shooting and scoring.

**19. National Hockey League Players Association  
Wayne Gretzky's All Star Hockey Tips**

**20. ChampOnLine Sports Books & Videos**

**The Ultimate Guide to Penalty Killing**

With Shawn Walsh, coaching legend, former University of Maine Head Coach. Zone by zone, coaching legend Shawn Walsh shares his penalty killing systems strategies with detailed marker board explanation and drill implementation. Part 1 of this video includes techniques to kill time, strategies and tendencies including: committing a man, Michigan State inside out, covering the weak side, and I formation. Part 2 covers Neutral Zone strategies such as jumping the puck, covering weak side, looking for the dump, and forward breakout positioning. Part 3 details the Defensive Zone. Walsh covers zone entry pressure, goalie plays on dumps, rotation, (normal vs. behind the net), and box and selected pressure. Part 4 – Player Penalty Kill. Walsh covers strategies for 5-on-3 and 4-on-3 including triangle alignment, special pressure spots, and preventing mid-ice shots, and forcing dumps in the neutral zone. Part 5 – Drills. Walsh shares 5 different practice drills to enhance penalty killing. Part 6 – Personnel. Walsh shares his tips on how to best utilize your personnel for penalty killing situations. Part 7 – going Shorthanded; covers issues of who goes and when to go and the risk vs. reward of going shorthanded. Penalty Killing is a MUST SEE for anyone coaching hockey!

**21. ChampOnLine Sports Books & Videos**

### **Explosive Power Plays**

With Jack Parker, Boston University. Using on-ice demonstration and game footage, Parker teaches three plays for attacking teams during power play situations. Parker's base play, the BU Power Play, creates 2-on-1 situations from numerous angles within the offensive zone while providing shot opportunities for the player at the crease. His 1-3-1 Power Play is designed to create continuous high/low options while producing back-door options away from the puck. His Power Play Rush is a quick-out against pressure which helps produce flow against traps. Each offense provides multiple opportunities when your team is in one or two man-up situations!

### **22. ChampOnLine Sports Books and Videos Breakouts**

From the International Center for Hockey Excellence. This video defines a breakout as the initiation of an offensive attack in the defensive zone. All techniques are explained using game footage and chalk board instruction. Drills are demonstrated on-ice to reinforce each technique and simulate game situations. The video shows that the type of breakout used is determined by reading and reacting to fore-check pressure. Breakouts demonstrated include defenseman, reverses, and breakouts initiated by the goaltender. Drills are shown to help your players develop speed, agility, and crisp passing. Drills are using only offensive players, then repeated using fore-checkers.

### **23. Teaching Techniques OMGHA 91-205**

This video involves: 1) verbal communication keys; 2) player-coach relationship and interaction; 3) key teaching points and drill progressions; and 4) planning and organization. Dave King 20 minutes

### **24. Fun and games on Ice (I)**

From the International Center for Hockey Excellence. This video is great for beginner-level hockey coaches searching for drills and games to make practice more exciting. The games introduced will allow players to

have fun while undergoing skill development and increasing competitive drive. Fifteen games include individual and team competition. Games focus on improving skating skills, puck handling skills, and puck control. Players develop increased scoring confidence as many games and scrimmages place them in easy scoring positions. 1997

### **25. Breakouts**

From the International Center for Hockey Excellence. This video defines a breakout as the initiation of an offensive attack in the defensive zone. All techniques are explained using game footage and chalk board instruction. Drills are demonstrated on-ice to reinforce each technique and simulate game situations. The video shows that the type of breakout used is determined by reading and reacting to fore-check pressure. Breakouts demonstrated include defenseman to defenseman, reverses, and breakouts initiated by the goaltender. Drills are shown to help your players develop speed, agility, and crisp passing. Drills are using only offensive players, then repeated using fore-checkers. 1997

### **26. The Goals Video Series**

**Goals** is a landmark series of hockey instructional videos, presented by the International Hockey Center of Excellence, which is operated by Hockey Canada in cooperation with the Canadian Amateur Hockey Association. What makes these programs so different is that they go beyond physical skills of the game. **Goals** is a thinking video series for the enjoyment of players, coaches and fans. Each program covers important aspects of today's tactical game. **1) Timing.** Timing is about the on-ice thinking and communication players must use to SYNCHRONIZE their play to make successful passes. OFFENSIVE SUPPORT deals with where to go to support the puck carrier, but just as important is knowing when to go to support the puck carrier. That's TIMING. The drills in this program work

on getting players to arrive on TIME for a pass, and to make themselves an option for teammates more than once. **2) Read and React for Defensemen in their own End.** This program examines three situations defensemen regularly face in their own end—initiating the breakout, playing the puck carrier in the corner, and playing the man in front of the net. The best defensemen read these situations very quickly, and react, almost automatically, with appropriate responses. Carefully designed drills show you how to develop tactical know-how in every **GOALS** programs. Special creative consultants: Al and Bryan Stewart.

**27. USA Hockey Video Series – Checking**

Introduction to proper skills of checking and how to teach others. 91-105

**28. Penalty Guidelines (United States Olympic Hockey)**

United States Olympic Hockey and USA Hockey officiating program has designed this educational video tape as a means of demonstrating various penalty situations to all members of the USA hockey family. The objective of this tape is to allow viewers the opportunity to identify what is a penalty, what type of penalty occurred and why a certain action is to be a penalty. Gain a better understanding of penalty guidelines established by USA hockey. The format of this tape is actual game footage with explanations of various penalty calls based on situations.

**29. Designing a Practice (United States Olympic Committee)**

The focus of this video is on the structure or building of a good practice. 1980 Olympic Gold Medal winners John Herrington and Buzz Schneider give you their thoughts on skill development. This video covers preparing for practice, developing a season plan, developing practice plans, stretching and warm-ups, skill development, competitive drills, skating, passing, shooting, puck handling, and fun games on ice. Many coaching tips included in this video.

**30. Strength Training for Hockey. (United States Olympic Committee)**

This video includes a weight training program which has been carefully designed specifically for hockey players. This strength training video will emphasize the muscles in the back, core, shoulders and legs, required to elevate your strength to the next level.

**31. Passing and Receiving (USA Hockey)**

Passing is a fundamental skill which must be practiced on a regular basis. To progress and succeed in hockey every player must master the art of passing and receiving. This film outlines the most common passes, the teaching involved in learning them and the drills employed to practice them. Forehand pass, backhand pass, snap pass, flip pass, zone clearing pass, receiving a pass, problem passes, tactical passes, drop passes, back pass. This educational video includes a nice sequence of passing drills to develop proper passing and receiving in your team.

**32. Leg Power and Quickness (USA Hockey)**

Detail training methods to improve characteristics common to all great skaters. They are powerful strides, quick feet and agility or being able to change directions quickly. We will discuss training to develop powerful quick strides with bent knees to develop a low center of gravity. This film discusses methods of overload training for leg power, exercises to develop leg power and acceleration.

**33. Fundamental Skills for Defenseman (USA Hockey)**

This presentation will demonstrate the skills required to play defense and the drills designed to develop them. Defensive skating skills, defensive skating drills, puck control skills in the neutral zone, offensive movement in the defensive zone, breakout passes, regrouping, offensive reaction at the blue line, situational shooting drills for defenseman, defensive checking skills, defensive coverage in front of the net.

**34. Checking From Behind (USA Hockey)**

A training video that teaches players how to protect themselves. This video uses real game footage to show coaches the difference between legal checks and illegal checks from behind. Shows players how to protect themselves in the event of a check from behind. Great detail on spinal injuries from doctors and trainers. Hockey is more fun when you play it smart and keep the risk and injuries to a minimum.

**35. Hockey Parents (USA Hockey)**

Educational tape designed to showcase negative parent behavior in the stands. Shows many examples of how a parent can be a positive role model and supportive towards their child's performance, coach, and the great game of hockey.

**36. Conditioning For Youth Hockey (USA Hockey)**

This film is designed to demonstrate how hockey skills can be practiced and improved during the off season. How to prepare your body for practice and how to organize and conduct an effective hockey practice. Dryland training, stretching, core training, skating drills and coaching aids.

**37. Fundamentals of Power Skating (USA Hockey)**

The amateur hockey association of the United States is pleased to present the first of a two part series on power skating. This film is designed as a teaching tool for coaches and hockey players. It will be presented in the preferred teaching progression. Skate size, skate blades, inside outside edges, the ready position, crossovers and crossunders, weight shift, the forward start, the forward stride, the control stop, skating backwards, the backwards stop, the control turn. This video shows proper techniques in teaching power skating and drills to benefit all coaches

**38. Advanced Power Skating (USA Hockey)**

The amateur hockey association of the United States has condensed the basics of skating into a comprehensive instructional film. This is the advanced

portion of our film on power skating. It will be presented in the preferred teaching progression. Forward cross unders, cross under start, backward cross under, backward power start, one skate stop, two skate stop, forward to backward turn, back to front step out turn, back to front turn, acceleration. This video shows proper techniques in teaching power skating and drills to benefit all coaches.

**39. Goalkeeping Fundamentals Part 1 (USA Hockey)**

This film is devoted entirely to the goaltender. The position is more than a test of reflexes, it is a matter of balance, movement, positioning, angles, shooters angle, goalies angle, shuffle, all coaches can and should work with their goalies. That means not only giving them special time at every practice, but also making sure that the time prepares them for the real world they'll face when the puck is dropped and the game begins.

**40. Goal Keeping Part 2 (USA Hockey)**

Goal keepers have chosen a position of precision every movement of arm, pad, or skate can cost dearly if not executed properly. In this film the details of proper goalkeeping technique will be introduced and demonstrated. Proper warm up, blockage, rebounds, common situations, poke check, handling the puck for goalies, bouncing shots, communication with teammates and screened shots. Positioning is the key to good goalkeeping and good goalkeeping is the key to a successful team.

**41. Shooting and Scoring – (USA Hockey)**

Hockey games are won by scoring goals, which makes the duel between the shooter and the goalkeeper one of the most exciting aspects of this sport. There are many methods of putting the puck in the net, but the basics will remain constant. The shooter must be in the proper position. His or her shot must be quick, accurate and very powerful. There will always be a place for good shooters but it must be remembered that goal scorers are not born they are developed. The purpose of this film is to teach coaches and players the proper

mechanics and techniques that are necessary to become a successful goal scorer by teaching : the wrist shot, the snap shot, the slap shot, the backhand shot and the flip shooting drills for self improvement drills.

**42. Puck Control (USA Hockey)**

Next to skating, the ability to control the puck is the most important skill in the development of good hockey players. Through proper instruction, concentration on detail and dedicated practice these skills can be learned. This film outlines in chronological order all of the skills necessary to teach your players how to control the puck by use of the following: Selection of the proper stick for each player, height, length, lie, flex, proper hand placement and position, stationary drills, split vision drills, stick handling drills, attacking the defensive triangle, methods and techniques, advanced skating moves and using the skates during puck control. This film includes many teaching aids for all coaches at any level.

**The Coaches Media Resource Center is the property of:  
OMGHA - Osseo Maple Grove Hockey Association.  
Please treat all materials with respect and return them in the  
same condition in which you have received them. Thank you for  
returning the materials to the Coaches Media Resource Center  
located in the Dryland Training Facility upon completion of use.**

**Sincerely,  
Tom Hirsch, OMGHA ACE Coordinator**