



### Building a Team and The System of Play to Win Championships

- A. What Type of Player are you looking for?
  - 1. Player must be “Goal Oriented”
  - 2. 9 Attributes that require Zero Talent, that you want an Athlete to Possess
    - a. Character
    - b. Work Ethic
    - c. Being on Time
    - d. Positive Energy
    - e. Passion
    - f. Athlete is Coachable (No Excuses)
    - g. Positive Body Language regardless of the situation
    - h. Willingness to do Extra Work (Embrace the Dirty Work!)
    - i. Always Mentally and Physically Prepared for Practices and Games
  
- B. Player must be Disciplined and Focused
  
- C. Player must have a “Sense of Urgency” to get better
  - 1. Individual
    - a. Off Ice Strength Development
    - b. Off Ice Skill Development: Stickhandling and Shooting Pucks
    - c. On Ice Individual Skill Development
      - Private Lessons from a “Good Skill Coach” Don’t waste your \$\$ on an average Coach or being part of a Large Group
  
  - 2. Team
    - a. Players must focus on the Practice Objectives for the Day
    - b. Players must be positive at all times
    - c. Players must be a good Teammate. Not on the PP, don’t “pout” not on a line that you want to be on, don’t “pout” Constantly Think TEAM FIRST

- D. **Players must have an incredible “Work Ethic”**
  - 1. **Players and the Coach must establish a “Game Speed Tempo” in the practice**
  - 2. **Players must be competitive in each drill**
  
- E. **Each Player must take “Pride” in doing things the “Right Way”. Don’t be a follower! “Establish a Core Covenant that No Players Will Take Shortcuts”!**
  - 1. **Finish each drill**
  - 2. **Don’t be upset with conditioning drills. Embrace the dirty work!**

### Building the Team and Developing Your System of Play

- A. **The Key to most Great Teams is Goaltending. Your Team Will Play with Confidence and not be Afraid to Make a Mistake. However, They Can Not Keep the Puck Out of the Net by Themselves.**
  
- B. **Team Defense, the best Defensive Teams are Consistent Winners**
  - 1. **Every Player on the Team can contribute to Team Defense**
  - 2. **Players must be “Unselfish”**
  - 3. **Coach must make sure that the players understand the System of Play**
  - 4. **Players must play with discipline. Always be on the defensive side of the puck**
  - 5. **Develop a “Hunters Mentality”. Pressure the Opponent, especially if they have the puck and their back is to the play. Outnumber them at the point of the puck down low when possible**
  - 6. **Good Defensive Zone Play begins in the Neutral Zone with good Positioning and Communication on the Backchecking Situations**
  - 7. **All Players must be willing to get into Shooting Lanes and BLOCK SHOTS**
  
- C. **Team Offense begins with Great Team Defense in all Zones**
  - 1. **Backchecking**
  - 2. **Creating turnovers by pressuring the puck when your Team does not have it.**
  - 3. **Quick Transition from Defense to Offense**
  - 4. **Offensive Zone Attacks**
    - a. **Attack all 3 lanes with speed. Center Lane Drive at ALL TIMES**
    - b. **Defenseman must join the attack and create a second wave of attack opportunity**
    - c. **ALL Shots must hit the net**
    - d. **Players crashing the net must communicate to the Puck Carrier**
  - 5. **In Zone Positional Play**
    - a. **Attack with “Width”. Spread the Coverage to Create Passing Lanes**
    - b. **Second Man try to prevent “short side reverses”. Don’t let 1 pass beat 2 forecheckers**
    - c. **Always try to outnumber the opponent at the point of the puck, especially if the puck carrier has his back to the play**
    - d. **Non-possession puck situations, make sure there is a high man**

