

Teaching Today's Game @ 13 & Older



USA HOCKEY PRIDE



NCAA Div. 1 Quick Facts



- **Freshmen average age – 20.8**

- **Average player age – 22.3**

- **327 former NCAA players in NHL
(33%)**



2020-21 NCAA men's DI season

Total 1593 (-97)

United States 1058 (-52) – 66%

Canada 412 (-48) – 26%

Europe & Asia – 123 (+3) – 8%



2020-21 NCAA Men's DI season

1593 total players (-97)

- Brown, Cornell, Harvard, Yale not included
- Long Island University is new
- Statistics based on opening day rosters.

United States – 1058 (-52)

(39 states have at least 1 player / 56% from top 5 states)

1. Minnesota – 205 (+4)
2. Michigan – 148 (-2)
3. Massachusetts – 102 (-5)
4. New York – 74 (-8)
5. Illinois – 66 (-10)
6. New Jersey – 50 (0)
7. Wisconsin – 44 (-2)
8. Pennsylvania – 44 (-5)
9. California – 36 (-4)
10. Colorado – 30 (+1)
11. OHIO – 28 (-4)



Mid Am Historically

	PA*	OH	IN	KY	WV
2003	47	15	7	0	1
2005	43	19	3	0	1
2012	59	37	7	1	0
2013	69	31	4	1	0
2014	64	27	3	1	0
2015	55	20	5	0	0
2016	55	20	5	0	0
2017	47	17	7	1	0
2018	43	27	8	2	0
2019	39	33	11	2	1
2020	49	32	11	2	1
2021	44	28	13	1	1



Where Players Come from?

Division I players come from more than 20 junior leagues. The top producers sending players directly to Division I:

USHL – 578

NAHL – 318

BCHL – 272

AJHL – 95

OJHL - 61

USPHL (NCDC) – 59

CCHL – 54

NTDP - 50

Prep – 31

Europe - 22

Opportunities in Men's Hockey

61 NCAA Division I Men's
Hockey Teams

88 NCAA Division III
Men's Hockey Teams

386 ACHA Men's Hockey
Teams

(70 D1 - 190 D2 - 126 D3)



2018-19 USAH Junior Players by Birth Year

League	2002	2001	2000	1999	1998	Total
USHL	44	80	111	117	58	410
NAHL	0	44	133	209	163	549
EHL	31	108	161	276	165	741
Independent	8	35	40	49	44	176
NA3HL	29	123	240	285	209	886
Totals	112	390	685	936	639	2762



DIVISION I WOMEN PLAYERS BY HOMETOWN 2019-20

Total 991

United States 634 – 64%

Canada 307 – 31%

Europe 50 – 5%

The Top States:

1. Minnesota – 168

2. Massachusetts – 98

3. New York – 56

4. Michigan – 41

5. Illinois – 40

6. Wisconsin – 31

7. Connecticut – 27

8. California - 24

9. Pennsylvania–15

T10. Colorado

T10. New Hampshire

T12. Rhode Island

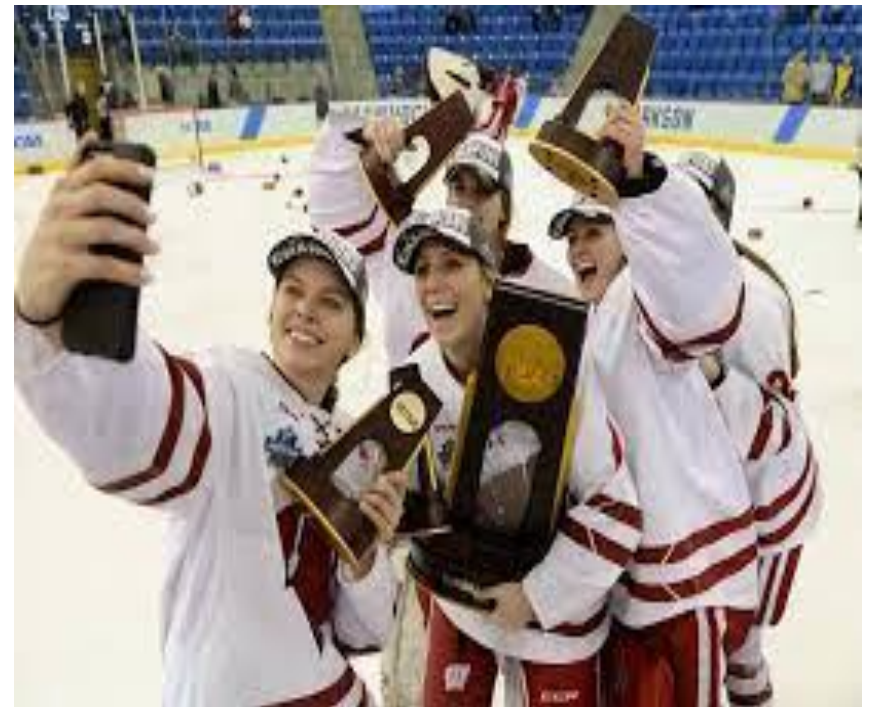
T12. OHIO – 12

Opportunities in Women's Hockey

41 NCAA Division I
Women's Hockey Teams

70 NCAA Division III
Women's Hockey Teams

75 ACHA Women's
Hockey Teams
(25 D1 – 50 D2)



What Is Today's Game





Who Excels in Today's Game

- **Hockey IQ**
- **Problem Solvers**
- **Quick Pace**
- **High Skill set**
- **High Compete level**
- **Puck Strength**
- **Puck Possession**
- **Puck Protection**
- **Athleticism**



Q. According to NTDP & NCAA Coaches, Name the biggest deficiency they see with new incoming players?

Poor Hockey IQ

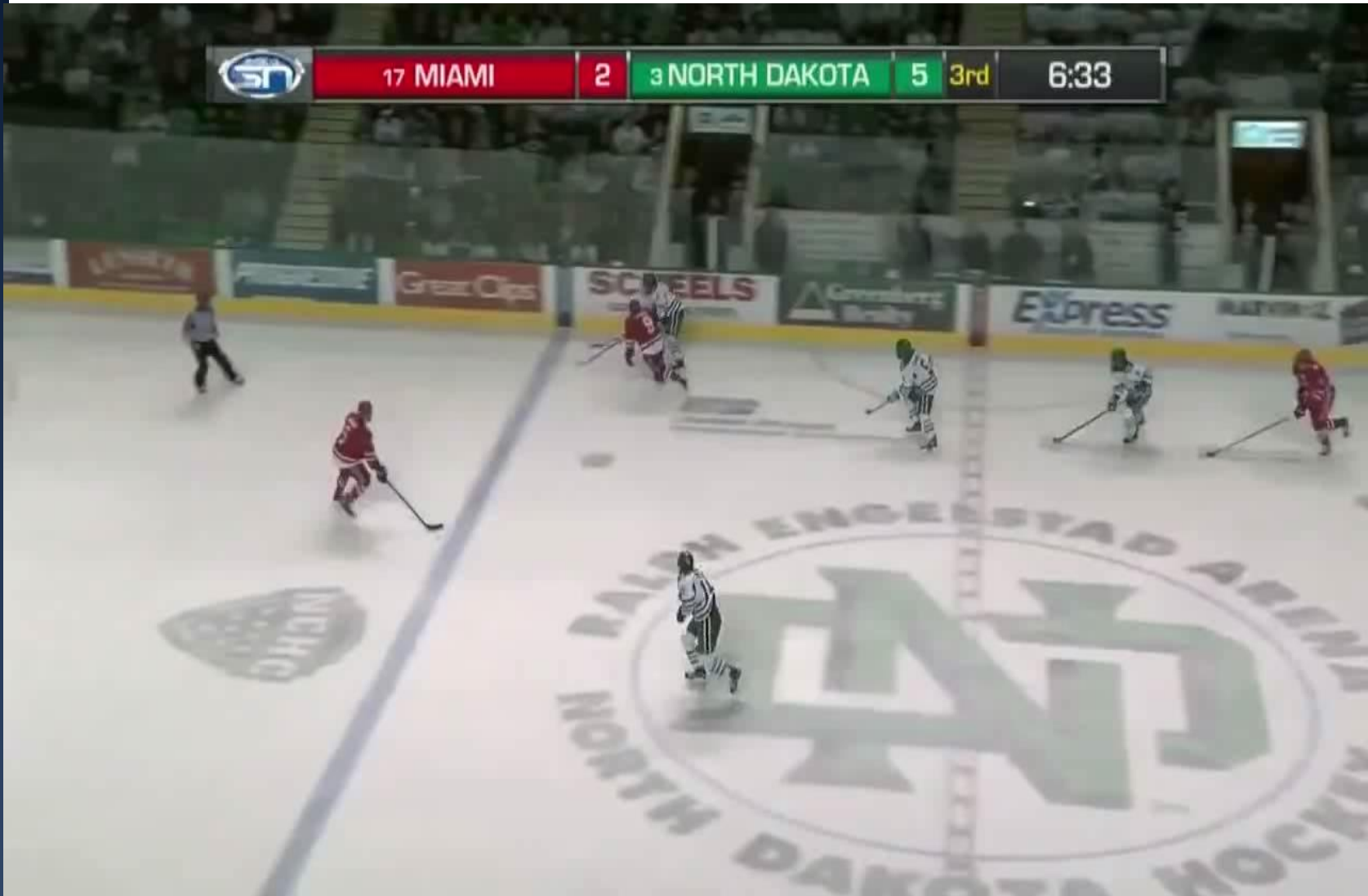
- **Habits & Decision Making**
 - **Offense With Puck**
 - **Offense Without Puck**
 - **Defense On Puck**
 - **Defense Away From Puck**

WHAT IS HOCKEY SENSE?









8 STAGES of LTAD (Ice Hockey)

Active Start Stage - FUNdamental movement skills

FUNdamental Stage - Developing ABC's

Learning to Train - Learning fundamental sports skills

Training to Train - Building the "engine" and consolidate sport skills

Learn to Compete - Optimizing "engine" and refine sport skills

Training to Compete - Optimizing "engine" and refine sport skills and performance

Training to Win - Maximizing "engine", skills and performance

Hockey for Life

Active Start 0-6
FUNdamentals 6 and Under Mites 8 and Under Mites
Learning to Train 10 and Under Squirt 12 and Under Peewee
Training to Train 14 and Under Bantams 16 and Under Midgets
Learning to Compete 18 and Under Midgets
Training to Compete Junior, NCAA
Training to Win 19+ Junior, NCAA, NHL
Hockey for Life

UNITED STATES NATIONAL TEAM DEVELOPMENT PROGRAM

NTDP Training & Competition

UNITED STATES **UNDER-17 NATIONAL TEAM**

135 on-ice practices
115 off-ice training sessions

Sports psychology
Cognitive training
Cross training/team building
Skating Instruction
Skill Work
Media Training
Life Skills

UNITED STATES HOCKEY LEAGUE

35 league games plus playoffs

INTERNATIONAL TOURNAMENTS

Four Nations
Five Nations
World Under-17 Challenge



UNITED STATES **UNDER-18 NATIONAL TEAM**

120 on-ice practices
95 off-ice training sessions

NCAA Division I & III Competition

2016-17 NCAA Schedule

Notre Dame, Boston University, Harvard, Minnesota, Wisconsin, Minnesota-Duluth, Michigan, Adrian College, St. Thomas, Stevens-Point, Michigan State, Trinity, U. of Maine, U. of New England, Arizona State.

UNITED STATES HOCKEY LEAGUE

25 league games

INTERNATIONAL TOURNAMENTS

Four Nations
Five Nations
IIHF U-18 World Championships

14U-18U Key Development Points

- **Fitness & Stamina/ Off Ice**
- **Proper Number of Off-Ice Training**
- **Practice/Play 'At Tempo'**
- **S.A.G.'S For Greater Competition**
- **Advanced Decision Making & Awareness**
- **Advanced Individual & Team Concepts**
- **Advanced Skill Improvement**

Quality Practices!!!

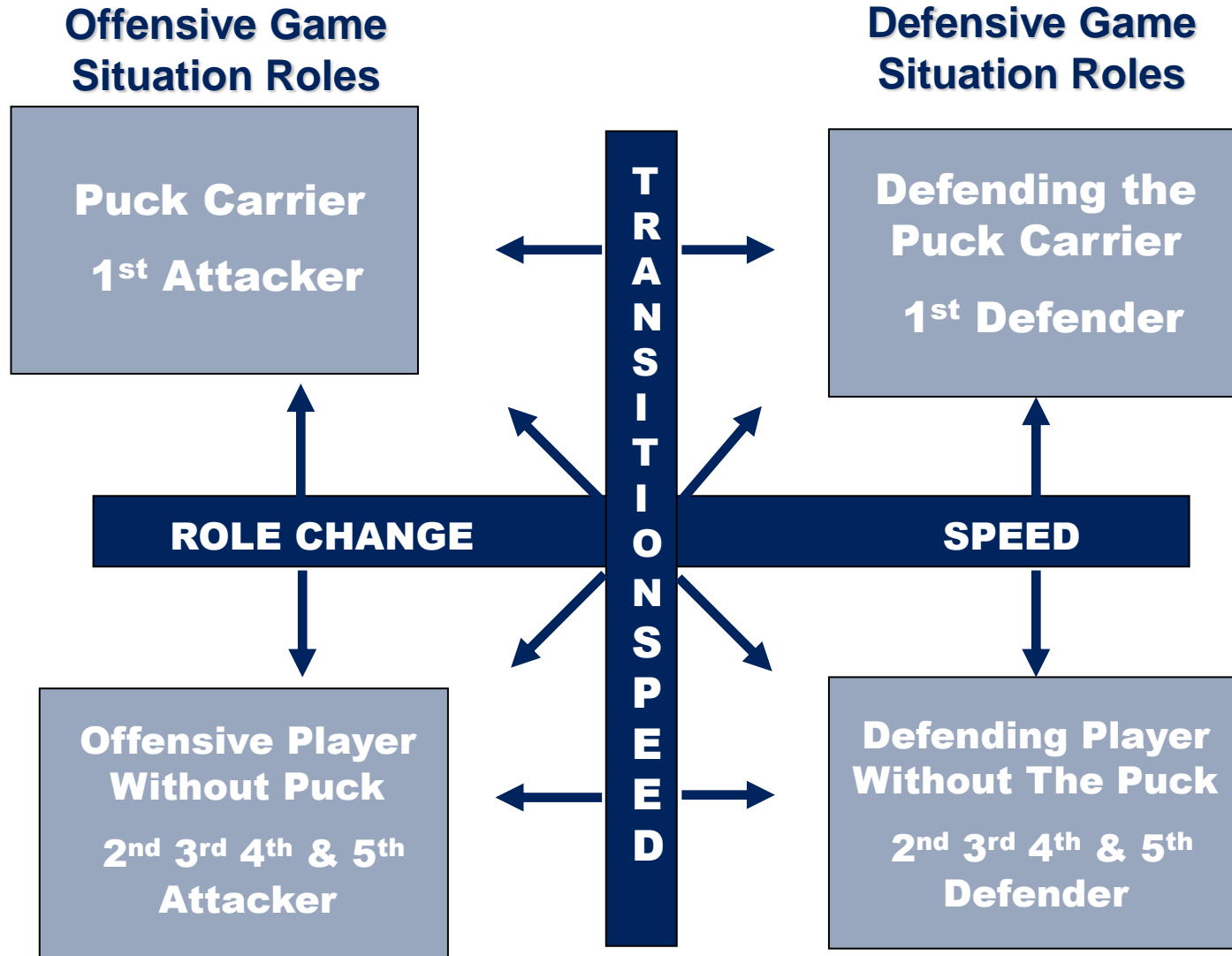
Quality training!!!

**A COMMITMENT TO THE DEVELOPMENT
OF THE INDIVIDUAL**

Learning ‘The Game’

- **Puck Carrier**
- **Offensive player without the puck**
- **Defending the puck carrier**
- **Defending a player away from the puck**

□ Emphasize the Four Roles of Hockey



DO WE TRAIN TO...



TEACH Today's Game?



How we TEACH?

USE ICE WISELY

Use ice to fit what you need to teach

1/6, 1/3, 1/2, 3/4,

Use Full ice to teach LRA, LRF and game link context



High Performance Training
Alaska Player Development Camp



Warm-Up: 10 minutes
3 Stations x 10 minutes
SAG: 15 minutes / Game

Need: 4 Nets – 8 Barriers

Warm-Up: Swedish Progression
1) 2 Player Puckhandling (2 Pucks)
2) 2 Player Motion Passing (1 Puck)
3) 1 v. 1 Score on any net (1 Puck)
4) Skill Recovery Phase (Puckhandle / Pass)
Click to watch

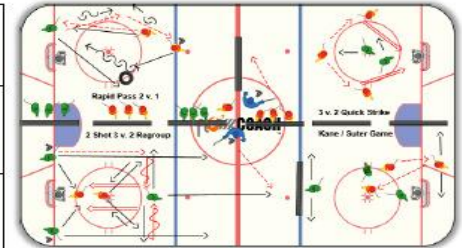


4 Stations x 8 minutes
Station 1 - Rapid Passing (2 v. 1)
Focus: One-touch passing, 2 v. 1 Skills

Station 2: 3 v. 2 Quick Strike
Focus: Offensive Zone Attack Skills (3rd Man High, 2-on-the-puck). Defensive Concepts (stick on puck, body positioning)

Station 4 – Kane / Suter Game
Focus: Offensive/Defensive slot skills. Puck support and attack skills from High / Low positions.

Station 5 – 2 Shot 3 v. 2 Regroup / Attack
Focus: Offensive / Defensive Zone individual skills. Offense: Low to Hi puck movement. Walk the line, pucks to the net, body positioning. Defense: Body positioning, stick on puck, box out.



Small Area Games: Game Concepts

Game #1: Designated Shooters Game

Game #2: Levels Game

Game #3: High / Low Game



#73 Brody Sisk & #72 Andreas Athanasiou













12U Finnish Club Hockey IQ laboratory

ENDORSED BY THE

