



INTRODUCTION

Bench Management



There are important cultural differences between Canada / USA and Europe where the concept

"Bench management", or loosely translated to Swedish - to lead the team during the match.

In Europe (not least in Russia) has the coaches historically not been particularly active during match. Pointedly it is rotation of the chains, jaw pairs or fives that have historically been. Not as in Canada where the most suitable player for just the situation is on the ice.

The modern Swedish concept of "five" hardly exist in Canada. There is as well not their vocabulary.

Fpenny this NHL and Three Crowns-hill Tommie Bergman once said: "A Swedish players expect to twenty minutes of ice time per game if the team plays with three fives, a Canadian expects zero minutes, what he gets, he will have deserved. "

Change to a more active coaching

Now, however, bench management changed part of Sweden during the last 15-20 years. The tendency of the elite and senior hockey is that the "best" players are now play the most, but still not at all to the extent that occurs in



North. In the NHL play the peaks of the Law 25-30 minutes per game, like Nicklas Lidstrom.

What most of all has happened in Swedish hockey is that many teams specializing in games in numerically over- and disadvantage. Nowadays, there are often two setups in power play and two in penalty killing. The formats consists of players who are best suited for the task - This is not order.

But the Swedish coaching is still not as "live", which the Canadian (hence, no evaluation of right or wrong). Canadian coaching is more active.

Canada is more situational

In Sweden, most of the coaching of that at the end of games "peaks" team - you can descend down to people. In Canada there are more games chain the chain. Having the right faceoffs inside the the right or on the opposing faceoffs. No one "grouping" of fives. A crucial match between Canada and Russia in the Canada Cup in 1987 is an extreme case. Then coach Mike Keenan used to the 29 different elevations after two periods. This as a small extreme examples.

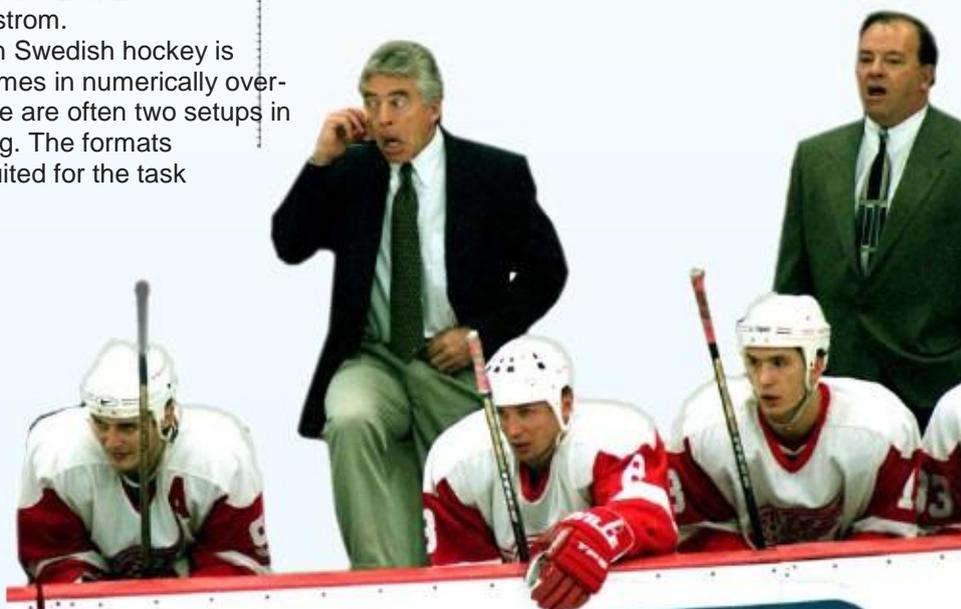
Summation

There are still differences between North American and Swedish coaching. However Swedish hockey approaching to the culture of coaching that exists in Canada / USA. It has the last 12-15 years shown. Still, however, Swedish player's "habit" to play matches with situational coaching, less common. Many Swedish coaches feel that they create concern in your team when you are coaching their team in a different way than rotation.

Hockey globalization has also meant that Canadian coaches started to learn from Europe. It appears not least on their way to coach in international tournaments.

November 2005

Gunnar "Svesse" Smith





SCOTTY BOWMAN and BARRY SMITH

The art of managing a team for match

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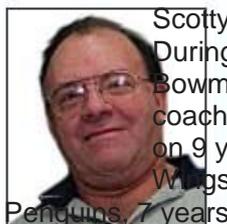


Scotty Bowman and Barry Smith

The art result a team for match

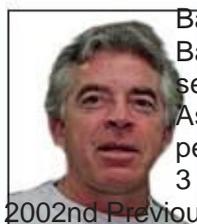


F E R F A T A R N A



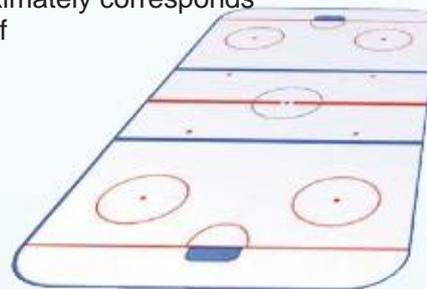
Scotty Bowman

During 30 seasons was Scotty Bowman worked as head coach in the NHL. This era benefits on 9 years with the Detroit Red Wings, 2 years with the Pittsburgh Penguins, 7 years with the Buffalo Sabres, 8 years Montreal Canadians and 4 years with the St. Louis Blues. As many as 13 times, he led his team to Stanley Cup Finals and established a fabulous record of 9 Stanley Cup titles. It's hard to imagine that this record will ever be surpassed. He is also the only coach in NHL history who have won Stanley Cups with three different clubs: Montreal (5 times), Pittsburgh (1 time) Detroit (3 times). He is by far the NHL trainer who has won the most matches, 1467 (of which 228 play-off games). Twice (1977 and 1996) Scotty Bowman was named to the NHL's best coach and was awarded "the Jack Adams Award." Bowman has also coached 13 NHL All-Star, which also is an NHL record. 1991 he was voted into the Hockey Hall of Fame.



Barry Smith

Barry Smith was under 11 seasons, the Detroit Red Wings Associate coach. During this period, he won the Stanley Cup 3 times, 1997, 1998 and 2002. Previously he was assistant coach for Pittsburgh Penguins and helped to lead this team to two titles, 1991 and 1992. In Sweden he was assistant coach for the Three Crowns and participated in the 1996 World Cup and the Olympics 1998. He has also participated in both World Cup 2004 and the Canada Cup 1991 with the U.S. national team. Barry current position is the assistant coach for the Phoenix Coyotes. Barry Smith holds a "Masters degree in Physical Education", which in Sweden approximately corresponds of a file. mag. of pedagogy.



This manual was written by Bjorn Kinding after a series of interviews in Buffalo, NY, August 2005. Bjorn Kinding has 21 years experience as a head coach at both the national and international levels, including the Swedish Elite League, Swiss National League A, and the Olympic Games (Nagano 1998). He has also worked in several executive committee, was education director and consultant for schweiziska, Canadian and Swedish ice hockey federations. The manual is a part of the Swedish Ice Hockey Association training program, The Road to ELITE.



Scotty Bowman and Barry Smith • The art of managing a team for match



The art of managing a team for MATCH

Swedish ice hockey coach is traditionally educators. The organization and management of the training was already at an early stage in the center of their activities. This approach was a natural consequence of the ice hockey was a new sport in Sweden and it was mainly to educate players in the basics of the game.

In addition, this method corresponded to that was used for the other major sports football and bandy. In these sports coach had very little opportunities to influence the game during the match and must therefore concentrate on training and prepare the team.

With the expanded international exchange attention eventually also other styles and methods. Canadians and Americans called their coaches for coaches and their style was different on one significant respect from the traditional Swedish style. The North American coaches were significantly more active during the matches, and intervened more in game events with different tactical instructions and personnel changes.

At the World Championships in Sweden in 1963, became the Swedish public for the first time aware of these differences and word coach was first used in the Swedish language. The masses interpreted the word as "a person who actively leads his team during the match ", as opposed to that lets players make their own decisions. Swedish The Academy, however, gave a new word meaning coaches, which is a more literal translation from English. Coaching in English means teacher or instructor and "Coaching" means to teach and prepare.

A North American coach train the team, prepares team and leading the team in a match. He coach when he instructs players during practice and preparation. But during the match, his task is not to teach, but tactically deploy the right players, properly and at the right time. This is described in English as "Manage the team," or (as the players are gathered on a bench) "bench management".

Best translated into Swedish name of this work *båsledarskap* or to lead a team in a match. It is somewhat ironic that the word coach popularly become synonymt with the part of a coach work, it is by no accurately describing. To avoid future misunderstandings, will this manual to consistently use the words leading and leadership, as it relates to a coach work during the match.

Making a science of an art

Scotty Bowman has by many been regarded as a genius when leading his team in a match. He is undoubtedly NHL's most successful coaches, which are often attributed to His incredible sense of always having the right man at the right place at the right time.

Some have even written to him a sixth sense of this art. If he is a genius and if He has a sixth sense may well be discussed. Everyone seems to however, to agree that when it comes to managing a team during the match, then there is no coach who is better Scotty than the Bowman thereof, but no one seems able to define what that consists of. In this manual trying to Scotty Bowman, with help of its long-standing employees Barry Smith, the explain what this art is composed, and how to perform in an effective manner. That in a logical or even scientific way to explain what an artist does, however easier said than done. Picasso supposedly said that to become artist must be able to draw a straight line. But all who can draw a straight line does not become artists.

Maybe Scotty's explanations give you the tools to to draw straight lines. To develop these into an art; you must experientera, CREATE, and will endeavor with your own thoughts, feelings and ideas. Good luck!

Edmonton in November 2005

Bear Kinding



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A TO BE rations



MATCH ANALYSIS and evaluation the player

Preparations for the next match is at the moment as the previous match ends. Tränarstabens first task is to analyze the match and to evaluate player performance. How detailed this analysis is, depends more on the game schedule than our operating procedures. Is it an anti-backlash days before the next match, we take more time and studying our good actions and the mistakes we made in more detail.

Is the other hand, match the following day, the analysis becomes more detailed. In these analysis we discuss the coaching staff about everything we've seen. We look closely at how our system and adjustments worked and what your opponent did to counter our tactics. In particular, we look at the game in numerically over and disadvantage. Is it a playoff game we put more effort into analyzing the opponent's all traits. Does this one match during the game series, we look most general trends and possible unexpected playing patterns. To help, we have a video of the match and a lot of statistics.

The video has been programmed so we all at once can see for example all face off in the offensive zone or any streams, without having to look for them. When the meeting is over we have compiled a record of how the match liquidated, trends in the opponent's game and how well our game worked. The protocol includes references: video material so that we can easily find the right situation if we want to show it to the players at some future time.

Evaluation of the players We always do. For this purpose, we used a scoring system with a scale of

1 to 5. In contrast to the old Swedish grading system is a "one" best and a "five" means that everything went wrong. The intention is not to suppress, or offend anyone, so we will avoid giving out any "fives". We do not want to give any player the impression that he is perfect, very rarely, we give someone a "one". For that still have a little spread on the evaluation, we use often half points, such as 1.5 or 3.5. Assessment is in relation to each individual player's capacity, conditions and possibilities. How pleased we are with a player's performance also depends on the role and tasks assigned to it.

If his role was to kill penalties will he not neddömd just because he has not scored a goal. Purely theoretical a player can make three goals but still fail it. In practice this has never occurred. A player that makes three goals are generally so elated that he will most likely perform the most operations in a successfully.

The assessment is personal; so we can not keep up results on the bulletin board where the whole team can share it. But to follow up the evaluation of the players are important. After about 10 games, we keep an individual meeting with each player. Here we explain how we see player's performance, but we also want to hear the player's opinions and his views on their efforts.

The purpose of these meetings is to build players' self esteem and motivation and to prepare them for future matches. If a player has performed below capacity for a couple of subsequent matches, we can not just let it continue. At some way, he must get out of his slump and ventilate all that holds him back. It is important to obtain him to focus on upcoming matches and find something to look forward to. Some players play better at home, others away from home.

Most players have an "adversary" that they usually play well against. We try to find the parts in game plan that we know that the player feels optimism face. Thinking positive is the first step back to player's normal performance. In addition, we point out parts of his game, which we know he can handle even when he is not playing at their peak. If he e.g. have a problem with to score, he must feel satisfaction with their efforts in the back checking.



In particular, we look at the game in numerically over and disadvantage.



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A PREPARATION

Players get feedback from multiple sources



In Detroit, we had our own statisticians, but in the near future are probably statistics automatically with the aid of electronics.

It is important that we are very clear in our communication with the players. You can not loaf over or keep inside with our views. The players are generally very active with, to seek feedback. After the games is it usually not more than 10 minutes until they have read of statistics showing how many minutes each player has been on the ice. From this type of feedback pulls the often conclusions about what the coach thinks.

It is in itself nothing wrong with the players know how much playing time they have had. The problem is that without the coach clarification as to why playing time distribution looks like the makes it likely that the player's conclusions are premature. In addition, the NHL's official statistics on playing time is often incorrect. The coach's assessment and consistent feedback to the player is very important.



Dealing with the media

Media is another source from which players get feedback. It is therefore important not to give anything to journalists, from which they can begin to spin or unravel a story. Experience has taught us that if a journalist can make you say something about an individual player, he will promptly to confront the player with your statement and ask him about a comment. Such controversy could easily start a controversy within the team, so you must always be very Use caution when giving comments about an individual player.

It is also important the coaching staff remains the same opinion. Generally, only the head trainer for comments about the team, and the current basic rule is always being positive. But even positive statements about a players can be taken as criticism of another player.

In the case of statements about the opponents, are you sure never to say anything disrespectful or rude. This has not so much with respect and courtesy to do, but serves above all not to give opponents something that can be increase their motivation.

To mislead opponents with false information is difficult, but You try not to expose any information that can help them with their analysis of your team.



Preliminary Analysis of the opponents

We put a lot of time and resources to preliminary analysis of our opponents. For this task We have several employees. However, most have other data, so they are not full-time scouts. Before each match is one of our scouts been designated to analyze opponent. Since we use several scouts, their reports are not entirely uniform, but the following tasks:

Always:

- ✓ Chains and reverse pairs of compositions
- ✓ Playback
- ✓ Fore Checking
- ✓ Mittzonsförsvaret (control the game)
- ✓ Games in numerical superiority
- ✓ Games outnumbered
- ✓ Face-off configurations

In addition, have every scout their own personal qualities and supplement the report with his own observations and assessments. If possible, I try myself to see opponent in a match, to get a feel for how the currently playing.



The video is for me more important

than the written report.

We have always access to a video from an opponent recent matches, preferably the latest. All matches are not to take home via satellite, as often as we change the video other teams. The video is for me more important than the written report, as it allows me to see for themselves the situations scout refers to. Many videos are today already accredited, so we can easily find situations we want to study more carefully. If this is not the case, usually one of us in the coaching staff to scan the material and divide the games in numerical superiority, games outnumbered, face off drills, etc. Once the video is edited, it is right continued to analyze the opponent. In normal viewing throughout coaching staff with the video and try to identify opponent's idiosyncrasies. If they have a chain with one or two extra offensively skilled players, it is particularly interesting to see if they have any discernible trends and constantly Regular fit combinations, and what they do at face off.



... careful never to say anything disrespectful or rude!

We also look on the minutes of our match analysis from previous matches against this opponent. Situations of these matches are real references to the players.

This process, which begins with a scouts observations and ends with the coaching staff jointly studying the opponent on video, is a cycle that we go through for each team and each match.



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A PREPARATION

Compiling a GAME PLAN



"You have no control over what opponent does, but you have control over what your team does." (S. Bowman, 2005)

The procedure to compile a game plan varies from opponent to opponents. Some teams we play against, and often know. Consequently, more of them. Deep knowledge of your opponent is always an advantage, but you have no control over what your opponent does. To the contrast control what your team does. Match plan far the most important task of therefore, is to organize your own team and get your own players ready.

Match Day, immediately after the morning workout, we usually

hold the meeting as described in the previous page, and after and assembling the chains. In the NHL, we only have access analysis of the adversary discuss and formulate our to 23 players and only 20 can participate in the match, today's game plan. The reason for this relatively late so if you want to make any changes there

time, is often hectic schedule our **Match Plan** maximum of three reserves to choose from. The most common allows a longer term planning. Delaying **most important up-** changes are to change about the team the decisions closer to the start of the game, has also

and combine new chains and **Department is to organize** its advantages.

Often we have to wait until after jaw pairs. Sometimes to a particular team selects

morning workout, before we know what **your own team and make** you may need to take a player who has

players who are injured and who **your own spe-** no special skills, such as a player

can play. can do something special physically. For most **sponsored account**

The goal is to prepare ourselves on how we mostly due laguttagningen however prepare the players, so we try to look at everything from player performance in the previous match.

several angles. All changes have side effects, and we To be absolutely certain that any changes will improve our game, before we decide what we should present to the players. Our final game plan contains all small adjustments to our base as do we have to adjustments. For example, if our game in the numerical superiority does not

worked, get the one of the coaches for a closer look at the video to identify what went wrong. The game plan we customize most opponent. But the bulk of our game plan is based on

how to play to force the opponent to change their games.

many, so it is important to point out both good and bad situations and use them in preparation for the subsequent match. In this way, hangs throughout the season together like a chain, where every game is an adjustment and improvement from the previous match.

Although adjustments and changes always occur is still our basic system a solid foundation for all pitches based. The base system is something that all players know well and are comfortable with. We are therefore very sure our bases, and if we make any changes of these, only minor adjustments.

Match Plan is based on:

- ✓ Previous game analysis
- ✓ Scoutens Report
- ✓ Video Observations
- ✓ The players' performance in the last match
- ✓ Special Skills
- ✓ Last meeting





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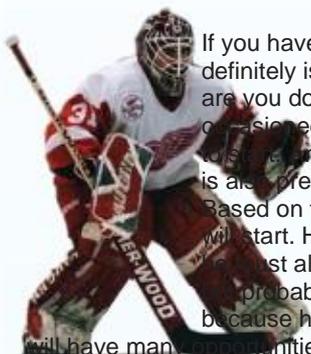
A PREPARATION

Choosing GOALKEEPER



Many goalkeepers would like to know one days before the game, whether to start or not. Generally speaking, I think it is a good rule and for the most part it works goalkeepers have improved when a certain time to prepare. But some goalies allows a certain laziness when they know they should not play, which can disturb the team. Moreover, these goalies rarely fully alert in case you need to make a goalie change during the match. As individual I have never followed any fixed rule, such as to announce goalkeepers to 24 hours before the match.

I want both goalkeepers to prepare and be ready for the game, and I will announce them as far before the game that I think fit. The ideal time of day are in this morning's workout, but our game plan set we first after practice and is the goalie part of the plan, it may happen that goalkeepers have to wait for the announcement of who as the starting XI. However, this is an exceptional situation.



If you have a goalkeeper who definitely is your first goalkeeper, are you doing next to nothing or assigned, it is clear that he does not know. If your second goalkeeper is also preparing to start. Based on that he will start. He knows that he must always be prepared, and he probably train harder because he knows he is not going to have many opportunities to develop their skills during the game.

The decision to change Goalkeeper based on a variety of points, fatigue, performance, opponents and above all game schedule. Sometimes we play four games in five days, and it is very rare that you let a goalie play uninterrupted by such an intense phase. If you've decided you to start a goalie who has not played in a while, do you are wise to let him know as early as possible and give him time to prepare.

If one of our goalies are better suited to playing against a particular opponent, we can choose to replace goalkeeper due this, but the dominant reason that we change goalkeeper is still the game schedule. To play the game two days in a row is tough for a goalkeeper, and often we want to start a hemmamatchfas with our first goalkeeper well rested.

To assemble CHAINS and jaw pairs

At find a good chain assembly is for the most part a job where you have to find two players play well together. So I think it's important to let two players play a lot together and really get to know each other. The third player is exchangeable. Depending on situation in the game, you can choose to complete the chain with a more natural player, a faster player, or a players with some other features. Different players bring different qualities, which may alter the chain dynamics. To allow for these adjustments, it is important that players learn how to play with different teammates. While it has some advantages that allow players to play together for a long time, and to keep the two together is easier to implement than keep the three together.

Keeping a whole fiver together also have their benefits, and in some parts of the match, we try to keep together all fives. This is a bit harder in the NHL, because we only use the 18 outer players. In addition, often backs and forwards out of step when it gets many flying prey. So the concept that stay together five players for more when a switch starts with a frying, such as at one game at a numerically superiority. When we put together our lagdelar, so we follow no plan or template, which states that a chain must contain these three player types and a jaw pairs composed of one offensive and one defensive back. The composition depends on the impulse we need. We often have three offensive forwards in the same chain and two offensive backs in the same jaw pairs. In Detroit, played Matthew Schneider and Nicklas Lidstrom outstanding together, and both are strong offensively.

More important than finding the right composition of the reverse pairs are that all slopes can play with each other. The far hill often fail to implement a flying change while his back partner change, but no matter who comes in from the booth so they must be able to play together.

Especially in the second period will jaws changes out of step. In games in numerical superiority, the reverse pairs often other compositions and in the subsequent prey usually get the two slopes play, which randomly happens to be the most rested. Interaction must still running smoothly.

“The decision to replace goalkeeper based on fatigue, achievement, opponents and game schedule.”





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A PREPARATION



"You win thus be more effective to train your players to be flexible so that they can perform their best no matter how well they are interacted. "

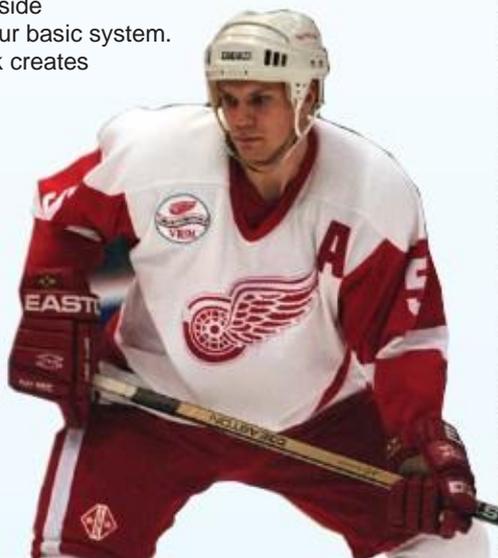
Players get used to one another, and there are always those at the human level do better with some fellow players than with others. This is part of the equation, but essentially, put together part of the team are based on the role you want them to meet. For example:

If you need a defensive strong unit which is not necessarily have to be powerful offensively, putting You assemble a chain of three players whose strength lies in defense game.

If you need a well-balanced chain, this does not you were bound to nominate a player to take the defensive responsibility. Better results, usually by putting together three players who have the attitude that collectively take responsibility for defense game. In the ideal case, this is your top three forwards. Then you can practically let them play at anywhere and in any situation.

Although the different parts of the team are have different roles and different tasks to fulfill, obey all the same game system. In this gaming system is room for individual solutions. Some players are more creative than others. Them encourages us to create. Others are better skaters, like to present check, and does it well. They encourages we have to be on the aggressive deep in the attacking zone.

Everyone plays the same system, but in a slightly differentiated manner. If we had played with complete fives, they could safely differences were larger. But since we have three jaw pairs as playing behind four different chains, and we care about the advantage to seamlessly be able to switch in and out of players in the different formations, it is important that all stays inside framework of our basic system. This framework creates As a Security and security.



Completing a alternative game plan, Plan B



Sometimes you play against a team that matches very enforced, and appear to have programmed all his games to fit your roster. If your team still playing well, you know that the game plan is working and you need not of course change anything. If the game does not develop in right direction, and you want to change something, you have already the match should have developed a plan on how you can intervene. You must pre-screen all eventualities.

If during the game depend on your intuition; cause such spontaneous and unpremeditated changes often undesirable side effects. So you need to pre-match undergo an internal thought process and find solutions to problems that may occur during the match. I often ask myself itself: if is happens, what do I do and if that hands, What do I do? If Plan A does not work, you can not wait the next game before doing anything. You must have a Plan B ready.

After 30 years as head coach in the NHL, nine Stanley Cups and over 2500 games, says Scotty Bowman: "I prefer not to rely on my experience when I make decisions during the match. Time is too short for a larger thought process. Every match I have a unique line-up, and every day I meet a new opponent. Before the match start, I have been clear to me what I want and can do evening, with this line-up. "

Plan B is slightly that you keep to yourself. To inform the players about it, would only create confusion and uncertainty. For the players seems your changes to be completely spontaneous. But you should know, before every game, what roles your Players can load and compile a list of possible amendments.

Such a list might include:

- ✓ Extended playing time to one of your top players.
- ✓ Remove your specialists for the games in numerical over-and disadvantage from all games 5-to-5.
- ✓ Put your three hardest working players in the same chain.
- ✓ Put a really solid defensive forward with your two best offensive players.
- ✓ Play a chain every other byte.

It is of greatest value that you know all your players really well. Within the coaching staff, we spend a lot of time discuss what different players are best suited for. In any circumstances do you want to avoid getting into a situation where you during the game heat must figure out what options available and figure out solutions. You must have clear to you what your options are, before the game starts.



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A PREPARATION

Training



The options and opportunities you provide yourself, depends largely on how you exercising. It is during training sessions to shape the style that you want the team to play after the matches. Looking for a team which is strong in defensive zone, you must practice a lot on this. Looking for a team who play creatively and aggressively, it must be trained.

We place no more weight to our proposed kedjesammansättningar and jaw pairs train together. The training time is better nyttjad if you use it to experiment with your lagdelar. I think it is important to allow the jaws to play forwards and that some forwards train back games. In the NHL, we have often 6, maximum of 7, backs in training, and they often become overloaded if we do not make any adjustments. In some instances, particularly when you planned to make extensive changes in the law student composition, it may be advantageous to allow the new formations work out together.

On the other hand are often scouts from other teams and viewing our trainings, and we do not want to give them some information about our plans. We plan deliberately training so that we not reveal what we will do during the match. This relationship is part of the game. Scouts comes to training so that we can not practice privately, and we structure our training so that they do not get any information. The same also applies to heating prior to the game. We show again, things that can give the opponent an idea of our game or team composition.

Instructions, other than to shake lives of the players and attract your attention, utförs best at the side of the ice.

A fundamental principle is to start training on time. It's a good habit to establish the team, that everyone is always ready at exactly appropriate time. The vast majority of players are out on the ice early to warm up and prepare themselves. Other players will all the time in last minute and it is not optimally heated. Sometimes we start deliberately training a minute early, to highlight that in this now you have to be prepared once training begins.

Since the same exercises often repeated in practice after training, the players know them very well. If you want to introduce a new exercise, you must prepare the players on this and mainly explain the intent of the exercise. Sometimes Need I explain something on the ice, but in general the players are not as susceptible to this type of instruction. As if you have other intentions than to wake the players and take to you their attention, you will get a better result you do the main part of the instruction at the side of the ice.

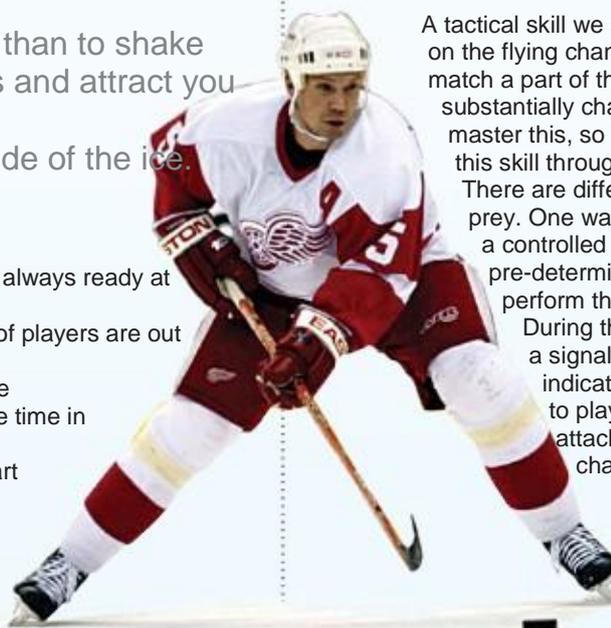
I think it is good to introduce new exercises periodically. This makes training sessions more interesting and raises the players' concentration. But this must not interfere with his fluency in the exercise or create delays between exercises.

We want to training sessions shall be match-like and conducted in the match tempo. But as far as foul play, hold we are again a little. We play 82 games plus the preparation and finals matches. If players would also run on each other during training sessions, we would soon have no players left. We have no regulations that require that body tackles are forbidden, but everyone is aware of that we are all with the same team and no one wants to take a risk with something that could damage the team.

Despite this, we perform several försvarszonsövningar. These are by nature often emphasized competition and contain much stressed body game, but also in these exercises expected no one to step in with full force in tackling are.



"The training of flying changes, indicating a beep that one of the teams as soon as possible need to change. "



A tactical skill we spent a lot of time on the flying changes. If you are away from home to match a part of the team against another, you must substantially change the flying. Your team has master this, so it is important to perfect this skill through practice.

There are different ways to practice flying prey. One way that we often use is a controlled small sided games, where we pre-determined which team must perform the exchange.

During the game, I give a signal with a small horn. This indicates that the designated team to play the puck deep in the attacking zone and thereafter changing flight.



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A PREPARATION

Before the match



Over the years have our routines over how we present the game plan and prepare the players, had a change. When I first started as coach in the NHL, we held a meeting with the entire team after the morning workout. The problem with this solution was players often could not keep all information up to match the start, and that the addition of quantities of förvillades information that is not touched them personally. Nowadays we try to keep our reviews closer to game launch.

The ideal time is approximately two hours before match, and the ideal method is to split the team into small groups and to focus on those parts of the game plan that is relevant to each group.

Grouping of Match preparation:

- 1 Games in numerical superiority
- 2 Games outnumbered
- 3 The slopes and the goalkeeper
- 4 1st and 2nd chain
- 5 3rd and 4th chain

In normal we start our briefings about an hour and 45 minutes before the match. The team is divided into five groups consisting of formations for the game in the numerical superiority or disadvantage, slopes with the goalkeeper, and two groups of each six forwards. With each group we keep a fairly compact review, which lasts maximum of 10 minutes. Some players were involved in several meetings, because they also have projects in the numerical positions and / or positions. Total take-crossings 45-60 minutes.

The main themes on game preparation is usually the game in numerically over and disadvantage. During these meetings, we show a video of your opponent, and discuss with the player what they think they could do.

It is often a bit stressful to keep up with all the meetings, so it is important to be well organized and keep everyone informed the meeting schedule. Information about the schedule is so important;

because we never holds meetings in the same order match after the match. Despite the stress, this form of collective briefings shown to be clearly superior to a single review with the entire team.

When during a joint briefing talking about such show the numerical superiority and half the players know that they will not participate in this, it is difficult to keep the concentration. Their presence means only one distractions of their own and the other players' preparation. Other themes, such as opponents face-off formations and their top player's tendencies are something that affects all players. Everyone should be aware of these parts of the opponent and know how to act to counter them. So, a brief collection of the whole team has also its value.



It is often a bit stressful to keep up with all meetings, so it's important to be well organized.



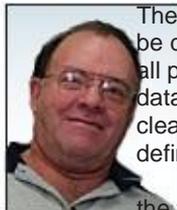
The ideal time for review is about two hours before the match.



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A PREPARATION

Players roles



There are many tasks that must be done to win a hockey game, but all players are not as well equipped for all data. Each player must be assigned clearly defined tasks, and a clear mood, on the other hand, you can not let him continue defined role. Whether he is one of the team's top player, or if he just

play a few changes, he must be perfectly clear about their role. But more importantly, that each also accepts his role. Without fully identifying with his role, and the information means, it is impossible to perform

It is your job as coach to get all players feel that their role is vital for the team

opportunities for success, no matter how big or small role is.

Each player must also understand the other players' roles. No one knows when a player has to be thrown entering a new and unknown role. A player's injury creates a opportunity, but also new obligations, for another player. Many players get the chance for a major role because of injuries, and they need for their own and team's sake understand their new role the opportunity arises.

There are no teams where all players are satisfied with their roles, but all are still expected to only be with the right accept the role assigned to them. The most common environment for the team. complaint is "I could play much

better if I got more playing time. "As a coach, you can not avoid this dissatisfaction. It is as woven into the structure of train-player relationship. The individual player wants to play as much as he can manage, and the coach wants the best players must play as much as they can handle.

Of course you can not have players on the team who are totally unhappy, and still succeed. In such a situation something has changed. You can not reward a disgruntled player, and make changes to the team just to get him in better defined role. Whether he is one of being detrimental to the team. The coach usually has no control of transfers, so this dilemma can be quickly

spread and become a challenge in the relationship between coach and sports director. If the sports director relied entirely on coach's discretion, the solution is relatively easy to find.

If they do not have the same opinion, they must

It is very important quickly as possible to agree on a solution, otherwise **all players are** expect major problems later on.

aware of their role.

The toughest group to maintain devotion to the team's best, is usually the third and fourth

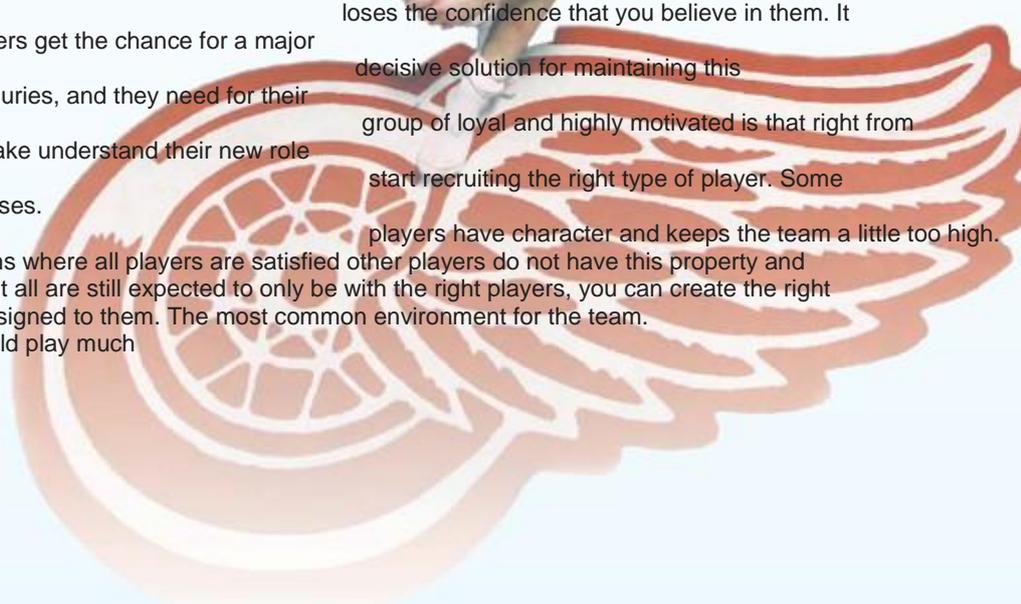
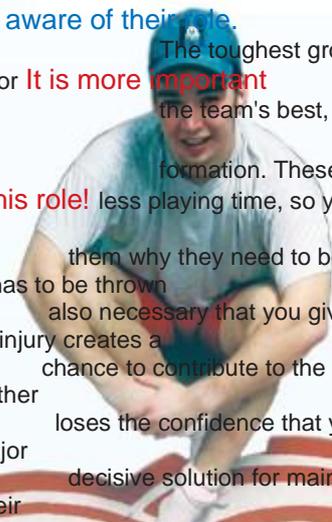
accepts his role! formation. These players usually have less playing time, so you should always explain to them why they need to be patient. It is also necessary that you give them every possible chance to contribute to the team's success, otherwise

loses the confidence that you believe in them. It decisive solution for maintaining this group of loyal and highly motivated is that right from start recruiting the right type of player. Some

players have character and keeps the team a little too high.

other players do not have this property and with the right players, you can create the right environment for the team.

"I could play much





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A PREPARATION

The coach personal match preparation



Coaching Staff together with the players form a team that will compete together.

Just as I expect the players is perfectly prepared and performs its best, I expect the same of me myself. The best way to prepare myself yourself is to go and see other matches. As

often as the game schedule permits, I see the other teams play. Many times I have time until the start of the game if I am traveling directly after spring training. Sometimes training is led by the other coaches, so I have time to see our opponents play.

It is a great advantage if I could see our opponents play, before we play against them. On site, I can pick up more nuances than what I see on a video, which helps me To understand how the coach leads his team. Over the years, you a true and clear picture of how the other coaches react, and I want to know my opponent well. To identify a coach style is obviously not an exact science, but some trends recur constantly, and knowing them helps me to make informed guesses about how my opponents will react.

When I see no tendency or a characteristic of an coaches' behavior, I make a small memory the listing of thereof. Of course, I learn to know the coaches of the teams in our own group better, because we often play against them, but I see it as an important task to get to know all the other coaches tendencies. Some of my personal preparation is to communicate with the other coaches, and hear their thoughts on what we can expect. While I do not itself leads all briefings with the five groups, I participate in these collections. This builds up my skills and my focus. It always shows up a few new ideas and ideas, and I make memory notes of everything that is said. These we discuss then the coaching staff after the meetings.

Before the match I usually also sit down and think through all parts of the game plan and all I can do if Plan A did not produce the desired effect. I write often the particular much, but trust me on my memory entries, but I always have a cardboard card with our roster, our formations, and who I want to match them against. On the card I also do short notes on possible changes I may do during the match.

I see it as an important task of getting to know all second coach's tendencies.





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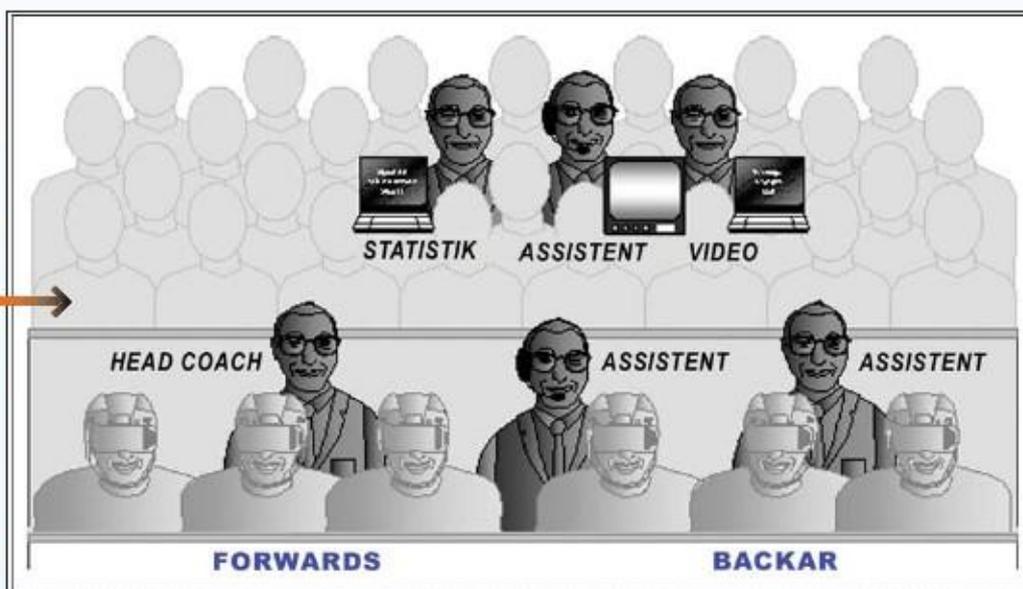
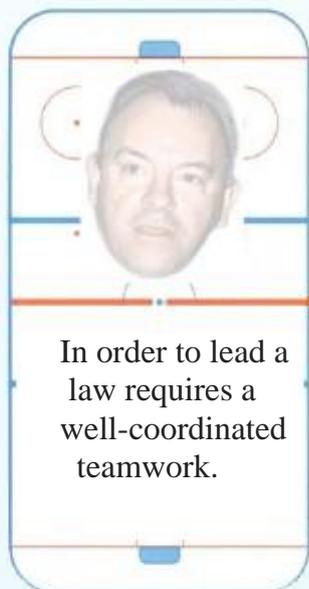
B Subsp R MATC H

To lead the coaching staff

When I started as a coach in the NHL had head coaches no help lead the team during games and conducted all substitutions themselves. They kept track of forwards and backs, kept an eye on match tactical course and would even have time to calculating the opposing plans for the next byte.

Nowadays requires a well-coordinated team effort to lead team during the matches. In today's NHL teams have two, usually Three coaches in the booth. In addition, the number of times a video coach, statistician and another trainer up in the gallery.

Head Coach usually results in changes of forwards, and the the assistant coaches guide shoe changes. The third coach has slightly different information from team to team, and from situation to situation. Some coaches prefer to delegate an assistant to make observations from the stands and communicate these down to the booth. We always had three coaches



in the booth, and the third coach responsible for specific data such as to observe the opponent's tactics and replacement strategies.

Head Coach attention is paid to match the course and are always thinking about his next move. This limits his ability to communicate with individual players. Even the coach who leads the slopes usually get just by giving relatively short comments and instructions.

The third coach, however, is exempt from the stress of substitutions and therefore can provide more in-depth feedback to the players. Although head coach primarily resulting changes of forwards, he also monitors the shoe's performance and provides occasional suggestions and directives to the coach in charge the hills. In this way, controls the head of the coach playing time for all players.

***** Areas where the head coach can controlling assistant might coach:

- ✓ Match certain crates against a given player or chain.
- ✓ Always put some jaw pairs behind a some chain.
- ✓ Give more playing time to a specific player.
- ✓ Only deposit a certain type of player (Experienced, aggressive, etc.).
- ✓ Let no rest.
- ✓ Removing someone from the game at a numerical advantage.
- ✓ Give someone a chance to play in numerical superiority.



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B UNDERMATCH



Some Law have a coach or observer up in the press box. Under certain periods, we have also made use of this organization. From the gallery has he is an excellent overview to iaktaga face-off set-ups, the play pattern and other game situations. His special references conveys his down to one of the coaches assisting in the stall. Observatöreren often have access to a television monitor. On that he can see the replays in selected situations, and give coaches in the booth directly informed of what happened in a special situation.

At his side is also a video coach, as interim cataloging everything that happens during the match, and a statisticians whose information also can be sent down to the booth when desired. Usually, you have a feel for how the game progresses, but it can be a support to receive confirmation of e.g. who's the best tekaren today, or the slopes which allowed the highest scoring opportunities. Through teamwork lead the team places high demands on communication within the coaching staff, but there are many benefits that justify the extra effort. Generally, see three pairs of eyes more than a few, and add any of the

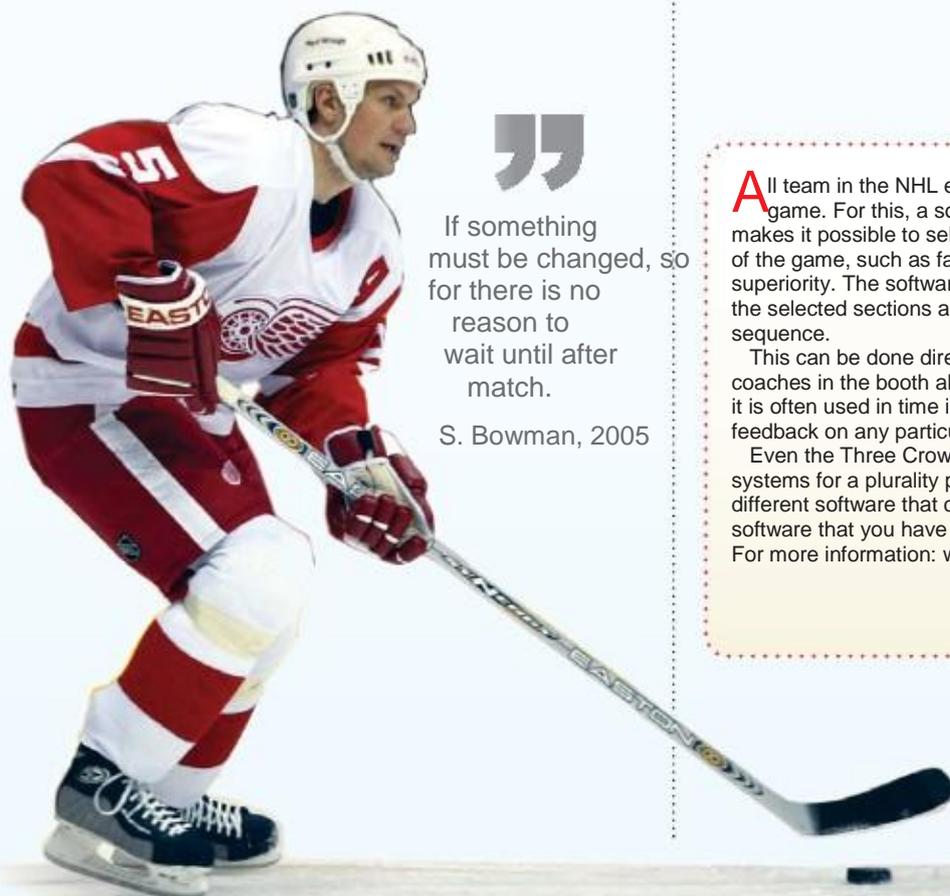
coaches noticed anything special during the game, want to I have immediately informed of this. Something needs to change, so there's no reason to wait until after the game.

I've always loved when my assitenter and partners makes suggestions, such as that no player should receive more playing time, or we must change the matching of our lagdelar. Sometimes you make things out of habit and run on the same rut, and then it is important that your colleagues do you Note that there are alternatives. Although it is Head coach who takes the final decisions, so he needs know their assistants opinions and have their support.

Having a trainer in the booth, that is not occupied by prey by either forwards or backs, is a great asset in many respects. One of the things he could be responsible for, the game numerically over-and disadvantage. His responsibility for these units are of a more general nature, that that there is a certain flexibilitet built, to allow the head to engage the coach and assume responsibility.

Generally, the third is responsible for the coach preparation of the players in numerical over- and / or sub-modes, gives the player feedback during match, and makes proposals to the head coach of who should play in these situations occurs.

Head coach assumes the decisions. He must always think at the whole picture, and balance the playing time between players, have their medical and mental attitude in mind, and Always thinking ahead about what will happen when expulsions is over.



If something must be changed, so for there is no reason to wait until after match.

S. Bowman, 2005

All team in the NHL edit video-recording during game. For this, a software makes it possible to select different categories of the game, such as face off drills and games in numerically superiority. The software then looks up automatic the selected sections and plays them in the desired sequence.

This can be done directly in the match, to give coaches in the booth about what has happened, and it is often used in time intervals to give the players feedback on any particular situation.

Even the Three Crowns and women's team has tested this systems for a plurality played. There are several different software that can handle these operations. It software that you have used is called Interplay-sports. For more information: www.interplay-sports.com



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B UNDERMATCH

Leading players and keeping them organized in chains, jaw pairs and fives



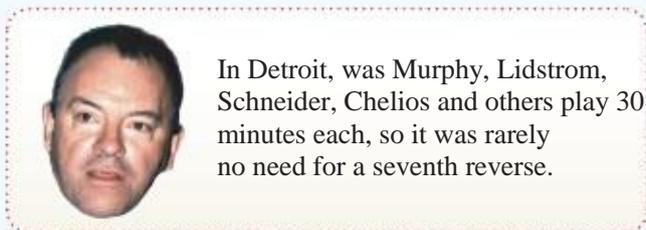
The NHL is a line-by two goalkeepers, 18 defenders and forwards. IN comparison with the working stations forwards the a larger area, have fewer opportunities to economize on their energy and drive long distances at the highest speed. This requires shorter replacement and longer rest, and therefore occupies most of the 18 seats with 6 runs and 12 forwards.

Depending on which players are available and who we play, we deviate from this standard distribution. There are many ways of organizing 10 or 11 forwards in a formation, but it is difficult to work with seven hills. Some coach sets up three runs and left four right-backs, or allowing three runs to share playing time in a jaw pairs.

Personally, I use seven hills very rarely, and when it occurs, it usually depends on a forward was injured and we had an extra defender available in the squad.

Sometimes, I have used a seventh return for special situations, such as play the numerical upper and disadvantage, but rarely was he with the continuous rotation of slopes. No matter how you organize your booty, the seventh slopes remain a player does not play much.

Sometimes you let Thus, a player getting changed even though you know he unlikely to play. But these plans are nothing you talk about the player before the game. He must prepare to play in order to be ready mentally. If a other players do not play well, we direct a change, and the proposed reserve is much playing time. No one knows before the game what will happen, so there is no reason to say something to the player.



In Detroit, was Murphy, Lidstrom, Schneider, Chelios and others play 30 minutes each, so it was rarely no need for a seventh reverse.

When you play with 10 or 11 forwards, it is natural to let your best players play double byte. Is it too much, you can always make the extra chain to be above a switch, or to share playing time at several top players.

Sometimes you want to avoid inserting the four chains. The reasons for

This can vary, for example:

You want to disrupt the opponent's match tactics.



- ✓ Your squad is forward very specialized and you do not need two offensive and two defensive chains, but three similar chains.
- ✓ Your forwards capacity is widespread. Some are much better than others.
- ✓ You want to continually pair jaw pairs with chains and play with complete fives.
- ✓ You want to temporarily break the rhythm of the match.

If you want to play with three chains, but still use the 12 forwards, you can place your 10th, 11th and 12th forward in was his chain, so you now have three chains, each with four forwards. Of these four forwards, plays two virtually Always, the other two shifts. By setting together your chains in this way, you have practically no fourth chain, and scarcely a third chain, either, because you always have two of your top six forwards on the ice.

Your top six forwards were betting every three bytes. It equivalent to 20 minutes of playing time per game, which is normal for a top player. The other six forwards playing every six bytes, equivalent to 10 minutes per game and is a usual average for forwards in the third and fourth chain. Since some forwards also have a role in the numerically upper and / or inferior game time further comminuted. So even though you play with three chains remain each player play time virtually identical to the playing time at a normal rotation with four chains.

When forwards plays only every fourth byte, it can be difficult for them to really get into the match. Many and long interruption complicate this further, as your opponents sometimes exploit by pulling down the tempo between changes. Often would you therefore give to your top players more playing time

and it is a straightforward conversion of the coach to lose in three chains. All you have to do is pick off three players. But if your players are used to playing with four chains, the adjustment is not so simple. It requires a completely different game.

To prepare our players on the different rhythm, we play sometimes friendlies where fourth chain only plays outnumbered. The other three chains play Every three bytes to get accustomed to this type of game. This has proved a valuable tool to intensify match training during the preseason.



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B UNDERMATCH

Putting the right players in the outnumbering and a disadvantage of



In the case of composition our formations for the game at a numerically superiority, we follow a certain ideal model. They two types of players who have proven to be crucial to the game's effectiveness is a good shot on the blue line and a strong fearless players in front of goal. In Detroit, occupied these positions usually with Nicklas Lidstrom and Tomas Holmstrom. The other three positions were adjusted to play materials, and combined together by Player properties. It was important to strike a balance between the right- and left-handed shooters, as well as playmaker and scoring. All were assumed, however, be hard working and talented rim player. Usually, we formed two complete fives, where they five players complemented each other.

A few years ago specialization was more marked, but Nowadays, most top players are also playing at a numerically disadvantage. This is a good development because you are happy want to give them much playing time, and when they are more versatile you can use them in more situations. Putting your Offensive Player of the outnumbered is also a tactical moves. The opponent must pay more attention to his defensive play which can take the sting out of their attack. In addition, the projecting players now and then themselves a goal which can be devastating the opponent's morale (Steve Yzerman has 50 targets of outnumbered, and Mario Lemieux was 10 during the two seasons playing for Scotty Bowman).

If your top players play against a defensive formation and are hard selected in each byte, it can actually be that he more room for an aggressive response when he plays at a numerically disadvantage. Mario Lemieux e.g. always have an opponent to guard him. But when he plays at a numerically disadvantage, change the opponent's mentality. Focus is no longer on defense game and mostly offensive creative players inside the ice. He thus has a double advantage:

- ✓ He is not monitored as hard, which allows of aggressive impulses.
- ✓ Motsändaren can not invest as aggressively and chance to open up in the defensive.



Mario Lemieux of Montreal, QC Canada, played two seasons under Scotty Bowman. Together, they won Stanley Cup 1992nd
Lemieux also won Stanley Cup 1991

Keeping the right length the substitutions

Each individuals playing time and the length of each byte are important components to keep track of. I often look at match the watch, and carefully monitor every byte length. At friendlies, I sometimes use a stopwatch. I To find out how long each player has been on the ice. But more important than the number of seconds is to observe how each byte is played. Two changes are never equal, and each game has its own character. Sometimes matches are highly intense pace, and players know that they must change quickly. Sometimes it is long interruptions and the players have time to recover without having to change. Bytenas length depends more on the situation on the ice than on game clock. Shall I still define an ideal length, you should booty 5 to 5 may be about 40 seconds, 5 to 4 no longer and 4 to 5 slightly shorter. Many teams want to do four forward exchanges during the expulsion. This means that changes between the section shall be 30 seconds, which in turn means that you have chance to change after 20 seconds, so you should do this.



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These are good rules of thumb, but the creature's length depends

Also on the individual player, and there is large individual differences. Kris Draper and Kirk Maltby are both great skaters and highly effective outnumbered. IN Detroit, they played most often the first 45 seconds of each expulsion, took a short rest and then went back out on the ice for the last 30 seconds.

Among the hills played in the normal case, Chris Chelios at least one minute in the outnumbered and Nicklas Lidstrom one minute and 20 seconds at a numerical superiority. But both Lidstrom and Chelios are very special player, and can cope with such long exchanges.

The numerical superiority always shared two fives at game time. The femmas which we thought was hottest at the moment was, however, usually have a longer replacement. We followed, however, no rules how the playing time would be allocated. Each numerical superiority is little different than the previous ones. Some have many interruptions while others do not have any interruptions.

Sometimes the puck in the offensive zone throughout the change, and sometimes players have to go back to the defensive several times. You must appreciate the effort and the players' fatigue level for each change, do not calculate the number of seconds.

Examples from Detroit:
Lidstrom, Yzerman, and Draper played 25-30 byte each per game. Lidströms byte lasted average of slightly more than one minute, while Yzermans changes lasted barely 50 seconds and Drapers in less than 40 seconds.
(NHL 2003-2004)

The art of match special lagdelar together



Like so many sports also consists hockey basically of two tasks; attack and defense. During a match race we are not about being the best in these data, such as that our offensive game should be better than the opponent's attacking play. The challenge of the match is that our defensive play has to be better than the opponent attack and our attack has to be better than the opponent defense.

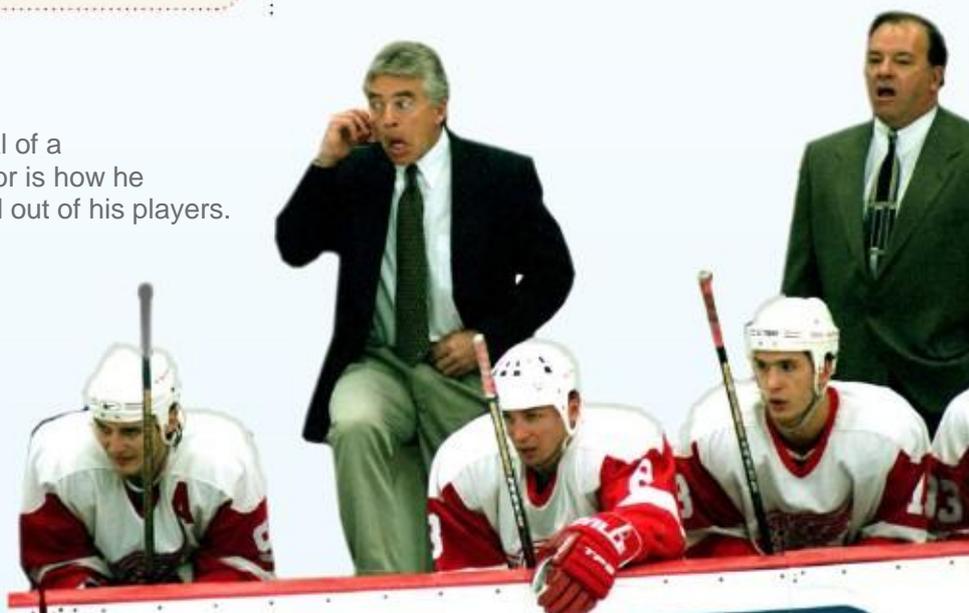
Since all players are better at a task than the other; it is important for the coach to ensure that our best defensive player playing against the opponent's best offensive player, and that our best attacking player plays against the opponent's weakest defensive player. The basic principle of how you want to match your lagdelar is thus relatively easy.



Probably most important task a coach has is to switching in and out of the players during the match, and how he performing this work is crucial for the match outcome. In addition to distribute game time between players and maintain the correct length of prey, is the matching of specific lagdelar against each of essential importance. Performing this task requires a lot of work, and the entire coaching staff and all players must work together.



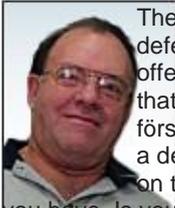
The most critical of a trainer's behavior is how he switching in and out of his players.





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The first task is to match the strong defensive player on the opponent's best offensive player. In normal cases this means that you want to have two good backs against their first forward. If it is better to match a defensive chain instead of focusing on the slopes depend on the type of law you have. Is your team's defensive strength of some hard working forwards, then it is better to match a defensive chain to neutralize the opposing top chain.

Does your team's defensive backs safety, it is better trying to change them when the opponent's top players are on ice. This is an easier game to execute, because it is only two jaws to be substituted in place of a chain. In addition, a back generally play longer changes, which also facilitates the coach's job.

New Jersey Devils is a good example. They have been a dominant team in the NHL over a 10-year period. During this time was Scott Stevens their best defensive player, and he always was matched against opponents' best center or right wing. Stevens was a big strong back and could play long exchanges. So even if all the coaches were aware of New Jersey's intentions, there was little they could do to avoid this match.

Using defensively strong players to neutralize the opponent's best offensive player is a common strategy. The defensive side benefit namely the large scale, which allows for five good defensive player to collectively neutralize five top players. In today's NHL is all players in excellent physical shape. In addition, many disruption of the matches, goalkeepers block the puck, four commercial breaks per period, etc. This means that there are fewer tired players on the ice, and the players are not tired they make fewer mistakes, which helps defense game.

In addition, after each interruption starts the game again a frying. Face-off configurations are well-trained situations, and it is much easier to play organized when all players start in the right position. A well-trained team of average player, can play evenly against a team with top players, if they are matched correctly.

Steps you can take

If a coach do something unexpected, or just breaks the routine, creates is always some confusion among the enemy, which may provide a short term benefit. Some of these measures may intend to improve assault game, while others can stabilize the system. Some may be intended to get your opponent off balance, but all have the intention to get opponent to wonder what we do and start thinking about countermoves.

Below are some examples of steps you can take if you To give your opponent something to think about:

1	Change order of priority - When the pairing has stabilized themselves and each chain has grown accustomed to his opponent, a change of the order to create unrest and force opponent's coach to make changes.
2	Insert an offensive player - To suddenly put your strongest offensive players in your normal defensive chain changes the chain dynamics and forces opponent of a reaction.
3	Insert a physical player - When you match first chain to the original chain and change your physical toughest players, opponents must coach think about what your intentions are and the players on the ice distracted by keeping an eye on was somewhere your physical players.
4	A player starts each byte - When an opponent orient their match on a special player and you let him play the first 5 seconds of each change, you force your opponent to make quick decisions and make many changes.
5	A player starts never a change - In the same situation as above, change only in the special player with flying changes.



All of these situations was only marginal adjustments in your team, but can cause great confusion for the opponent.





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B UNDERMATCH

A step ahead



If you always knew which players your opponent puts into the next byte, you would find it relatively easy to match your team according to your game plan. However, because your opponents are dead ends, they do not provide you this information, you must on the other hand try to anticipate opposition's next move. The goal is to always stay one step ahead, and as head coach, you rarely keep an eye on your opponent's booth, but must depend on the other staff in order to obtain this information. To achieve this requires a well-organized teamwork within ledarstaben.

We gather regularly certain information and looking for some trends which allow educated guesses about which players play in the next byte. The list below provide examples of the information we seek and the methods we use to find it:

- ✓ All coaches have some recurrent tendencies. We try map all our opponents to know them well.
- ✓ All teams have some recurrent tendencies. Experience from previous matches gives us an idea of what we can expect.
- ✓ Some Law changes routinely chains in the same turn. (The smarter coaches give you is never as clear a hint.)
- ✓ Some Law start the second and third tranches of the same player who started the first period. (I've never understood why, but many teams do that. We never do.)
- ✓ Our third trainer observes the opponent's booth, and try identify which players are getting ready for the next byte.
- ✓ The assist coach at the press box observing opponent's booth, and try to identify which players are getting ready for the next byte.
- ✓ One of the physiotherapists for statistics on the opponent's prey, or for statistics on some key players playing time and rest time.

Sometimes the match into a rhythm where the replacements are just rolling on the same turn, and it seems that the opponent is satisfied with the match. But you must be observant of all time, especially after a timeout usually many coaches change reordering or mix their chains.

In away ground you will not have many changes that start with your desired resolution from the face-off. The judges are very consistent with allowing the home team change last. Previously, you could have one or two extra players on ice until the opponent was determined. But this

no longer works. Away from home must be your strategy to build to replace flying, and your team have to do this in a disciplined manner. A quick flying change immediately after a face-off, and you are one step ahead again.

It is difficult to replace all five players at the same time, as often start with a mixed formation and change just one or two players flying to get the right match. For this, first figure out who the opponent is focusing its matching against. Is the focus on your center, so start him in a chain where the outside forwards to play the whole booty, but the Center change flying immediately after face-off.

Favorable opportunities

A sudden change of matching can provide a temporary advantage, so you have to make this change at the right time. Sometimes you start not match with your desired matching, even if you play at home. Intentionally let the adversary decide who he wants to match their players against, until he believes that the match will proceed as he wishes. In fact you waiting for a favorable time, such as a face-off in the offensive zone. When the delay you change your bit to ensure that the adversary changes in the expected order in, and then insert the player you want to surprise him with.

Another major advantage for the home team is following a time-out. Then all your players rested and you can wait until you see who the opponent field. As the visiting teams have you can not afford to take chances, but must almost always start with your best player, especially if the face-off is the defensive zone.

The following is a list of other situations where the continued match, or a rapid change of the match is advantageous:

- ✓ If you notice the opponent tries to match the Meanwhile, you can make some diversion just to disturb them.
- ✓ If it is clear that the opponent only wants to play their best players against a particular unit, this unit lets you play irregular and very short exchanges. That way you can forcing the opponent to switch.
- ✓ Sometimes you no calculated advantage of the match, but you notice that your opponent dislikes the situation and disturbed by the current match. This is often due probably continue to match.
- ✓ When an opponent have the match under control, a pair rapid changes in the match get them out of rhythm. During any circumstances create an amendment to any of the trainer to think about, and the decision to make.
- ✓ Sometimes I just rely on my intuition. It is as a special feeling that says that now is the right time to change the game plan B.



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B UNDERMATCH

Opportunities to not matching



There is no advantage to match the constant. There is always a negative side effect with everything you do and sometimes it is greater than the benefits of matching. In addition, you can not always control over events. The adversary can be multiple solutions that fit him and what requiring major changes for you, he can counter with minor changes. If your players get too distracted by that constantly be in and out, can take it out on the pace and fluency in the game. On the other hand, players sometimes just accept that the tactic is unchanged, and only to find themselves in this and do their best in these guidelines.



Away from home, your strategy based on changing flying.

You will never get all the matches as you wish. If you manage to get the right match for one of your chains, you can be quite satisfied with this, especially if you are away from home.

Just because adversary tries to establish a särskilld match, is in itself no reason to avoid that. You must always be clear to you how these changes affect on your team, and only if it is predominantly positive, try to match. You have to constantly explain for your players why you want a special matching, and You must be able to explain it so that they too want this matching. Sometimes what you want is also what opponent chooses, and then it just for the challenge.

Opportunities for increased vigilance

Sometimes it seems you have the match under control, and all the jaw pairs and chains seem to work well and have a good grip on his opponents. If the opponent in such a situation does not change something, it will of course my job much easier. But, if he suddenly makes a few adjustments, I am forced to take decision on how I can best respond to these adjustments, and the makes the situation a little more difficult.

The most important decision is to decide whether I should ignore the opponent's move or change anything. If all functions can often result in a change to a deterioration, but if everything worked because that the opponent played in a certain way, we also need to adjust our game when he adjusts his.

It is therefore important to remain alert and attentive even when everything seems to flow smoothly. Do you let the game just roll on in the same rut and routine changes in and out your formations, it can easily happen that you miss when opponent change something, or that you do not have a countermove prepared. Some times more likely than others to exploited by the adversary to change his game, so it pays to be extra vigilant at them:

- > At the beginning of each period
- > After a time-out
- > Face-off of the defending
- > After the game the outnumbered

Advantages

It is not easy to match the opponent changes so you always have an advantage with the type of player who plays against each other. Most often these are based benefits only educated guesses and predictions that are not always infirm itself. But done right still gives matching great benefits.

When you match You should always have two devices prepared for each task. Are you out of step with your first choice, puts you set the other device. In this way, change is always complete units, and sometimes twice as often as his opponent. This means that the great advantage of matching is that your team change disciplined and you keep getting fresh players on the ice. If you have fresh players and the opponent is tired player, his risk of making an error bigger than yours. This effect of matching is often more important than who playing against whom.

Advantages of the match:

- Shorter byte
- Fresh players on the ice
- Good discipline in changing
- Special player thrives on special assignments
- Takes the edge out of the enemy present checking
- Breaking opponents rhythm and tempo
- Will opponents' top players off balance
- Forces the opponent to change
- The maximum effect of your players' strengths
- Minimizes mere setting of your team's weaknesses
- The opponent can focus on your team instead for in their game
- Keep your team focused
- You control the tempo of the match





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You will never have a team that consists only of stars, but often a average player improve their performance on he assigned a special task. Many players need clean of such a role to play in Top. They thrive with the challenge of playing against the opponent's stars. Do you know your players well, you get maximum effect by putting them in the right situations and against the right opponents.

A home team who is determined to have their preferred matching may lose some of its rate and aggression if the players have to constantly change. If Coach bull bald follow its line, we can often eliminate their preferred checking by constantly switching in and out players. In such a situation, we seek no special matching, just want to force your opponent to change instead of play. It is therefore important that you clearly understand how match affects your team and not just switch to opponent change.

ALL TEAM have players who are tough to play against. If you is a really good player, but the byte after byte must play against one of these bothersome player, will erode on you both physically and mentally. In an otherwise marginally player, you can then get the opponent's top players from balance.

Sometimes it seems some trouble matching the opponent more than it is an advantage for your team. This can often be due enough to continue to match.

Challenges

All teams and all players are not as good at putting instructions matching effectively. How to train your team and what types of players you recruit to your team is of paramount importance to the great benefits of matching becomes. Below are some examples of the challenges that your Teams must master before you can match a effectively.

It requires smart players to not take risks at the flying prey, and as a coach, you must teach them to understand in what situations they will change and in what situations they will not change. In order to surprise the opponent players must be disciplinade. Your job is to inform players against any opponent they should play and the who they should not play. It is then the player's responsibility to come off the ice if he has come to the wrong opponent.

Many good players do not like a tactic in which they have to come off the ice. They believe that they are able to play against anyone, which is usually true.

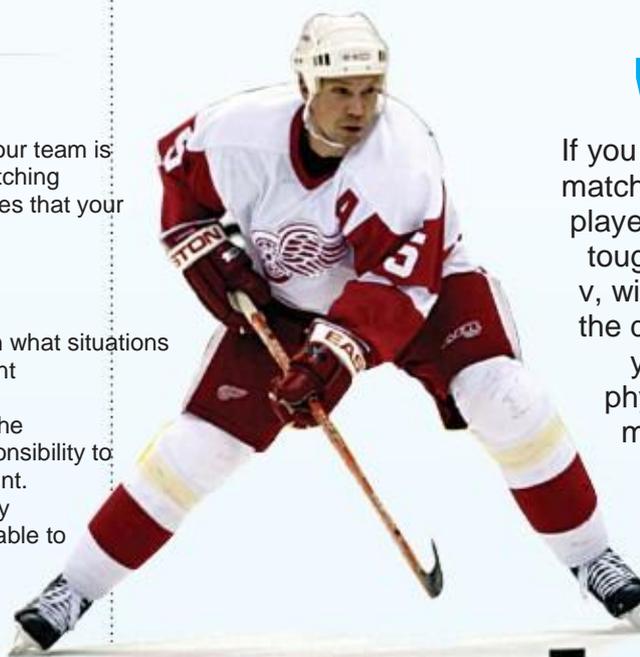
But the question is not if they can play against a particular formation, but against which formation they will best help the team. Furthermore, it is important to the formation of the other three chains are most effective, and against whom the opponent is least effective. The players must understand the overall picture for to conform to team tactics.

For some players matching can be mentally challenging. They understand the tactics that they are not considered good enough to play against certain opponents. You must be able to explain them that they are good enough and at the same time fits better to play against a particular opponent, and that it makes the team stronger if everyone plays against the opponent that fits him best. The last thing you want is for anyone doubts himself.

It can be exhausting for your two best backs that always play against the opponent förstakedja. Sometimes they replace flying, but stays on the ice, and as soon as they change puts the opponent into his förstakedja again. So you need to prepare at least two variants, and have the other two slopes meet as your option B.

In some teams is your fifth and sixth back not at the same level as the other four. Because they still have to play 10-12 minutes per game, takes a lot of intuition for placing them in carefully selected situations and not risk the set against the opponent's top players. It is usually a hard work to be vigilant all the time, so it is necessary to coaching staff are in full agreement on how to match the team, and supports, encourages and provides suggestions to each other to constantly be alert.

When you replace flying, you will rarely all three forwards, and even more rarely all five players coming off the ice simultaneously. Your players must therefore be able to play on top no matter who they play with.



If you are continuously matched with the players who are tough to play v, will the drain on you both physically and mentally.



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You need to ensure to your players are well aware of your intentions and take a collective responsibility to ensure that they are implemented. But in hockey, it is not much that is predictable and you can not expect to have the right match all time. It does not take many seconds to shoot a goal, and it would happen during an exchange with an undesirable match, it is neither the coach nor the individual player's fault. You will never get the right match in each byte. Rather it is to succeed, keep a chain is preferred matching throughout the match, you be very pleased. Players must be flexible and anpassen to the situation they are in.

Do you have a player that does not change who he is, must he should be prepared to take responsibility for the consequences. The impact you in control of is that you are the controls the distribution of playing time.

Disadvantages

Match not only has advantages. All you are doing is also side effects, sometimes unwanted. In general, when something is done to excess, the negative consequences overweight. Therefore, it is not enough that you always have to be clear to you how your team will be affected by a change, before you apply it. Even when the match done correctly, you must expect some drawbacks. Everything is not as structured as in the chains are changed in and out in a certain order. Some confusion will be times when you match.

Many players prefer a steady rhythm between work and rest, but when you match break this rhythm, and long and short shifts. When you are essentially use your shoes in a defensive role, they are forced to play much without checking the puck and often lose some of their offensive strength.

Every time someone changes, you play basically with four players for a brief moment. For many changes of enskillda players means that it often made a man for assault and preferred checking.

Disadvantages of the match:

- Confusion
- Uneven rhythm between work and rest
- Lagdelar matched in a defensive role loses aggressive action
- Every time someone changes involved flying he does not in the game

Prerequisites for matching:

- Smart players to effectively
- The team must be trained able to change flight
- Disciplined players Ilden • Players who see helmetsb
- Mentally strong players matches
- Prepare several alternative for minimizing risks
- touch sensitivity for at with the substrate weaknesses narstaben
- Active team work in the wood a may together
- Players must be able to play • with all of his teammates



The players are responsible for their duties, and know that it is you control the distribution of playing time.



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Energy and floating



In English often used the word momentum to describe the force appears to drive a team when its players succeed in most things. On Swedish we say often that a team has buoyancy, wind or simply luck. Whatever we call this phenomenon, we have all experienced how this power can shift from one team to the other, and it went easily in one moment feels heavy in the next.

Momentum refers to the force as a mass in motion possesses such as a flywheel of an engine, and may immediately translated to the swing force or kinetic energy. IN hockey context, it means something like "once you've got up to speed, you are able to stop it." However, unlike flywheel physical force, in particular hockey terms of mental energy. To get this mental power to work to your advantage is a task that you as a coach must commit you.

How can you which affect this momentum? Let us first demystify the concept of "momentum" by now call it "energy flow". Energy and yield is dependent on each other. Do you get your energy levels up, the same way as when flywheel come up to speed, then flows out of the work itself itself functioned as a boat floats on water. You can Thus, by high-frequency intense work "to put the flywheel of rotation "and raising the energy level which in turn allows flow. You Or go the other way and with a bit of planning to make a goal, which may turn the flywheel and provide energy.

Short, fast and frantic changes with short rest periods increase energy level in the same manner as success, a target, a foul or a pressure period also raise the level. While long-term changes with long rest periods, baklängesmå and be back pressed drains energy depots and lowers level. As a coach, you have some control over all these scenarios, and can put your players so that the desired effect has the greatest chance of occurring.

Controlling his fluency in match

Sometimes your team lacks Energy and most fails, while the opponent is floating in his game. Once started to go wrong, it can easily escalate until the match is lost. But in hockey, it can also quickly turn around and your team will find

energy and may float in the game. These uses will rarely by themselves, you as a coach has to intervene and force them to happen. Of course, there is no method with guaranteed effect, but on the other hand, you can not let a negative trend to continue without intervening.

What can the coach do to reverse the trend? Generally can be said that doing nothing is always better than not do nothing. An intervention that differs from the routine, a rare thing does not happen in every game, imposes always a reaction of pure play. If there is a positive reaction is not always easy to predict, but it needed a response and you as a coach must find a way to trigger it.



Generally speaking, do something is always better than to do nothing at all.

The simplest time of day to gather the team, generating new energy and make adjustments in the pause-fire between the periods. But you intervene directly, you can often spare the team from 5, 10 or even more minutes of inefficiency and frustration. This can often be the difference between winning and losing; to act in these situations is something of a coach's most match critical tasks.

Certain operations can be directed to pull down the tempo and slow down the opponent, while others were motivated to increase the pace and raising the energy level in their team. Which way you choose, requires an effective action that you already advance planning of your options.





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The very best method is that be alert right from the start, so no worry about turning a few trends. Important points to start the right is to keep the team together and as quickly as possible to back up each other, and fit puck fast and hard, not to give opponent a chance to get to you early in the match.

It is important to understand that efterföjande change inspired by the above. You should always have a thought behind the choice of the player who starts a period. Depending on the stimulus searching, select the appropriate player to start the team in right direction.

✓	Do you want to get your energy levels in the team, so start with your hardest working players.
✓	Do you want to have stability, you can start with your defensive most reliable players.
✓	Do you want to prevent the opponent starts with best players, so, insert the players that they do not would be matched against.
✓	Do you want to make a powerful impression offensively, so start you with your best players.
✓	Do you want to have a special match, so at home wait until the opponent made his choice, and the away from home you are preparing a fast-flying prey.

It is very important to start each period with the right crates, especially away from home. You can almost never start with your fifth and sixth back, because the opponent may deposit their förstakedja. You must be careful and use your best runs much more. In away games it is not unusual that you have to play with four runs the first three minutes of the period.

Many teams came to Detroit, determined not to allow us special matches. So, the only reason that we match in that situation is to prevent them from coming into the game and raise their energy level. As soon as they move into a chain, we countered and put a chain that does not suit them. When the puck is released, they rush to the booth to change. This can last for two periods, but halfway through the match is played and all they have done is to rush to the booth, they have not much energy remaining.

Experience do you know which teams will match tightly. Sometimes it may be too confusing to face each matching experiments with a countermove, and you choose to start match with the match and opponents prefer.

But, at a favorable point in time, do some quick changes and change the match. This simple intervention that breaks routine can be enough to force a reaction and get fluency to shift over to your side.

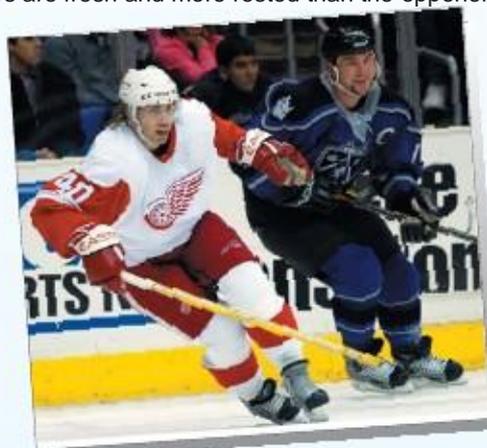
Scenario from a period starting

1	You start with your the first jaw pairs. kedja.De puts into its third a jaw pairs.
2	You change Your andr jan.De change in fjärdeked your first pair. They
3	Now you can deposit n.sätter the second chain other couples. They
4	t single choice is now yoursDit ppspelare. bring to their

To perform the flying byte

When you are playing away from home you must be prepared to perform Most prey flying. So that is something that you must practice and ensure that your team knows. Some of the technical and tactical detail affects the efficiency ratios carried out, but basically is the following pattern performing flying changes. The first period made exchanges are not particularly good. In the second period, the accomplishment a little better. In the third period, it is really good, especially if the team is in the line and it is less than 10 minutes to go match.

This shows that how well you change depends largely on concentration. With practice, the concentration at ratios develop into a good habit. This means that you may change more frequently than the opponent, and gain a major advantage of the your players are fresh and more rested than the opponents.





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Since the quality on the flying prey to much depends on the concentration, the spoils also a good indicator of how focused the team and the individual player is. If we are in a match making good changes from the start, I can usually look forward to a great concentration of resources, but if replacements are carried out carelessly, I know I must urgently intervene.

The most important decision to take on the ice is where the puck is placed at the end of a byte. Do you stay on the ice to pursue an attack, but makes a poor offensive action, sets the player who comes from the stall in a tough situation. He is forced to begin their prey by chasing his opponent, back-check, find its position and take many decisions, so start the change, as it were on the wrong foot. After such a start can be difficult to find the rhythm and get something done. Therefore, it is so important to change me. Ideally, you want to start off each byte of puck control, or present checking. Byte Length is not as crucial as the last action prior to such exchange.



The slopes implement their flying prey is even more important than attacking players ratios. One mistake can often lead to opponent a scoring opportunity.

In Detroit was left back farthest from the stall in the first and third period. In this way, we were fortunate because the left-back who played the most was Nicklas Lidstrom. He was well-developed sense of when it was appropriate to change, and did very seldom a risky exchange.

In the second period is the flying prey more problematic and above all, the gear ratio of the far hill critical. Many teams therefore aims to keep the puck on the same page as booths when they add the puck in the offensive zone to change. This complicates the opponent's ability to make rapid streaming along the distal side. This tactic Even so, the still nearly impossible to replace both jaws simultaneously.

We have never introduce a system under which the slopes change sides, so that it rested hill always takes over the far side. Many slopes feel insecure when they play the "wrong" side, and you must be careful that you do not set a player in a situation where he feels strong. It is better to let the slopes clear this up themselves. Experienced smart slopes will find a solution so that it protects the far side when someone needs to change.

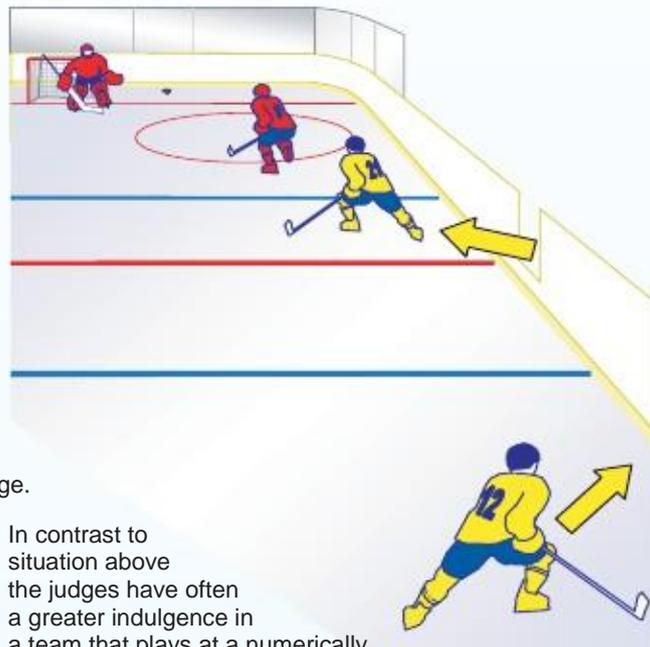
To get the right match players must clear messages on who should change and who will remain on the ice. Because you can never replace all five at once, do you often

have two players designated to be present to check and to protect the far side. So in addition to practical performance of the flying prey in a quick and safe way, you must as a coach be able to clearly communicate your intentions, and players must quickly find their positions and have a well developed ability to play with different teammates.

Gear Zone equivalent to the entire length of the stall. To this the judges' tolerance level, and you need to take advantage on this when you change. For every centimeter increase your advantages. In a back-checking situation, when a player will the door in attacking while another player jumping into the ice through the door in center zone, you may in certain cases serve nearly an entire zone.

Occasionally it happens that you get an offensive advantage of a flying change. Resistance machine can be deflected

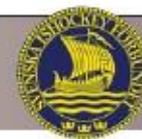
by a player who breaks the ice in front of him while another player on the ice behind him. These situations happens, however, usually by accident, and also Judges are generally a very low tolerance level for the team has the puck.



In contrast to situation above the judges have often a greater indulgence in a team that plays at a numerically Behind pushes the exchange zone.

This is particularly true when the player starts inväxlade prey to the present checking. If you manage the exchange of a smart way you can have great benefits not only when playing in numbered.

Since you rarely feel the judges' tolerance level, you had to test the limits of each match. In normal cases, judge an instruction before he condemns the expulsion, and Once you have received instructions and you will know where the boundaries lie.



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Communications



We are three coaches in the booth and we communicating constantly with each other. The players hear what we're talking about is something we can not worry about. It is hardly on time and we have to share the observations as we do. There are no procedures or no plan on how communications should go to. We work as a team and if one team member has important information we all want to take advantage of it. For more diskutioner we use the commercial breaks. The duration of 90 seconds, and we know when they come. I also try to exploit these opportunities if I want to give my assistant coaches directives.

Regular exchanges:

During the heat of the match, you must be able to make quick decisions, but more important is it to you to convey your decision to team. The decisions that continually affects all players in throughout the match, the decisions on who should play the next replacement. In principle, all players must be informed of this decision, as soon as the puck is in play. Often the players themselves know what chain and thus jaw pairs that are in line, but to rely on This is not specific enough and often leads to confusion. The players must have confirmed who you want on the ice next time.

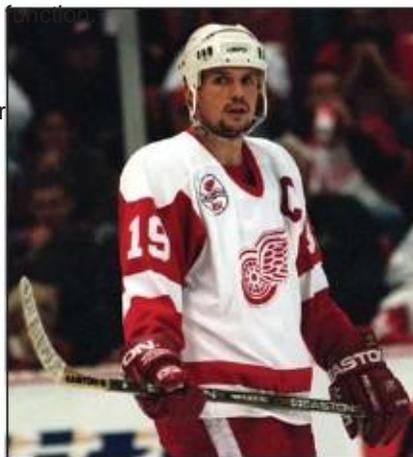


The player in the penalty box must have visual contact with us in the play pen.

There are many ways to inform the team. The mention of the player's name is misleading because many players have the same name. The players themselves have the same problem when they are talking to someone or about someone, they give each other nickname. I usually use this nickname when I talking to someone or announce who will play next replacement. Sometimes I pat a player on the shoulder to tell that it is his turn, but this is always done in combination with verbal information to the other players also know who that is to play. It is also important that the other players are aware of who is next. Sometimes you want to back pairs should always be matched behind the same chain, and You are not an early and clear with your communication, it becomes difficult for your assistant coaches to take their decision and communicate it to the slopes.

Information the players do not always proceed smoothly. Sometimes I get any indication from the opponent stalls and To adjust my decision at the last second. It is therefore important that

you get used to the players to always listen. The players have a certain structure on how they arrange themselves in the booth. Sometimes they hold together in their chains and moves like a group along the bench, so that the next chain is always seated closest to defensive zone. But because superstitions or the like, prefer some players a different routine. This can sometimes cause a some disarray, but in general it is better that you learn understand the players' structure than to reorganize something that still



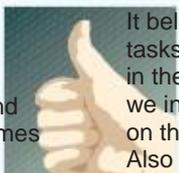
Steve Yzerman played both center Forward and right, which put high requirements coaches Communications in Booth.

The times when problems arise which may result in you get wrong number of players on the ice, due to over 75% of the player who is about to leave the ice suddenly change their minds. The player to be on the ice following the game to know where he is go, and can not always respond if someone is changing in the last seconds. Other causes of misunderstanding may be that a players who usually play such right wing, has temporarily switched to playing such left forward.

When he comes to the booth to change, jump both a right and a left forward on the ice. In Detroit, played Steve Yzerman both center and left forward, and we must constantly make sure that everyone knew about the position he played at the moment.

There is no method that can completely eliminate misunderstanding, but it helps if you constantly repeat your instructions and if you have active players in the booth as help each other.

Changes after deportation:



It belongs to the player in the penalty box tasks that have visual contact with us in the play pen. With HALP of hand signals we inform the player whether he should stay on the ice or whether he should change. He must Also keep an eye on who is playing the outnumbered. If a center and left forward play, a player from penalty box to position as right wing. This is true whether he is back or forward, he Please take the position that is vacant.



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The players communicate as with each other. Sometimes you want that one back only to play in the numerical disadvantage, and the reverse will from the penalty box to take over his place. We have no hand signals for this, but during a interruption, we will send one player to the sin bin for notice. The players on the ice must also communicate with each other, and relatively soon develops certain procedures so the players know in what situations they can expect to we want such an organization. In these situations, it is important that we are synchronized in the booth, so that everyone knows that a Forward to switch to the first hill coming.

A similar situation can also occur after the game in numerical superiority, where you have used four forwards and one reverse. You must ensure that everyone knows exactly who to change with and that a forward switch with a reverse.

During the match, it rarely time for some in-depth instructions. The coaches in charge exchange of the players announced their decisions mainly on who that is to play, but since the players know their roles emerges nonetheless a message of how the team has to play. If you see something special, making the player aware of this and talks about how he should act in similar situations. Other communications for a short tactical directives especially regarding the game at a numerically lower and superiority.



Nicklas Lidstrom from Västerås played nine seasons under Scotty Bowman's leadership. Together, they won Stanley Cup in 1997, 1998 and 2002.

The third coach provide more personalized feedback, usually in form of proposals for action in the upcoming changes. Instruction in the form of training of the players is virtually no. For the intended destination is training and playing sessions better suitable. Criticism, both positive and negative, is also extremely unusual. The players themselves know when it's done something well or bad, and does not expect the coaches point this out.

Finally, it is important that you understand your players. Some want to have a lot of feedback and needs none. The purpose with feedback is to help players play better, and then it is important that they receive the dose of feedback that helps him accordingly. You can not treat the two players are exactly equal.

Notes and statistics and observations

During the match I try to observe everything that happens. To see as much as possible, it is important to avoid to follow the puck. I move his gaze from the area where the puck is going and the situation where the puck has been. I often do additional observations when I see replays on the big screen. Although I see in glimpses what opponent is doing, so I focus on my own team. I have only control over my own team, and I want to know why we handle certain situations and are less successful in others.

This applies to quickly get me an impression of each player; so that I can influence him in the right direction. The first thing I look at a player's speed. He works hard and go fast is the sign that his energy level is high and he will perform a solid bet. Then I subscribe to the position he occupies. First, how well he follows the game system, but above all, how he relates to the game. If he comes to early or too late into the situations, and if he is to high up in court or if he is backing off too much, is all indications on the player's readiness. Although the performance of the flying prey belonging to this assessment category.

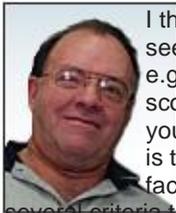
It is located on the third coach's responsibility to observe opponent. He is less occupied with substitutions and can analyze the opponent's preferred checking, mittzonsförsvar, play, face-off set-ups, etc.

NHL officials provide us with statistics in the period breaks, but we stick also with its own statisticians. The in-house statistics are more reliable, because we can accurately determine how various situations should be assessed and categorized, such as what is a res and a loss of face-off. From our own statisticians, we can also get updates for match, and need not wait the period of the break.



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I think it is valuable to see the statistics in the period intermission. If you e.g. has a chain that has created 6 or 7 scoring opportunities, but are released at 12, so as you know. The two main categories is the players' playing time and percent missing face off in the respective zone. Although it is several criteria that determines who I trust to take the decisive face-off properties, so the included face-off statistics thereof. Regarding playing time so I know how much each player played, so I can adjust it in the next period. Many coaches also places great emphasis on puck losses, scoring opportunities and what that caused them. Teams with a distinctive defensive style of play analyzing typically opponent chances in detail, and To example know where the shots were shot.

Many coaches making continuous notes that support for memory. Bob Johnson e.g. wrote detailed notes during the match which he used to sum sequence of events in time intervals and after the game. Personally, I rely on memory during the match, but write down notes before the game to remind me about what I intended to do. Whichever way you choose, you will sooner or later a habit, and most importantly, the works for you.



Bob Johnson from Minneapolis, MN, USA, was the head coach of the USA Olympic team 1976th He won the Stanley Cup in 1991 as head coach of Pittsburgh Penguins. Barry Smith was assistant coach and Scotty Bowman was responsible for recruiting and transfers.

Since there are so many break in play is face off a large part of the game. You must have a well-rehearsed strategy, particularly in the defense zone, and it is necessary that all player knows exactly what to do at all possible scenarios. The fact that everyone follows the system is crucial to success at the face off, and we are closely watching how well we implement the strategy. During the breaks we often take the help of video to detail to see what has happened. The opponent surprises us with a new face-off variant can happen, but it must not happen twice.

In the period of the break, we are in the coaching staff a short meeting, where we study the statistics, see selected situations on video and discuss our observations. The meeting concluded with the lays down how to play in the following period, and determine how best to convey this to the team.

These reviews between the periods does not extensive changes. Eg we can make the players aware that we are not aggressive enough when we push the puck into the attacking zone, or that our preferred checking is too passive. Adjustments to the position of the game at a numerically disadvantage and proposed termination variations in numerically superiority are also common themes. Often also clarifying directive to various face-off set-ups, but we do not change our basic system.



Several criteria determine who I entrust the crucial face-offs, but the face-off statistics included in the decision.

Players appreciate if the team follows an established routine in period breaks. In Detroit, utilized the first few minutes to to walk around a bit, adjust the equipment, bandaging their wounds and talk to each other, but in five minutes remained of the break were all sitting on their seats and awaited coaches instructions.

We use extremely rare video in front of the whole team, but often we gather a group of players, such as Five players who play the numerical superiority together, and show them some situations from the previous period. While individual players are routinely feedback by means of video, and often our video coach industrious busy to show the situations as the players themselves request to get a closer look at.

A few minutes before the players go out on the ice again, goes a The trainers through our affairs with the team. This the user is oral using a tactic plate. Thereafter the players themselves a mental set, and go out on the ice. After the game is usually no major procedures, and then the cycle starts with match analysis and evaluation of the players from the beginning again, 82 times per season plus further up to 28 times in the playoffs.

But the goal is worth the effort!



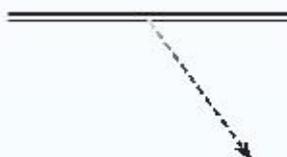


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	Scotty Bowman Five Golden Principles
1	Surround yourself with the best staff! Leading a team is a team effort.
2	Each inventive! You can only get a direct hit if you try to create a direct hit.
3	Build a core group of strong leadership types! Without 5-6 players on the team, which you can rely on, you can not put any initiatives.
4	Grab the contradictions and the courage to confront! Resolved controversy strengthens cohesion.
5	Be critical, but do not criticize! To get out of slumps required strength, not pushed further down.



My job to trainer is to build up the properties and skills that I want my player should possess. My task is not to emphasize the lack thereof. This maxim I learned me early in my career by the following conversation with one of my players:



YOU HAVE NOT PRODUCED A SINGLE POINTS IN THE LAST FIVE GAMES. YOU EITHER HITS puck or resistors Daren. YOU CAN NOT SKATE. YOU CAN NOT MATCH, AND YOU CAN NOT SHOOT. TO FILL THE ALL HOW TO PLAY YOU WITHOUT SELF-CONFIDENCE!

THERE IS SOMETHING IN WHAT YOU SAY, COACH, BUT IT WILL BE QUITE DIFFICULT TO PLAY WITH CONFIDENCE AFTER THIS.



