

The ABC Method, Philosophy and Coding

I have had some questions about the way we code the activities. The reason for coding is that there are hundreds or thousands of drills and games. Coding makes it possible to put all of these in categories that make them easy to find when a coach needs them. Otherwise you have piles of drills that you have to search through each time.

In the video section there are short clips that explain the basics of the system. The books explain everything. Book One has levels 0-1-2 and Book Two levels 0-1-2-3-4-5-6 plus an extensive team play section and more advanced drills and transition games.

There are video clips for book one that a company named Cancoach made and put on cd. It is a very good introduction to the system and has all of the cards from book 1. The first book is about starting with a non skater in level 0 and progressing through the skills of skating, shooting, passing and putting these skills into the 3 Game Situations of 0-loose puck, 1-offense, 2-defense and the transition between the 4 Game Playing Roles 1-player with the puck, 2-players supporting the puck, 3-player checking the puck carrier, 4-players defending in a zone or man to man away from the puck.

This video section with 111 clips can be found.

<http://www.hockeycoachingabcs.com/mediagallery/album.php?aid=11&page=1>

Basic Formations:

A1 Skating and Individual Skills – skate across the ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525080627751>

A2 Basic Formation – Skate the length of the ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525081526910>

A200 Basic Formation – Puck Handling Skills length of ice – video 2 is example of a 4 lane circuit.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928074450896>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928073537997>

B1 Basic Shooting Formation

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525081926616>

B2 Basic Shooting Formation – line up across the blueline.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090926095618197>

B200 Basic Shooting Formation – line up on blue line and skate from the end of the line and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928072737184>

B3 Partner Practice Across from each other

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2009092807533769>

B300 Basic Formation: Line up across from each other and do individual skills.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928072740884>

D1 Basic Game Formation – Full ice

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525081957828>

D100 Basic Game Formation – Full ice with extra player on the bench or the sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525082008552>

D2 Basic Game Formation – Cross ice games.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525082023546>

D200 Game Formation – Cross ice games with extra players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010052508203349>

D3 Game Formation - A cross ice game at one end and a 2/3 ice game lengthwise.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525082049156>

D300 Formation – Cross ice and 2/3 length game with subs on the side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525082100841>

D4 Game Formation – Game at one end with both teams shooting on the same net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525082119406>

D400 Game Formation – Game at one end with both teams shooting on the same net and extra players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525082129900>

D5 Game Formation – Games using one net at each end and a cross ice game in the middle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525082140839>

D500 Game Formation – One net at each end and a cross ice game in the middle and extra players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100525082148816>

D6 Game Formation – Full ice game with two nets at each end.

D600 Game Formation - Full ice games with two nets at each end and extra players on the sides.

D7 Game Formation – Rink divided into 4 sections with one 2 nets on each goal line. D700 extra players.

D8 Game Formation – Rink in 4 sections and 2 nets in each. D800 extra players wait on the sides.

E1 Shootout Formation – players leave from a line in the middle for a shootout.

Topics in the ABC's:

GAMES TO LEARN THE GAME

The Four Game Playing Roles – in a game players transition between these four game playing roles

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928080533500>

Passing Rules to teach the game. The more passes the more team work, fewer passes more individual.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928080534960>

Tournaments are used to increase activity and learn to play under pressure.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928080535793>

Modify rules, change the size of teams, Focus on the individual or team play skill and create a game.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928080537624>

Team size vary and the lesson learned changes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928081416212>

Extra Equipment like small nets, balls, barriers, rings can be used to create learning situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928081417754>

Games for Skill Development. Modify rules to isolate skills. i.e. game with only backward skating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928081418601> Another rule

could be Use only the forehand side of the stick. This promotes good vision, loosens the shoulders.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928082640425>

Keepaway games with point systems and modified rules isolate the skills and use the 4 game playing roles.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928083629755>

Modified rules such and “No Passing Allowed” demand a players uses moves and skates with the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928083629755>

Season Planning: The coach must understand the game and its components. There are 3 Game Situations 0-Loose Puck, 1-Offense, 2-Defense and the 4 Game Playing Roles. 1-Player with the puck, 2-Players supporting the puck, 3- Player checking the puck carrier, 4 Players covering opponents or areas away from the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928084727484>

Controlled Scrimmage using full ice games to teach the game. Modify rules, add dump ins, regroup, passing options.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928084728681>

Small Area Games for skill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928085718820>

Shootout Options – finish practice with shootout or other kinds of competition.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928085719953>

Goaltending. The goalies need to practice their skills every ice session.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090928090229285>

Hockey Sense is knowing not only the what and how but also the when, where and why.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090912125151468>

Small and modified games to learn the game.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090912125152597>

The Four Game Playing Roles

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090912125152597>