

DON MCKEE

Current Coaching Assignment

Presently coaching the Canadian Team for the Deaf in preparation for the Deaflympics in Slovakia in February 2011.

Quote

Every job is a self-portrait. Autograph your work with excellence!
Author unknown

Recommended Reading

Title: Bo's Lasting Lessons (The Legendary Coach Teaches the Timeless Fundamentals of Leadership)

Authors: Bo Schembechler and John U. Bacon

Publisher: Business Plus, Hachette Book, Group USA, 237 Park Avenue, New York City, New York, 10017

Team Building Activity

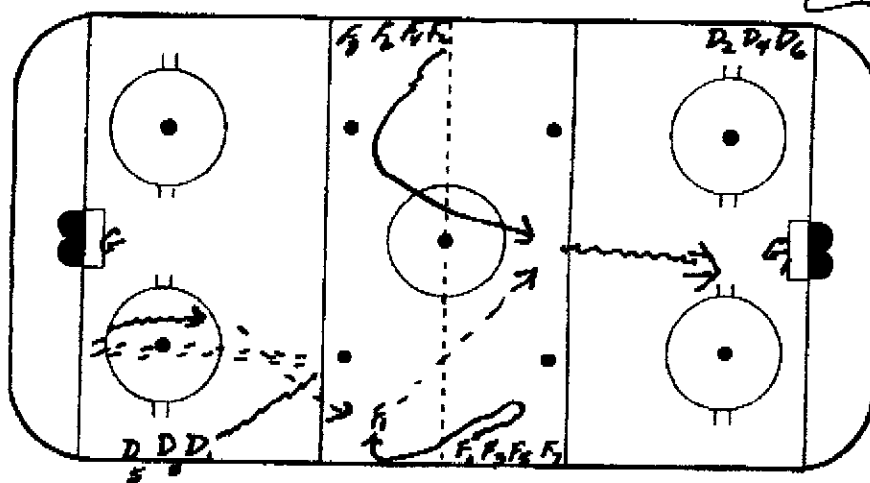
This is a good activity for junior and university teams. All players are requested to bring an item that represents something very important to them in their hockey life, and place it in their dressing room stall. Examples of such include, their first hockey sweater, a medal won in a tournament, a gift from a parent, first pair of skates, etc.

Prior to each home game, at a time identified by the coach, one or two players will tell the story reflected by their specific memento. This exercise allows all players to share, as well as to demonstrate interest in teammates' pasts. It also gives them the opportunity to recognize that as a team they are creating new memories in every game they play.

TIME:

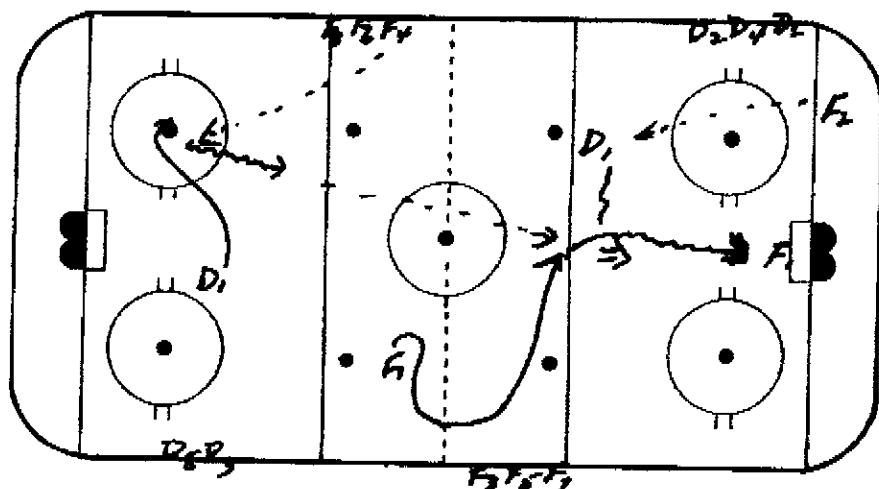
"SKILL DRILL"

TIMING SKATING, PASSING & SHOOTING "PHASE ONE"



D₁ SKATES WITH PUCK - FORWARD TO BL AND BACKWARDS TO BACK OF CIRCLE - EXPLODES FORWARD & PASSES TO F₁. F₁ TAKES 2-3 STEPS FORWARD & RETREATS TO GET PASS FROM D₁. F₂ COMES TO TAKE PASS FROM D₁. F₂ CHIBS & SHOTS ON G.

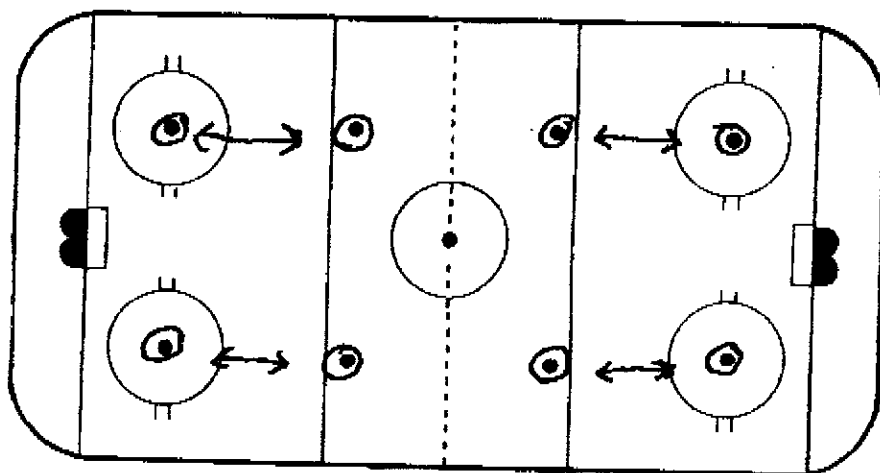
"PHASE TWO"



D₁ AFTER MAKING PASS TO F₁ MOVES TO OTHER CIRCLE AND TAKES PASS FROM F₁. F₁ CIRCLES TO TAKE PASS FROM D₁. D₁ EXPLODES & PASSES TO F₂. D₁ MOVES TO BL & RECEIVES PASS FROM F₂. F₃ SCREENS D₁ - SHOTS.

DRILL STARTS OVER IN OTHER SIDE OF END

"FUN DRILL"

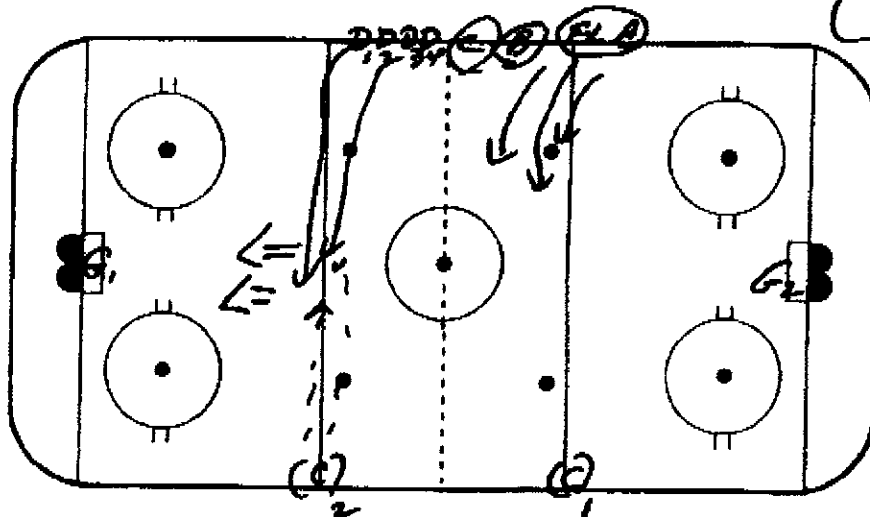


2v2 BATTLES

8 TIRES ON THE ICE
4 GAMES OF 2v2
PLAYERS MUST FLICK PUCK INTO CENTRE OF OPPONENTS TIRE TO SCORE.
KEEP- SCORE. PLAYAS TOURNAMENT. PLAY OVER AND OVER SUBSTITUTE ON WHISTLE.

TIME:

FAVOURITE DRILL



3 on 2 zero / 3 on 2 /
3 on 2 / 3 on 2 zero

PHASE 1

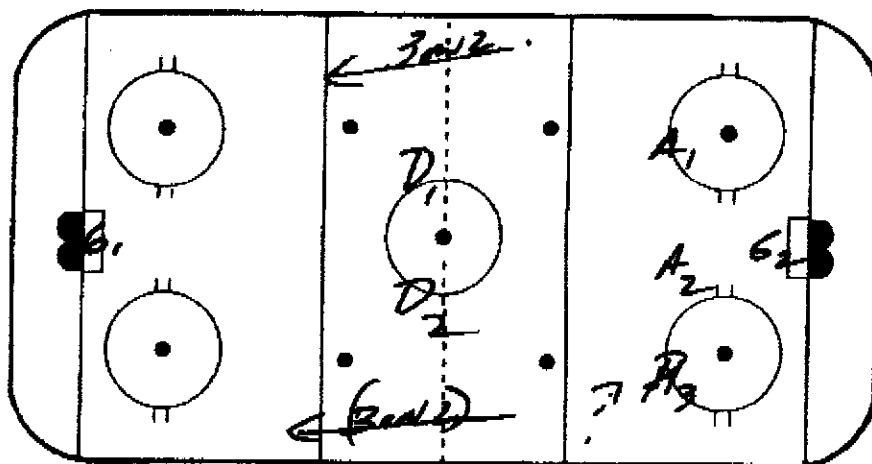
ON SIGNAL - FORWARD LINE A COMES ACROSS B.L. - STAY ON SIDE. COACH GIVES THEM PUCK. ATTACK G1 - 3 on 2 zero. MUST SCORE. GOALIE GETS PUCK THROWN IN CORNER.

D1 - ACROSS B.L. SHOTS - P2 ACROSS B.L. SHOTS.

D1 + P2 MAKE UP ICE FOR 3/2.

PHASE 2

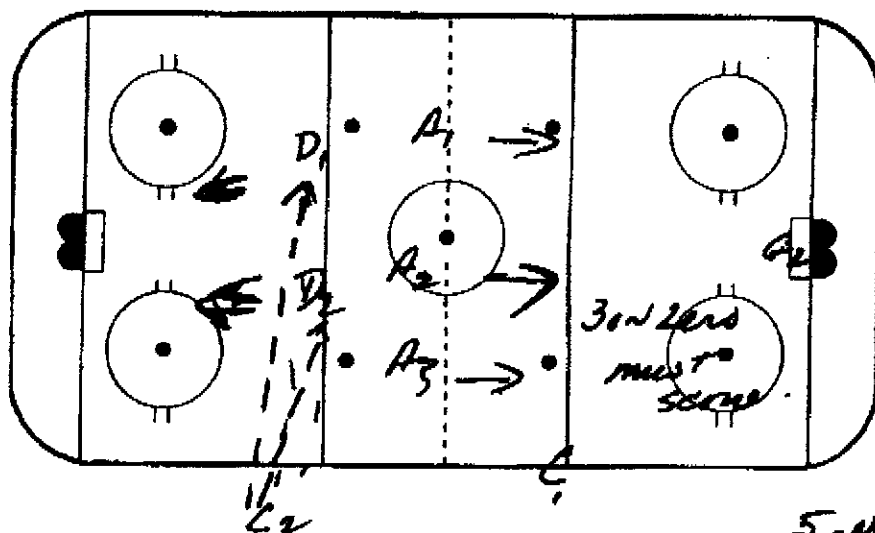
COACH - GIVES PUCK TO LINE A ATTACK - D1 + P2 3 on 2. IF THEY LOSE PUCK, OR POSSESSION THEY RETURN TO C, FOR SECOND PUCK AND AGAIN ATTACK 3 on 2.



3 on 2 - once / 3 on 2 - twice.

PHASE 3

WHEN - LINE A LOSES PUCK ON SECOND 3 on 2 - THEY RETURN AND GET PUCK FROM C1 + ATTACK G2. 3 on 2 zero. EACH FORWARD MUST TOUCH PUCK BEFORE THEY SCORE. D1 + P2 RETURN TO B.L. FOR TWO MORE SHOTS (one each)

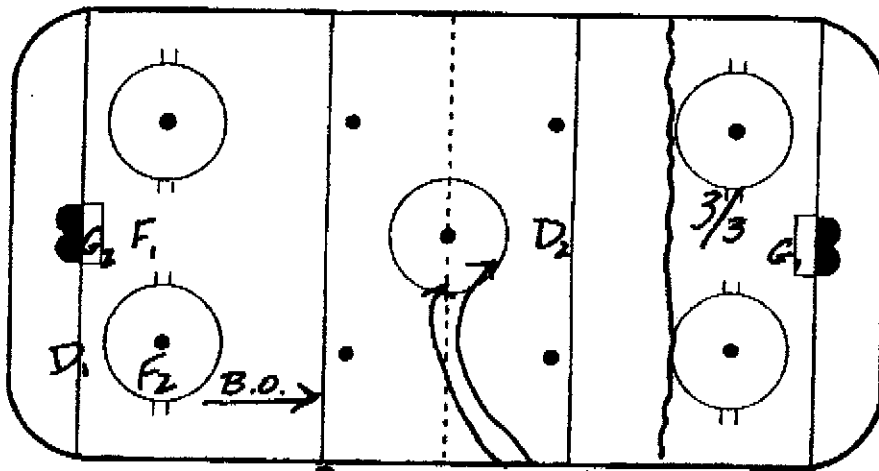


5 - new players start drill over.

TIME:

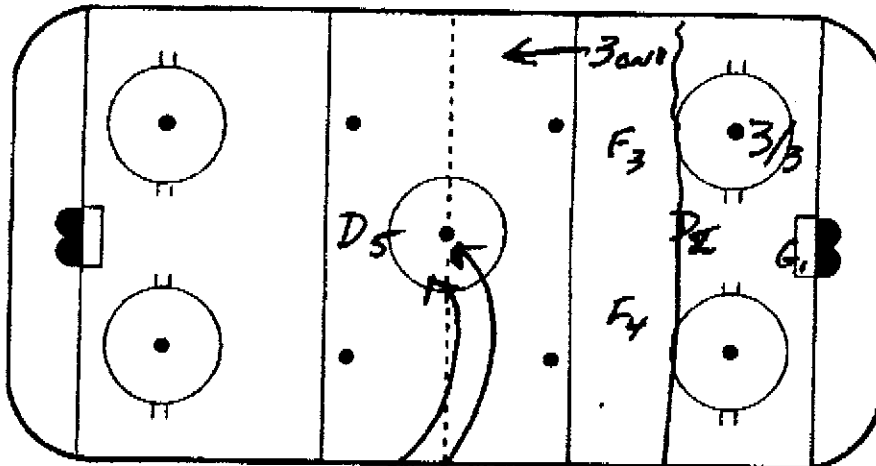
TEAM PLAY DRILL

CONTINUOUS 3ON1
PLUS 2 BACK CHECKERS



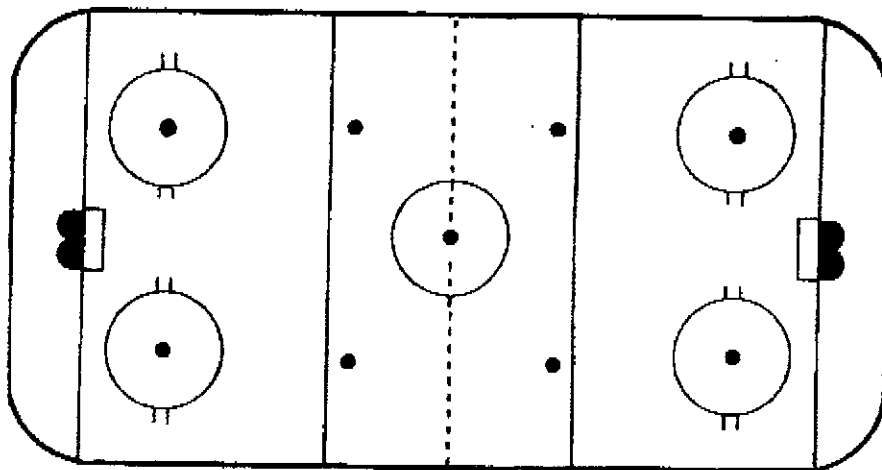
D1 + F1 + F2 B/O. against
D2 - 3ON1. WHEN
THE PUCK CROSSES R.L. F3 + F4
COME FROM BENCH, SKATE
THROUGH CENTRE CIRCLE
TO SUPPORT D2 - CREATE
3ON3 BATTLE BELOW THE
TOP OF CIRCLES.

PHASE ONE ↑



PHASE TWO ↓
3/3 IN DEF. ZONE. IF
PUCK GOES OUT OF PLAY IN
NET OR OUT ABOVE TOP OF
CIRCLES - IT NOW BECOMES
3ON1 - THE OTHER DIRECTION
F3 + F4 + D2 VS D5
F1 + F2 + D1 go to BENCH
HARD. WHEN PUCK CROSSES
RED LINE. F3 + F4 COME
SUPPORT D5

-DRILL IS CONTINUOUS.



DIN MCKER. NOV/2010