

QUOTE: "NOT LOOKING FOR THE BEST PLAYERS,
WE ARE LOOKING FOR THE RIGHT PLAYERS."
- HERB BROOKS

MIKE EGNER - OKANAGAN HOCKEY
ACADEMY



HOCKEY CANADA COACHING PROGRAM PROGRAMME DES ENTRAÎNEURS

BOOKS: ① THE ENERGY BUS BY: JON GORDON
② LEGACY: WHAT THE ALL BLACKS CAN
TEACH US ABOUT THE BUSINESS OF LIFE
BY: JAMES KERR

MARCH 5th, 2020

TIME/DURÉE DESCRIPTION KEY POINTS/POINTS CLÉS

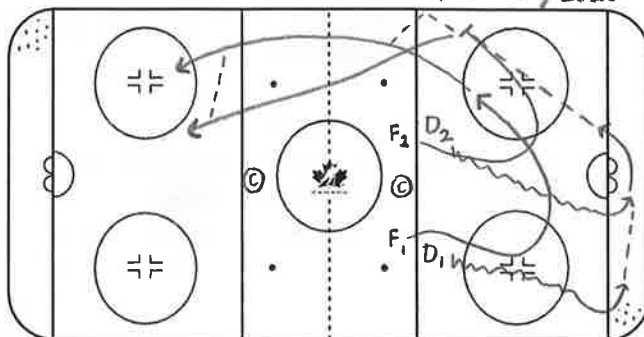
"CORNER BREAKOUTS"

① D to D to board F, chip support, attack options

② D to D to middle F, outside pass, attack options

* D follow up (1 D - last D to pass to F's) F's
low to high, shot from point w net front screen.

* Drill done out of both ends, opposite corners.



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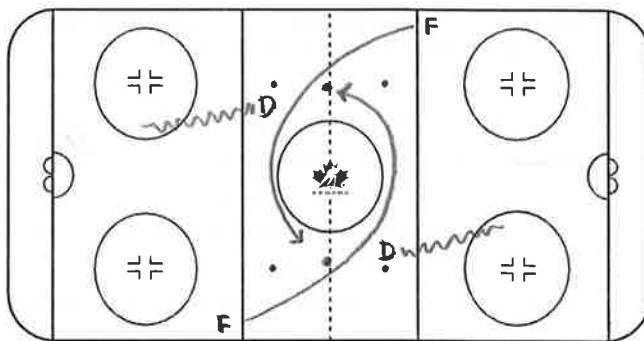
"1 v 1 HALF MOON"

D: utilize dots,
protect middle,
gap challenge!

Both sides leave at the same time, D
cannot leave until F hits red line.

F's try and get D to cross over feet,
exploit it, change speeds, get inside dots

* Progress to 2v1



TIME/DURÉE DESCRIPTION KEY POINTS/POINTS CLÉS

"SWEDISH 2v2/3v2"

① 2v2 low

② On 2nd whistle F3 starts with puck, F1/F2/F3
transition with 2 D in the other end and
attack original 2 D, 3v2. After attack, drill
starts in other end.

* Net drives on 3v2, look to alienate D making
2v1

TIME/DURÉE DESCRIPTION KEY POINTS/POINTS CLÉS

"SAG-ADD ME IN"

* Compete!

Both ends, coach shoots puck in to start
SAG. Either play 1v1 or player possessing
puck can add a player in from his line.
Can make it 2v1 or up to 2v2.

