

# U16 AAA PROGRAM OF EXCELLENCE WEBINAR SERIES

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# GENERAL MEETING RULES

- If you wish to ask a question, raise your hand virtually and the moderator will connect to your question. You may also ask your question in the chat room.
- Please state your name and then your question.
- Please be brief and to the point to allow the greatest opportunity.
- You will have the opportunity to have one follow up to your original question.
- If someone is belligerent or not respecting the ground rules they may be removed from the meeting.

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# Team Canada Identity

National Team Technical Curriculum

## NATIONAL TEAM ATHLETE IDENTITY

1. Creative & Dynamic
2. High Compete Level
3. Manage Pucks
4. Shooting Mentality
5. Hard to Play Against
6. Puck Pursuit
7. Good Sticks
8. Net Presence
9. Shot Block Mentality
10. Faceoff Ready

PLAY THE RIGHT WAY →



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# Gold Medal Pathway

## Player Assessment - 2023 U17 Tournament

Overall, our players are incredibly skilled and skate very well. All these kids can skate, handle the puck in open ice and they shoot it well – the individual skill is high

### 1) Strengths

- Individual puck skill and creativity
- Shot strength, accuracy, and shot selection
- Skating speed, agility, and overall fluidity
- Awareness / comfort with complex systems

**Negatively, they have always been the best players and could skill their way to wins. Now that the competition has levelled, they need to learn how to play tough and compete in challenging games.**

### 2) Deficiencies

- Toughness, willingness to battle, going to hard areas, making physical plays, stopping on pucks (drive by's),
- Role acceptance / buy in to team role
- Passing – accuracy and reception
- Speed of decision making
- Closing out games

**It is the development and improvement of these deficiencies that is going to separate the players who move forward to U18 and who is going to be a good U20 player.**

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# Gold Medal Pathway

Skill / Habit / Concept Deficiencies as identified at U17 Tournament



**Puck Retrievals** – defenseman heading straight on at a puck and no shoulder checks; limited ability to escape off a forecheck

**Angling** – proper ways to angle puck carriers towards the boards away from the middle of the ice using body positioning and stick checks

**Gap Control** – how to eliminate space on a puck carrier using foot work and reach

**Passing** – manipulating the body to make strong passes on your forehand (too many soft backhand passes that don't connect)

**Receiving** – too many players with their back to the puck, not opening up, not changing hand angles to firmly receive

**Puck protection** – using either size/strength for bigger guys or low center of gravity for smaller players (too many 1on1 puck losses trying to dangle)

**Puck support** – defence not being an outlet pass for his partner, forwards getting ahead of the play

**Shooting** – head down, not changing angles, waiting too long to release

**Tracking** – players mistake hustling back to a spot instead of picking up an open player

**Communication** – not enough calling for passes or talking to linemates during play

**Compete** – stopping on pucks, not looping, finishing checks, forecheck/backcheck, puck battles

**Fatigue** – mental mistakes when players are tired are more glaring because they don't have the repetition of the basics (chips, dumps, etc)

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# Gold Medal Pathway

## Skill Deficiencies as identified at Member POE Camps



### ❖ **Technical Skill Deficiencies**

- Discrepancies in small space skating ability (change of direction)
- Acceleration / deceleration (speed changes)
- Deceptive skating / puck control
- Puck placement for extending possession
- Overhandling of the puck
- Picking up rims
- Backhand passing / receiving / shooting
- Shooting in stride / changing angles
- Many fundamental skills are not habitual**

### ❖ **Hockey IQ / Sense Deficiencies**

- Lack of on ice vision / awareness / scanning
- Lack of understanding on next play mentality
- Lack of deception
- Lack of processing information quickly

### ❖ **Tactical Deficiencies**

- Lack of understanding on how to “set up” an opponent both offensively and defensively

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# Gold Medal Pathway

Skill Strengths as identified at Member POE Camps



## ❖ **Technical Skill Strengths**

- Overall skating ability is good
- Strong straight line skating ability
- Good hands
- Overall creativity with the puck
- Players shoot the puck well

## ❖ **Hockey IQ / Sense Strengths**

- Players have a good understanding of individual skills
- Players love to find ways to score goals
- Players like being challenged

## ❖ **Tactical Strengths**

- Willingness to challenge an opponent

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# HOCKEY CANADA DEVELOPMENT

- 1) General skills are good, but attention to detail needs to be improved.*
- 2) Skills have not become habits yet.*
- 3) Players lack ability to “Figure it Out” when drills progress to random.*

- 1) Strong ability to adapt during drills*
- 2) Strong ability to use individual skills in drills*
- 3) Players love to compete in practice drills*

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# HOCKEY CANADA DEVELOPMENT

## Observations / Considerations

**Observation 1:** Too many Team shots are being blocked by the opposition.

**Observation 2:** Eyes are down, and the offensive players are not seeing the traffic before they shoot



**Consideration 1:** Further develop the ability to move the puck or change the angle on shot release

**Consideration 2:** Must make it a priority to isolate the details skills within changing the angle of a shot. Small group work and repetition must be incorporated into the practice environment. Use drill time during the first 20 minutes of practice when coaches generally default to 4 blue warm up exercises and clear shots that do transfer to game like situations.

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# HOCKEY CANADA DEVELOPMENT

## Observations / Considerations

**Observation 1:** Player's default to the long stretch pass too much and are not connected as a group on Zone Entries

**Observation 2:** Stretch passes are missing the intended targets and loose pucks are not being recovered



**Consideration 1:** Encourage the forwards to get back, stay more connected as a group in the Defensive Zone, Neutral Zone and Offensive Zone

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# HOCKEY CANADA DEVELOPMENT

## Observations / Considerations

**Observation 1:** First pass on the breakout is not completed often enough

**Observation 2:** Under pressure players fail to make the right read and correct play.



**Consideration 1:** Further develop the ability to scan and read pressure to make the next correct play in the game.

**Consideration 2:** Must make it a priority to isolate the details skills within the Defensemen's retrieval and first outlet pass on the breakout. Small group work and repetition must be incorporated into practice environment

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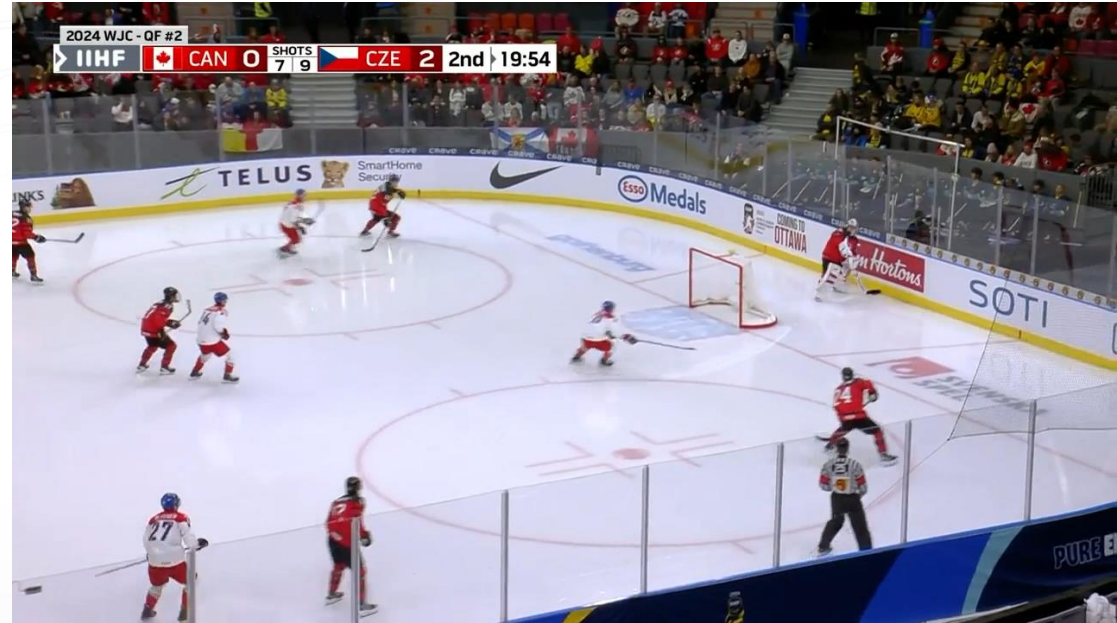


# HOCKEY CANADA DEVELOPMENT

## Observations / Considerations

**Observation 1:** Forwards along the wall on the breakout are not able to read and execute the next correct play.

**Observation 2:** Under pressure, players fail to make the right read and correct play.



**Consideration 1:** Further develop the ability to scan and read pressure to make the next correct play in the game

**Consideration 2:** Must make it a priority to isolate the details skills within the winger's responsibility along the wall in the defensive zone on the breakout. Small group work and repetition must be incorporated into practice environment

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# HOCKEY CANADA DEVELOPMENT

## Observations / Considerations

**Observation 1:** Players upon Zone Entries fail to execute and create successful end result - shots on net.

**Observation 2:** Under pressure players fail to make the right read, correct pass or correct play.



**Consideration 1:** Further develop the ability to make decisions at high speeds when crossing the offensive blue line on all Zone Entry situations.

**Consideration 2:** Must make it a priority to isolate the detailed skill options a player has upon hitting the offensive blueline on all Zone Entry situations. Small group isolation and repetition of reading the play when time and space is closing must be incorporated into practice environment

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# HOCKEY CANADA DEVELOPMENT

## Observations / Considerations

**Observation 1:** Players are not adept enough at extending possession time for the higher probability hockey play. This could include everything from shots being blocked on entry, turnovers on the breakout and offensive zone scoring situations - puck support, played w skill.

**Observation 2:** Players really struggled with execution of what is the next best correct play in the game, The saying goes if the next play does not clearly present itself, move your feet and one will open up. You need to pull, push, manipulate and 2 on 1 the opposition to be successful.

**Consideration 1:** Further develop the ability to transfer information from the brain down to the players individual skillset. Must focus more on the development of a player's hockey IQ. Must play with more skill and support the puck better.

**Consideration 2:** Must make it a priority to build drills at practice that simulate game play. We need to develop ways to isolate the repetitive game situations by position so players can experience what successful and unsuccessful plays look like.



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# HOCKEY CANADA DEVELOPMENT

## Observations / Considerations

**Observation 1:** Players lack the ability to gain position before possession in a lot of their 1 vs 1 loose puck retrievals or battles.

**Observation 2:** Even when position before possession is executed correctly players fail to cut the hands after the play to further eliminate the defender and extend possession time to make the next correct play.

**Consideration:** Must make it a priority to isolate the detailed skills within position before possession plays in a game. Small group isolation and repetition of why inside knee positioning is so important, the details of a quick start, and the value of cutting hands to extend possession must be incorporated into practice environment



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# Development – What Separates!

1. The best players do not get bored of repeatedly working on the fundamentals or simple skills / drills!
2. The best players understand how to use their skills in combination with hockey sense to perform on demand in a game. They understand what the next correct play is!!

