



**2011 Louis St. Laurent BARONS
HOCKEY ACADEMY**

MONTHLY THEMES / FOCUS



SESSION FORMAT

TECHNICAL SKILL DEVELOPMENT

35 minutes

THEME TACTICS

30 minutes

COMPETITION / FUN

20 minutes



SKILL DEVELOPMENT THEMES - FEBRUARY 2011

FOCUS:

Defensive Play and Responsibilities (Basic)

Angling

Individual Player Skills Testing

POSITION SPECIFIC:

Defense:

1. GAP
2. Breaking out of the zone
3. Puck Retrieval
4. Pressure versus Contain
5. Escapes
6. Shot Blocking and Fronting
7. "1 on 1"
8. "Flushing / Influencing"
9. Stick importance

Forwards:

- Angling
- Role of F1 / F2 / F3
- Tracking
- Breaking out of the zone
- Pressure versus Contain
- Shot Blocking (Side / Standing)
- "1 on 1" / "2 on 1"
- "Flushing / Influencing"
- Stick importance

TECHNICAL SKILL DEVELOPMENT FOCUS:

07th Individual Player Skills Testing

08th Puck Handling

11th Video Skate Analysis

14th Shooting

15th Checking

17th Skating

18th Puck Handling

21st Passing

22nd Shooting

25th Checking

28th Skating



FEBRUARY 2010

Defensive Play and Responsibilities (Basic)

- Defensive Positioning
- Stick on Puck / Eyes on Chest
- 1 on 1
- 1 on 2 utilizing "support/overload"
- 2 on 3 utilizing "support/overload"
- Facing up / Protecting the middle
- Angling
- Neutral ice 1 on 1 angling
- Tracking
- Angling with "support"
- Corner Angling / Middle lane protection
- Golden Bear '3 puck' (walkout/point shot/high cycle)
- Breakout
- LA KINGS 'up/up/up' Breakout Options
- Acadia '1 on 1' Breakout Options
- Rim '1 on 1' Breakout Options
- Breakout options emphasizing support

POSITION SPECIFIC:

Defense:

1. 'Skates up ice'
2. 'Butts and Mugs' concept
3. Puck Retrieval
4. Pressure versus Contain
5. Escapes
6. Shot Blocking and Fronting

Forwards:

- Angling and Support
- Role of F1 / F2 / F3
- Tracking
- Breaking out of the zone
- Pressure versus Contain
- Shot Blocking (Side / Standing / One Knee)



February 2011 continued

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|-----|------------------------------|--|
| 7. | "1 on 1's" | "1 on 1" / "2 on 1" |
| 8. | "Flushing / Influencing" | "Flushing / Influencing" |
| 9. | "Stick on Puck" | "Facing Up" to the puck and "Peeking" (Pressure) |
| 10. | "Stick on Stick" | "Stick on Puck" |
| 11. | 'Defensive Zone Positioning' | Shot and Pass Lanes |



SKILL DEVELOPMENT THEMES - MARCH 2011

FOCUS:

Offensive Tactics

Puck Protection

POSITION SPECIFIC:

Defense:

1. "1 on 1"
2. "2 on 1"
3. "2 on 2"
4. Point Shooting ('Sprinting')
5. "Jumps / Bumps" - D Support
6. "Push Puck Protection"
7. Power Play Options (high and low)
8. Reading the Offense
9. One Timers / Fake Shot / Pass

Forwards:

- "1 on 1"
- "2 on 1"
- "3 on 2"
- Single Drive
- Single Delays
- "Push Puck Protection"
- Power Play Options (high and low)
- Reading the Defense
- "Give / Gets"

TECHNICAL SKILL DEVELOPMENT:

01st Puck Handling

07th Passing

08th Shooting

11th Checking

14th Skating

15th Puck Handling

18th Passing

21st Shooting

22nd Checking



MARCH 2011

Offensive Tactics and Puck Protection

- Puck Protect (Tripod / Small Area / Boards)
- “Push Puck Protection”
- “5 Star Hunt Positioning”
- Golden Bear Drive Sequence
- Power Play Options (High and Low Individual Tactics)
- Defenseman Agility
- Transition
- Support
- Attacking the zone with outside speed
- Middle Drive / Attack Triangle / Triple Drive
- Reading and Responding
- Confined Area

POSITION SPECIFIC:

Defense:

1. ‘Sprinting’
2. Power Play Tactics (High and Low)
3. Push (High and Low)
4. ‘Jump and Bump’
5. Escapes
6. Fake shot / pass
7. “Activating”
8. Puck Protection
9. “Joining the Rush”

Forwards:

- Net Drive (‘Hip Pocket Principle’)
- Delay (High and Low)
- Push (High and Low)
- Individual Power Play Tactics (High and Low)
- “Inside/out and Outside/in” entries
- “Give / Get”
- ‘2 on 1 - low pad rebound’
- Puck Protection
- Attacking the Zone



APRIL 2011

Transition

- Transition 'D to D and Up'
- Transition with 'Jump and Bump'
- Agility with 'Jump and Bump'
- Transition with "Chip"
- Breakout Transition
- Tracking Transition
- 2 on 1 Tracking
- 4 Blue Transition
- 3 on 3 Neutral Zone Transition
- Low and Controlled Support off the Transition

POSITION SPECIFIC:

Defense:

1. 'Look Offs'
2. 'Quick Ups'
3. Tracking Responsibilities
4. Re-groups / Countering
5. 'Jackhammer Support'
6. 'Joining versus Leading'
7. Support

Forwards:

- Support
- Lane Responsibilities
- Tracking Responsibilities
- 'Coming back to the puck'
- 'Saving Ice'
- 'Taking Ice'
- Supporting with Deep routes



SKILL DEVELOPMENT THEMES - APRIL 2011

FOCUS:

Transition

POSITION SPECIFIC:

Defense:

1. "Look Offs"
2. "Quick Ups"
3. "Tracking" Responsibilities
4. Re-groups / Countering
5. "Jackhammer" Support
6. "Joining versus Leading" the Rush
7. Support

Forwards:

- Support
- Lane Responsibilities
- "Tracking" Responsibilities / Backside Pressure
- "Coming Back to the Puck"
- "Saving Ice"
- "Taking Ice"
- "Supporting with Deep Routes"

TECHNICAL SKILL DEVELOPMENT:

04th Skating

05th Puck Handling

08th Passing

11th Shooting

12th Checking

15th Skating

18th Puck Handling

19th Passing

26th Shooting

29th Checking



SKILL DEVELOPMENT THEMES - MAY 2011

FOCUS:

Attack Options continued

Support continued

Cycling

POSITION SPECIFIC:

Defense:

1. "Activating into the rush"
2. "Defending the 2 on 1"
3. "Fake Shot / Pass"
4. "Give / Get" Concept
5. "Jackhammer" Support
6. "Joining versus Leading" the Rush
7. "Changing the point of attack"
8. "Chasing the Tail"

Forwards:

- "Chipping Pucks"
- "Middle / Double Drive"
- Drive with Support
- Delay with Support
- "Soft Dumps" / 'Rims'
- "Changing the Point of Attack"
- Wide Entries into zone
- Net / Long / High Cycle options
- Attacking Seams

TECHNICAL SKILL DEVELOPMENT:

02nd Skating

30th Skating

03rd Puck Handling

31st Puck Handling

06th Passing

09th Shooting

10th Checking

13th Skating

16th Puck Handling

17th Passing

24th Shooting

27th Checking



MAY 2011

Attack Options (Team tactics) and Cycling

- 3 on 2 - 'middle drive importance'
- Chipping pucks / area passing
- Delays
- Driving the net with and without the puck
- Re-directs / Deflections
- "Soft Slot" awareness
- Confined area support
- Chip Retrievals
- Net Front options offensively and defensively
- Long Cycle
- Net Cycle
- High Cycle

POSITION SPECIFIC:

Defense:

1. 'Activating'
2. 'Defending the 2 on 1'
3. Fake Shot / Pass
4. 'Give / Get'
5. 'Jackhammer Support'
6. 'Activating'
7. "Joining versus Leading"
8. "Changing the Point of Attack"
9. High Cycle

Forwards:

- 'Chipping Pucks'
- 'Attacking the 2 on 1'
- Double / Middle Drive
- Drive with Support
- Delay with Support
- 'Soft Dumps'
- 'Rims'
- 'Wide Entries – attacking with outside speed'
- 'Changing the Point of Attack'



SKILL DEVELOPMENT THEMES - JUNE 2011

FOCUS:

“Getting Ready for Camps”

3 on 3 Tournament

Player / Coach Individual Meetings

Individual Player Skills Testing

POSITION SPECIFIC:

Defense:

- 1. Battle**
- 2. Compete**
- 3. Support**

Forwards:

- Battle**
- Compete**
- Support**

TECHNICAL SKILL DEVELOPMENT:

3rd Individual Player Skills Testing

6th Passing

7th Shooting

10th Checking



JUNE 2011

Small Area Games

Getting ready for Spring Camps

Getting ready for the summer / next season

Individual Player Testing

POSITION SPECIFIC:

Defense:

1. Support
2. Compete
3. Battle

Forwards:

Support

Compete

Battle