

COACHING WITH VIDEO





Wayne Fleming

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COACHING WITH VIDEO



LIONS

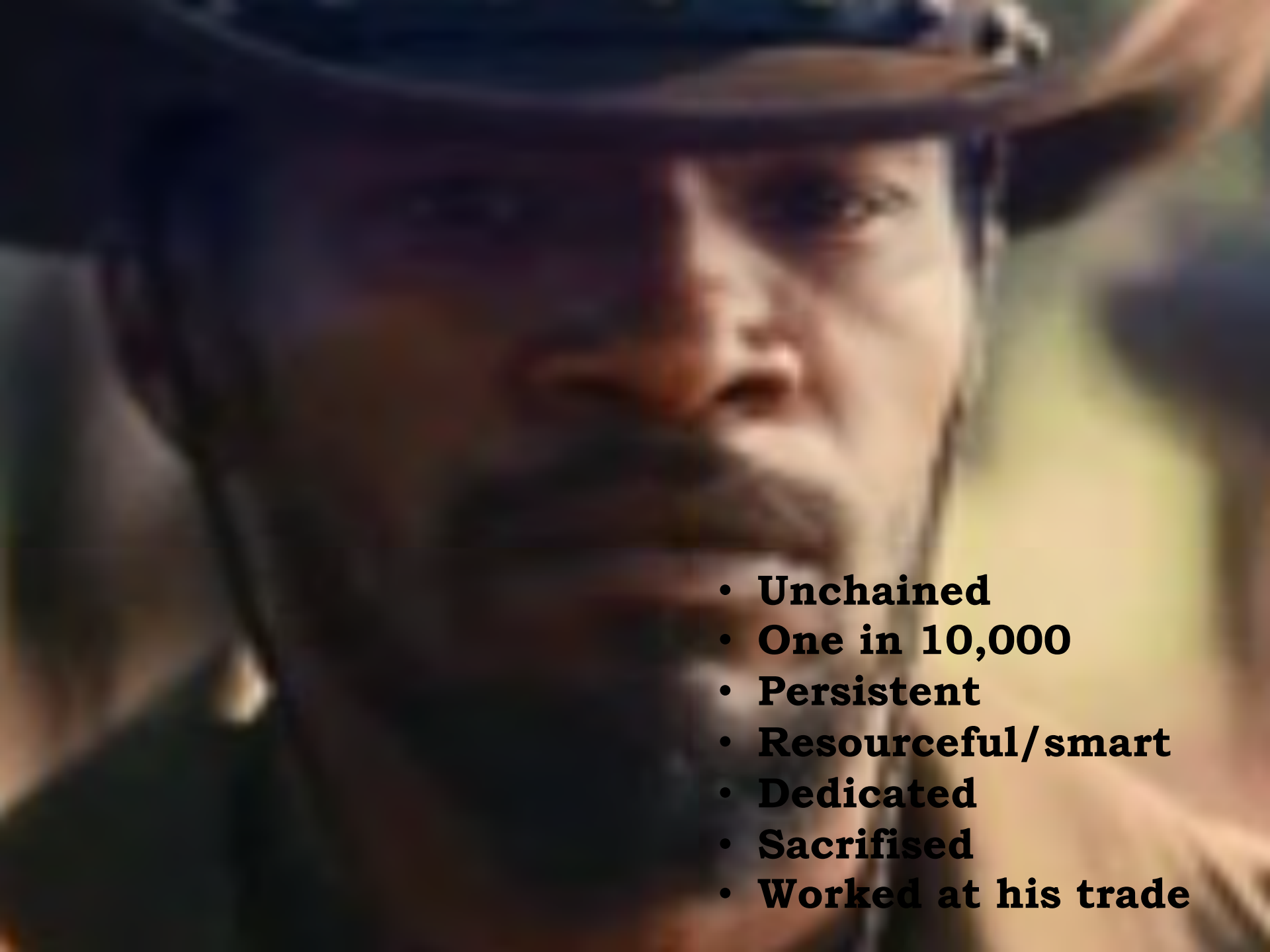


D'LLIONS

UNCHAINED





- 
- **Unchained**
 - **One in 10,000**
 - **Persistent**
 - **Resourceful/smart**
 - **Dedicated**
 - **Sacrificed**
 - **Worked at his trade**

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Oates' brand of 1-on-1 communication helped put the fun back in Ovechkin's game, and in turn created a new and intoxicating brand of winning hockey in Washington that has the Capitals thinking their time finally has come.

"He's such a visual guy, he watches everybody and he gives you these little notes, these little details that you can do to change your game depending on your position and how you play," Capitals defenseman [Mike Green](#) told NHL.com of his coach. "He really relates to a lot of us players and that's been comforting. He's smart and it's because he pays attention to detail."

Chemistry, teaching, attention to detail, thinking -- this is the new identity for the Capitals.

Part of that is making sure his door is open to everybody. It's what Oates wanted as a player but feels he never got because in his generation, players talked far more with assistants than the coach.

"I want to give the players the feeling they can reach out to me and ask me something," Oates said. "That's why you have to do your homework. **You have to have answers.** You can't just wing it. They know. Every guy knows how much he plays, every second, how many shots he's had, every other guy's stat. There are no secrets. So when a guy asks me a question, and I encourage it, I may not be able to answer you right this second, but you'll get one tomorrow."

The players say they're never disappointed.

"I've never had a coach that's so in tune with his players," forward [Troy Brouwer](#) told NHL.com.

And respectful -- Oates never yells. He doesn't believe raising his voice will make a player understand him any better.

"I just really feel that if I'm not happy with a guy I don't have to yell at him to let him know," Oates said. "I can talk to him. He's still a pro. You've got to be a pro. That's what we are, we're pros now. It's a different game than before."

The players respect him more because of how he treats them.

"You don't leave video sessions feeling like *you've been beaten up*, like you do with some other coaches, when you come out saying, 'Geez, I need a drink after that,'" Chimera said. "With him you feel like you've actually learned something."

COACHING WITH VIDEO

Senators attribute success to MacLean's confidence

OTTAWA -- [Ottawa Senators](#) coach [Paul MacLean](#) is a calm, confident man, and his players think that attitude has made all the difference.

The Senators, who have a 3-1 lead against the [Montreal Canadiens](#) in the teams' Eastern Conference Quarterfinal, have weathered a storm of drama and distractions through four games, largely because of their coach.

"He's a leader, and everyone in this room respects him," goaltender [Craig Anderson](#) said. "He just has a calming effect when he speaks. He knows how to show video and how to talk to get guys to listen.

He's great at getting guys change their behavior."

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The background of the slide features a large, light gray watermark logo for 'Lions SSC'. It consists of a stylized lion's head in profile, facing right, with a soccer ball integrated into its face. Below the head, the letters 'LIONS' are written in a bold, sans-serif font, and 'SSC' is written in a larger, stylized font with a double outline.

- Today's athlete
 - Now athlete (twitter, internet, agent/parent)
 - Want and seek answers
 - Responsibility as a coach is to know answers

COACHING WITH VIDEO

- Coaching/Leadership

- **Motivator**

- **Teacher**

- Positive environment
 - Confident work place
 - **Provide direction as to the identity of individuals/team**
 - Identify role description
 - Philosophy and system of play
 - **Hold individuals/team accountable** for acceptable team behavior and identity
 - Eliminate the grey areas
 - Build relationships with individuals
 - Assist in creating a team identity for players and the team to succeed
 - Eliminate excuses for non-negotiable behavior and play of individuals and team
 - System of feedback
 - Build a team first environment
 - Responsible and accountable
 - Create a healthy team environment
 - **Seek solutions and answers to all situations**
 - **Delegate well and trust your staff**
 - **Manage up...GM/owner**

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- System feedback considerations
 - Execution of system(s)
 - As soon as possible...next day
 - Areas of improvement and positives (**poor/good**)
 - 6-8 minutes of video...sometimes less is more
 - Training camp/system review
 - Introduction of system prior to each practice
 - **You hear...see...do**

COACHING WITH VIDEO

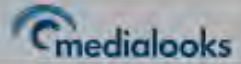
- Game story review considerations
 - Capsuled review of the outcome
 - System play/excution
 - Special teams
 - Games within a game
 - Intangibles...recognize team contribution
 - Flow of the game...how the game plays out
 - Goaltender contribution

LIONS

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- Opponent preparation considerations
 - Team pre scout
 - Opponent system play tendencies all three zones
 - Morning meeting...
 - 4-5 minutes of video...meeting 10 – 12 minutes
 - Player, position and Goaltender tendencies
 - Special situations and plays
 - Specialty teams
 - Morning meeting/split around skate or one in evening
 - 2 minutes of video for each group
 - Small group meeting, especially PP
 - Opponent tendencies/individual tendencies

COACHING WITH VIDEO



COACHING WITH VIDEO

- Scoring chance considerations
 - For and against record
 - Categories
 - Rush, forecheck, offensive zone, specialty teams, face off
 - Break down of player(s) involved for/against
 - Primary and secondary
 - Quality of chances given up (1,2 or 3 rating)
 - Opponent breakdown...based on matching
 - Game to game feedback, segment or season
 - Sets practice agenda/focus
 - Perspective on players, team, opponent and the flow of the game.

CHANCES FOR

CHANCES: 16
GOALS: 4
OFF NET: 3
AVG GRADE: 2.00

Chance Type Ratio



CHANCES AGAINST

CHANCES: 21
GOALS: 4
OFF NET: 4
AVG GRADE: 1.47

Chance Type Ratio



PLAYER	DIRECT PLAYER INVOLVEMENT									TEAM TOTALS W/ PLAYER ON ICE					
	Chances	Chance Asst	Against	Chance +/-	Avg. Grade	PP Chances	PP Asst	PK Against	For	Against	Chance +/-	Avg. Grade	PP Chances	PK Against	
Agostino, Kenny	5	4	2	7	1.40	2	2	0	11	7	4	1.73	7	0	
Balch, Josh	0	0	2	-2	-	0	0	1	1	6	-5	2.00	0	3	
Bourbonais, Clinton	2	3	4	1	2.00	1	2	2	7	13	-6	2.14	3	2	
Cooper, Carson	0	0	3	-3	-	0	0	0	0	5	-5	-	0	1	
Day, Anthony	0	1	0	1	-	0	0	0	1	3	-2	2.00	0	0	
Dueck, Colin	0	0	5	-5	-	0	0	1	3	13	-10	2.67	0	3	
Fallen, Tommy	0	3	3	0	-	0	2	1	7	9	-2	2.00	7	2	
Killian, Matt	0	1	1	0	-	0	1	0	3	5	-2	2.00	3	0	
Laganiere, Antoine	1	2	1	2	2.00	0	1	0	7	12	-5	2.14	3	2	
Miller, Andrew	4	4	3	5	2.00	1	1	1	12	10	2	1.92	7	2	
Obuchowski, Ryan	1	3	3	1	3.00	1	2	0	8	13	-5	2.00	7	4	
O'Gara, Rob	0	2	1	1	-	0	0	1	8	12	-4	1.75	0	4	
Orzetti, Charles	1	0	3	-2	4.00	0	0	0	3	10	-7	2.33	0	0	
Root, Jesse	5	4	1	8	2.00	3	3	1	12	7	5	1.92	7	0	
Ruffulo, Trent	0	0	2	-2	-	0	0	0	0	5	-5	-	0	1	
Wilson, Stu	1	0	4	-3	2.00	1	0	2	4	8	-4	2.00	3	4	
Witek, Mitch	0	1	0	1	-	0	0	0	2	6	-4	3.00	0	0	

COACHING WITH VIDEO

The background of the slide features a large, stylized logo for 'LIONS'. At the top is a lion's head in profile, facing right, with its mouth open showing teeth. Below the head, the word 'LIONS' is written in a bold, sans-serif font. The letters 'L' and 'S' are significantly larger and more prominent than the other letters. The entire logo is rendered in a light gray color.

- Reality check

- Game perspective

- Shock value/intervention
 - Expose lack of identity/team plays to to get team's attention...re-establish core identity
 - Limited value on a continued basis
 - Losing streak...or end of winning streak

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- Individual feedback considerations
 - Re-inforce details of identity/team
 - Picture of performance
 - Positioning aspects/from outside ice surface
 - Timing and space to make plays
 - Areas of improvement and positives
 - **One on one/relationship building**
 - **Player receptive to information**
 - **Identity play for player and the team**

LIONS

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- Group play
 - Forwards/centre
 - Positioning low in defensive support
 - Face off positioning/execution/opponent tendencies
 - Defense
 - **Gap/rush coverage**
 - **Play off the blue line/joining rush/offensive cycle/shot**
 - **Partner support/quickness to pucks/pass execution**
 - **Defensive zone work**
 - **Stick use, body positioning, reads to close/contain**
 - Goaltender
 - Shootout/shooter
 - Shooter tendencies
 - Positioning/depth/reads
 - Practice setting
 - Line work
 - Small group interaction
 - Positioning/support/tendencies

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- Period breaks/adjustments to the game
 - Game logging
 - Review of system play
 - Team and opponent
 - What works, what does not
 - Review of specialty teams
 - Execution opportunities/adjustments
 - Scoring chances
 - For and against
 - Goals for/against
 - Individual play
 - Accurate and immediate feedback
 - Improves communication accuracy

LIIONS

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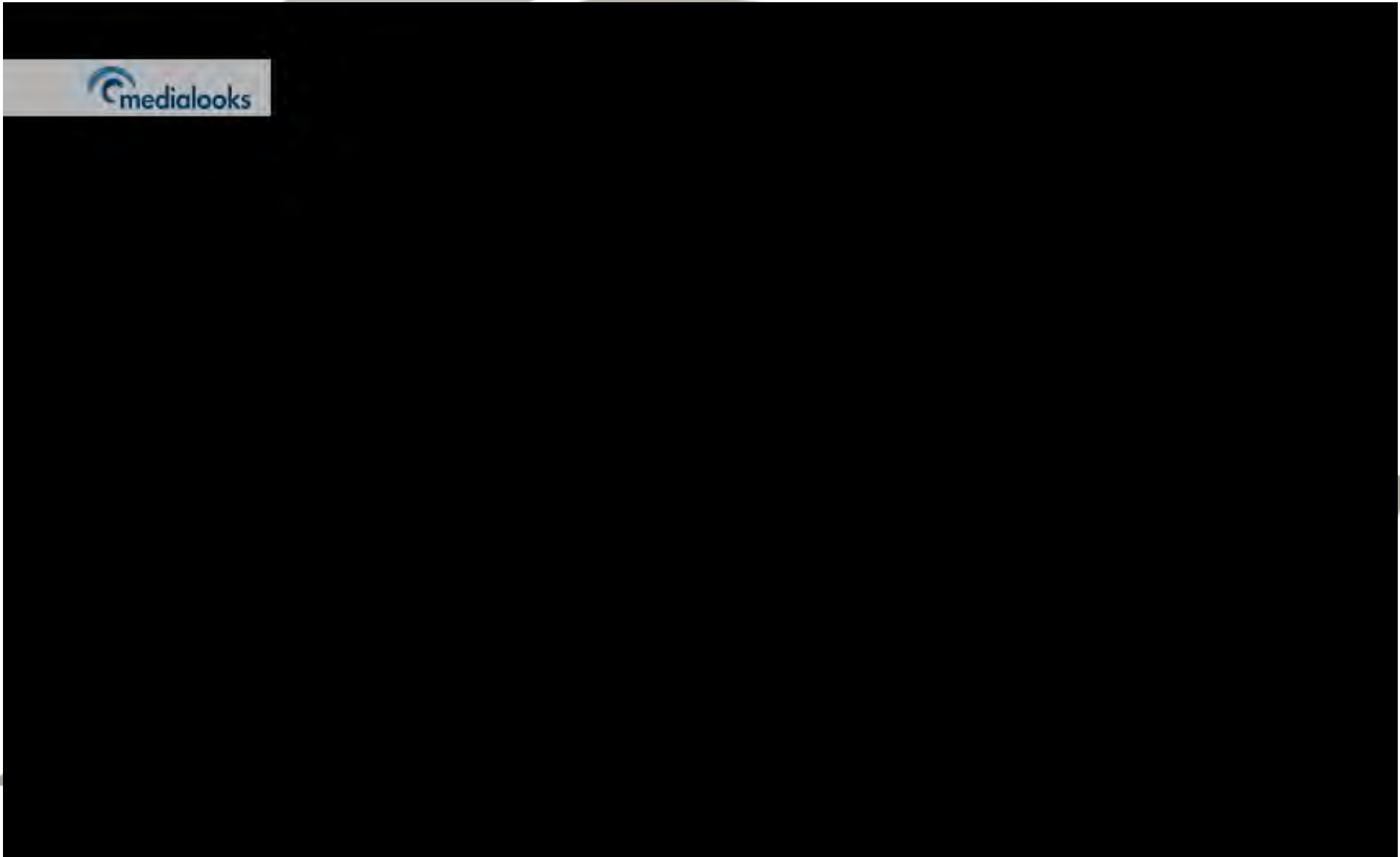
The background of the slide features a large, stylized logo for 'Lions SC'. At the top is a lion's head in profile, facing right. Below the head, the letters 'LIONS' are written in a bold, sans-serif font. Underneath 'LIONS', the letters 'SC' are written in a larger, stylized font with a lightning bolt shape integrated into the 'L'. The entire logo is rendered in a light gray color.

- Unknown...known
 - Team identity/game
 - Little!!! sacrifices for betterment of the team
 - Blocked shots, competing, line changes, net play
 - Recognizing what makes the difference
 - Discipline...team and individuals

COACHING WITH VIDEO

A large, faint, grey watermark of a lion's head and the word "LIONS" is visible in the background. The lion's head is on the right, facing left, with its mouth open. The word "LIONS" is written in a stylized, blocky font across the bottom of the image.

- Emotional message(s)
 - Motivational images
 - Highlight video/music
 - Movie messaging
 - Themed to play offs/start of season
 - Identity re-inforcement
 - Athlete/leader modelling
 - Achievement through the eyes of others
 - Make sure you frame it right





ATIONS

COACHING WITH VIDEO

A large, light grey watermark of a lion's head is visible in the background. The lion is facing right, with its mouth open, showing its teeth. Below the lion's head, the word "LIONS" is written in a stylized, bold, sans-serif font.

- Video

- Attention to detail
- Prepare and reinforce
- Eliminate grey area...clarity
- Hear...See...Do
- Medium of communication
 - teacher, leader, motivator
- Building of trust relationships with your athletes
- Communication of motivation and teaching ability

COACHING WITH VIDEO

Video is a powerful tool which if used correctly enhances your ability to coach, to teach and to motivate individuals and the team in a positive direction. It promotes attention to detail that could be the difference between success and failure. It allows for the quicker dissemination of information to both the coaching staff and the athlete.

Video closes the communication loop:

you hear

you see

you perform

