

Making an Offensive Game



INTERNATIONAL
ICE HOCKEY
FEDERATION

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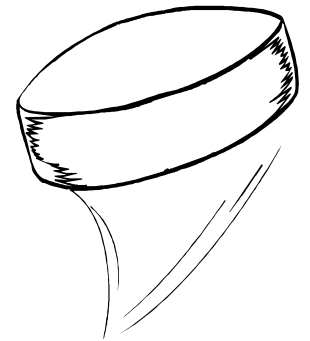
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The 3 S's of the offensive game :

- **Speed**
- **Skill**
- **Smarts**





The ABC's of the offensive game :

- **Awareness**
- **Battles**
- **Composure & confidence**





Hockey is a game of 3's :

- **Three periods**
- **Three zones**
- **Three positions**



**Three game situations
(even strength, power
play, penalty kill)**

**Get the puck, keep the
puck, get the puck back
(retrieval)**



■ **Get focused, stay focused,
refocus**

■ **Get confidence, keep
confidence, get confidence
back**



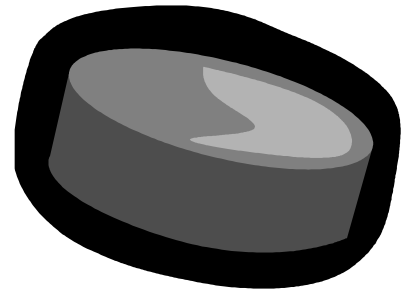
The importance of rapid decision-making :

- Hockey is the fastest game in the world
- The higher the level of hockey - the faster that things happen
- Elite players need a calm mind, a clear mind, and a quick mind



The importance of quick puck movement :

- The puck moves three times faster than any player can skate
- Quick, hard, crisp passes are key





Be proactive instead of reactive :

- **Develop an "attack mentality"**
- **Sustain relentless puck pursuit**
- **Maintain forechecking pressure**



- **Create back-side pressure**

- **Create turnovers & transition**

- **Be opportunistic - bury scoring opportunities**



Maintain intensity

- Push the pace
- Extend the lead





Little things aren't little things :

- Little things (details) lead to big things
- E.G. - net drives, winning loose puck battles, winning footraces, winning face-offs,...



Teaching the offensive game :

- **Use visualization to mentally rehearse team systems and game situations**
- **Use visualization and key words to mentally prepare players**



Key words are
"trigger words"



" Move your feet "

" Drive the net "

" Stay on rebounds "



" Close the Gap "

Track back hard "

" Quick hands "

" Head on a swivel "



Offensive hockey requires creativity :

**" The greatest offensive players are
creative "**

**" Encourage the development of
creativity "**



- You "play hockey" - be creative

- " Have fun " !

