



“The winning edge often has nothing to do with who is the better team when the talent levels are close”

COACHING LEADERSHIP - THE PRE GAME ROUTINE

Before You Arrive at The Arena – Prepare to be mentally ready

- On game day, a few hours before the game think about how you are going to play and what you are going to do
- Check some of Mark’s Tips at hockeyplayerdeveloper.com and refresh your memory
- Know your plus/minus and determine to how to improve it
- Stay loose and don’t over analyze
- Do some stretching

At the Arena – Be mentally ready

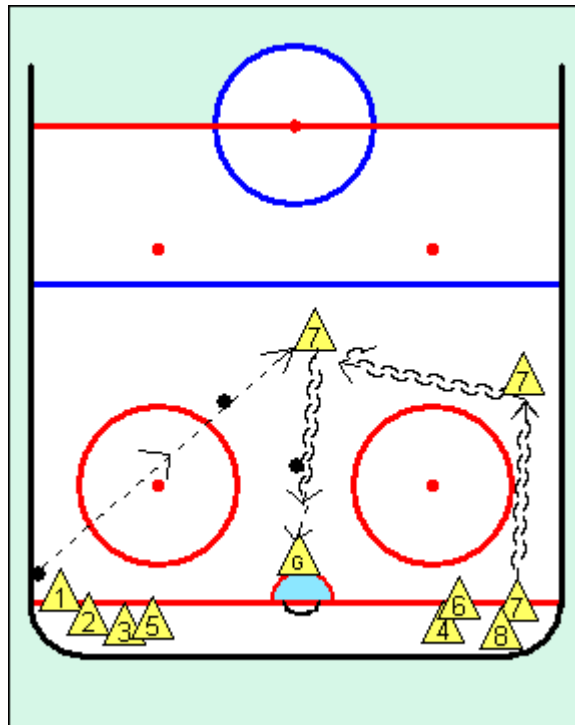
- Arrive at arena 1 hour prior to game time, or more at the Junior A level
- Talk to your line mates and defensive partners about tactics on the ice
- At the pre-game meetings, listen, ask questions, suggest improvements
- When coaches announce or post any last minute lineup changes, think about the style of play of these players if they are playing with you, talk with them about on ice plans
- Get dressed so you will have 10 minutes left for the final pre game talk and stretching
- Stretch in the dressing room so the short warm up time on the ice is spent skating and shooting
- When the coaches give their pre game talk, listen, it’s time to focus hard on the game and doing your best

On the Ice – Get Loose and Focused

- The whole team will skate 2 times hard around the net clockwise and counterclockwise
- The 3 starting forwards will warm up the goalie with short shots from about 10 feet out not trying to score
- Watch their goalie’s warm up and also in the game when you’re on the bench to see
 - does he flop or butterfly (shoot high)
 - is he a leftie or a rightie (which side is blocker, shoot low under blocker)
 - does he come way out to block the angles (stickhandle or pass off to winger at side of net)
 - does he move well side to side (if no, along the ice either side)
 - is he big and immobile(if yes, along the ice either side)



- is he small (if yes, along the ice either side or high over his shoulder when he butterflies)
- Then the horseshoe passing-shooting drill alternating passes from both sides – no high shots on goalie



- Then all shoot from the blueline or top of the circle
- Then forward line rushes with 2 D starting by D to D passing and up to the 3 F's at the blueline
- Come to the bench all on the ice for the team “hands in” the middle and last minute word from the coaches/captain - REV IT UP!