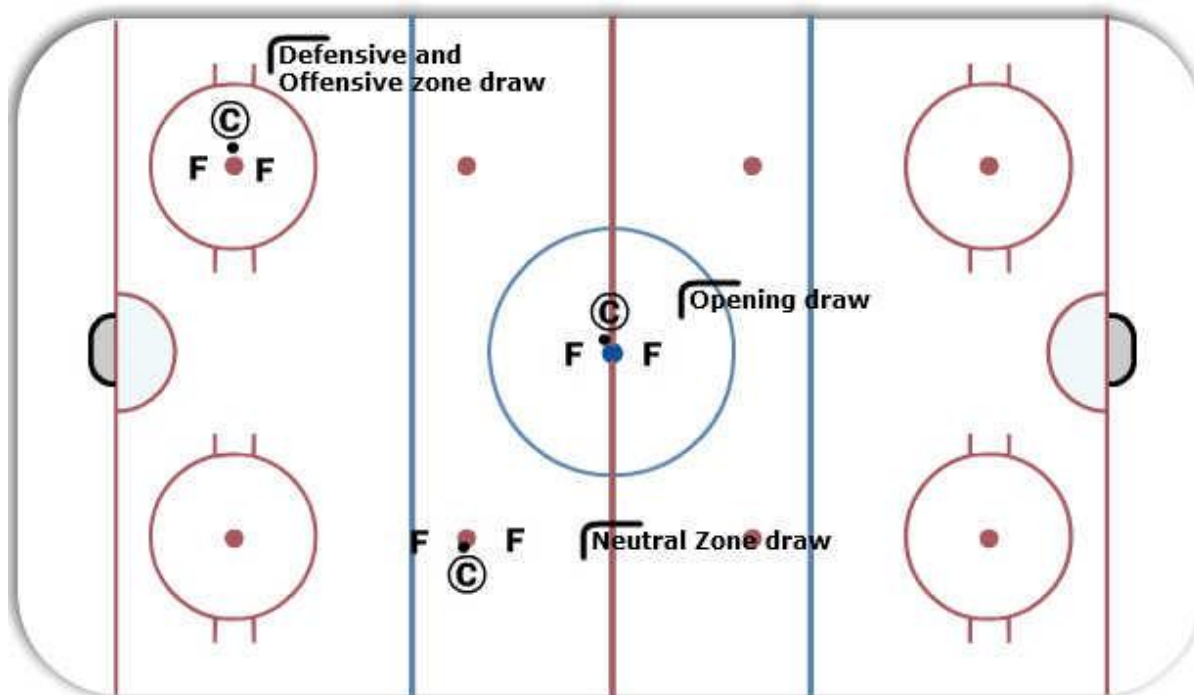


Faceoffs Skills



Description

Coach takes a couple of forwards and works with each to develop skill on draws in each of the zones.

Players to discuss three A's and how they affect the zone the face off is in.

Player focus is to move when puck moves in referee's hand.

Be aware of opposition and where he is going.

Each forward needs to know what their own strengths are and what areas they need to improve on (AFI's).

The opposing Centreman never goes through you!

Coaches to provide immediate feedback to each player on AFI's so they can be worked on.

Key Points: Attitude, Alignment, Assignment

Notes

Attitude - Cman and all players have attitude to win every draw. Cman must ensure everyone is ready and aligned, especially goalie. He must focus on puck in referee's hand.

Alignment - Every player must ensure they are properly aligned before puck is dropped.

Assignment - All must understand their role and responsibilities if draw is won or lost. All players need to know game situation i.e. last 30 seconds, short handed, power play etc.