

2015-16 Foundations

General Membership Training October 20, 2015

Positioning



- Blue Line
 - Position A: INSIDE determining edge
 - Position B: OUTSIDE determining edge
- Goal Line
 - Home base: magnetize your butt
 - Fear the hash marks
- Human Shield
 - After goals especially 2nd period
 - Coincidental penalties
 - End of period

Immediate Offsides



- Mechanics
 - Immediate whistle & point
 - No disco dancing!
 - Icing & offsides
- Intentional offsides
 - Criteria
- Where to point
 - Line or face-off location?
- Where is the faceoff
 - Carried in
 - Shot or passed in
 - Official's error

Delayed Offsides



- Bantams and above
- Mechanics
 - USA Hockey signal only
 - Verbalize
 - When to stop play
 - Don't wash out a delayed offside
 - Icing & offsides
- Intentional offsides
 - Can there be such a thing?
- Where to point
- Where is the faceoff

Icing



- Mechanics
 - USA Hockey signal only
 - Verbalize
 - When to stop play
- Don't get tricked
 - Puck in the air
 - Defender "taking the long way home"
- Where is the faceoff
 - Official's error
 - Penalty by non-offending team

Faceoffs



- Whistle does not start the drop movement
- Use the time (~5 secs) to set players
- Rely on partner to pick up encroaching rear wingers
- Don't get lazy on drop mechanics
- Indicate face-off location shortly after stoppage

Over Signaling



- Obvious blue line rushes
- Washing an icing as the back man
- Hands up for stoppage at net
- Checking goaltenders before periods
- Washing out a delayed offside