

OCMHA 2020

Coaching During Covid

Providing OCMHA Coaches with reminders and resources as we move forward with a modified hockey season

(Nov. 6, 2020)



The Basics

Training / Courses Required

- [Hockey Canada Safe Return to Hockey](#)
- [Rowan's Law Form](#)
- [Respect in Sport](#)
- [Criminal Record Check](#)
- [Hockey Canada Coach 1 or Coach 2](#)

Our Approach for 2020

- The OCMHA program is going to be focused on skill development for the younger divisions (U7, U9, U11 and U13) and distanced scrimmages for the older divisions (U15 and U18).

Covid-Safe Hockey Drills



Safety Protocols for Coaches

 **BEFORE COMING TO HOCKEY**

 **AT THE ARENA**

 **AFTER THE ICE TIME**

 **DRILLS/RESOURCES**

Safety Protocols for Coaches

BEFORE COMING TO HOCKEY

- ✓ Discuss your plans with the coaching staff for your pod. It is recommended that coaches only be actively involved on one team for one sport
- ✓ Determine which coach(es) will be on the ice, and which will run the bench if scrimmaging (if permitted). Consider assigning an assistant coach to monitor health and safety rules.
- ✓ If you will be sharing the ice with another pod, communicate with the coach of that pod in advance.
- ✓ Design your drills and transitions to allow for appropriate spacing and eliminate congregating.
- ✓ Ensure that you have the necessary equipment available as sharing will not be permitted.
- ✓ Host a virtual meeting or distanced meeting at the arena to communicate expectations for conduct, as well as raise awareness of the public health guidelines and expectations for this season.
- ✓ Designate a Manager whose role this year will be to act as the Safety Coordinator for your pod.
- ✓ Ensure that you have a trainer for every session.
- ✓ Check yourself to make sure that you aren't feeling sick.

Safety Protocols for Coaches

AT THE ARENA

- ✓ Certify that neither you nor your child has been sick in the past two weeks or in contact with a person who tested positive or under direction to isolate from OPH or school
- ✓ Each arena will have its own specific rules and procedures. Familiarize yourself with the rules and follow the direction of arena staff.
- ✓ Go to the skate tying area and get ready quickly. Minimize dressing room time as much as possible.
- ✓ Keep your mask on at all times. It is strongly recommended that they not be removed on the ice.
- ✓ Use cones to designate boundaries and reinforce separation.
- ✓ Spitting will not be permitted.
- ✓ Talk to the players about the program this year, and the importance of following the rules to prevent the spread of COVID-19.
- ✓ When scrimmaging (if permitted), designate one assistant coach to run the bench and ensure that players are following social distancing guidelines.
- ✓ Reinforce the need for players and parents are following social distancing rules while in the arena, including while on the bench.
- ✓ If a player feels sick, ask them to leave the ice right away and put on their mask. Ask the trainer to help them find their parent or guardian. Trainer should have PPE for this task, including mask and face shield. Anything the player touched should be cleaned / disinfected.
- ✓ Keep all health information that you receive confidential, and only disclose the information to your pod's Safety Coordinator and Trainer, and as required under OCMHA health and safety protocols.

Safety Protocols for Coaches



AFTER THE ICE TIME

- ✓ Encourage the players to get their skates off as quickly as possible and leave the arena.
- ✓ Report any illness within your pod to the Safety Coordinator.
- ✓ Clean all equipment with disinfectant.
- ✓ Regularly solicit feedback from parents on the session and any concerns.
- ✓ Avoid congregating outside the arena

Covid Safe Drills/Scrimmages: Overview

At this stage focus on individual skills development for younger cohorts

Coaches on ice should wear a mask

Remind players to maintain 6 foot distance at all times

Caution players not to “bunch up” in lines for drills

Tell the players to play hockey like they aren’t wearing equipment and avoid scrums for the puck

No spitting, no sharing water bottles, don’t remove equipment on the ice

Hockey Canada DrillHub now ONLY available for a subscription based mobile app, but Hockey USA does have some excellent drills online

Covid Safe Individual Drills: USA1

HOCKEY USA: 37 INDIVIDUAL COVID SAFE DRILLS

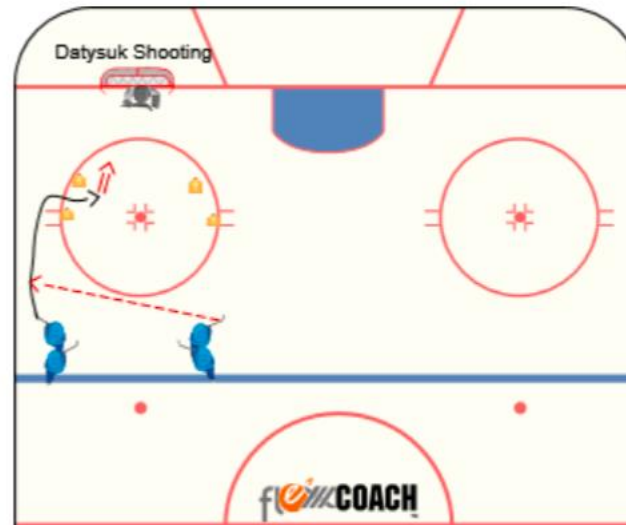
An excellent resource on the USA hockey website which includes a description, visual and a YouTube video for each < Link to [PDF document here](#) >

Datsyuk shooting:

Player takes a pass and attacks the first cone. At the cone he pulls the puck inside the next cone and shoots on the opposite hand that he just was. Example, if they drive on their backhand they pull puck to forehand for quick release, if on forehand, they pull to backhand.

Works on: passing, receiving, underhandling, shooting, scoring

https://www.youtube.com/watch?v=S_fOE1i-Y&index=15&list=UUtpq8N-UTX6RTxP_mmmHgNw



Covid Safe Individual Drills: USA 2

HOCKEY USA: Grid Hockey

This series of drills keeps players apart but also works on techniques while reading space and making reads off of other players. It's also a format to get players to work together. This example is a 9 player grid with 10 spaces so that if you have a goalie they can do the skating drills at the net.

Basic Rules: Players must stay a good distance apart by reading the spacing of the players in the grid next to them. If the players are changing grids off of a command by the coach, they must adjust proper spacing with only one player per grid. Each grid will be numbered as in the diagram.



Physical Distancing: Grid Hockey **Number of Players:** Less Than 10
Practice Theme: Various technical drills that maintain physical distancing
Equipment: Nets, cones, ice marker, pucks

Follow local regulations and CDC guidelines. Remind players to always stay at least 6 feet apart. Only use personal water bottle, do not gather at a white board for instruction or form lines of players. These exercises are not drawn quite to scale, combine activities to fit the available space spreading out as much as possible.

Grid Hockey:

This series of drills keeps players apart but also works on techniques while reading space and making reads off of other players. It's also a format to get players to work together. This example is a 9 player grid with 10 spaces so that if you have a goalie they can do the skating drills at the net.

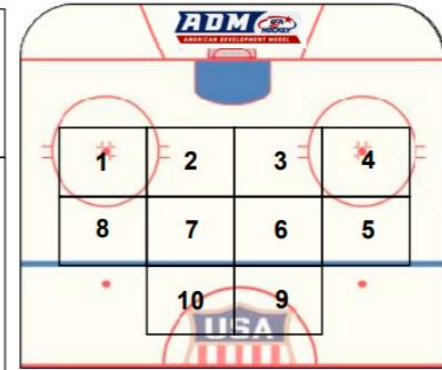
Basic Rules:

Players must stay a good distance apart by reading the spacing of the players in the grid next to them. If the players are changing grids off of a command by the coach, they must adjust proper spacing with only one player per grid. Each grid will be numbered as in the diagram.

Drills/Games:

Odd to Even/Even to Odd: On the go players must switch from odd to even or even to odd numbered grid but not the one directly next to them, while still keeping proper distancing. So reading all the other players and their decisions and movement is key here. Can be done both with and without a puck.

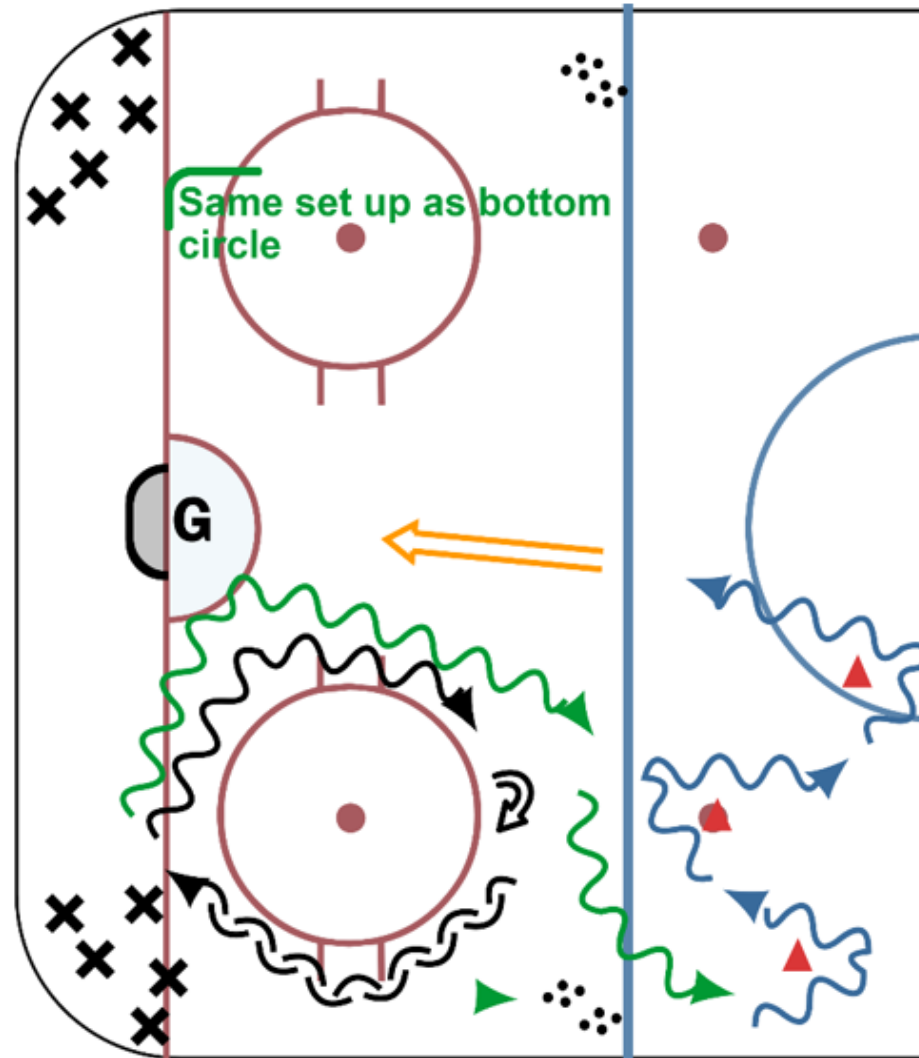
Passing Groups Race: Two pucks and the odds must pass to odds and the evens to the evens. The puck must go to each player twice before the other group finishes the series, so it's a race odd numbers vs even numbered grids. Different types of passes can be incorporated as well.



Covid Safe Individual Drills: Sample Drills 1

1. Modified Yeti Drill (All - 10 mins):

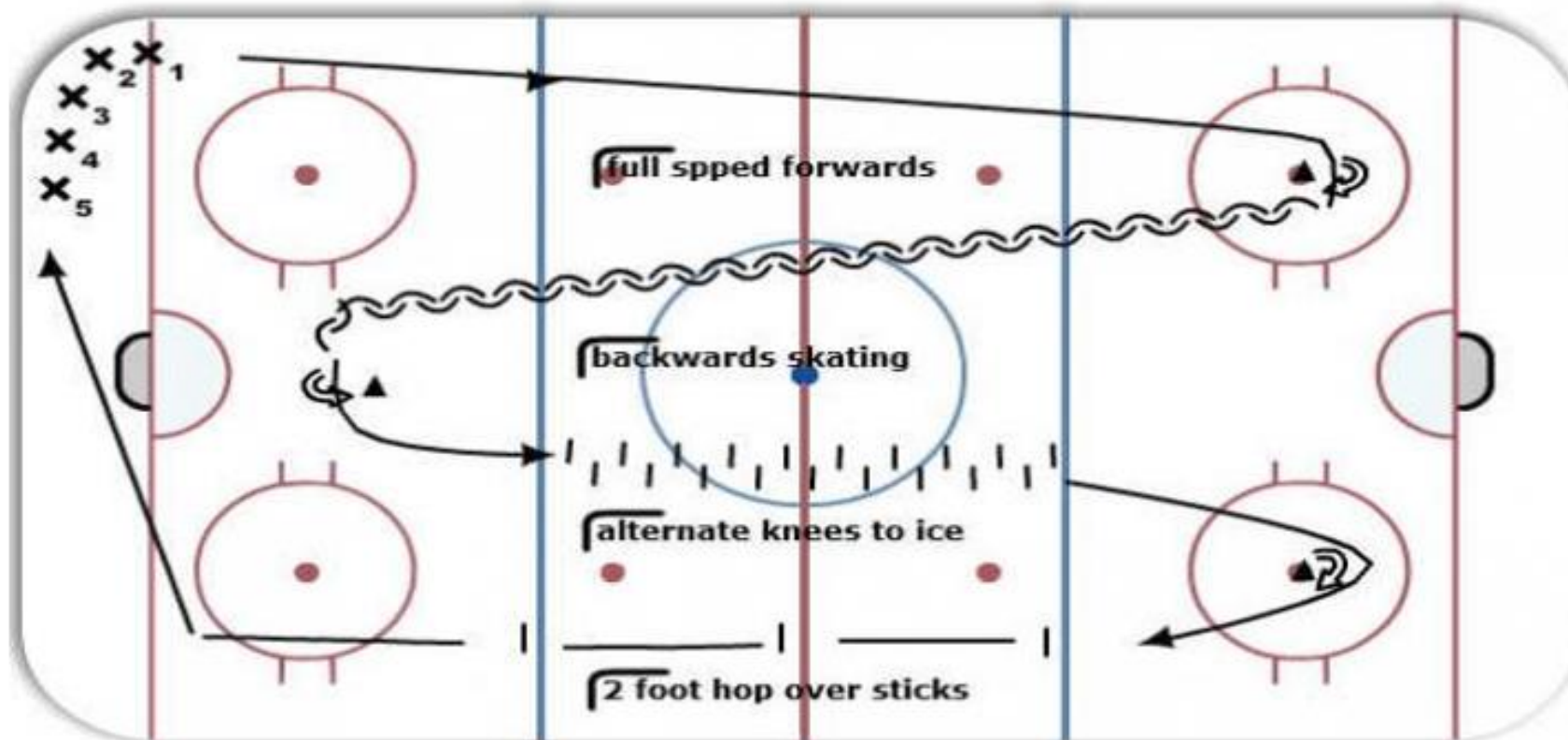
- Players in two groups in each corner, alternate sending a skater each
- Skater goes to inside of circle and pivot to reverse at top of circle, back to forward skating at bottom of circle, and head towards blueline where they pick-up puck and head to complete tight turns slalom using pylons between blue-line and redline.
- After third pylon they should head towards the net for shot on goal, before the ringette line.
- Stagger shooters and instruct NOT to shoot unless its safe



Covid Safe Individual Drills: Sample Drills 2

Warm-up: 4-lane skills (10 mins):

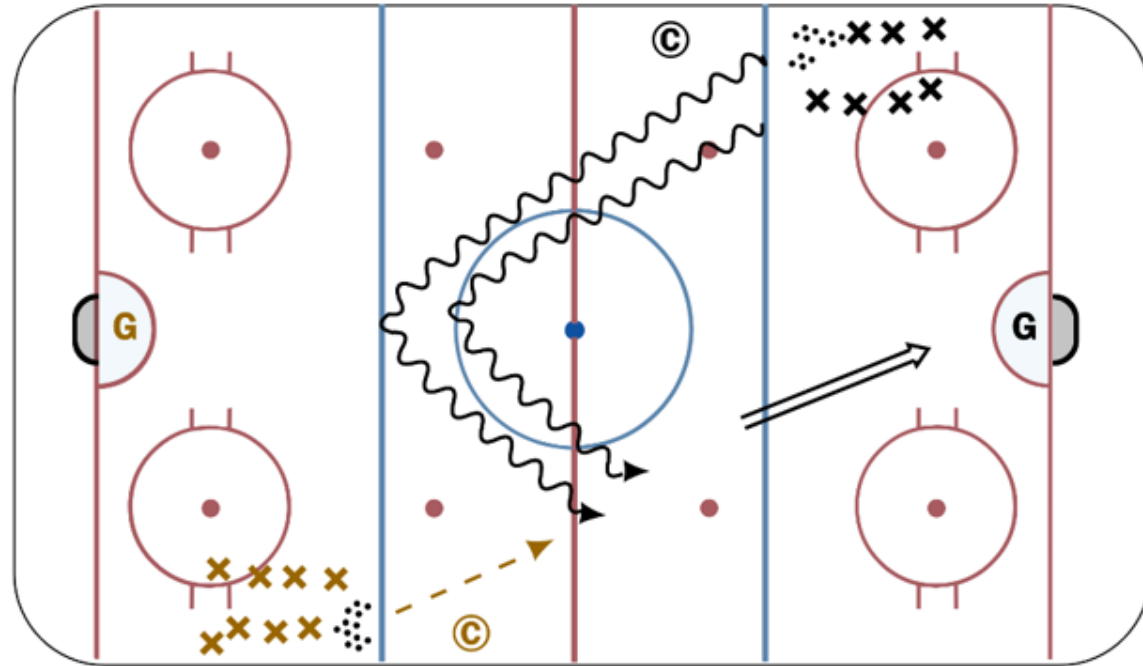
- Do three laps, last one with pucks (change hop overs to self-passes off boards)
- Have skaters shoot on Goalie on last lap



Covid Safe Individual Drills: Sample Drills 3

1. *Russian Circles (two on none):*

- Line each group of skaters along boards at opposing blue-lines (opposite sides of ice). Pile of pucks at front of each line.
- First two skaters take off and does a half-circle at centre ice, second skater receives a pass from other line as they are headed towards the net (after the centre line) at their end for 1-on-1 or 2-on-1.
- After passing, that player and another takes off and repeats above headed to opposite end. Ensure players stay outside centre circle, and pass should be head-maned.



Covid Safe Individual Drills: Sample Drills 4

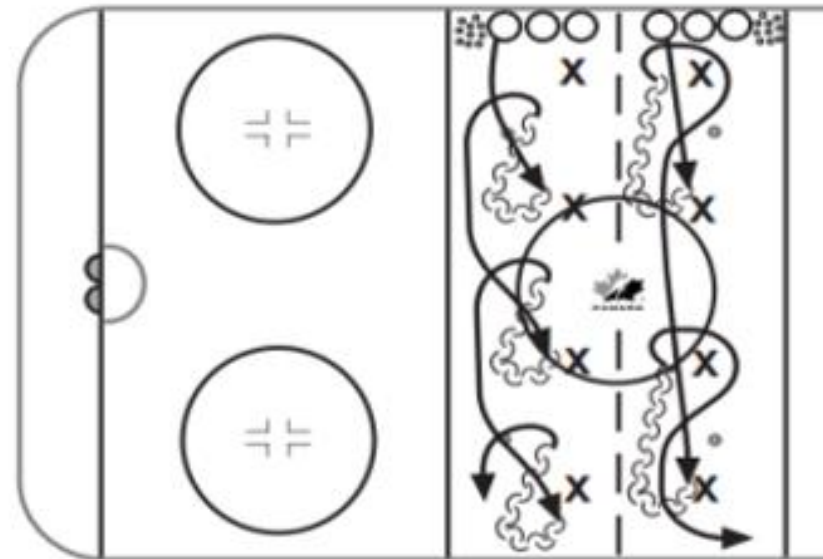
Neutral Zone Agility races

Skating – Neutral Zone Agility

- Players execute a “slide stop” at each pylon; skate to next pylon slide stop and back to first pylon
- Players will transition at second pylon and execute an escape at first pylon. Repeat at pylon 4 and 3
- Players skate backwards and execute an escape at each pylon alternating between forward and backward

Key teaching points

- Slide stops need quick feet and maintaining speed on change of direction
- Players need to have good knee bend on escapes. Turn head and shoulders first
- Keep your speed

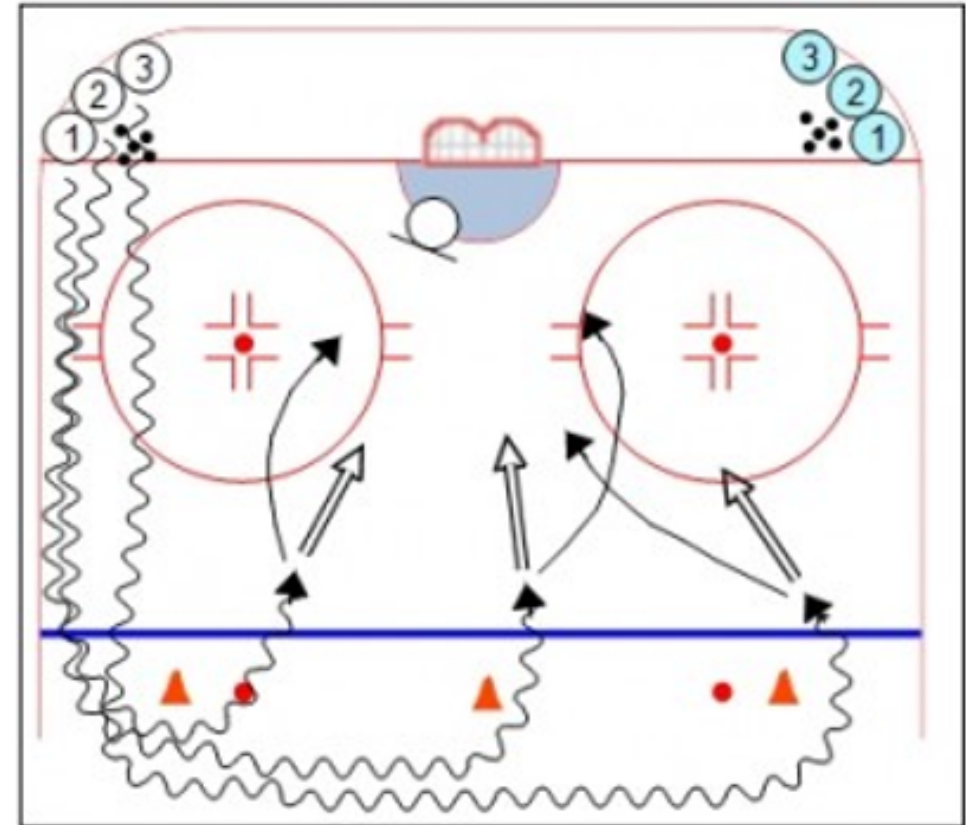


<https://youtu.be/fS2O2epvxTY>

Covid Safe Individual Drills: Sample Drills 5

Three Cone Rebound Drill (10 mins blueline to goal line,)

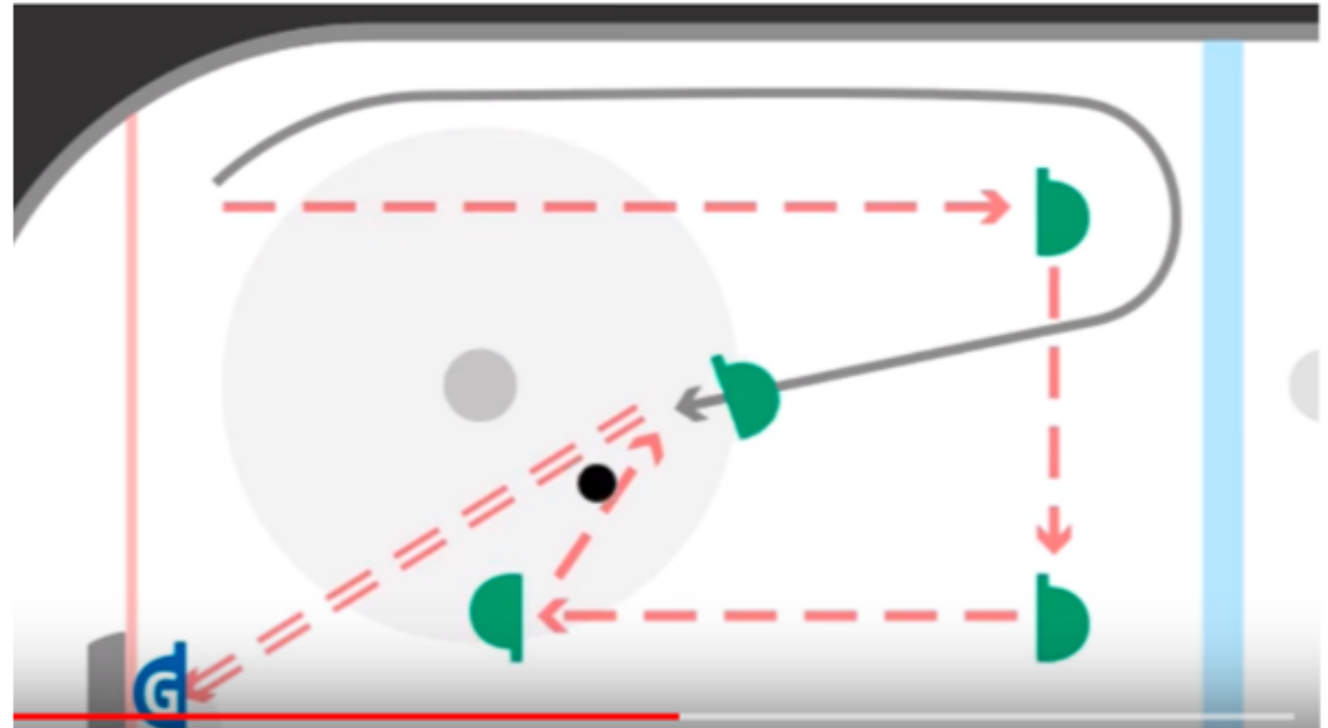
- Players line up in same corner with pucks in three lines. All 3 players leave staggered fashion.
- Player 1 skates puck around near cone, from above the circle, and follows shot to net for his rebound AND the rebound on the next shot. Goalie tracks, squares up, and fields shot – gets set quickly for next shooter.
- Player 2 skates puck around the middle cone, shoots from above the circles, follows shot to net for his rebound AND the rebound on the next shot
- Player 3 skates puck around the far cone, shoots from above the circles, follows shot to net for his rebound AND the rebound on the next shot



Covid Safe Individual Drills: Sample Drills 6

2a. Montreal Passing Drill

- The puck is passed around all four players while the first player times their route up to the blue line and back into the slot.
- A final pass is made to the shooter in the slot for a scoring opportunity. One shot, one rebound.
- Rotate players after each completion. Video: <https://youtu.be/ATzke7667yA>

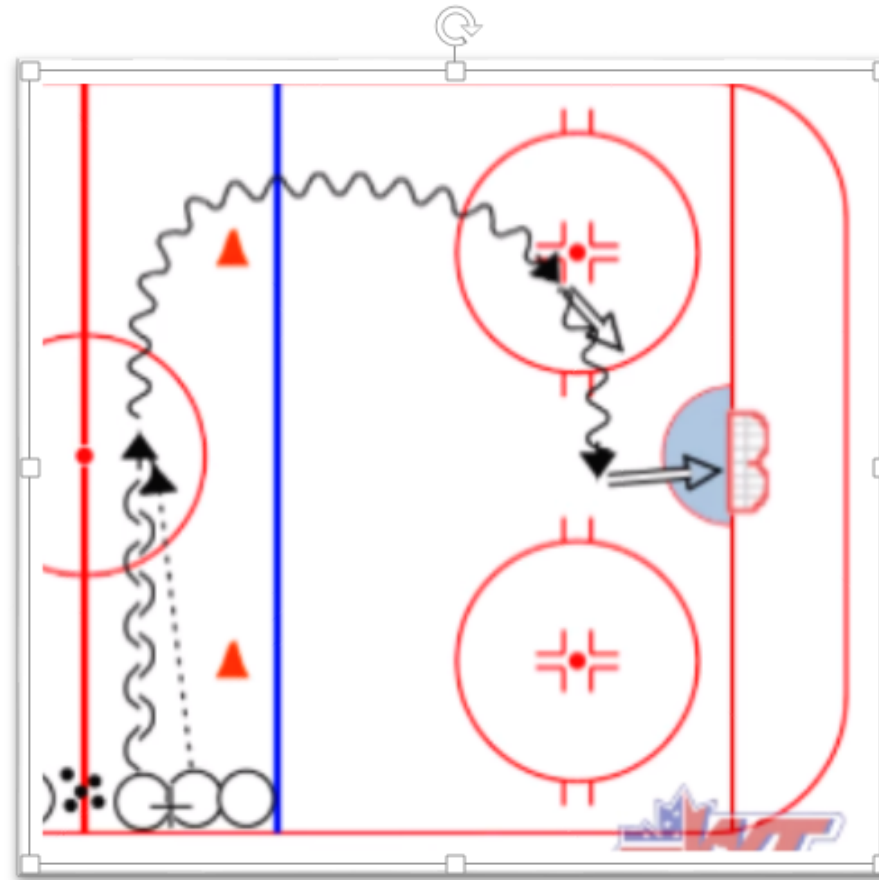


<https://www.youtube.com/watch?v=ATzke7667yA&feature=youtu.be>

Covid Safe Individual Drills: Sample Drills 7

Leafs Warm-up Drill

- Players line-up in two groups on opposite side just outside blue-lines. Sides will alternate, with next player going after opposite player gets around pylon
- First iteration: Player explodes forward, pivots backwards and receive stick to stick pass from player next in his line. Then pivots forward and does hard turn around far pylon and drive net for shot (not deke) – coach can force to backhand or make them go wide with speed. Player goes to opposite line.
- Second iteration: Player explodes forward, pivots backwards and receive stick to stick pass from player next in his line, once puck arrives hard stop and explode forward back to near pylon, hard turn around far pylon and drive net for shot. Go to opposite line.

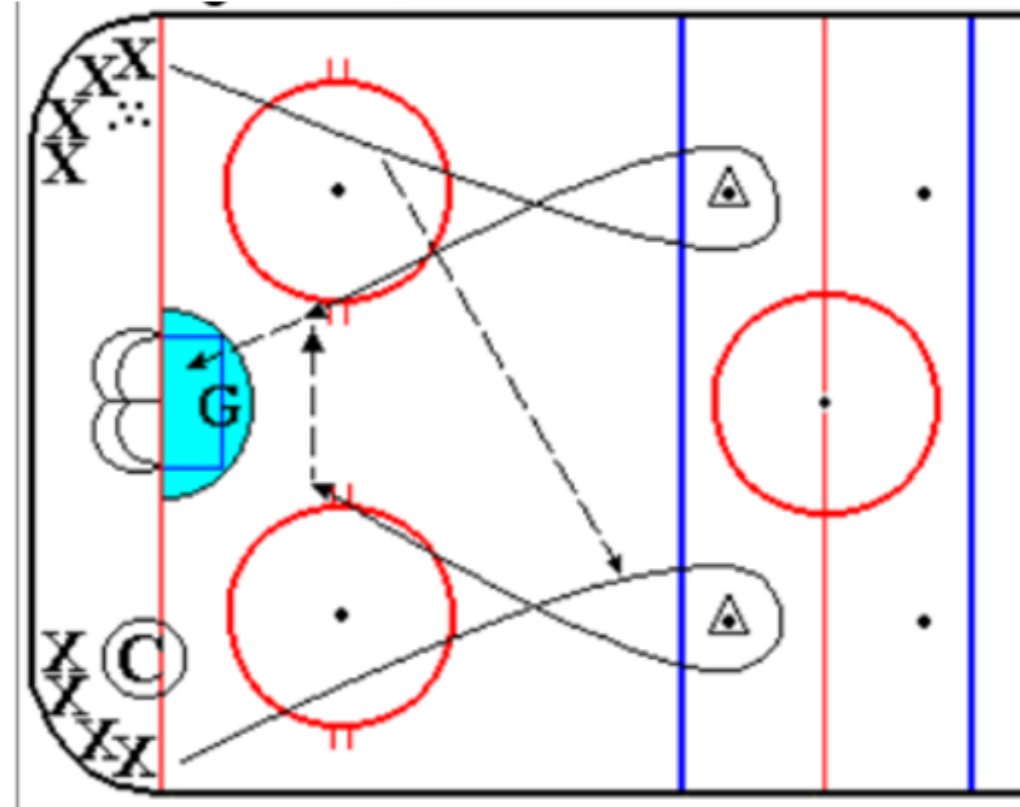


<https://weisstechhockey.com/hockey-drills/leafs-warm-up-drill/>

Covid Safe Individual Drills: Sample Drills 8

Two on ONE Drill – (all – 10 mins)

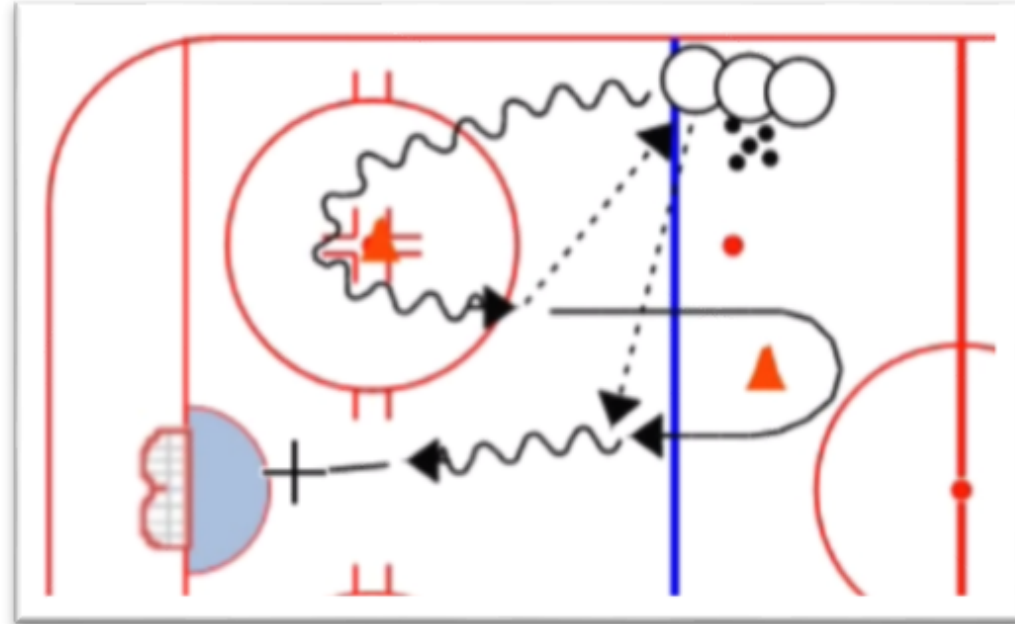
- Place players and cones as shown.
- On the coach's whistle have the first player in each line skate up to the neutral zone and skate around the cones from the inside out.
- Must have two passes, one before the blueline, and one after the pylon pivot. Ensure they stay ON-side coming into attacking zone.
- Have a D-man skate from behind net to high-slot and look to take away easy pass
- One shot and one rebound only.
- Focus on explosive start, firm pass in front of the skater, quick decision on pass or shot as they near the net, follow your shot and look for rebounds



Covid Safe Individual Drills: Sample Drills 9

Serpentine Drill, with pass and Net drive

- Arrange pylons as per diagram, half your players with pucks on boards at blueline,
 - First player takes puck and skates hard to, and power turn around, lower pylon and while skating toward blueline gives pass to next player in line on same side of ice.
 - Player one sprints hard to upper pylon and does power-turn around it back towards net, and as he nears the slot, player two does a slap-pass to create a scoring opportunity (pass, shot, tip, etc) as Player one attacks net.
 - Try from both sides of ice.
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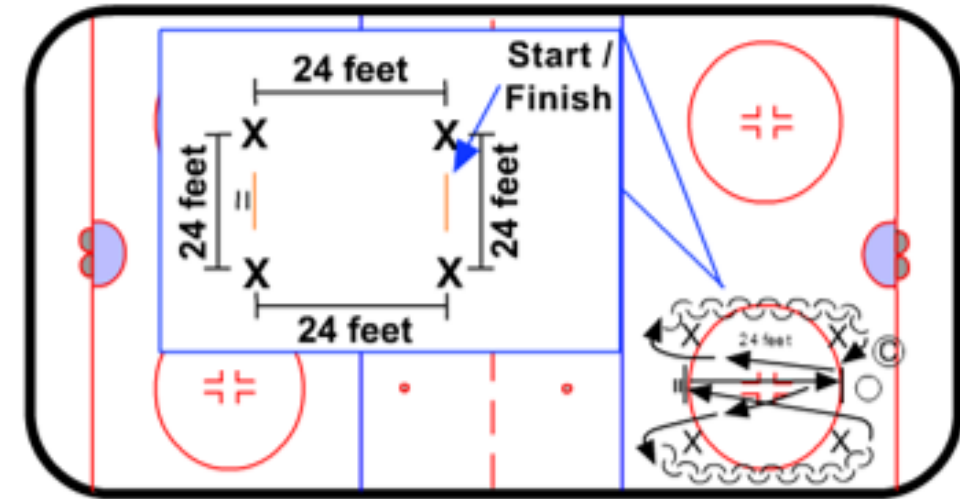


<https://www.youtube.com/watch?v=xzFARZTiv-M&feature=youtu.be>

Covid Safe Individual Drills: Sample Drills 10

4-Cone Skating Agility

- 4 cone forward/backward transition, timed
- Start at bottom centre of circle, sprint to top left cone, pivot backward to bottom left cone.
- Pivot to forward and hard sprint to top right cone, pivot backward to bottom left cone
- Sprint to top of circle, touch line with stick and hard back to start.



Questions & Suggestions



Follow-ups, Questions, etc:
Jay Illingworth, Director of Coaching
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Will post on OCMHA.ca under
“Coaches Corner” along with
additional drills/resources as they
become available.

OCMHA Executive will monitor
changes in direction from Hockey
Eastern Ontario and Ottawa Public
Health and adjust as needed.