



Rocky Mountain Talons
2011-2012

STUDY GUIDE and PLAY BOOK

with Player Expectations

Published by: Mike Delgado

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Offensive Strategies

- Continuous movement with outside to middle puck movement.
- Continuous possession through outside movement until middle opportunities are presented.
- Regrouping quarterback puck possession.
- Chest to chest facing passes over chest to back passing angles.
- Pulling opposing defense to opposite boards to open up shooting lanes and weak side pass opportunities.
- Diamond offense with continuous cycle movement and open rink space replacement.
- Constant middle protection to avoid negative risk off turnovers.
- Shifts should run no longer than 45 seconds with most line changes taking place on the fly.
- Faceoffs are intended to be won back into our own zone for full possession and breakout opportunities.
- Power plays will consist of constant cycling movement as opposed to stand still box or diamond.
- Constant communication is key, communication must take place ahead of time not at moment of.
- Puck carriers should not be holding the puck for longer than 5 seconds before releasing for pass or shot.
- Scoring will take place through puck movement not through individual effort.
- Stretch passing will be directed by coaches, otherwise breakouts will form with all 4 players turning back to the puck carrier throughout breakout for consistent full speed skating and puck movement.

Defensive Strategies

- Defense will be played at full speed to counter act opposing teams puck movement, no floating or waiting.
- Opposing team gaps must be closed precisely and immediately to force confusion and possible turnovers.
- Protection starts in the middle of the rink while intending to push opposing team to the boards.
- Intend to take forward skating angles to cut off attacking teams progression as opposed to transitioning backwards and being pushed further into defensive zone.
- Defensive intention is to stop opposing team from being able to cross half court through full court pressure.
- Man on man will be played throughout competition with full communication when attempting to switch coverage during man on man, gaps during man on man should be no greater than stick length.
- Diagonal angles must be taken to close gaps at all times over vertical or horizontal angles.

Defensive Strategies continued

- Communication of man on man coverage's must be immediate off turnovers and opposing breakouts.
- Off of a faceoff loss, to defend, players will man up on closest available player while consuming shooting lanes.
- Penalty kills will be run with compressed wide triangle for full weak side protection while covering top outside shots with puck alignment angles.
- Players stick use will consist of poke checks as well as stick lifts, swinging the stick to defend will force defender out of position and raising stick and reaching with still will most often lead to penalties.
- Do not allow opposing players to hold puck behind their own net, man on man between other 3 players should be tight enough to the point to allow full pressure.

Defensive Hockey Term Glossary

Close The Gap - The gap is the space between yourself and the opposing player you are meant to cover, the larger the gap given, the more space and time the opposing player has to make decisions with or without the puck. Closing the gap is required for create pressure against the opposing team while taking the space and time away to force turnovers and take away passing and puck handling opportunities for the opposing team during their attempt to move the puck forward, once a player assignment is realized, the gap against that player must be closed immediately.

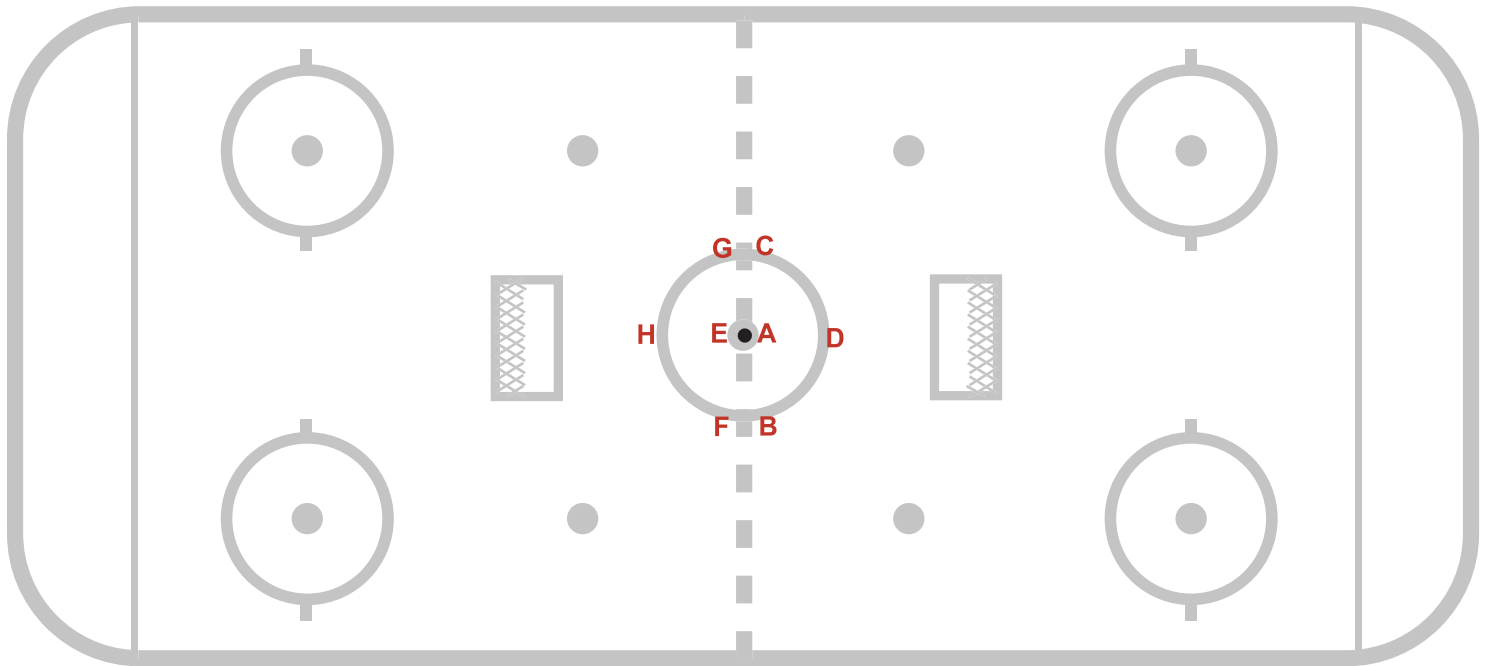
Full Court Pressure - In order to create turnovers to regain puck possession from an opposing team, full court pressure must be applied but forcing immediate man on man coverage while not allowing the opposing team to have any sense of time for calm decision making with the puck, if an opposing player is holding the puck behind the net the philosophy is to chase and force that player out to force their decision making at a much more rapid pace.

Take Away The Angle - Players must attack space to close in on opposing players during time on defense through taking diagonal angles to cut off the lane the opposing player is skating in to end up in front of the opposing player to be in a solid defending position, this is also relevant in taking away passing angles by putting yourself between the puck carrier and his passing options down the rink, players need to keep the opposing team from progressing up the floor and proper angles must be executed to create that difficulty. When players attempt to take away angles with vertical and horizontal movement then leave themselves in a position where the opposing player only needs to cut back to one side or the other of the defender.

Protect The Middle - The middle of the hockey rink is where scoring opportunities are most easily attained, if you are being told to protect the middle chances are a player has missed their defensive assignment or has been beat in a one on one position, when hearing this eyes must direct to the middle attacking lane leading to the goaltender to prevent open passing and shooting lanes that may be leading to opposing scoring opportunities.

Weak Side Protection - While the middle of the rink is where opportunities are created for the opposing team, the weak side of the net, which is the side where your goaltender has the least amount of coverage, can lead to the quickest goals being allowed. Always remember to allow your goaltender to take the shooter when in a down low or half court two on one situation, players must always move towards protecting the weak side to take the easiest pass to shoot scoring opportunity available in hockey.

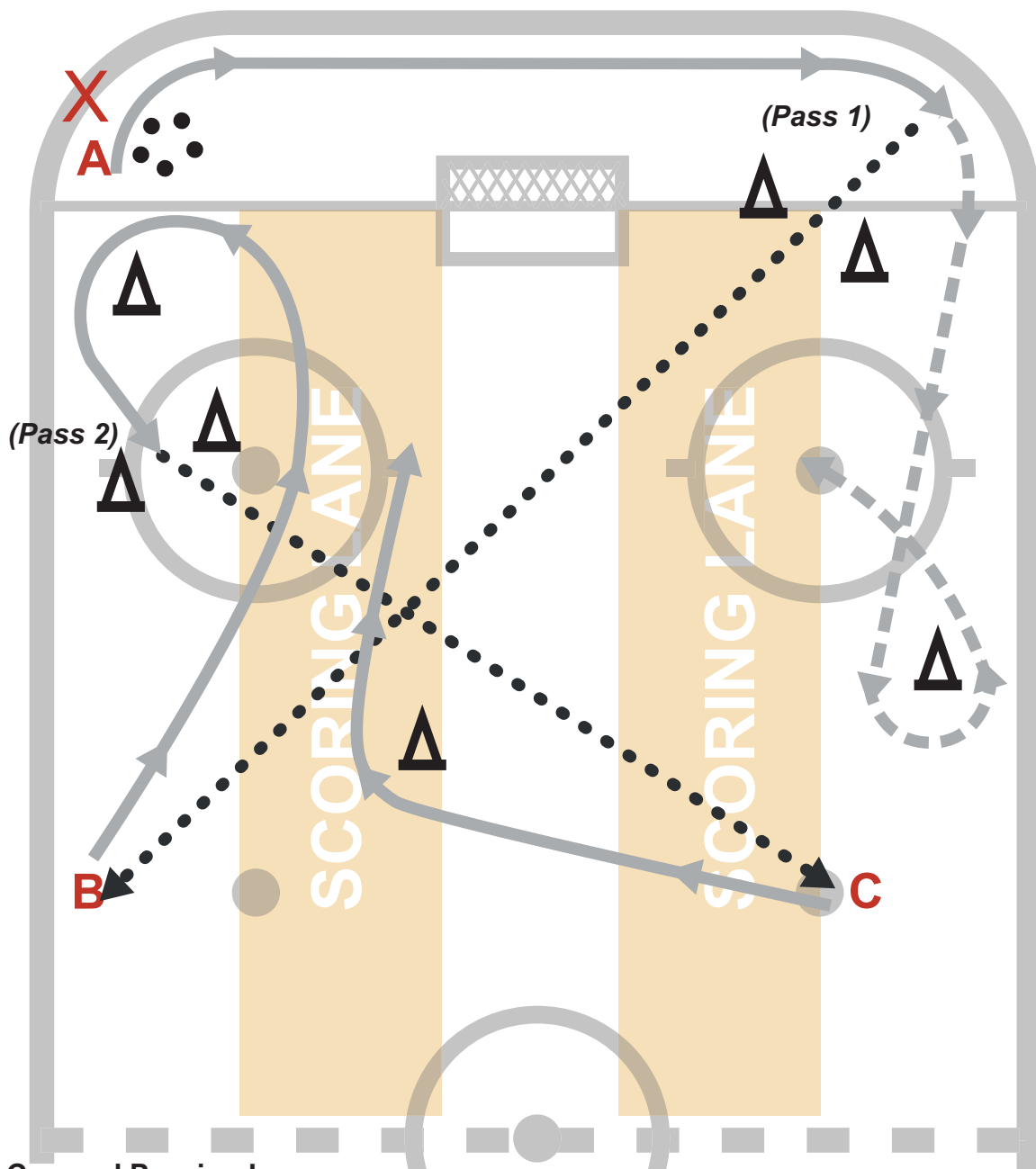
When hearing these terms throughout a practice or game situation players must learn to execute and swiftly perform these tasks when needed.



4 on 4 Compressed Middle Rink

players needed- 8/ puck placement- middle side boards

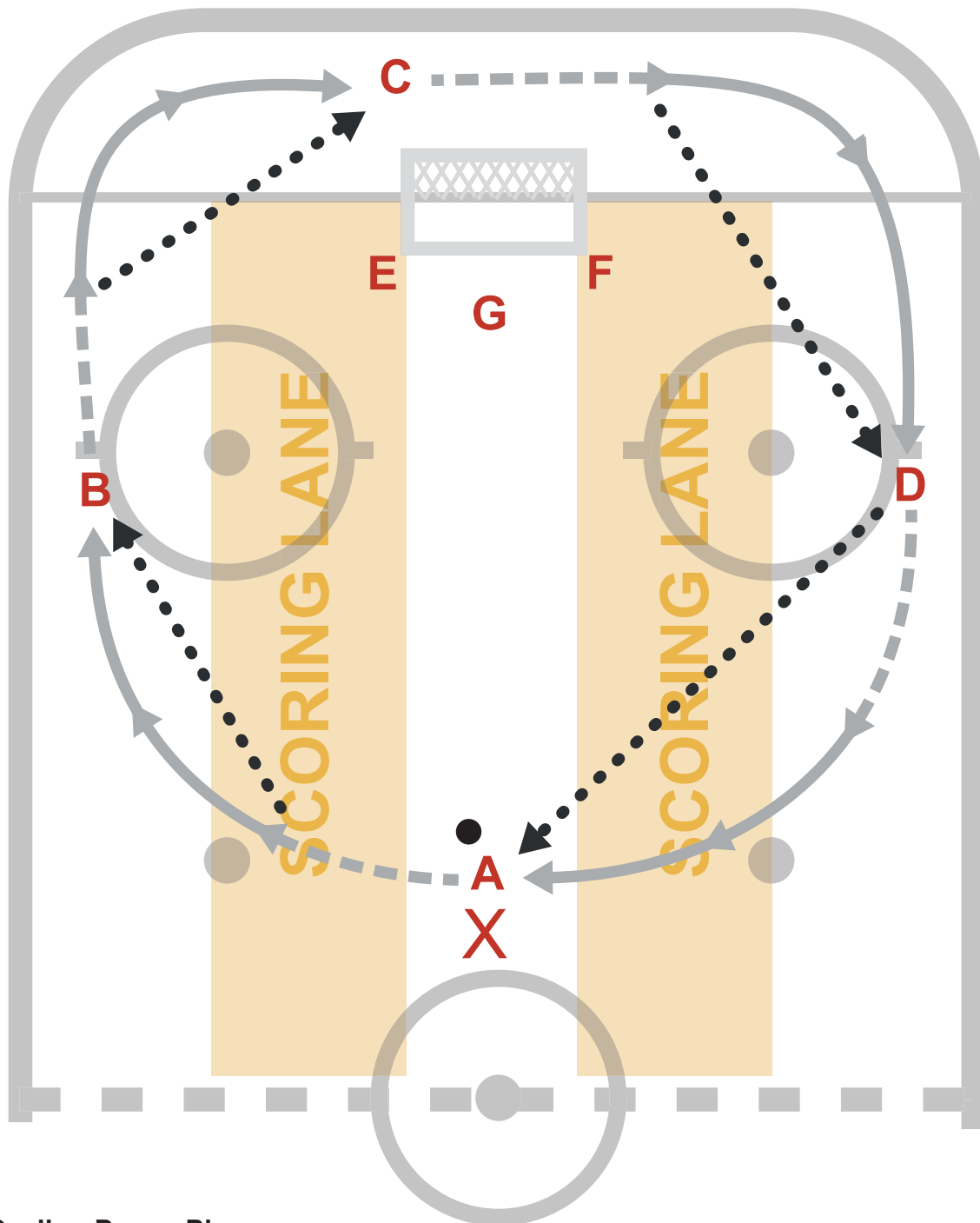
- Both nets will be placed 25-30 feet across from each other in the middle of the rink.
- Two teams of 4 will randomly fill the area between the nets, a puck will be dumped in to the middle to initiate a 4 on 4, man on man scrimmage.
- Players are intended to have full communication while spreading the small area apart to create passing lanes and player advantages by filling in open areas of the rink in between both nets.
- All 8 players will rotate or switch once a scoring opportunity is completed or between 45 seconds and 1 minute.



Crossed Passing Lanes

players needed- 3 puck placement- corner boards

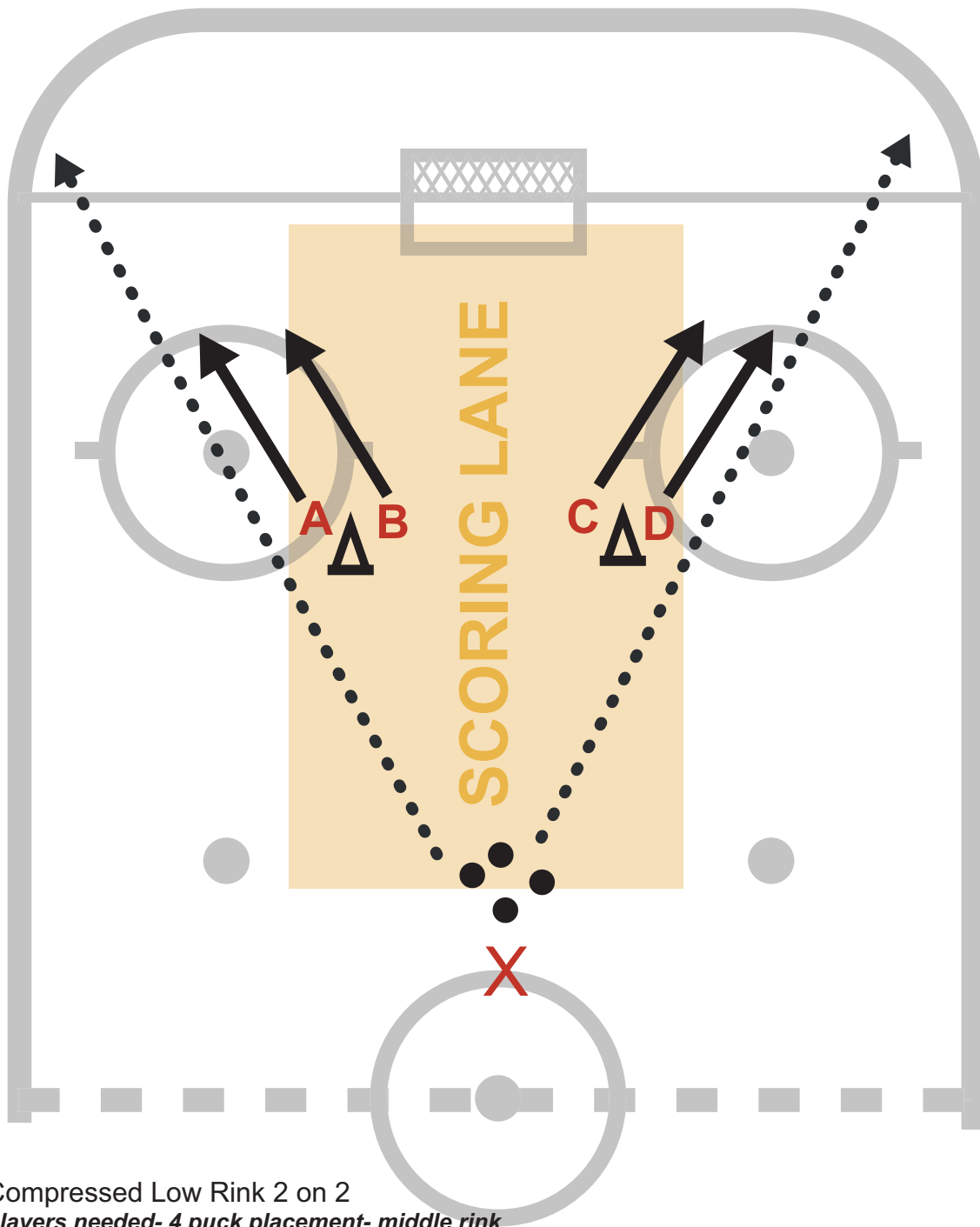
- Player A will take the puck against the boards directly across to the opposite side corner, player A will approach two cones that create a tight passing lane to player B, player A will pass through the passing lane through the cones, they will then approach the single cone further in front of them and will go around the cone turning inside towards the boards and back into the same direction.
- Player B will skate with the received pass towards the corner directly in front of them, they will make a tight turn with the puck around the furthest cone in front of them, turning inside towards the boards and then approaching the next set of two cones that will create a passing lane for the next pass to player C.
- Player B will make the pass through the passing lane to player C, during this time player A will have come around their cone into the offensive zone on the weak side of the net, player C will skate the puck around the far cone directly in front of them to enter the offensive zone and create a 2 on 0 opportunity with player A, player A and C should expect to create a weak side shot or a give and go scoring chance for each other.
- The drill will end one the forwards create a scoring chance, all 3 players will rotate or switch out to start the drill over again



Cycling Power Play

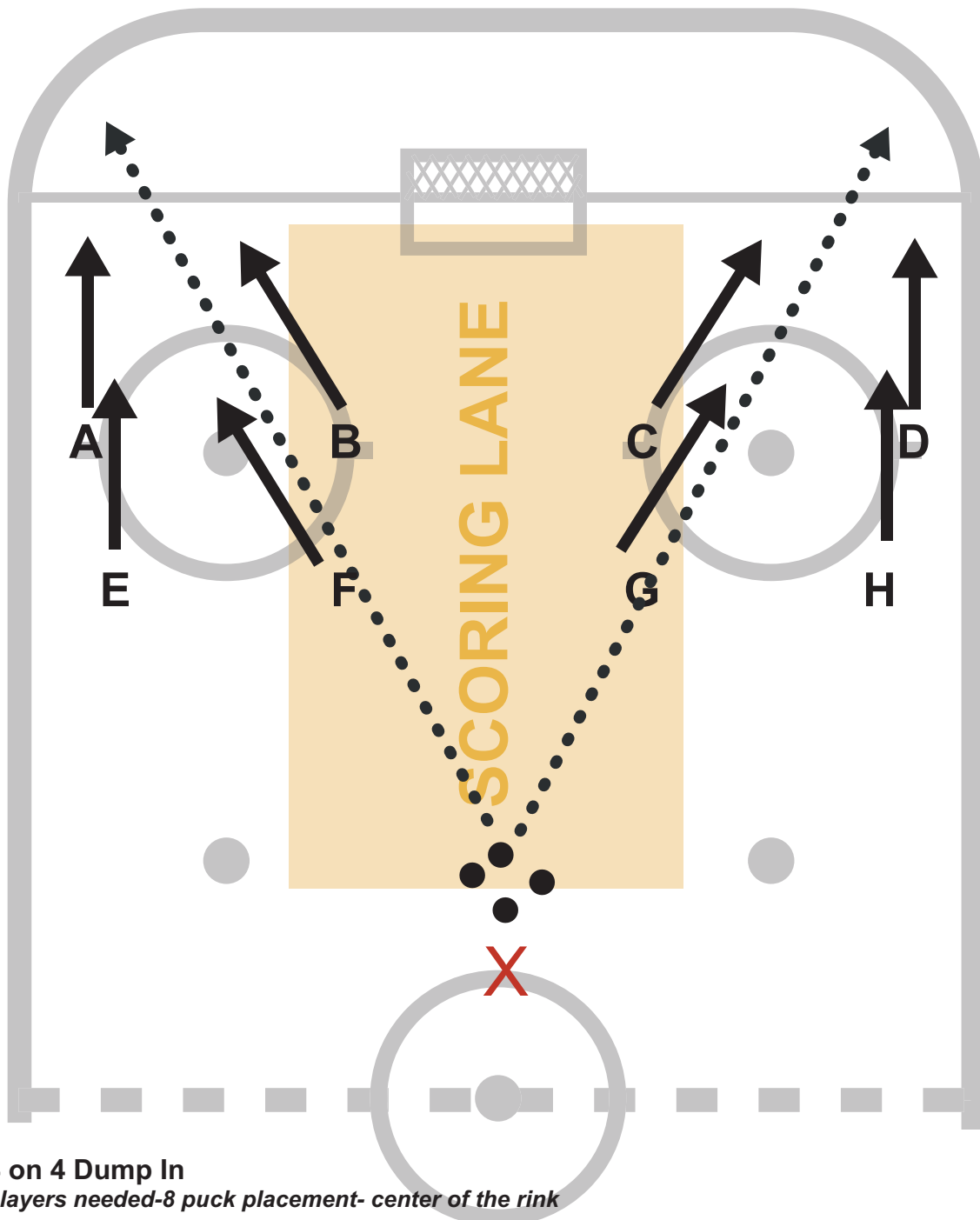
players needed-7/ puck placement- middle rink

- Players A, B, C and D will start the drill in a diamond power play position.
- Players E, F and G will start the drill in a compressed triangle penalty kill.
- Players A, B, C and D will start the drill with one puck and a continuous cycle passing to the player who is directly in front of them one by one while skating forward through the outside boards.
- Once the whistle is blown the players will break from the cycle formation and have 10 seconds to create a power player scoring opportunity against the Defense which will also be free to break formation on the whistle.
- Players are expected to find an immediate player breaking down the middle or posted up on the weak side for their quickest scoring opportunity.
- If the defense gains control of the puck the drill is over, all 7 players will rotate or switch out of the drill.



Compressed Low Rink 2 on 2
players needed- 4 puck placement- middle rink

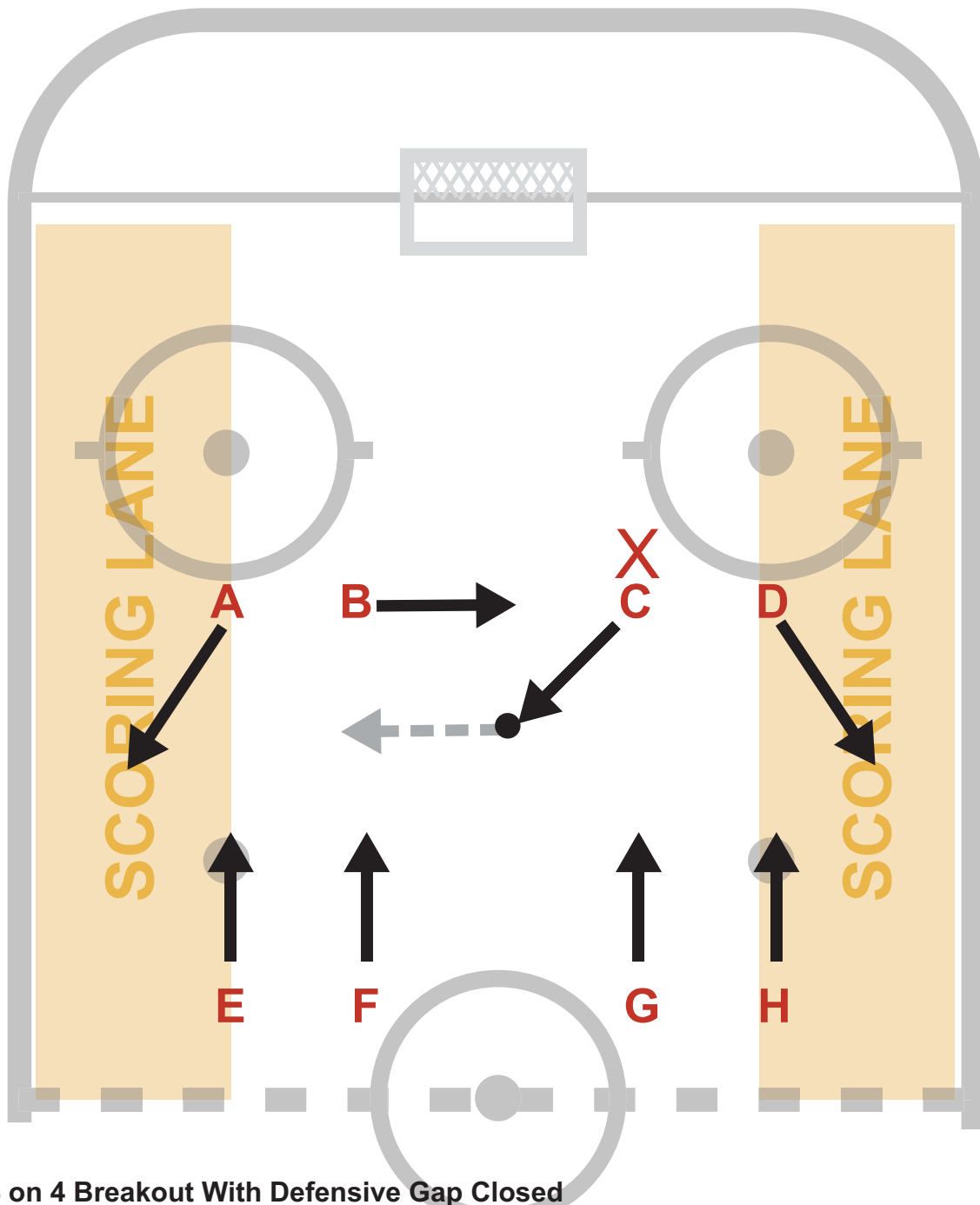
- Players A and B will line up next to each other at one cone as teammates, players C and D will line up next to each other at the other cone lined up across from the first two players as the next set of teammates.
- To start the drill, a puck will be dumped in from the middle of the rink around the boards, both teams of two will communicate one player to retrieve the puck, the other teammates intention should be to get open if their teammate retrieves the puck or the play man on man defense if the other team retrieves the puck.
- Players may not take the puck past the line of cones from which they started the drill, the team with puck possession should look to stretch the defense out to create passing lane opportunities towards the net.
- The drill will end once a goal or covered puck by the goaltender takes place, all 4 players will rotate or switch out.



4 on 4 Dump In

players needed-8 puck placement- center of the rink

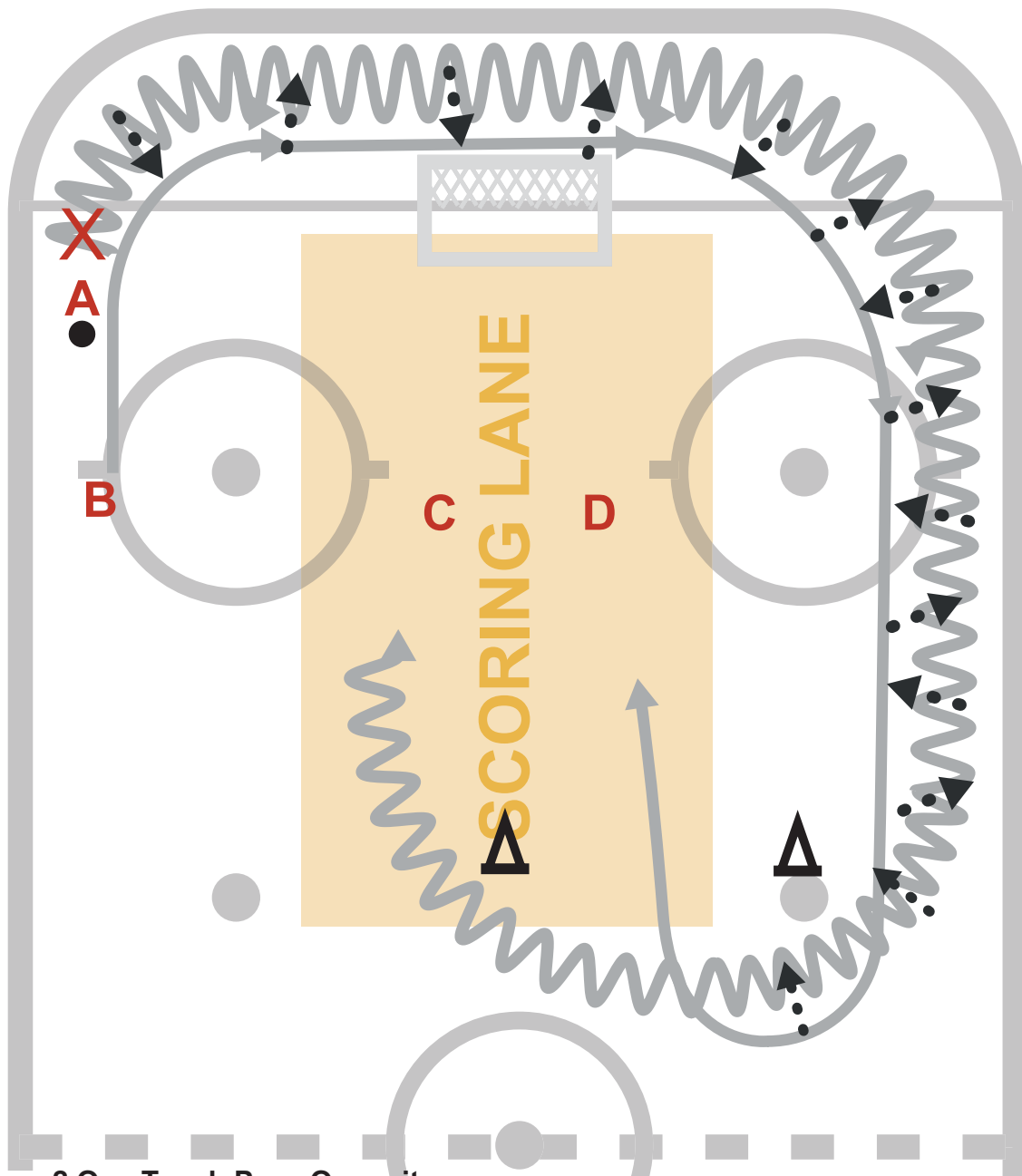
- Players A, B, C and D will line up across the middle of the down low circles facing the boards behind the offensive net.
- Players E, F, G and H will line up across the top of the down low circles as the 4 defenseman, 8-10 feet behind the line of forwards while also facing the boards behind the offensive net.
- To start the drill a puck will be dumped in from mid court behind the players into one of the two corners they are facing; players are not intended to know which side of the boards the puck will be dumped in to.
- Once the puck is dumped in the forwards will communicate someone to retrieve the puck, while the other 3 forwards rush to open space to initiate puck movement between the forwards, forwards should use the boards for puck movement and to draw the defensive 4 out of position and swiftly attack the front of the net for a weak side opportunity.
- The defensive 4 will intend to communicate immediate man on man coverage while keeping the forwards pressed to the outside boards not allowing passing lanes to the middle of the rink, if the defensive 4 gains possession of the puck the drill will be over, all 8 players will rotate or switch out.



4 on 4 Breakout With Defensive Gap Closed

players needed- 8/ puck placement- middle boards

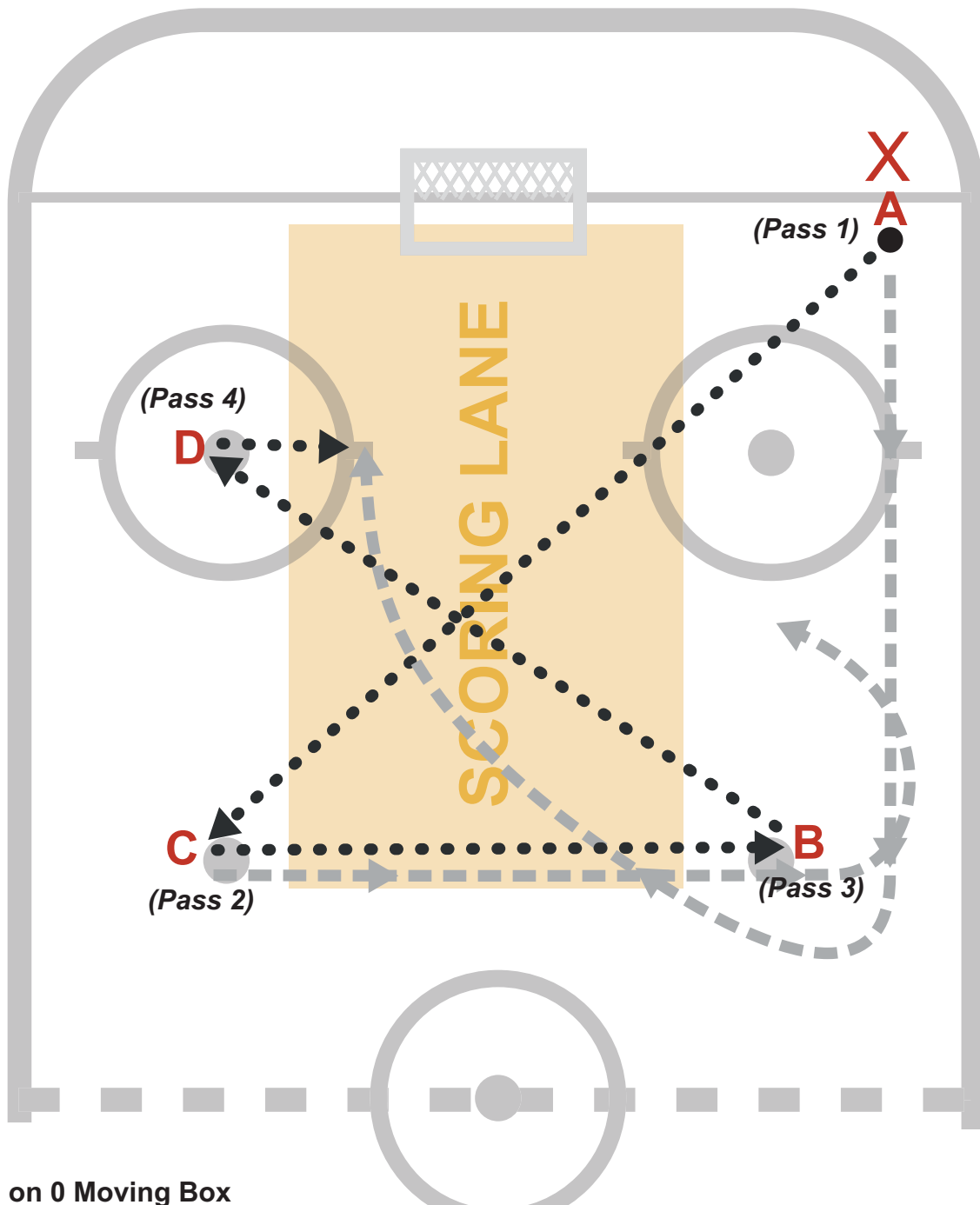
- Players A, B, C and D will line up across the top of the circles facing the furthest net on the rink with a puck placed in the middle of the rink, 5-10 feet in front of the forwards.
- Players E, F, G and H will line up behind the half court red line facing the forwards across from them.
- On the whistle the forwards will start communication and movement for who will pick up the puck, the other forwards intention should be to find immediate open areas on the rink and allow for passing lanes for the initial puck carrier while continuously regrouping to progress the puck up the floor.
- The defensive line is expected to immediately communicate man on man coverage and perform a full court press to close the gap on each offensive player as quickly as possible with the intention of creating a turn over before the forwards are able to cross the red line, if the defensive 4 players gain possession of the puck before the forwards score or create a scoring opportunity the player is over and all 8 players will rotate or switch out of the drill.



2 on 2 One Touch Pass Opposites

players needed- 4/ puck placement- middle boards

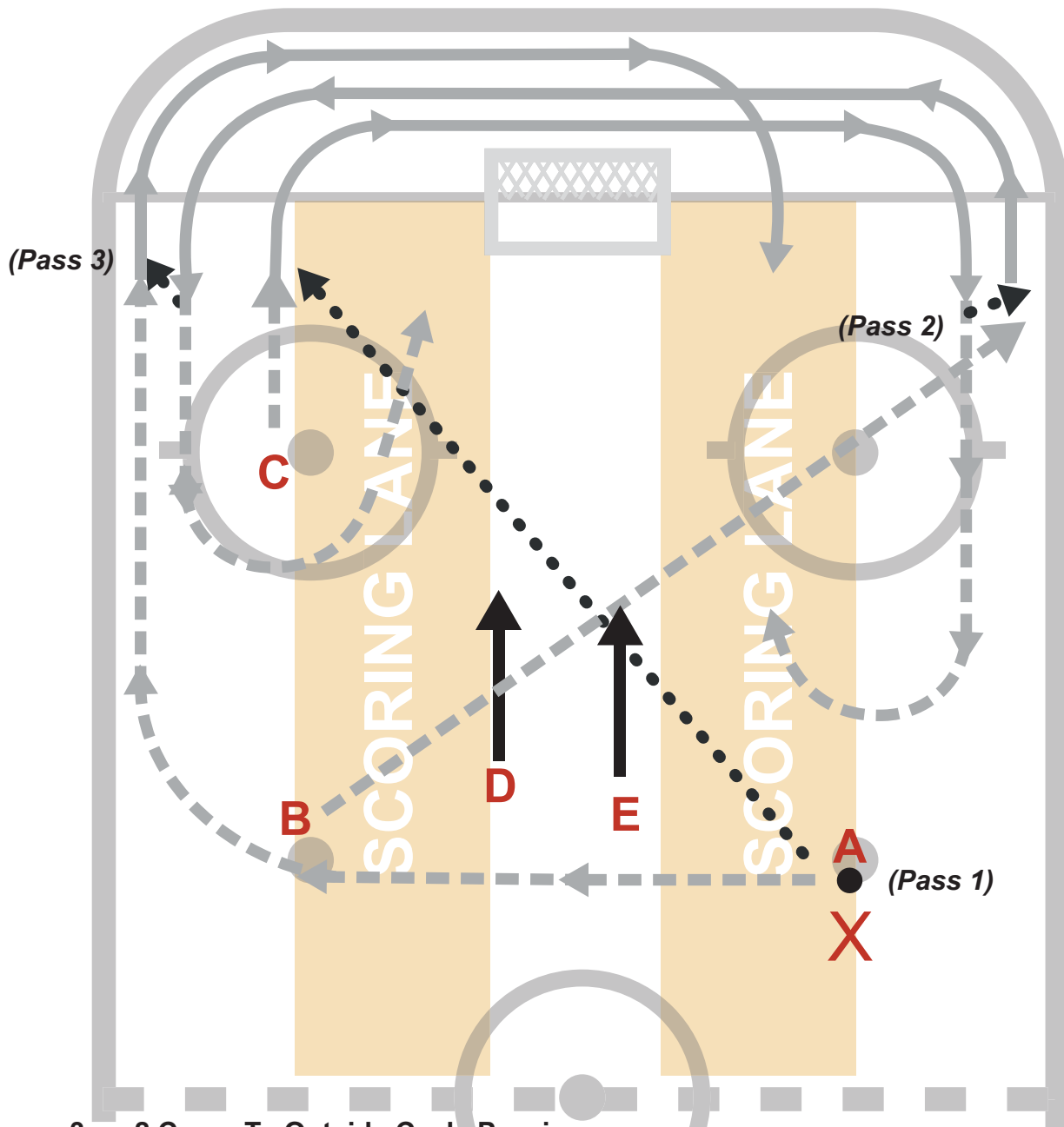
- Players A and B will start the drill lined up along the boards with ten feet between them and player A starting with the puck, player A will make the initial pass while skating backwards.
- Players A will continue skating backwards while player B will continue following skating forwards, players A and B will pass continuously back and fourth while making one touch passes to each other while continuing along the boards with the intention to complete as many one touch passes as possible.
- Players A and B will stay along the boards until reaching the two cones placed out, player A will continue backwards and not transition until coming to the second cone where player A will do a step out transition to break towards the middle of the rink, player B will cut into the zone on the outside of the first cone to initiate the 2 on 2 where they will intend to have an initial scoring opportunity through the player without the puck crashing to the net to cause defensive collapse or look to create a give and go option or weak side opportunity.
- Players C and D will be placed in the middle of the offensive zone and will intend to close the gap of the two forwards once they cross the two cones place out.
- Once the offense scores or once the defense gains puck possession the drill will be over, all 4 players will rotate or switch out.



2 on 0 Moving Box

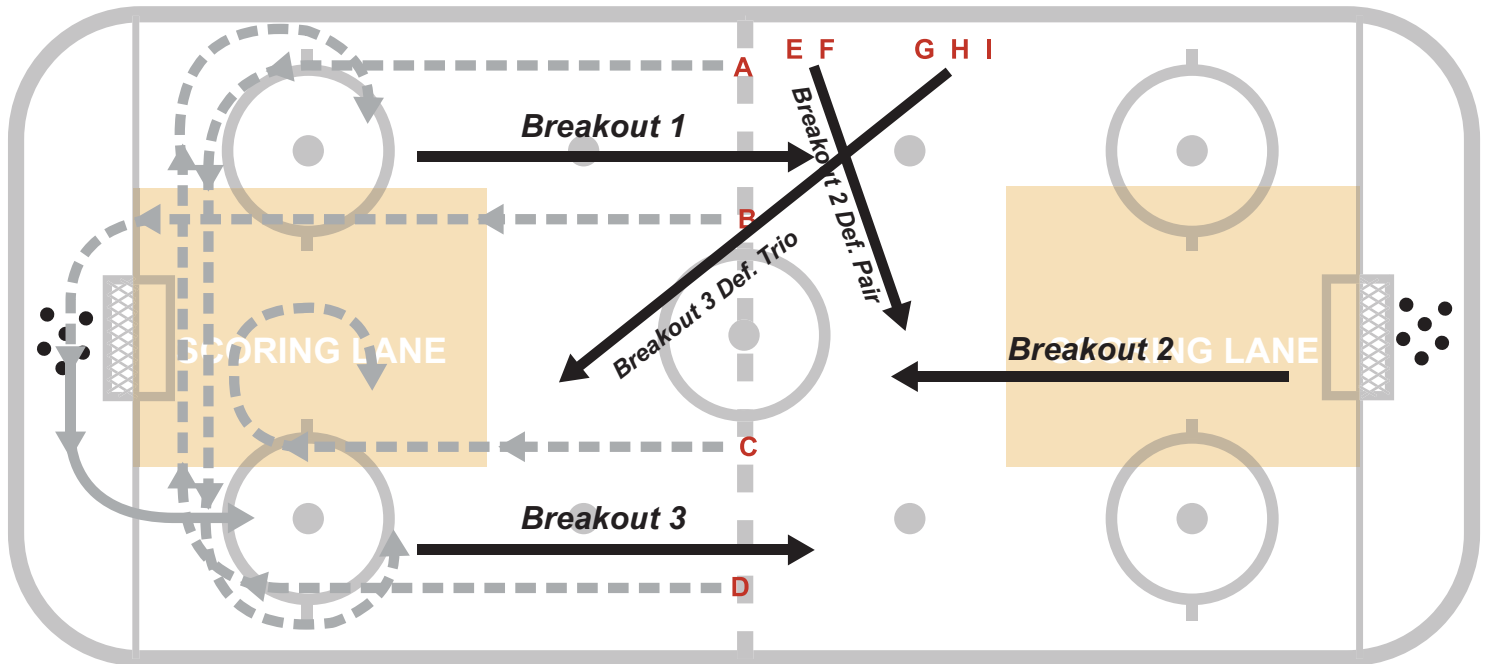
players needed-4/ puck placement- in corner boards

- Player A will start the drill by sending a cross court pass to player C for pass 1 player A will follow by skating up and behind player B's position to breaking down the far side towards player D.
- Player C will receive pass from player A and pass straight across to player B for pass 2, player C will then skate behind player B to skate down the opposite far side towards the nets of player A.
- Player A will then pass across down to player D, player D will pass to the breaking player A to create a 2 on 0 opportunity for player A and C.
- After a scoring opportunity is created and the drill is finished, player A will fill in the spot for player D, player D will fill in the spot for player C, player C will fill in the spot for player B while player A is rotated with the next available spot in the main line.



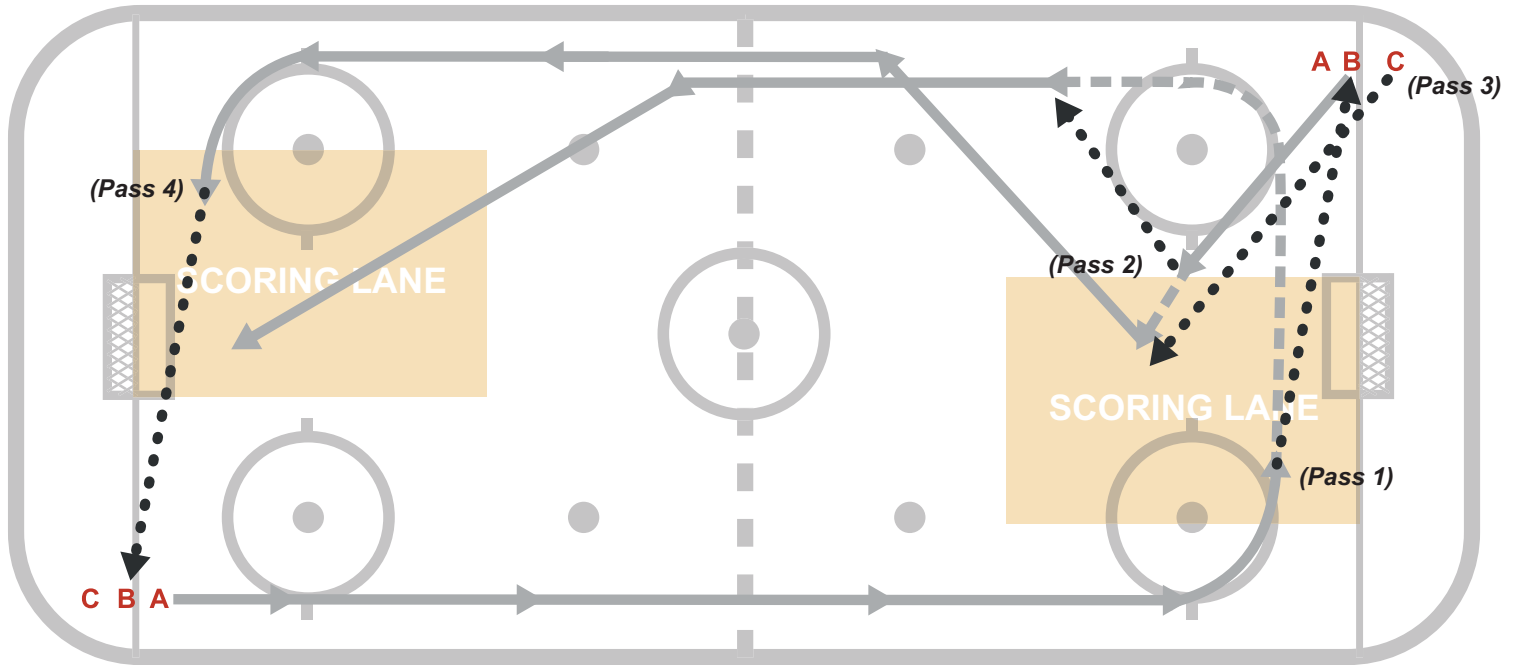
3 on 2 Cross To Outside Cycle Passing
players needed-5/ puck placement- middle boards

- Player A will start the drill with the puck and make the initial cross court pass to player C breaking into the corner.
- Player C will carry the puck along the boards behind the net carrying the puck to the opposite side boards, during this time player B will skate across the rink towards the corner that player C is approaching, player B will stay to the outside of player C to receive a push pass going to the outside boards.
- While player B cuts across, player A will skate across to fill in the space previously occupied by player B at the start of the drill, from there, player A will skate down the boards following the path of player C.
- Player B will now stay along the boards and make the next outside push pass to player A that will be breaking towards him, player C will fill in the original space of player A.
- Once the third and final pass is created player A will have control of the puck coming across and behind the net, player C should be in a point player position ready to break down the middle of the rink for one passing opportunity, player B should be in front of the net playing the weak side for the other passing opportunity, with the intention of an immediate pass and scoring chance from player A's pass.



4 on 0, 4 on 2, 4 on 3 Breakout *players needed-9 puck placement- middle boards*

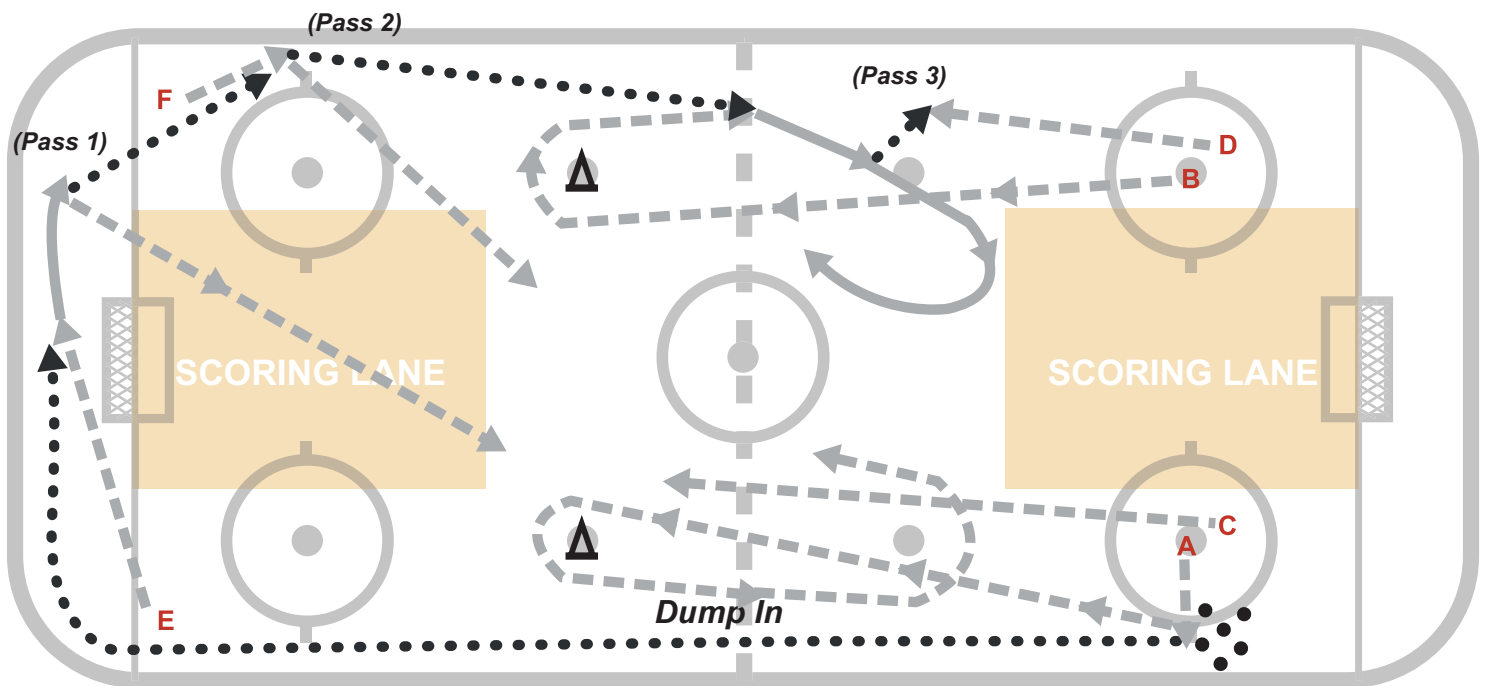
- Players A, B, C and D will start the drill spread across the half court red line with pucks placed behind each net on the rink.
- On the whistle the forward players will breakout behind the first net with communication of who will pick up the puck, the remaining 3 forwards are expected to do a constant regroup always coming back to and facing the puck carrier to complete each following pass, players should expect to score from weak side passes as well as passes to the last player breaking down the middle position for easiest scoring chances.
- Forward players will breakout and create a scoring opportunity on a 4 on 0 first, after a scoring opportunity forward players will then communicate a player to pick up the next puck behind the same net they just attempted scoring on to continue the to opposite net on their 4 on 2.
- Players E and F will step out to the middle of the half court red line once the forwards complete their 4 on 0, the first defensive players are expected to protect the middle of the rink while closing the gap amongst the 4 forwards.
- Players A, B, C and D will continue into the 4 on 2, if the defensive pair creates a turn over or gains possession the forwards will continue behind the net communicating the next puck carrier to come back now to the opposite end on their breakout to start their 4 on 3 if they do not create a scoring opportunity during their 4 on 2.
- Players E and F will return to line after allowing a scoring opportunity or taking possession on the 4 on 2 and players G, H and I will now step out to the middle of the half court red line to proceed into the 4 on 3 with the expectation of playing man on man on the 3 non puck carriers and closing the gap on the forwards before crossing the half court red line.
- During the 4 on 3 if the defensive trio creates a turn over or gains possession the drill for the forwards will be over and all 7 players will return to rotate or switch out for the next 4 forwards to start the drill



Banana Drill With Step Out Pass

players needed- all puck placement- opposite corners, both ends

- Players will split up between both sides of the rink in 2 opposite facing corners with pucks in both corners.
- Both player A's on opposite sides will start with the puck skating straight down the boards, once the puck carrier gets to the top of the circles on the opposite end of the rink, the puck carrier will pass player B waiting in front of the line with a cross court pass.
- Once the player A passes the puck they will skate across towards player B and turn into the boards headed back down the rink staying along the boards, player B will then step out with the puck to make a cross angled pass to the streaking player A.
- Once player B makes the pass to player A, player A will take the puck down on a breakaway situation to create their own scoring opportunity.
- Player B will then start to break down the rink and receive a pass from the next player in line, player C will pass to player B to allow them to break down for the next pass to the opposite end player for their step out play, players will continuously go through this process until the drill is stopped



4 on 2 Full Court Regroup

players needed- 6 puck placement- middle of down low circles

- Players A and B will start the drill, player A will carry the puck up and dump it into the opposite end boards, players A and B will both continue skating forward to the first set of cones where both players will skate around the cone in front of them and turn into the boards and back into the opposite direction.
- Players E and F will be lined up in opposite corners on the other end as defensemen, one player will receive the dump in pass and take the puck to the opposite corner, the opposite defensemen will skate against the boards towards the forwards in the opposite direction, the defensemen with the puck will pass to the other defensemen who will then pass to one of the two forwards breaking away from them back into the other zone.
- Once the defensive breakout pass is made, players C and D will begin breaking into the opposite zone with players A and B are breaking towards them with the puck, at this point players A and B should have the puck and skating towards the breaking players C and D, A or B will pass to C or D and the puck carrier of C and D will now skate to the original cones in front of them to turn back into the zone while players A and B will cut back to the cones at the beginning of the drill to turn back into the offensive zone.
- At this point players A, B, C and D will again be facing each other with the puck to start a regrouping breakout back towards the two waiting defenseman.
- The forward players should expect to use outside to in movement to spread the defensive pair apart and create open area passing lanes to create their scoring opportunity.
- If the defensive pair gains possession of the puck the drill is over, all 6 players will switch out or rotate.

Team and Tournament Formats

The Rocky Mountain Talons are a developmental, tournament based team organization. We have the intention of taking any player wanting to commit to the program and improving their skills through player fundamentals and an established team system, while giving them the opportunity to play in the Regional, National and International inline hockey tournament circuit.

Currently the Talons organization expects to participate in yearly regional tournaments which may or may not depending on tournament outcomes, lead to the opportunity to compete on the nationals tournament circuit. Through this players may have the opportunity to play in the international circuit either through the Talons organization or their countries national team.

Through each tournament entered the Talons will expect to field any teams the coaching staff feels is ready to compete for said tournament. Each team may consist of anywhere from 6-12 skaters as well as 1-2 goaltenders with at least two Talons coaching staff members on the teams bench for each game played.

Tournaments are typically played with anywhere from 10-15 minute periods between 2-3 periods with a mercy goal rule consisting of anywhere from 7-9 goals allowed as a differential before a game is ended due lack of competitive closeness. Teams are usually guaranteed between 3-4 round robin games before playoff seeding begins to take place, often playoff seeding comes down to goals for/against which makes each game key as to the amount of goals the team scores versus allowing.

Talons Players Expectations

The Talons organization puts an emphasis first and foremost on player discipline. Player practices and in classroom sessions are mandatory to ensure complete player understanding to practice and game expectations and systems.

if a player, for whatever reason cannot attend a scheduled practice or classroom session, they are expected to inform a Talons coach ahead of the scheduled practice time; failure to do so can affect amount of "playing time" at subsequent Talons' tournament. It is also expected that players with higher attendance to practices and in classroom sessions will receive higher playing time during team entered tournaments.

Player attendance will be conducted before each and every practice and in classroom session to ensure players that are punctual and receiving more knowledge to the Talons teams systems and expectations will have greater opportunities with tournament playing time.

Players are expected to follow rules in full set in place by the organization as well as the rules set in place for any rink the Talons team may occupy. Players found to be breaking facility rules, disrespecting facility staff or occupants or causing damage to facility property risk game suspensions or suspension from the Talons organization.

Players, parents and coaches are all expected to attend all Talons organized events and fundraisers, these are all chances to create closeness between all group members and to help create funding that benefits the Talons program operate to its full potential, those who expect to enjoy the benefits of playing for the Talons must contribute time and effort when called upon for the benefit of the program and the opportunities of its players.

Players have a full expectation to take care of their physical beings and performance at all times, players who are found to have any intake of non prescribed drugs or alcohol will be removed from the Talons organization, as per the 2011-2012 Substance Abuse Policy.

Players are also expected to perform on and off the rink to keep themselves in prime physical condition, players may be asked to perform extra curricular workout regiments to ensure they are staying on pace with the program expectations of being in complete competition and hockey playing shape.

Players will conduct themselves in a professional manner on and off the rink while playing under the Talons organization, this rule always falls in place for parents and coaches who are involved with the program as well to ensure members of the Talons are always held in the highest regard.

Mutual respect will be always be conducted between Talons players, coaches and parents, any player found disrespecting or speaking inappropriately to any member of the Talons coaching staff risks suspension in games or removal from the clubs program, as per the 2011-2012 Code of Conduct and Dress Code.

Player playbooks are intended for the use of registered Talons players and coaches only. Copies of the playbooks are forbidden as well as allowing any non player member, parent or coach of other programs to observe through the Talons team playbook, if a player so chooses to leave the Talons organization, they will be fully expected and responsible for the return of their playbook to a registered Talons coach at the time they choose to leave the program.

Inline Player Opportunities

There are currently a number of opportunities for inline players to pursue through their playing careers.

The Amateur Athletic Union as well as USA Hockey conduct yearly invite only tryouts to play for fully sponsored u18, u21 and Men's USA teams programs who compete in the International World Games between the governing bodies F.I.R.S. and the IIHF. The team USA programs offer free travel, hotel, uniforms, new head to toe equipment and registered USA apparel to all players who make the team, with that, the opportunity to travel to other countries and play against the world's best players in International competition in front of thousands of spectators. These International competitions always involve the chance to play in front of professional scouts from both the inline hockey and ice hockey communities.

As well as team USA there are a large number of professional European inline hockey organizations offering contracts that range anywhere from 5-6 digit salaries while providing apartment and car opportunities for players staying from out of country to compete in competitions such as the Euro Cup, teams currently range from Spain, Germany, France, Great Britain, Czech Republic, Russia and more.

There are also a wide range of professional tournament circuit teams in the United States who offer yearly contracts which include free travel and hotel, equipment and uniform sponsorship and the opportunity to play in such worldly renowned tournaments divisions such as Narch Pro and Torhs tier 1, both of which provide \$10,000 grand prizes for the winning team.

The AIHL is also an established professional league out of the United States which hosts the best inline players in the country scattered throughout different teams playing in the AIHL which also provides sponsorship opportunities and a cash prize for the yearly league champion.

National and International inline competition both provide the chance to be seen by professional scouts who may intend to bring a player into a junior or semi professional ice hockey organization, the number of true bred inline players that have started their careers in the NHL after playing hockey specific to inline, is growing on a yearly basis and has no intention of slowing.