



TALONS WEEKLY LESSON PLAN

LESSON 1 - Passing Angles

- Not just talking about defensive angling to cut a player off, but the angle needed to make an effective pass to your teammate.
- Do not over skate the goal line when attacking the goalie.
- Odd-man rushes and effective passing to score.
- Keep your stick on the floor when attempting to receive a pass.
- Moving without the puck.

LESSON 2 - Rotations and Covering for Each Other

- Cycling – Using the walls effectively for passing.
- Switching-off with your teammate while on DEFENSE.
- Rotating from offensive to defensive positions while on OFFENSE.
- Attacking the “slot” and “Weak side”.
- Moving without the puck.

LESSON 3 - Man-to-Man Defense

- Immediately find “YOUR” man. Point to opponent and TALK to your teammate.
- Stay with your opponent like glue.
- Do not float; Hard stops and backward skating is essential to a great defense.
- Create as many transition opportunities as possible
- Keep the puck in the opponent’s defensive zone as much as possible.
- Stop opponent before they cross the RED LINE.
- Prevent opponent from passing effectively. “Stick Play” is vital, i.e. poke checking.

LESSON 4 - Power Play Positioning

- Diamond positions (1) shields goalie, (1) player on each dot and (1) on the point.
- Moving the puck effectively and as quickly as possible
- Create as many shots on goal (SOG) as possible.
- Spread the defense.
- Moving without the puck.

LESSON 5 - Penalty Kill Positioning

- Triangle positions (1) at top of “slot” area, (1) on right of goalie and (1) on left of goalie.
- Covering for each other as puck moves from one side to the other is vital.
- Body position is important while protecting the slot and “weak side” areas.
- Constant “chatter” between teammates is critical.
- Keep your sticks on the floor, “poking” and sliding them back and forth.
- Keep the “Triangle” tight; prevent any breach of the “slot” area at all cost.

LESSON 6 - Line Changes

- Line changes on occasion must occur “On-the-fly. Can’t always wait for a referee whistle.
- Know when to leave the floor when you’re tired, or injured.
- Players must all know the common signals to make effective line changes.
 - Dumping the puck on command.
 - Quick transition from bench to floor.
 - NO FLOATING!