



INTERNATIONAL
ICE HOCKEY
FEDERATION

Individual Development

Offensive Smartness

2006 IIHF International Coaching
Symposium

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"The Four Cornerstones"

- Conditioning
- Technical skills
- Mental strength
- Smartness



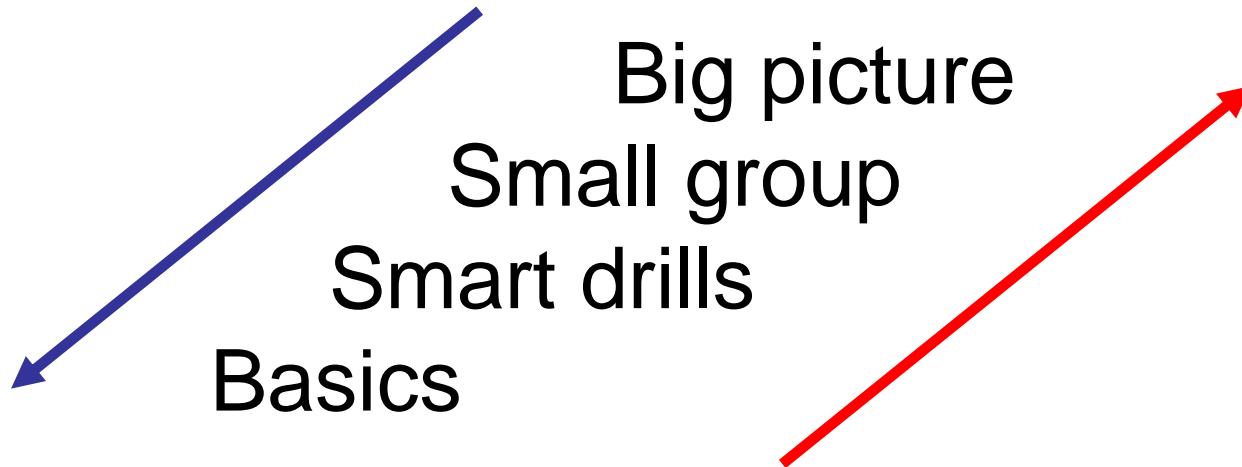
How to Utilize Individual Practice

- During regular practice
- Videos / 1-1 talks
- Extra sessions Off-ice
- Extra sessions On-ice



4-Step Practice

■ ***Breaking down – Building up***





Basics

"Keypoints"

- Heads Up
- Lock and load
- Skating mobility
- Passing



Game-Like Drills

- Common Game-like situations
- Taken from the offensive strategy
- Increased Speed – decreased space
- No read and react



Small Group Offensive Drills

Individual smartness

No pattern solutions

Read and react

Individual tactics

Small groups

Matching offensive strategy



Conclusion

*"It doesn't matter how fast you are,
if you dont know where you're going"*