

Food for Thought

In hockey there are a thousand situations, which may arise over the course of a game. Don't focus on teaching each and every situation, focus on teaching the fundamentals, which will allow the player to assess every situation, whether on offence, or defense and react accordingly. "Don't prepare the path for the player, prepare the player for the path."

The late Bob Johnson once said, "If I could only teach one drill in hockey it would be scrimmage."