

# HOCKEY MADE EASY

## **CANADA'S BEST INSTRUCTIONAL MANUAL**



**Developed For  
Parents and Coaches  
Teaching  
Male and Female  
Minor/Youth Hockey Players  
in  
House League/Recreational or Competitive/Travel Programs  
Revised  
2007/08  
Eighth Edition  
by  
*John Shorey***

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## **A Note On Changes In This Eighth Edition**

The Eighth (2007/08) edition of **Hockey Made Easy** has been completely reviewed and revised where applicable. It is now both longer and more focused than in previous editions. All units have been updated to reflect any new rule or penalty changes. Also the words explaining the basic skill development sections have been expanded or fine tuned to help the reader easily understand the expressed ideas. All of these changes have enhanced the books usefulness as a teaching tool and reference guide for Youth and Minor Hockey coaches, parents, young male and female players, or new hockey fans. This manual has been deliberately written in a style and vocabulary to help younger or first time players and coaches understand the skills required to play this fine game.

Please note the use of the word “he” and “his” in this publication is intended to include both masculine and feminine genders. Because Hockey is such a great team game it is now played by millions of Boys and Girls, Men and Women in over 35 countries around the world.

**Teaching Tip:** If you are a first time Minor/Youth Hockey coach, I offer a small suggestion. You must instill a **fun** element at the very start of the season to make all participants fall in love with this game so they will continue playing from age 5 to 75. If young players don’t have fun, or are put under too much pressure to win, from either their coaches or parents, they won’t enjoy the game and they won’t continue playing no matter how good they get at it. **Hockey Must Be Fun.**

Parents should also remember that most Minor and Youth Hockey Programs are about having fun while at the same time about teaching new skills and learning a new sport. They are not about developing NHL hockey players. Some very talented players will develop their skills to such a high level they will make the NHL, but most will not. But if taught properly, everyone will still have fun, will love playing the game and love watching it live or on television most of their life.

The goal of this book is to provide coaches, parents and players with the information they need to have fun playing hockey, to improve their basic skills and knowledge of the playing rules, to fall in love with the game and to continue playing and/or enjoying it throughout their adult life.

## **Acknowledgements**

It would be impossible to name the many people who have contributed to the development and distribution of this book since its first edition back in September, 1995. To all of you, I thank you.

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John Shorey

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## ABOUT THE AUTHOR

John Shorey is a Canadian who was born and raised in Brockville, Ontario. For over fifty years he has been directly involved in many different aspects of hockey. He played his Minor Hockey in Brockville beginning in the Atom House League program before advancing to numerous All Star/Representative Teams. At the age of sixteen, he made a big jump to the Junior "A" Hockey League, winning the League's Rookie of the Year Award. He was rewarded for his successful rookie season by being invited to the Toronto Marlboros Major Junior "A" training camp. The Marlboros were the top Junior farm team of the Toronto Maple Leafs. However, due to a very serious broken leg, incurred while playing fastball, he was unable to attend the camp and his Major Junior "A" hockey aspirations ended. Following a full year of physiotherapy and rehabilitation, he returned to hockey and signed with the Brockville Braves Junior "A" Hockey Club, which was a farm team of the Chicago Black Hawks. He played with the Braves for two seasons, finishing second in team scoring points his first season, and leading the Club his final year. He averaged almost 2 points per game during his Junior "A" career.

After graduating from Junior "A", but being just 5 feet 7 inches tall and weighing only 140 pounds, playing in the NHL or Minor Pro in North America was not a realistic option. So he journeyed to Europe and played two seasons of Professional hockey; first in Italy as a Player-Coach and then in Holland. Upon his return to Canada he was invited to play Intermediate hockey and his team won the Ottawa District Championship in his third season with them.

In 1968 Shorey joined the Brockville Tikis Junior "B" Hockey Club as an Assistant Coach. He dedicated the next thirteen years to the development of the Junior "B" program serving in different capacities. He spent ten years as head coach and developed a number of players who went on to play Junior "A", Major Junior "A", and University hockey. During these years, he completed Level I, II, and III of the Canadian National Coaches Certification Program and attended numerous Coaching Seminars and workshops to improve his understanding of the game and the different coaching philosophies, strategies and teaching methods.

He also served the Tikis as General Manager, President and became sole owner and operator of the Junior "B" franchise. He sold the franchise after five years to become President of the Rideau-St. Lawrence Junior "B" Hockey League, a position he has been elected to for twenty six consecutive years unchallenged. He scouts Minor and Junior "B" players for a Canadian Jr. "A" Hockey team and on June 1st, 2004, **Hockey Canada** presented him with a Junior Hockey Recognition Award.

Shorey loves hockey, he plays, analyzes NHL games on TV & attends at least 3 junior games a week. He is described as a "student of the game" always seeking new ways to improve on established areas. He initiated a unique Hockey Clinic for Beginners, Novice, Atom and Pee-Wee aged players(5-12) using a school classroom and gym setting to teach the basic skills and systems of hockey. He believes teaching players of this age group is essential to help them understand, improve and reach their full potential to advance successfully through the different levels of Minor Hockey right up to Junior, Major Junior "A" and College or University Programs. In 2003 he taught a group of non English speaking foreign students aged 14-18, from such non hockey countries as Iran, Saudi Arabia, Mexico, Korea, and West Africa how to skate and play hockey during their winter semester at a private school in Brockville. The students picked up the hockey skills very quickly and fell in love with our game.

His motto is "**Hockey Begins In The Classroom and Ends On The Ice**". This manual, first printed in September 1995, is based on his teaching philosophy, vast hockey experience, and discussions or observations with current and past hockey coaches and contacts. He believes the information contained in this manual will help improve the hockey skills and knowledge of everyone who reads it. In June 2007, John Shorey was inducted into the **Brockville and Area Sports Hall of Fame**.

# HOCKEY MADE EASY

## INTRODUCTION

"Hockey Made Easy" is a unique Instructional Manual and Training Program specifically developed for all Youth/Minor Hockey coaches, parents, players, and fans. The information is intended for both males and females who wish to improve their basic hockey skills and/or increase their understanding and knowledge of this fantastic game in order to play, coach, or watch the game at it's highest level.

Hockey is the fastest team game in the world and to many the greatest. In order to have **fun** and to play it well, you must have a sound understanding of its basic rules and penalties, the skills required to play it successfully and safely, as well as its offensive and defensive systems. The earlier you understand and learn these important aspects of hockey, the better player, coach or fan you will be.

This newly revised 8<sup>th</sup> edition Hockey Made Easy Instruction Manual will help you become a competent and better all around player, coach or knowledgeable Youth/Minor Hockey parent or fan.

The material contained in this manual can be adapted for street, ball, roller and of course ice hockey, from House League/Recreational Teams to Triple "AAA" Representative/ Travel Teams.

## PROGRAM GOALS

- 1) To improve your understanding of the basic rules of hockey such as: icing and non-icing, off-sides and delayed off-side, legal two line passes and some of its most common penalties.
- 2) To improve your basic hockey skills such as: skating, puckhandling & stickhandling, passing & receiving, shooting & scoring, stick checking & body checking, and goaltending skills.
- 3) To improve your hockey intelligence by learning how to read and interpret situations or plays then react by making split second decisions on when to pass, where to pass, when to shoot, where to shoot and what to do and where to go to prevent goals when you don't have the puck.
- 4) To improve your understanding of playing a specific position,(forward, defense or goal) its role, and the common offensive and defensive "X" theories and systems of the game including interchangeable positions, on ice balance, clearing/breakout plays, forechecking and backchecking systems, defensive zone coverage, offensive and defensive face-offs, and special teams for Power Play & Penalty Killing situations including their basic theory and strategy.
- 5) To increase parental awareness as to what players in the Beginners/Initiation, Novice/Mite, Atom/Squirt and Pee Wee age groups (5-12) should be **learning** in either their local Youth/Minor Hockey Program, or with some help from them at home, in order for their child to develop his/her love of the game by having **fun** and improving basic skills at an early age.
- 6) To provide parents and coaches with valuable information regarding a player's development timetable. Preparing for a Representative/Travel/All Star Team tryout camp, signing a player card, player affiliation opportunities, obtaining a release in order to play with another team. Regular season and playoff games, role of the coach, yearly practice plans, tips for parents, hockey burnout, how to play a specific position and how to play the game, as well as numerous Hockey terms and expressions you are encouraged to read and generally need to know in order to understand this wonderful game. Good luck and keep reading!