

ABC Coding System

My diagrams are coded in the ABC format. This is like a library coding to make it easier to find things. Code designed by IIHF Hall of Fame coach Juhani Wahlsten (3 Olympics, 7 World Championships and former captain of Finland National Team)

A - Skating and individual skill

B - Partner skills

C - Game situation drills

D - Games full and SAG

DT - Transition games

E - Shootouts and contests F - Off-ice training.

F – Fitness skating.

G – Goaltender training.

O – Off-ice training.

T - Teaching drills and games where the coach is controlling the situation and giving instruction on individual skills or team play.

The letter tells what is being worked on. The number behind the letter tells what the area of the ice it is being done in.

A1 – cross ice A100 – cross ice with a puck. (ind. Or skating skills cross-ice and then cross-ice with a puck) A3 – around the rink. A300 – around the rink with a puck. Etc.

The same happens with all the drills and games. i.e.

D – Game situation.

D1 – Full ice. D100 – Full ice with extra players on the side or in the box.

D2 – Cross-ice game. D200 with extra players rotating in.

D3 – one cross-ice game and another game from the goal line to the far blue line. D300 with extra players rotating in.

D4 – one zone game and D400 with extra players.

D5 – A D4 game at each end and a D2 game in the neutral zone. D500 with extra players.

D6 – Full ice with two nets on each goal line making two full ice games at once. D600 with extra players.

D7 – ¼ ice games with two nets on each goal line. D700 extra players rotating in.

D8 – Four games at once with two nets on each goal line and two nets near the red line. D800 extra players. (good to have a hose, boards or rink divider along the red line.) Good game formation with smaller players.

DT - Transition Games are coded in a similar way.

Examples with video links:

D200 2-2 Shoot Either Net – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=5793#5793>

C3 1-1 to 2-2 - D Join F Backcheck-Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=5822#5822>

T2-4 D400 Specialty Team Practice - Czech Republic U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=4071#4071>

D4 Two Pass - Czech Republic U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=4087#4087>

A300 Shoot-Rebound-Walk In-Walk out - Swedish U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=4133#4133>

F - B6 2-0 Disguised Skate - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6369&topic=6555#6555>

B3 Three Lane Shots - Swiss U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=4164#4164>