

## Observing Players Develop Youth to Pro - 4-4

### *D100 Pro 4-4 Tournament*

*I posted this as a demonstration of how the top level players keep good habits and great technique when they are young. They move the puck to the open man, support the puck and get open, have sticks on the puck and in the passing lanes. They usually bury the puck if they have a good chance. Notice how they face the play with the puck by pivoting and turning so they can see everyone. They move to open ice and really protect the puck with their body.*

Lots of other good things. If you go to the videos of the 85ers doing a DT100 transition game you can see the player in blue with the white pad on his back. He still skates the same bent over way and does that Gretzky quick turn to gain ice for himself. I coached them when he was 12-13 for two springs. 40 practices 90 minutes each for ten weeks for two years and we went into two tournaments a year. So I coached them 80 practices or 120 hours. Five of the 9 F were still playing pro last year.

They work out every week day with this format to get ready for the season.

- skate around handling the puck.
- some passing, shooting drills run by a coach.
- play a 4-4 full ice tournament and keep score.
- play 3-3 cross ice and keep score.
- do about 10 minutes of skating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130824182500255>

<https://youtu.be/jbrAHM9JQUM>

*Same player when he was 12. He had a good career in the NHL and played for Canada in the 2018 Olympics. Another small player won the Hobey Baker. He only grew to 5' 6" and had a great career in Europe another drafted in second round and played in the NHL, coached in Sweden and was an NHL head coach and now HC in AHL. Everyone on the team played at least Jr. A. Lots played major junior or NCAA Div. 1 and many played in the minors. They turn 36 this year. A few are still playing in Europe.. The best player was second overall in Bantam draft and quit hockey at 18. They were skilled enough at 12 to do any drill or game that the pro's in the video above can do. Just not as fast.*

D100 4-4 - Pro

<https://youtu.be/vSn8xg6Jilw>

DT100 Continuous 1-1 with 85er's

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726085538618>

DT100 Continuous 2-1 - 85er's

<https://youtu.be/3USLKJdp3r8>

DT100 - Continuous 1-1 - 85er's

<https://youtu.be/5c0qnDpWTUM>

D100 Scrimmage with Extra Players on Bench

