



Introducing “SPEED OF MIND HOCKEY” League

"Speed of hand, speed of foot, speed of mind. The most important of these is speed of mind. Teach it." - Anatoly Tarasov, The Father of Soviet Hockey

Group: Girls 14U/12U (2008-09 playing level)
On Ice Director: Tom Aney

LEAGUE OBJECTIVE

The objective of *Speed of Mind Hockey* is to play the game in an environment that stresses team puck possession over all else. *Speed of Mind Hockey* aims to (1) develop decision making skills, (2) passing skills, (3) and puck support skills.

It is important to note that *Speed of Mind Hockey* is conceived as a compliment to extensive progress/dedication to individual skill development such as power skating, puckhandling, shooting, etc.

The format of *Speed of Mind Hockey* will be 4-4 play continuous and fast paced play with a rule set that encourages puck possession over all else and discourages decisions that result in loss of possession (dumping puck/turnovers, etc).

Targeted players: To be successful at Speed of Mind Hockey, players should have already developed good skills, including a solid ability to deliver and receive passes and carry the puck with the head up.

PLAYER ANALYSIS

The goal of the *Speed of Mind Hockey* league is to dramatically improve the player's offensive decision making with and without the puck. Toward this, the league will keep individual and team Speed of Mind statistics that measure progress. Players can check on the website to view their stats and track their progress.

These statistics are not goals, but rather more geared toward passing and receiving and turnovers and regrouping decision making with the puck.



SPEED OF MIND HOCKEY - Summary

Because Speed of Mind stresses puck possession above all else, the central rule in Speed of Mind hockey is absolutely no dumping or clearing the puck. Any dump or puck clearing is an infraction. Players and teams must strive for puck possession and puck support over all else.

12 minute games, no whistles. Each 1 hour and 15 minute session will consist of a minimum of 5 games.

Speed of Mind is 4x4 hockey. There will be one faceoff at the beginning of the game and after that, play will be 100% continuous and rule infractions are served via an instant team 'payment' by all players on the ice.

Play is fast paced and continuous with no whistles. After goals or frozen pucks, there is no faceoff, but rather a quick tag up.

SPEED OF MIND HOCKEY – Concepts

- Puck support from all sides, giving constant width and depth to the puckcarrier
- EVERY player works to create passing options and has ready stick and ready edges at all times when your team has puck
- Patience with puck, frequent regrouping
- Constant and close defensemen puck support

