

The advantage of these guidelines enables a proper usage of the available space and more accurate layout of different muscle groups, assuming conscious, active and continuing improvement of students. Another advantage is the simultaneous use of several materials and sports equipment, controlling the progress using tests and rules, increasing the self-control and self-guidance.

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## ICE HOCKEY; OFFENSIVE PLAY OBJECTIVES AND CONCEPTS

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### Abstract

This work comes detail the objectives and principles that performance sportive must use in the offensive game. Athletes will have to apply these rules almost mandatory both in game five to five and a bit of inferiority undeserved when required possession of the puck as extended, especially in the numerical superiority when seeking to create free spaces to could capitalize game goal, in numerical superiority.

All these objectives can be achieved only with a skating speed with possession of the puck as much with a team game involving all players in the attack, the protection of the puck as good and not least with as a movement of the puck.

When the puck is regained, look to create the opportunity to go back on offence. The transition game consists of both a quick counterattack and the composure to be patient when it is necessary to buy some time. Once puck possession is gained, keep it and do something with it. Embrace this philosophy of puck control - maintain a puck control game as much as possible.

Take advantage of what the opponent gives you - do not force plays. If the opposition has their defensemen standing up, chip the puck behind them and skate onto it. If the defensemen sag off from the blueline, attack the space in front of them.

*Keywords: Ice Hockey, Offensive Play.*

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### Introduction. Objectives

Score - do not just generate scoring chances or shots - SCORE

Puck Possession - get it then keep it and do something with it

### Concepts

Possession - get the puck, keep it and do something with it

Possession is critical - gain puck possession as quickly as possible

Whatever it takes to always outnumber the opponent for the puck - numerical superiority all over the ice

Puck retrieval skills - retrieve the puck , earn second chances  
Puck protection - you between puck and opponent  
Take away the walls - shrink the opponent s space  
Speed - movement with purpose  
Quick puck movement  
Player movement  
Explode with the puck  
Explode with the puck  
Jump to become an option without the puck  
Player and puck movement simultaneously - motion makes it difficult to defend  
Speed intimidates  
Speed creates passing and shooting options by opening up seams  
Support - always be an option  
Expect the puck / want the puck - be prepared for a pass every time; look to receive the puck and allow your team mate to have confidence that you will be open  
As a player without the puck, the onus is on you to become an option. The player with the puck should be able to depend on the four of his/her team mates to become options — the players with out the puck should not have to depend on the puck carrier getting them the puck.  
Change the point of attack. Move the puck from one side to the other, or from the top to the bottom- changing the point of attack with quick puck movement can spread out the defenders and can also create isolated 2 vs 1 or 3 vs 2 situations  
Move the puck in an 'L' - across, down, up, back across  
'The puck has eyes' - see the game through the eyes of the puck  
Balanced positioning - the player with the puck should be supported by his/her teammates on both sides of the pucks  
Support your teammate by setting screens and picks - any time you do not have the puck you should still be an asset to your teammates by helping to create options and space  
Take advantage of no red line  
Stretch man stretches with purpose - open up the ice and be an option  
Create opportunities on opposition line changes - headman passes by goaltender or defenseman to forward  
Take what is given - don't force passes - short possession passes lead to penetrating passes  
Crash the net / Shot Mentality / Funnel to the net  
Take the puck to the net - walk seams, look for jams, be assertive  
Have a strong shot mentality - everything goes to the net  
Spray the goalie  
Drive to the net - mid line drive; 3 man drive  
Create net front traffic - focus on attacking the net with or without the puck - outnumber the defenders at the net  
Defensemen must be scoring threats - look to shoot and ensure the puck gets through - hit the middle of the net and avoid shooting long side  
Get to the net front - screen the goaltender  
Look for and recover rebounds - bury the puck  
Jump to loose pucks  
Join the attack - activate the defensemen  
Defensemen must get up with the play and get involved offensively  
Beat the opposing forward into his end  
Create odd numbered rushes and late man attacks  
Defensemen must be an option in the offensive zone  
Read and react to jump into the play at the right time and be a scoring threat  
Create confusion in the offensive zone - roll down and back up, exchange positions with a team mate, slide across the line  
Provide an option on a cycle play be either coming down the outside to receive the puck (high roller) or by setting a screen or pick (high roller fake/decoy)  
Creativity/Offensive mentality  
Create wonderful plays - this creativity is built off of sound fundamentals  
Score off of the rush - do not think set up. Take advantage of a scoring opportunity created off of an outnumbered rush situation.  
Exude confidence - do not be afraid to try things  
Communication. Communicating is a sign of confidence.  
Anticipation is key - think ahead.  
- Play with patience but be intense as well - look for 'windows of opportunities' do not force plays.

Do not over pass or over handle the puck - look to score  
Deception is vital - freeze your opponent; look off a pass  
Face off plays  
Intangibles  
Courage  
Play tough - net front toughness - tough on the puck  
Pay the price  
Be assertive - take the initiative; be aggressive on puck  
Out work the opposition in every area of the ice.  
Play with passion, enthusiasm, grit, determination and drive  
Challenge the opponent  
Compete. Win every 1 on 1 battle starting immediately from the face off.  
Be a leader - lead through example.

### **Offensive Play Principles**

#### **Breakouts**

When possession of the puck is gained in the defensive zone, the defenseman must know immediately what options he has. His responsibility is to move quickly - skate with the puck or look to move it quickly - make a quick pass, a wheel, a reverse - any quick breakout option. In order for this to happen, his teammates must make themselves available. Everyone must be on the same page to take advantage of moving the puck quickly and going on the attack.

Come back hard to the defensive zone and get control of the puck - discourage your opponent from coming in to forecheck

Turn puck up quickly and generate speed

Read forecheck pressure - make the smart play

Come with speed, then look to pass when trapping someone.

First pass is critical.

Use short passes

Timing is critical. Players coming deep should all come together and provide quick balanced support for each other

Player without the puck must skate with purpose - become an option more than once

When skating off the puck intimidate and distract the opponent with speed. Spread the defenders out, be a threat by being an option.

#### **Regroups/Transition**

Transition is an important aspect of offensive hockey. Transition is created through coming back hard. Once the puck is turned over on offence, there must be a commitment from all to come back hard as a unit of five. Track back hard through the middle and look to outnumber the opposition at our blue line to force a turnover.

When the puck is regained, look to create the opportunity to go back on offence. The transition game consists of both a quick counterattack and the composure to be patient when it is necessary to buy some time. Once puck possession is gained, keep it and do something with it. Embrace this philosophy of puck control - maintain a puck control game as much as possible.

Take advantage of what the opponent gives you - do not force plays. If the opposition has their defensemen standing up, chip the puck behind them and skate onto it. If the defensemen sag off from the blueline, attack the space in front of them.

Come back hard and become an option immediately.

Support the puck carrier.

Look for a quick counter.

Defensemen must activate and get involved in the attack

If team mates are caught in opponents end, settle into a regroup to try and draw the opposition to you.

Be prepared for quick up passes from the goaltender

#### **Entries**

Use offensive creativity when attacking the blueline. Encourage your players to take advantage of their imagination, their patience, and their skill level.

Think attack - create two on ones, establish the middle lane drive, crash the net, have a shot mentality.

Emphasize the importance of the defensemen activating as part of the attack.

Get to the net - get pucks to the net, get players to the net stop at the net, spray the goalie.

Attack the blueline together and with speed

Attempt to enter the zone wide with close, quick support

Chip the puck - control the walls - win the battles along the boards

Always outnumber the opponent on the entry

Take the puck to the net and look to score off the rush  
Puck must go deep - less chance of a turnover and the defenders have a more difficult time knowing where all the players are  
Look to change sides quickly to confuse the opposition  
Dump in with the purpose of getting the puck back - hard rims/diagonals/soft chips - placement of the puck is critical - puck retrieval skills  
Rims and dump-ins are based on the philosophy of giving the puck up to get it back  
Keep the puck away from the goaltender

### **Conclusion**

#### **Offensive Zone**

Get the puck to the net. Look for second opportunities, crash the net, win the net front battles, pay the price to score. Be creative - read and react to what is given.  
Puck possession is critical. Go and get the puck. Outnumber the opponent everywhere  
Be a threat to score. Be hungry to score-all goals count, not just the pretty ones.  
Crash the net with a vengeance.  
Strong on stick.  
Provide close support Short, one touch passes are most effective.  
Pick/screen, move with purpose - attempt to always influence, distract, interfere with the opponent by being a passing option or by creating space  
Active puck movement and active player movement  
Movement of puck away from pressure  
When the puck comes to you move with it-avoid standing still  
Cycle with purpose - change sides, use the back of the net - look to get the puck to the net  
Stretch out the zone - go from bottom to top, top to bottom and then across the blueline or behind the net  
Defensemen stay high near blueline- use as much of the offensive zone as possible.  
Defensemen must jump with puck - create indecision on part of defenders  
Defensemen should not be in a hurry to leave the blueline Avoid drifting or creeping in - when it is the right time to jump in, then go with a purpose.  
Shooting mentality - points must be threats to score  
Forwards must be threats to score through their positioning and through their willingness to go to the net.  
Forward should avoid being too low to the end boards and look to cheat up towards goal line so jam is an option  
Present your forehand and activate your stick - be prepared to score  
Play with intensity and poise  
Pay the price – intangible

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## **SCHEDULING AND PLANNING EXERCISES FOR THE DEVELOPMENT OF SPEED IN THE GYMNASIUM**

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### **Abstract:**

The paper presents a complex of exercise special composed for improving the speed in gymnasium. The pedagogical experiment was conducted during a period of ten weeks and the results have shown that if the exercises are well scheduled and planned serious improvements of speed can be achieved. The exercises proposed have proved the effectiveness in physical education class and can be recommended to be used in gymnasium, but with some caution, given the development of the students, their age and gender.

*Keywords: speed, exercise, race, motor skills*