



20-21 London Knights Coaching Clinic

This clinic aims to educate participants on trends and techniques being applied at the highest levels today. Our goal is to provide new insight and/or affirmation on skills, techniques, and planning that can be applied to your club teams. In this seminar we will be going over 5 areas of the game that we feel is imperative for building successful teams as well as individual player development.

1. Reading the Rush Strategies: How to teach it
2. Manufacturing Offense: Creating Ways to Score
3. D-Zone Foundations: Teachable Defensive Skills
4. Practicing with Intent: Planning for Success

Reading the Rush Overview:

1. Rush Situations
2. Common Mistakes leading to Odd man Rushes
3. Rules and/or Guidelines for increased execution
4. Practice Drills for implementation

Manufacturing Offense:

1. Ozone Strategies
2. Rules and Guidelines for players
3. Skills and techniques for players to increase scoring
4. Practice drills for players

DZone Foundations Overview:

1. DZone System Breakdown (Man and a half, Overload Read)
2. Individual skills and techniques related to position
3. Rules and Guidelines for Players
4. Practice drills for game play situations

Practicing with Intent

1. Philosophy
2. Planning
3. Drill Book

Every coach will be given a packet of the drills as well as the video and power-point presentation