



COACH PROFILE

Burlington Minor Atom A Bulldogs



Bob Allen- Head Coach

Name: Robert Allen
Age: 37
Hometown: Burlington
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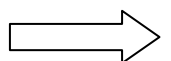
Hockey jobs: Burlington Bulldogs Novice MD-A

- Champions Detroit Wolverines Cup
- Champions BLOMHA MD Cup

Coach Elite Travel Team Spring 2010
Coach Elite Travel Team Spring 2009
Coach Rep Tyke Boys Team - 2nd Overall 2008
Summer Hockey 4 on 4 - Gold Medal in 2007
BLOMHA Development - 4, 5, 6

Day job: IP Complex Solutions Consultant – Bell Canada

Family: One son, whom he has coached at various levels and one daughter, a big time cheerleader at the rinks and Rep Volleyball Player



Hockey experience: Bob started playing hockey with BLOMHA at 4 years old and worked his way to City Rep in two different cities. Throughout his career he has played most positions and still plays today.

Coaching philosophy:

"As a Hockey Coach, my most important job is skill development and teaching the fundamentals of the game. Winning is not as important as a lot of people think it is - but don't get me wrong, it's good," Allen says. "Let me tell you, if we win, I think it's great, and I'll brag about it, but first and foremost it's my job to make sure every player comes out of a winning or losing experience, and has developed and learned new skills, built character and most of all has FUN"

Allen admits the big wins are memorable, but they're not why he's so passionate about the game, and not why he's been coaching.

"It's rewarding for so many other reasons," he says. "At the minor levels, I truly believe hockey is a great teacher of life lessons. We can learn a lot more from hockey than just hockey itself. We learn things like responsibility, dedication, being accountable to your teammates, teamwork, and disappointment. There are many life lessons to be learned.

"Hockey is more than just hockey," he adds, "and at the same time, it's the best game in the world."

Practice tips:

Every practice should begin with instruction off the ice. When he has time, Allen walks through his drills with players on an empty floor or whiteboard before they hit the ice.

"That way you can do things really slow, you can correct the errors, and you're not wasting precious on ice time," he says. "When the players get on the ice, they know exactly what they're doing." And you maximize every minute

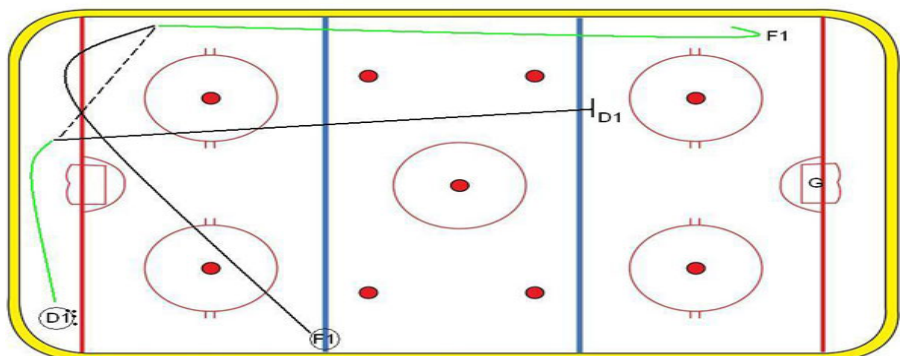
Practices should end with a fun drill.

Allen suggests races, three cross-ice games at once, or games where players are only allowed to skate backwards.

"I have a personal philosophy that you should always end a practice with a fun drill, a small-area game," Allen says. "They usually become a bit of fun, they can be competitive, and it's a good way to end a practice."

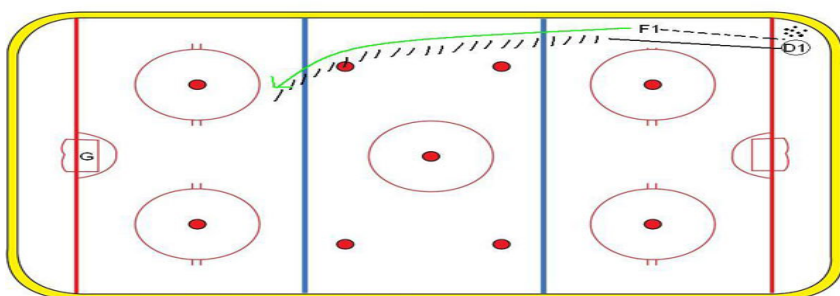
Allen's favorite drill

The Tenacity 1-on-1



Purpose: The drill incorporates skill development all over the ice, including breaking out, regrouping and offensive and defensive situations.

- Players line up in the defensive end - D behind the net with the puck, F on the same side of the ice at the blue line
- D takes the puck behind the net and hesitates
- F leaves at the same time, curling towards the net and opening up to pick up the pass from D (on the opposite side of the ice from where they lined up).
- F takes the pass and both F and D skate down the ice
- F drives wide, staying close to the boards and doing a tight turn to make a pass to D, who is breaking through the middle



- D takes the shot from the top of the circle
- If there's a rebound, D picks up the rebound (if the puck goes in, D picks up a puck from the corner) and passes to F, who is standing on the hash marks
- F hesitates so D can get back to defend
- D skates backwards and defends as F goes on the rush and tries to take a shot on net
- The drill can be run on both sides of the ice at the same time, but make sure players keep to their side of the ice and keep their heads up to avoid collisions