Blow Press surrender first, A.T.W., Cleaners in

minal Warehouse squad, slip- win over Hellers.

Blow Press were stunned 9- top spot. Vans' Welding 2 by a fired up Acton Ter- stayed in the race with a 6-4

ping from first to third posi- Blow Press took the lead 1-0 tion in the industrial hockey in the first period when Mike standings as a result of the McMahon found the range loss. ATW and Family from Fred Crawford, Henry Cleaners, who topped Lake-view 5-3, have taken over the Irwin added a single as ATW

Dave Cooksley with two and assist. Steve Bennett, Cecil Stuckless and Pete Morrison with

the game yet as they opened

markers before the end of the marker, again from second period. Assists went to McMahon. Jeff Goy got the

Six in a row That was the last time they were in the game as ATW Blow Press were not out of came back with six in a row to win going away. Leading the

scoring in the six run burst were Bren Irwin and Bruce Mellon and Hugh Forbes Severenski and Steve Bennett collected the other two points. Ted Saitz, Severnski and

Stuckless picked up assists in the game. teams are battling for the lead in the industrial standings, the game was a clean one, with only one penalty

> called. Vans Welding finally took control of a tight game in the final period where they outscored Hellers 4-2 for their two point win. Score stood at 2-2 after two periods of play as Bruce McPherson scored twice for Vans and Ron Mellon and Steve Townsley

answered for Hellers. Wayne Allan assisted on both McPherson's goals and Glen McKenzie, Al Hall and Bill Fabian did the assisting for Hellers.

Consecutive Doug Wayne Allan, Andrews and McPherson scored consecutive goals for Vans to put the game out of banged one home from Ron reach. Jim Haggett, Gary Marsh and Brian Lloyd got assists on the points.

the pre-competative girls

AIHL standings W L T PTS GF GA Cleaners 8 5 1 17 67 51

shape -- and don't give the enemy a big Fitness is fun.

Cleaners came back when Schmidt pointless. Two quick goals from Ron Jacobs sailed in unassisted, Steve McIntyre, Tim

assists on the markers. Only one penalty was called during the game.

Tiny and Cadet gymnasts compete at North York meet

On Saturday, the Halton brought home three in-Hill Gymnastics Recreation dividual ribbons, two on Tiny and Cadet teams travelled to Toronto to compete at North York recreation and Janet Strathdee both Invitational meet.

extremely well. The Tiny group, which is made up of gymnasts under 8 years of age as of Sept. 1, 1977, placed fourth all-round. The team

by Bill Richmond

NCCP Instructor

START SIMPLY

progression in teaching.

Don't spring a new and dif-

If you're going to work on

break-out patterns, for

example, start from a dia-

gram or maybe a film, them

go to a demonstration on the

ice, then a walk-through, to a

breakout session with a little

bit faster tempo and then,

finally, a break-out session

with one or two guys fore-

checking, increasing the

number of fore-checkers until

you have a five breaking out,

five fore-checking type sys-

tem. This is working from the

very simple to the very dif-

make your drills as close as

possible to game situation. It

is very discouraging to see a

group of boys lined up in one

corner of the rink and going

down to shoot on the goal-

tender. All they're doing is lackadaisically skating down

the ice. And then, when they

get close to the goaltender,

they pull on the one side and

shoot the puck in. Really,

A LITTLE CHALLENGE

that requires them to stick-

handle through some cones or pass the puck off and receive

it, maybe skate around an

end cone and cut in on net,

then you are simulating a

You are also trying to

simulate the game speed. The

tempo of the game is very im-

portant and this must be est-

ablished in practice. You can

do this by the use of cones, or

challenge them in any way,

and thus keep the speed of the

practice near that of the

Another major point is to

correct the big errors made in

practice when you are going

through a drill at once. These

errors cannot be let go, even

if the person knows he has

made the error, a reminder is

called for. You can just say,

"Do you know what you did?"

And they'll say yes. And then

you can go on. There's no

problem. But you have to cor-

rect these errors at once. You

can't let them go on because

they'll just multiply.

game situation.

But if you set up some drill

they've

nothing.

accomplished

to the more difficult.

ficult task on your boys.

Work from the very simple

beam. Amanda Deforest won a ribbon with Christine Shirk putting on extremely good performances here. Christine The girls from Halton did also took a sixth place ribbon for her floor.

> Amanda DeForest, Lisa Greenly, Heather Ormsby,

error. You have to go over it

with them and tell them

exactly what they did wrong.

PRACTICE

There need not be any sec-

rets in the game hockey. Any

coach rth his salt can become

familiar with the latest

developments in the game.

Coaching clinics, new books,

and discussion with fellow

coaches help the coach stay

abreast of the latest develop-

Fred Shero hit the nail right

on the head when he said that

"execution" was the key to

hockey success. Since all

teams do not have the same

amount of time for practice, proper execution comes from

believe a team plays as it

practices. Therefore, every

fundamental executed in

practice should be taught and

learned so that it will also be

executed the same way in a

The success or failure of

most coaches probably is dir-

ectly proportionate to their

ability to devise drills for

their particular needs and to

co-ordinate them into the

daily program. A coach may have a tremendous know-

ledge of the game, but unless

he can teach it to the players,

Therefore, in planning a

hockey program for the sea-

son, the coach should take

into account the following

1. Keep it simple - sim-

plicity should be stressed

along with proper execution

of the fundamentals of

stressed daily during the

practice session, since the

game boils down to puck control, passing and skating.

3. Drills should be utilized

to teach both offensive and

defensive systems. Coaches

should start with the part and

4. Follow your planned

practice schedule to the let-

ter. Do not deviate since you

should have planned your

practices with specific ob-

work to the whole.

jectives in mind.

2. Fundamentals should be

it can go to waste.

points:

hockey.

game situation.

ments on hockey.

Another point would be to well-planned practices.

ORGANIZATION

A little of everything.

Christine Shirk, and Janet and Lynne Herrmann tied for Strathdee.

The Cadet division is for girls ranging in the 8-9 age Martha Armstrong, Elizagroup. This team placed third all-round, with outstanding

The following girls took invididual ribbons for their Tiny division consisted of routines. Kelli Warner had a lovely floor program and received fourth. Penny Sieber

Coaches' Corner group from the Acton intermediate program, George-Sometimes boys can't see be short and snappy with em- town intermediate group and that they've made a major phasis on execution. Drills should also stress competition as much as possible. 6. All practice sessions should leave ample time for

defensive work. Defense is the key. You must stop the other team from scoring. an ideal amount of time for practice, if it is well planned.

Don't let your practice drag.

plan to do on ice. 8. End each practice with a fun drill so that your players leave the ice with a good

9. A five to ten minute prepractice warm-up should be utilized to loosen up each player before hard work is

10. Analyze each day's practice with your assistant coach. Keep a daily record of practice schedules, rating the strengths and weaknesses of each drill. Then, emphasize your weaknesses in the next

Kelli Warner.

beth Hoerig, Lynn Herrmann, Christine Hughes, Tina performances from all the Goddard, Sherilyn Kirkpatrick, Llsa Mitchell, Jennifer Lusby, Elizabeth Majuery, Penny Sieber and Janet Armstrong, the head coach for the Acton division, took both teams to North York for the meet. Her comments on this mixed

Cadet team consisted of

sixth on vault.

from the Halton Hills Jills were that they all performed well, acted sportsmanlike and were a definite credit to Halton Hills. The teams in both divisions consisted of 12 teams from as far north as Barrie and south

7. Sixty to ninety minutes is to Ancaster. It was a fun day



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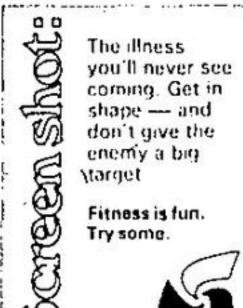
Cowntown _ eorgetown

Cooksley with two goals each. brought Hellers close but Pete Morrison and Bill Vans iced the game with three segonds left when McPherson connected again, from Andrew Berry. Glen McKenzle assisted on both Hellers late markers, Even though these two while Mellon and Jim Cooney picked up singles. There were no penalties

> called in the game. Cleaners got a share of the top spot for the first time this year with their 5-3 win over Lakeview. They went out 4-0 in the first period and held on to win from there.

Gary Coulton led the scoring in the four goal burst, potting the puck three times inside a seven minute span. The other Cleaners' goal of the period went to Floyd Hillier. Ted Jowett picked up assists on all four shots, with a double going to Floyd Hillier and singles to Bart Jacobs and Coulton.

Lakeview finally got on the scoreboard in the second frame when Jim McDonald Schmidt and Bob Jarrett.





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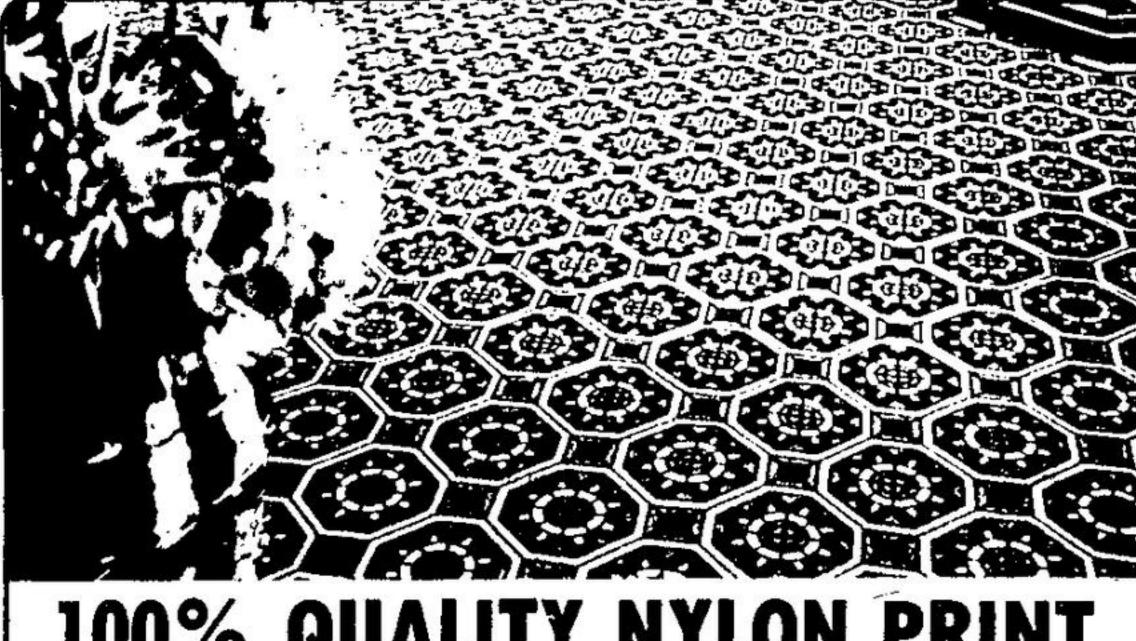
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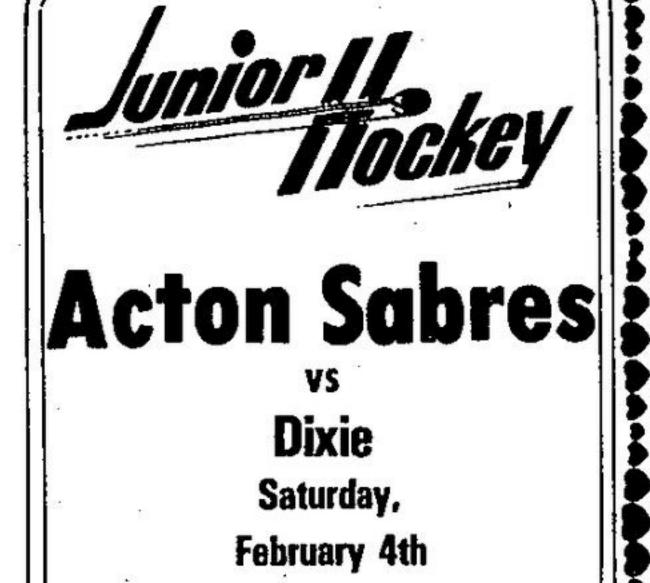
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