Welcome Coaches
2014-2015 Coaches Meeting Agenda

1. Welcome and introductions
2. New this season *Coach incentive program *Timbits Development Plan
3. Season set up, season at a glance
   Games, tournament, ratios, travel, season set up encouraging pre planning and more practicing
   Development – team building and athletic development off the ice
4. AMHA Player Development Program
   - practice visits and outside providers etc-coach club Conversation in dressing room, on ice show and share, shinny AMHA division specific coach clinics
5. AMHA practice layout plan (20/20/20)
6. AMHA web site coach tab
7. Hockey Canada Drill Hub
8. Certification requirements/coach profile E hockey account
9. Junior coach program
10. Fairplay
2015/2016 Kick off Coach Meeting

Welcome and introductions
New this season
a) Coach incentive program
b) Timbits Development Plan

3. Season set up, season at a glance
4. AMHA practice layout plan (20/20/20)
5. AMHA web site coach tab
6. Hockey Canada Drill Hub
7. Certification requirements/coach profile
8. Junior coach program
9. Fairplay (Simpson?)
10. AMHA Development plan
AMHA Positions of Trust & Authority

• A member of AMHA that occupies one or more of these positions:
  • Executive Committee Member
  • Board of Directors Member
  • Administrative Staff
  • Head Coach
  • Assistant Coach
  • Team Manager
• It is a fundamental value in Canadian society that those who are entrusted with a position of Trust & Authority be held to a higher standard;

• It is a privilege and honour to coach and mentor children in sport, however it comes with significant responsibility; and

• *It is an aggravating factor* when these people breach the policy.
Criminal Record Checks

Why you need them?

What if you have a record that doesn’t relate to children or abuse of authority?

What if you don’t get your record check completed?

On file with AMHA for 3 years

November 15th deadline to show Proof of submission (receipt)
New to AMHA this season is our coach incentive program. Through a single coach our development team is able to reach up to 17 athletes in our association. By giving coaches within our organization the tools to assess, organize, instruct and communicate we will become front runners in the development of individual and team skills required to be successful hockey players. Our incentive program is for Head coaches only and is based on 6 requirements. These requirements are as follows:
How to complete the program this season

- Attend season kick off coach meeting
- Attend division specific coach clinic #1
- Attend division specific coach clinic #2
- Attend AMHA goalie coach clinic
- Attend coach club meeting #1
- Attend coach club meeting #2
- Should a head coach meet all of these requirements, they will receive $300 off their child’s following season registration.
New Timbits Format

- Timbits program which has been aligned with Hockey Alberta’s mandate to have our initiation athletes play on a reduced ice surface with smaller nets and lighter pucks. This decision from our governing body will allow us to develop more complete athletes at a younger age. Playing on a smaller ice surface will increase puck skills and maneuverability, using smaller nets will increase shooting accuracy and give future goalies more success between the pipes. The use of lighter pucks will increase the athletes ability to control the puck as well as shoot with more success.
Timbits continued......

- In addition to equipment changes AMHA has hired an outside provider to instruct our first year Timbit group. This will allow our young athletes to build a solid foundation in their introductory year in the sport. This provider will not only instruct our athletes but also the volunteers that are interested in pursuing coaching in season two of Timbits. This will help to ensure our athletes are receiving consistent instruction in their initiation years.
Cross Ice Environment

- Body contact/puck battles – 2X more
- Shots – 6X more
- Puck touches – 2X more
- Shots on goal per minute – 3X more
- Pass attempts – 2X more
- Passes received – 5X more
- Changes of direction – 2X more

It is now a proven fact that EVERY PLAYER BENEFITS FROM CROSS-ICE HOCKEY.

- BUT ADVANCED PLAYERS BENEFIT THE MOST
Long Term Player Development
Hockey Specific Model
Did you know

- Hockey Canada recently published some research findings stating that it takes 11 games for a child to learn what they learn in a single practice. With this in mind AMHA is proud to be our coach and player development program.
## Hockey Canada Long-Term Player Development Plan

<table>
<thead>
<tr>
<th>Ages</th>
<th>Practices</th>
<th>Games</th>
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<tr>
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<td>5-6 F/M</td>
<td>35-40</td>
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<tr>
<td>Novice</td>
<td>7-8 F/M</td>
<td>40-45</td>
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<tr>
<td>Atom</td>
<td>8-9 F</td>
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<tr>
<td>9-10 M</td>
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<td>“Learn to Play”</td>
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<td>11-12 M</td>
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<td>Bantam</td>
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<td>12-16 M</td>
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<td>Midget</td>
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<tr>
<td>Train to Compete</td>
<td>16-18 F 16-17 M</td>
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<tr>
<td>Train to Win</td>
<td>18-22 F 18-20 M</td>
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Development

- *ENJOYMENT AND SKILL MASTERY ARE THE OUTCOMES WHICH PROVIDE MOTIVATION TO CONTINUE PARTICIPATION*
ATHLETE FIRST, PLAYER SECOND
Questions on LTPD?
AMHA Season Development Plan

- Continued education and courses for coaches
- What course do I need?
- Guidelines – LTPD Guidelines for Games and Practices
Development Seasonal Plan

- Coach clinic ice time for each division after coaching teams have been designated and have had an opportunity to meet their teams and run some practices under the new format.

- Coach clinic ice times mid season.

- Coach clinic ice times devoted to those coaches appointed as goalie coaches.

- Random practice viewing by development team, with feedback for coaches.
Coach Clinics & Coaches Club

- Division Specific Coach Clinics will be held throughout the season, coaches encouraged to attend their group clinic

- Coaches Club skates will be scheduled and will consist of
  1. Dressing room conversation
  2. Drill/Skill show and share on ice
  3. Shinny
Sign Up using Sign Up Genius for both

- Coaches Clinics-Division Specific
- Coaches Club (will be 8 scheduled over the course of the season)
Why Practice Visits?

- To provide support to coaches and contribute to the success of their overall season
- To provide feedback on delivery of skills and drills during the practice
- To offer ideas and resources for progression
- To ensure that coaches in AMHA are following the LTDP
Findings

- Promptness of coaches and assistants
- Diversity in drills
- Positive communication with players
- Lack of preparation (practice plans)
- Ice usage and drill flow
The Importance of Your Practice Plan

- Maximizing time/stations/lots of movement
- Informs Assistant Coaches of what’s up—without taking any time from your practice to explain
- Helps make practice flow, stay player centered and helps build on the division specific progressions of the game.
# HOCKEY CANADA CORE SKILLS

## INITIATION

<table>
<thead>
<tr>
<th>Balance and Agility</th>
<th>Edge Control</th>
<th>Starting and Stopping</th>
<th>Forward Skating and Striding</th>
<th>Backward Skating</th>
<th>Turning and Crossovers</th>
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<tr>
<td>□ Basic stance</td>
<td>□ Figure 8's — forward — inside &amp; outside edge</td>
<td>□ T-start</td>
<td>□ C-cuts — left foot / right foot / alternating</td>
<td>□ C-cuts — left foot / right foot</td>
<td>□ Glide turns</td>
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<td>□ Getting up from the ice</td>
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<td>□ Gliding on two skates — outside foot — forward &amp; backward</td>
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<td>□ Balance on one foot</td>
<td>□ Crossover start</td>
<td>□ Backward c-cut start</td>
<td>□ Cuts — around circle — outside foot — forward &amp; backward</td>
<td>□ Cuts — forward &amp; backward</td>
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<tr>
<td>□ Gilding on two skates</td>
<td>□ Backward crossover start</td>
<td>□ One o'clock — eleven o'clock</td>
<td>□ Backward one-foot stop and t-start</td>
<td>□ Backward one-foot stop and t-start</td>
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<td>□ Gilding on one skate — forward and backward</td>
<td>□ Outside leg stop</td>
<td>□ Cuts — left foot / right foot</td>
<td>□ Pivots — bwd to md &amp; fwd to bwd</td>
<td>□ Pivot — open &amp; reverse</td>
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<td>□ Lateral Crossovers — step and plant</td>
<td>□ Two-foot parallel stop</td>
<td>□ Forward striding</td>
<td>□ Pivots — open &amp; reverse</td>
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## Stationary Puck Control | Moving Puck Control | Stationary Passing and Receiving | Moving Passing and Receiving | Sweep Shot | Wrist Shot |
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<tr>
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<td>□ Narrow</td>
<td>□ Stationary forehand pass</td>
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<td>□ Forehand — low</td>
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<tr>
<td>□ Narrow</td>
<td>□ Wide</td>
<td>□ Stationary backhand pass</td>
<td>□ Moving backhand pass</td>
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<td>□ Backhand — low</td>
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<tr>
<td>□ Open ice carry — forehand &amp; backhand</td>
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<td>□ Stationary bank pass</td>
<td>□ Lead pass</td>
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<td>□ Weaving with puck</td>
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<td>□ Toe drag — front &amp; side</td>
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<td>□ Toe drag — front &amp; side</td>
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</tbody>
</table>

## Flip Shot | Individual Offensive Tactics | Individual Defensive Tactics | Warm Ups |
<table>
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</thead>
<tbody>
<tr>
<td>□ Forehand</td>
<td>□ Body fakes</td>
<td>□ Angling</td>
<td>□ Arm circles</td>
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<tr>
<td>□ Stick fakes</td>
<td></td>
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<td>□ Trunk rotations</td>
</tr>
</tbody>
</table>

## Warm Ups
- Arm circles
- Trunk rotations
- Leg swing front to back
- Leg swing side to side
- High knee
- Heel kicks
Skill Learning

Here is a good teaching sequence to follow:

1. Explain the skill
   - Name the skill and describe it
   - Tell why it's important and when it's used.
   - Highlight the key teaching points (key words or phrases used in instructing and giving feedback to your players)

2. Show how it is done
   - Demonstrate
   - State key points again

3. Give time to practice
   - Get players to practice the skill right away
   - Get everyone involved

4. Tell them how they're doing
   - Move around to each player
   - Give individual feedback
   - Get assistants to help

Preparing for Practice

Practice time is precious, so you'll want to make the most of it. Here are some tips for planning and running your practices:

- Plan to keep everyone active. Use small groups when doing drills so players don't have to wait long for their turn.
- To save time, consider introducing your drills on a chalk or rink board in the dressing room before going on the ice.
- Warm-up stretches and cool-down activities can be done in the dressing room to maximize the use of ice time.
- Treat all players equally and emphasize positive feedback. Try to talk to every player individually at every practice.
Goalie Specific Training

- Have one of your assistants take the lead on coaching the Goaltenders
- Goalies are not pylons at practice
2015 Practice Format

- This format was developed from coach feedback from peewee and bantam level coaches in our association. The consensus was that AMHA players lack the **skating and puck skills required to be successful at higher levels.**

- **In relation to Timbits-Small Area Relevance**

  - The skating and puck skills portions should be divided evenly between forwards and backwards skills
Small Area

- Using small-area games in your practices is a great way to bring the feeling of the outdoor rink indoors. Players work harder, learn more and have more fun when practicing with these drills.
Why Small Area?

- Small-area games promote creativity and experimentation
- Small-area games create a more competitive practice environment
- Small-area games keep more players moving
- Players learn to excel in tight situations
- Your players will develop game strategies, make better decisions and have greater enthusiasm for practice
- Foster a deeper love of the game because players— and coaches have FUN!
Practice Format By Division

- **Junior Timbit**
  - 40 min skating (no pucks )
  - 10 min puck work
  - 10 min fun games

- **Senior Timbit**
  - 30 min skating (no pucks )
  - 20 min puck work
  - 10 min fun games
Novice

- 25 min skating (no pucks)
- 20 min puck work
- 10 min individual tactics (ie)
- 5 min team tactics (ie) or other
Atom

- 20 min skating (no pucks)
- 20 min puck work
- 15 min individual tactics
- 5 min team tactics or other
Pee Wee

- 20 min skating (no pucks)
- 20 min puck work
- 10 min individual tactics
- 10 min team tactics or other
Bantam

- 20 min skating (no pucks)
- 15 min puck work
- 25 min individual tactics, team tactics or other
Midget

- 20 min skating (no pucks)
- 15 min puck work
- 25 min individual tactics, team tactics or other
Drill Hub

Hockey Canada Drill Hub

Welcome

Download hundreds of drills and create a practice plan with the new Hockey Canada Drill Hub, powered by Samsung. Offence, defence, goaltending, special teams, with or without the puck; close to a hundred searchable drill videos, descripitions and diagrams are available for players of all levels.

CLICK HERE for a list of recently added drills.

Search Drills

All Categories

Search

Login

Thousands of practice plan combinations are just a click away, using the Hockey Canada Drill Hub, powered by Samsung.

Don't have an account? CLICK HERE to sign up.

Email

Password

Forgot Password?

Login
AMHA Website/Coaches Tab
eHOCKEY
*New for the 2015-2016 Season* Hockey Alberta will offer Coach 1-Intro to Coach Courses targeted to those coaches in Initiation and Novice. This change will be reflected in the Coach Education Requirements.

By offering both a **Coach 1 - Intro to Coach** and a **Coach 2 - Coach Level** course, Hockey Alberta can provide coach instruction better targeted towards the age of athlete coaches are working with. It has been determined that needs of coaches at the Initiation and Novice level are in greater alignment and thus the change of requirement from Coach 2 - Coach Level to Coach 1 - Intro to Coach.

**Coach 1 - Intro to Coach** is not necessarily targeted to the inexperienced coach. This program shows coaches how to teach hockey's basic skills while keeping the theme of their practices with an emphasis on fun and fundamentals. Coach 1 reviews the basic tools they will need in the areas of leadership, communication, teaching skills, and lesson planning. All this is taught with the special considerations of the youngest athletes in mind.

**Coach 2 - Coach Level** emphasizes basic skills and the importance of having players develop confidence, self-esteem, and a love for the game.

Manuals with progressive practice plans are provided at each in-person clinic, these help to eliminate much of the planning necessary to ensure a fun and effective practice and remove much of the demand from coaches who often find themselves with little time to plan their practices.
- **STEP 1: REGISTER FOR HU-ONLINE COACH 1/2**

  Hockey University – ONLINE - COACH 1/2 is the first step to being a “Trained” coach in the Coach Stream. It is a 12-module course that is completed as a 4 hour online session, and covers the theory components of the program. The Online component is not recognized as fully completed until the survey at the end is complete.

  Once registration has been completed in the *HU-ONLINE COACH 1/2, coaches are able to enroll in a in-person clinic in their region. The assumption for the in-person clinics would be that coaches are coming in with the knowledge base from the *HU-ONLINE COACH 1/2.
Navigating Hockey Canada
Deadlines

- All coaching requirements must be met by November 15th of current playing season.
Respect in Sport Coaching

- **Who requires RIS Coaching?**
  - By November 15th of the current hockey season all Hockey Teams in the province of Alberta must have all registered Team Officials certified in the Respect in Sport-Activity Leader/Coach program.
Equipment and resources

- Start up gear
- Manual review
Start Up Gear

- First time head coaches
- Or head coaches that require
Other ideas and feedback
Co-Coaching and Jr. Coaching

- Options
- Commitment
- Forms and paperwork for Junior Coaching and on Ice Helper available on website
- Guidelines for the above also found on website
Manuals stuff
KEY INSTRUCTIONAL POINTS

GLIDING ON TWO SKATES:
1. Take a few skating strides to gain momentum.
2. Assume the basic stance.
3. Common errors:
   a) Ankles cave inwards or outwards.
   b) Knees press in towards each other.
   c) Legs are straight.
   d) Body is twisted.
   e) Upper body leans too far forward.
   f) Head is looking down at the ice.
   g) Not having two hands on the stick.
   h) Stick not close to the ice.

GLIDING ON ONE SKATE
a) Basic principle in skating is that one foot must be under the body's centre of gravity at all times. Skating involves being on one foot or the other most of the time. It is therefore essential that hockey players learn to balance and glide on one foot.
   1. Take a few skating strides to gain momentum.
   2. Glide on one foot.
      a) Keep the blade of the supporting skate flat on ice, not on the edgels.
      b) Maintain the basic stance on the supporting leg.
      c) Glide in a straight line.
   3. Common errors:
      a) Basic stance.
      b) Weight is not being brought forward on supporting leg.
      c) Player is on the inside or outside edge of skate.

MOVING SIDEWAYS
1. Players start from basic stance.
2. The body moves at right angles to the direction of movement. Do not turn body in the direction the player is going.
3. Steps must be taken flat-footed.
4. Keep the stick out in front of you.
5. Walk slowly at first. As the players pick up the drill, speed up the tempo.
6. Progression:
   a) Put the right skate in front of the left skate.
   b) Take the left skate from behind the right skate and place it back in the normal stance position.
   c) Repeat steps one and two as many times as required.
KEY INSTRUCTIONAL POINTS

TURN AWAY PIVOT
When the outside drive to the net is cut off by a defender, the puck carrier pivots away from the defender by ‘driving’ out towards the boards. This involves a semi-glide turn to the outside and is completed with the puck carrier facing toward the middle of the ice looking for a potential pass receiver.

QUICK STOP
As another option, the attacker may execute a quick stop facing the in direction of the middle of the ice. If the defender is not able to stop as quickly, the puck carrier will have space and time in order to look for a passing option or attack the net. Against a skilled defender, it will be necessary for the puck carrier to move laterally with the puck immediately after the quick stop, in order to gain the necessary space.

PROTECTING THE PUCK
In tight checking situations, it is necessary for the offensive player to protect the puck. This involves use of the skates and stick to maintain possession of the puck, while using the body to establish position, thereby keeping the defender away from the puck. If unable to break loose from the checker, the attacker may attempt to hold off the defender until a teammate moves in to provide support. In some cases, it may be necessary to freeze the puck to force a stoppage in play.

CHECKING SKILLS

Checking is carried out to gain possession of the puck. However, before teaching checking, it is imperative that skating skills be taught as they are the base upon which checking skills are built. Elements of skating skills, speed, agility, balance and strength are key skills required in the art of checking. The coach must recognize that before checking skills can be taught or developed, the player must be introduced to and have functionally mastered the basics of skating.

Upon completion of this chapter, you will be better prepared to:
- Relate skating skills to checking skills
- Instruct or teach checking skills in a progressive manner
- Instruct or teach protection skills
- Instruct your players in the rules pertaining to checking
- Checking from behind
- Curbing stick infractions

SKATING SKILLS & THEIR RELATIONSHIP WITH CHECKING
Each of these skating skills has a direct relationship with checking skills. The majority of mistakes made when checking an opponent stem from incorrect body position on the skates, which is directly related to skating skill.

For example, when a two foot stop is completed, both legs must be in a position to initiate the drive into the new skating position. If the legs are not in a proper flexed position, both time and power are lost. The drive should be initiated by the back leg, so that at not time are the legs crossed. If the legs are crossed over at the precise time of a check, the attacking player has only to move to the side to beat the checker.

Fundamental body position errors and leg movement errors such as this example creates compounding problems in all other forms of checking skills, from the poke check to the body check. Therefore, skating should be taught in a progressive fashion (i.e. the basics of the forward and backward skating stride switch to speed of leg movements, correct body position for two and one foot stops both forward and backward, quick starts, lateral movements, forward and backward crossovers, pivots from forward to backward) and once mastered, a coach should start teaching checking.
**Session Objective(s)**
Review: A, B, C’s, starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

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**FREE SKATE**

Players skate freely executing stops and starts while maintaining control of the puck. The players can also incorporate puck control with the stick and feet.

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**BALANCE & AGILITY**

Players skate clockwise around the ice:

- a. Shoulder kick: Hold hands straight outward from the shoulders. Cross first with the left hand out and swing left foot up to brush the hand. Return, using right foot and right hand. Repeat twice with each hand.
- b. Knee lift: Lift knees up to waist and give a pull with the stick. Return with opposite leg.
- c. Squat position as same on return.
- d. Toe in: Do with both feet two times.
- e. Toe out: Do with both feet two times.
- f. Skate with both feet on the ice. Do two times.
- g. Skate across backwards. Execute a two foot stop and a running front start. Skate forward to other side and execute a forward two foot stop. Repeat sequence three times.

Obstacles (gyms, cones, disks and gloves) are arranged so as to form a course to be followed by the players. The instructor shows the course to be followed and the players follow in single file. Arrange course so the players have to make a series of zig zag turns.

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**STATIONARY PASSING**

1. Players in groups of 4-5.
   - a. One player faces others who are fanned out facing him.
   - b. Passes made back and forth.
   - c. Change leader regularly.
2. Players in groups of three.
   - a. Player receives a pass, performs a turn, kneels down, gets up and passes to one of his partners.
Fair Play Policy
Key Factors Leading to the Creation of The Policy

- AMHA identified a need to inspire and support coaches to continue to develop all players’ strengths and weaknesses rather than focusing on developing strong players and forsaking those deemed to be weaker.

- AMHA follows the Hockey Canada Development Model as well as endorses the Hockey Canada Fair Play Code for Players and Coaches. Line three of the Hockey Canada Fair Play Code for Coaches states: “I will ensure that all players get equal instruction, support and playing time.”

- AMHA believes that development comes from experiencing all situations.

- AMHA is dedicated to creating an environment that has a strong focus on the player and what they are taking away from the game at any given time. If the player’s experiences are negative, they are less likely to continue on in the sport and will be more likely to seek other recreational activities.

- AMHA values player development over game results.
AMHA’s Vision for Fair Play Policy

- All Players
- All Lines
- Every Opportunity
The Policy

5.5 Fair Play Policy

- Airdrie Minor Hockey believes that all players within our association regardless of skill level deserve the opportunity to play in all situations in order to maximize their development.

Travel and City Teams

- It is not acceptable for a coach or assistant coach to remove a player from a regular rotation on the bench in order to gain an advantage over their opponent. We ask that all coaches embrace the spirit of the Fair Play Policy and encourage the development of all players to succeed in all game situations.
Q and A’s from a Coaching Perspective

Q) When is a coach allowed to shorten the bench to try and win a game?

A) A coach is to develop all players in all situations regardless of the game or situation. A coach is expected to allow players to play during all times of the game and not sacrifice a player’s confidence and place a greater emphasis on winning.

Q) Can a coach develop roles for individual players?

A) A coach should develop all players in order to experience all aspects of the game.
Q) Is a coach expected to rotate all lines during crucial parts of the game?

A) It is important to develop all players in all situations in order to maximize their skill level in the future.

Q) Am I allowed to play goalies against certain teams vs going with a rotation?

A) A coach is expected to follow a rotation. Goalies are hockey ‘players’ and the Fair Play policy applies to them as well.
Q) Am I allowed to pull a goalie and replace him with the one on the bench?

A) Only to allow him to regroup, then the expectation is to put him back into the game after allowing time for him/her to regain their focus. You can of course pull your goaltender for an extra attacker.

Q) Is a coach or assistant coach allowed to sit any player for poor performance i.e. “bad game”?

A) It is not acceptable for coaches to sit players for poor performance (i.e. having a bad game) this also applies to goaltenders.
And THANK YOU FOR TAKING THE TIME TO BE HERE TONIGHT.