



## **Coach Orientation**

“Coaching is unlocking a person’s potential to maximize their own performance. It is helping them to learn rather than teaching them.”

**~ Timothy Gallwey**



## Goals of FSJMH

- Fun for the kids so they enjoy coming to hockey.
- Development for all the kids.
- Manageable number of kids on the ice so that the kids get the attention they need and the coaches do not get frustrated.
- Keep kids in hockey.
- FSJ Minor Hockey goal for the coaches is to make it as easy and fun as possible.



# FSHMH Coaches

- **Head Coach** – Rich Calliou
- **Goalie Coach** - Rob Garant
- **Junior Coach** – Rod Stevens
- **Senior Coach** – Darren Goulet



## **Expectations** - What do we expect from our “coaches”

- Support - This will be an exceptional program if we all **work together** to make it happen.
- Follow the curriculum and practice plans. It is a progression.
- Promote and explain the benefits to parents.
- Be tolerant of mistakes and provide constructive criticism to make the program better.
- All ways remember that “it’s for the kids”. Make it fun.
- Certification and Clearances - All coaches must complete BC hockey coaching requirements.



## **First Year Pre Novice – Dave Alexander and Joanna Webster.**

- 5 year old and beginner 6 year olds based on skill evaluation based on parent approval.
- Follow Model A of the initiation program. 85% Technical individual skill, 15% on individual tactics.
- Full Ice station practices based on color group. If we have the proper player/coach ratio we want 5 to 6 players per station based on ability color group.
- Pre drafted practice plans. Phase 1 and 2 of Hockey Canada initiation program. Plans are located on the website, binder and coaching equipment bin.
- Weekend ice will be used for 1/2 ice games.
- 12/13 kids per team.
- Kids will still be split into color groups based on ability group for practices



**Second Year Pre Novice - Initiation program** – Dave Alexander and Joanna Webster.

- 6 year olds (second year players) and beginner 7 year olds based on skill evaluation and parent approval
- Follow Model B of the initiation program. 85% technical individual skills, 15% on individual tactics.
- Full Ice station practices based on color group. If we have the proper ratio we want 5 to 6 players per station. Split into ability color group.
- Pre drafted practice plans. Phase 3 and 4 of Hockey Canada initiation program. Plans are located on the website, binder and coaching equipment bin.
- Weekend ice will be used for games.
- Before Christmas utilize 1/2 ice pond hockey for games based on color group.
- Full ice games after Christmas. Attend Pre Novice tournaments in the area.
- 12/13 kids per team max.
- Dress goalies for practice after Christmas. No set goalies.



## **Novice - Shannon Garbe**

- 7 and 8 year olds and first year/beginner atom based on skill evaluation and parent approval
- Follow Model D of the initiation program. 75% individual technical skills, 15% individual tactics, 10% team tactics.
- Full ice Station practices in color group. 5-6 players (Max) per station based on color group.
- Pre drafted practice plans. Plans are located on the website, binder and coaching equipment bin.
- 12-13 kids per team max.
- Dress goalies for practice after Christmas. No set goalies.



### **Atom - Tania Brown**

- 9 and 10 year olds.
- Follow Model D of the initiation program.
- Full ice Station practices in color group. 5-6 players per station based on color group. 50% individual technical skills, 20% individual tactics, 15% team tactics, 10% team play, 5% strategy.
- Min 2-3 practice to 1 game ratio before Christmas. 2-1 game ratio after Christmas.
- Pre drafted practice plans. Hockey Canada initiation program. Plans are located on the website, binder and coaching equipment bin.
- 13-14 kids per team.
- Dress Goalie for practice.





## **Pee Wee Recreation 11 & 12 years of age – Dawn Paradis**

- 13/14 Players and 2 Goalies per team; however this clause may be waived depending on the registration.
- Positions – Goaltenders identified prior to team selection
- Teams will have one ice time between Monday to Friday and one ice time on the weekend, whenever possible.
- Two teams may be on the ice at all times
- Assessment completed on all Players during the first three weeks of the season. Coaching staff and/or Evaluators are to complete assessments to create balanced teams
- Exhibition games will be used to ensure teams are balanced.
- All practices should involve 30 minutes of full ice practice with both teams involved.
- Games - 2 Referee system; no fixed power play or penalty killing lines, emphasis on development of all Players in all situations



## **Bangits (Bantam/Midget) Recreation 13 -17 years of age – Jim Rodgers**

- 13/14 Players and 2 Goalies per team; however this clause may be waived depending on the registration
- Positions - set positions; Goaltenders identified prior to team selection
- Teams will have one ice time between Monday to Friday and one ice time on the weekend, whenever possible
- Two teams may be on the ice at all times
- Assessment completed on all Players during the first three weeks of the season. Assessment information to be used to create balanced teams
- Exhibition games will be used to ensure teams are balanced
- All practices should involve 30 minutes of full ice practice with both teams involved.
- Games - 2 Referee system; no fixed power play or penalty killing lines, emphasis on development of all Players in all situations.
- FSJMH creating a fair play policy to avoid injuries.



## Coaching Requirements

**There will be a minimum .....**

- 1 Coach
- 1 On-Ice-Helper
- 2 HCSP for each. Recreation Team. On-Ice-Helpers may also be the HCSP.



## **What is required to be a Coach in FSJMH?**

- All coaches bench staff and volunteers will be required to be certified as per BC Hockey and Hockey Canada regulations.

## **Coach and or Assistant Coach must have the following:**

- Coach/Hybrid Certification must be completed and submitted to FSJMHA prior to March 31 of the current season. Changes this year allow coaches to complete a online session which takes 4/5 hours from home and then a one day face to face. FSJMH clinic is booked for Nov 30th/2013. Everybody must complete the online session before attending the clinic. <http://www.bchockey.net/clinics/clinics.aspx>
- Respect in Sport or Speak Out prior to first ice time. <http://www.bchockey.net/RiskManagement/SpeakOut.aspx>
- Criminal Record Check or Back check. Send an email to [m.m.mcarthur@telus.net](mailto:m.m.mcarthur@telus.net) and she will send you an invitation for <http://www.backcheck.ca/>

If you are new to the organization and already have these certifications please send a note to [fsjmha@telus.net](mailto:fsjmha@telus.net) with full name and birthdate so FSJMH can access them through the HCR.



# What is required to be a on-ice helper

## On-Ice-Helpers must have the following:

- Respect in Sport or Speak Out prior to first ice time.  
<http://www.bchockey.net/RiskManagement/SpeakOut.aspx>
- Criminal Record Check or Back Check prior to first ice time. Criminal Record Checks are valid for three years. Send [m.m.mcarthur@telus.net](mailto:m.m.mcarthur@telus.net) an email and she will send you a invitation for <http://www.backcheck.ca/>
- All On-Ice-Helpers' names and birthdates are to be given to the Director who will submit them to the Director of Hockey so they may be insured under HC at least 24 hours prior to the first ice time.



## HCSP must have the following:

- Respect in Sport or Speak Out prior to first ice time.  
<http://www.bchockey.net/RiskManagement/SpeakOut.aspx>
- Criminal Record Check or Back Check prior to first ice time. [m.m.mcarthur@telus.net](mailto:m.m.mcarthur@telus.net)
- HCSP Certification by end of HCSP Clinic of current season.  
<http://www.bchockey.net/RiskManagement/HCSP.aspx>
- FSJMHA requires 2 HCSP per team

## Duties of HCSP

- Specific responsibilities are identified in the course and included but not limited to: maintaining Player medical information, identifying and maintaining emergency procedures and contacts for the team.



# Coaching resources

“A coach is someone who can give correction without causing resentment.” – John Wooden



### **Practice's Tips/Suggestions...**

- Keep kids moving. If the kids are moving they will stay engaged. If there is lot of standing around time they will start to get bored. That's why station practices work well.
- Small area games. We need to make sure we include some type of game in every practice. These games will obviously change as the kids get older. (You would be surprised how many older kids still like to play British Bulldog.) The games are critical in making sure they are having fun. Lots of the station practices have games built into them.
- Coaching equipment – whistle, boards, markers, etc. .. Make sure you have them. It make coaching easy.
- Utilize the coaching board. I have found this to be the best way to explain a drill to the younger kids. When they can see it on the board the drill will go a lot easier. Make sure all the kids can see the board when explaining the drill.
- Coaching Board location – pick a spot that the kids will not get distracted. I.e. - Off in a corner of the rink where there is no traffic.
- Use coaching aids – I.e. –rope. In a game like tug of war they are working on their edges and balance. The kids just think they are playing a game.
- Hockey Canada Plans – Page 1 explains the drills. Page 2 explains the potential practice lay out based on coaches and on ice help.
- Hockey Canada website. Lots of information and links.
- Never be scared to stop a drill if it is not going well.





## Coaching Resources

- **Hockey Share** – FSJMH has once again signed up for Hockey share. <http://www.hockeyshare.com/>. This website allows coaches to draw drills and then utilize them for quality practice plans. This allows coaches to cut time for practices planning. This website also provides access to 1000 of drills and plans. For those interested please send me a note and we will sign you up. No cost.
- **Drafted plans**– for the junior divisions we will have the season practice plans loaded on to the website and in binders. The benefits ...
  1. All coaches come with a practice plan. Saves time. Make's it easier for the coaches.
  2. All kids are developing and working on the same skills through out the year.
  3. Allows us to follow the initiation development pyramid for all the kids.
  4. Allows us to alter the drills based on ability/color group.
- **Phil Hiscock** – High Performance Coach. Last year we completed three evening training sessions with attendance avg around 15 people. We plan to have three sessions again this year. Phil also provides power skating instruction to FSJMH. This can be arranged by the division coordinator and coach's.



**Goalie Clinic's – Rob Garant and his group will be putting on weekly goalie clinic's starting Oct 10<sup>th</sup>.**

- Alternating between age groups. There will be a one hour session every Thursdays at the North Peace Arena 6:45 to 7:45. Schedule will be posted on the FSJ website.

**Group one**

- Midget.
- Bantam
- Pee wee
- Atom Dev

**Group two**

- Novice
- Atom

**Please promote these practice. Last year was a huge success and we hope to make this year even better.**



## Fair Play Code for Coaches

- teach my Players to play fairly and to respect the rules, Officials, and opponents
- ensure that all Players get equal instruction, support and playing time.
- will not ridicule or yell at my Players for making mistakes or for performing poorly.
- remember that Players play to have fun and must be encouraged to have confidence in themselves
- make sure that equipment and facilities are safe and match the Players' ages and abilities
- remember that participants need a Coach they can respect.
- be generous with praise and set a good example
- obtain proper training and continue to upgrade my coaching skills.
- work in cooperation with Officials for the benefit of the game.



### **First Ice session- Critical that this occurs. Do it in a general area with parents present.**

- Coach's names. Introduction.
- Players name on Helmet's. Tape and Marker. Minor hockey will provide.
- Personal water bottles with name on them.
- Equipment Check. Neck guards, helmet straps, etc ....
- Rules review
  - Keep their sticks and hands to themselves.
- Set structure right at the first practice. I.e. When reviewing drills. Down on one knee. Two whistle means hockey stance.
- Concentrating on doing the drills properly. Not a race. It is all right to fall.
- Number #1 rule. Have fun.

### **FSJ minor Hockey has no tolerance for**

- Spitting
- Hitting.
- Fighting

### **If a child is misbehaving**

1. Give them a warning.
2. Give them a time out (5 minutes) on the bench.
3. Ask the child to leave for the remainder of the ice time. This needs to involve the parents. Please make sure you have a witness with you. (Two deep)

\*Needs to be documented and sent to the director for follow up.



### **FSJMH Mission Statement**

The Fort St John Minor Hockey Association provides youth with the opportunity to participate in both recreational and competitive hockey to develop emotionally, physically, socially and technically. We strive to create a positive environment that is safe, fun and respectful. Fort St John Minor Hockey Association supports Hockey Canada's Mission Statement to "lead, develop and promote positive hockey experiences".