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# Moose Jaw Minor Hockey Association

## Skill Development

### 2010/11 Season Plan & Execution

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# AGENDA



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- |   |             |
|---|-------------|
| 1. Introduction – Skills Development Program      | 6:00 – 6:10 |
| 2. LTAD / Multi-Sport Vision                      | 6:10 – 6:30 |
| 3. WHL Perspective – Dave Hunchak Warriors Coach  | 6:30 – 7:00 |
| 4. Skills Development Program                     | 7:00 – 7:45 |
| 4. Practice Planning & Ice Utilization            | 7:45 – 8:15 |
| 5. Dress / Dressing Room Management & Life Skills | 8:15 – 8:30 |
| 7. Off Ice Routines                               | 8:30 – 9:00 |
| 8. Season Planning                                | 9:00– 9:30  |
| 9. Wrap   | 9:30– 9:45  |

Total 3.75 hrs

At the end of the program we hope to  
MINIMIZE THIS (Baby) & (1/1000000) &  
CREATE THIS (Squirrel)

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## Goals:

- Introduce a formalized coach development program that will allow hockey leaders (coaches, officials and administrators) to improve their skills thereby improving the quality of the experience had by the athletes
- Support the hockey leaders with a structure that attracts, develops and retains their expertise in the hockey programs and makes their experience enjoyable
- Identify critical areas of need and provide the right tools, skills and knowledge at the appropriate levels and ages for recreational and developmental hockey leaders
- Develop a network of quality hockey leaders in the Hockey community
- Create a positive educational approach by supporting those who are interested in supporting themselves to improve the skill development of the athletes
- Embrace innovation and best practices by identifying ways to improve communication, training and development through tools and mind share
- Allow the coaches to be the best leaders, teachers & organizers which positively impacts the players meeting their own mental, physical & social needs
- Share this information and delivery with other sporting groups for the overall development of our Children, Adults and Citizens alike

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- Coaches & Assistants attend a Coach Mentorship Workshop on Skills Development, Practice Planning , Season Planning, Off Ice Multi Sport Training& Parents Meetings
- Coaches challenged to complete “Coach Development Plan” & “Self Evaluation & Feedback”
- Coaches challenged to complete a division specific Season Plan & understand the division specific Core Skills that are expected to be developed
- Coaches recommended to follow the Hockey Canada division specific Skills Manual Practice Plans and modifying as appropriate for proper skills development and accelerate skills progressions utilizing the Hockey Canada Skills of Gold DVD
- Coaching Staff holds a Parents Meeting to review the Season Plan
- Coaches have up to assistants on the ice as much as possible and utilize stations to maximize skill development
- SHA Instructors & Coaches alternate leading of 10 practices over the course of the season
- Leads prepare practice plan and communicate to coaches & assistants 24 hours prior to practice
- Incorporate Team Building, Life Skills, Off Ice and Multi-Sport training into Season Plan



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# )))))) Finland Best Practice Sharing



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Contrast & compare Finish Minor Hockey to Finish Pros:

“Bantam Passing” vs. “Pro Passing Circles”

“Bantam Warm Up” vs. “Pro Warm Up”

Keeping it Simple!

“Pro Break Out Drill”

“Outdoor Practices”

US Best Practice – Don Lucia

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# LTAD Multi – Sport Skills



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Below are images of the FUNdamental movement skills.



Agility



Balance



Co-ordination



Speed



Jumping



Climbing



Walking



Skating



Hopping



Swimming



Skipping



Balance



Throwing



Dribbling



Kicking



Throwing



Hitting



Catching

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# LTAD & Skill Development



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## Hockey Canada Presentation DVD Summary

- Emphasize FUNdamentals
- Skills Acquisition
  - It takes 10 000 repetitions or 10 000 hours to master a skill.
  - Poor training between 6-16 years of age cannot be fully corrected (athletes will never reach genetic potential).
- Development Considerations
  - Young athletes under-train, over-compete.
  - Low training to competition ratios in early years.
  - Development takes a back seat to winning, creativity is stifled
  - As a coach you are not always in control of this, some minor hockey associations/parents need to be educated.
- Specialty Clinics / Camps
  - Skating, Puck Control, Shooting/Scoring, Small Area Games, Creating Offense, Developing Defensemen, Checking, Special Teams, Creative Thinking, Goaltending
- *“Systems don’t develop Skills – Skills develop Systems.”*  
Scott Frizzell – Manager Development SHA



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•The most a player can touch the puck in a game is 60 minutes / 3 lines / 10 players x 50% = 1 minute.

- Atom = 8 seconds
- Pee Wee = 10 seconds
- Crosby = 57 seconds

•1 practice can advance the skills that a player can develop in 40 - 200+ games

-  Bantam/Midget
-  Pee Wee
-  Atom
-  Novice
-  Initiation

Progression

Progression



Continuous Skill Development



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## HOCKEY CANADA

### Initiation Core Skills



Phase 1	Phase 2	Phase 3	Phase 4
Balance and Agility	Balance and Agility	Turning and Crossovers	Turning and Crossovers
1. Basic stance	1. Gliding with knee bend	1. C-cuts - around circle - outside foot	1. C-cuts - around circle - outside foot
2. Getting up from the ice	2. Gliding on one skate - backward	2. Crossovers - forward	2. Crossovers - forward
3. Balance on one foot	3. Lateral crossovers - continuous	3. Crossovers - three quick - left and right	3. Crossovers - three quick - left and right
4. Jumping - one foot	4. Edge Control	4. Backward one-foot stop and t-start	4. Backward one-foot stop and t-start
5. Gliding on two skates	4. Figure 8's - backward - inside edge	Starting and Stopping	Starting and Stopping
6. Gliding on one skate - forward	Forward Skating and Striding	5. Crossover start	5. Crossover start
7. Lateral crossovers - step and plant	5. Exaggerated stride	6. One-leg backward stop	6. One-leg backward stop
Starting and Stopping	Backward Skating	Stationary Puck Control	Stationary Puck Control
8. T-start	6. C-cuts - alternating	7. Toe drag - side and front	7. Toe drag - side and front
9. One o'clock - eleven o'clock stops	7. Gliding on two skates - backward	8. Partner on knees - moving stick	8. Partner on knees - moving stick
Forward Skating and Striding	Starting and Stopping	9. Stick through legs	9. Stick through legs
10. C-cuts - alternating	8. Outside leg stop	10. Rotation	10. Rotation
11. C-cuts - both feet	9. Backward c-out start	11. Puck through legs from back	11. Puck through legs from back
12. Forward striding	10. Front v-start	Moving Puck Control	Moving Puck Control
Edge Control	11. Two-leg backward stop	12. Open ice carry - forehand	12. Open ice carry - forehand
13. Figure 8's - forward - inside edge	Turning and Crossovers	13. Open ice carry - backhand	13. Open ice carry - backhand
14. Figure 8's - forward - outside edge	12. Tight turns	14. Stick through legs	14. Stick through legs
Turning and Crossovers	13. 360's - left and right	Stationary Passing and Receiving	Stationary Passing and Receiving
15. Glide turns	14. C-cuts - around circle - outside foot - backward	15. Stationary forehand pass	15. Stationary forehand pass
Stationary Puck Control	Stationary Puck Control	16. Stationary backhand pass	16. Stationary backhand pass
16. Stance	15. Side - front - side	17. Stationary bank pass	17. Stationary bank pass
	16. Hands wide	Moving Passing and Receiving	Moving Passing and Receiving
	17. Hands together	18. Moving forehand pass	18. Moving forehand pass
	18. Narrow and wide combination	19. Moving backhand pass	19. Moving backhand pass
	Moving Puck Control		
	19. One leg - left and right		
	20. Narrow and wide combination		
	21. Weaving with puck		
	Sweep Shot		
	22. Sweep shot - forehand		
	23. Sweep shot - backhand		

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## HOCKEY CANADA

### Novice Core Skills

In addition to Initiation Core Skills



Phase 1	Phase 2	Phase 3	Phase 4
Balance and Agility	Starting and Stopping	Moving Puck Control	Moving Puck Control
1. Gliding - one foot - toe on puck	1. Two foot stop	1. Puck inside pylon - on stick	1. C-cuts - narrow
2. Shoot the duck - forward and backward	Backward Skating	2. Crossover circle - stickhandling the puck	2. C-cuts heel - wide
3. Lateral crossovers - over stick	2. Slalom - c-cuts narrow	3. Forehand only - with pylons	3. Toe on pucks
Edge Control	3. Slalom - alternating lead foot	Moving Passing and Receiving	4. Two pucks - stick and feet
4. One leg weaving - forward	Forward Skating	4. Moving fwd pass / receive - one touch	5. Slalom narrow and wide / toe drag combo
Forward Skating and Striding	4. Slalom - c-cuts wide	Stationary Passing and Receiving	6. Forehand - one hand - with pylons
5. Slalom - c-cuts narrow	Moving Puck Control	5. Pass behind - pull puck through legs	Offensive Tactics - Neutral Zone
6. C-cuts - alternate crossunders	5. Crossover circle - carry the puck	6. Pass behind - off skate to stick	7. Cross and drop
7. C-cuts - heel only	6. Hands together	Tips and Deflections	8. Cross and carry
8. Stride and bend	7. 360 spin - left and right	7. Stationary tips - on ice - low	Offensive Tactics - Offensive Zone
9. Jump stride	8. Three crossovers - carry the puck	8. Stationary tips - on ice - high	9. Net drive
Backward Skating	9. Three crossovers - stickhandling the puck	Individual Offensive Tactics	Individual Offensive Tactics
10. Slalom - c-cuts narrow	10. Rotation	9. Attack triangle - puck under stick	10. Toe drag
11. Jump stride - backward	11. Hands wide	10. Attack triangle - puck between legs	11. Spin-o-rama
Stationary Puck Control	12. Behind body - side to side	Offensive Tactics - Defensive Zone	12. Puck back through legs
12. Figure 8's - two handed	Edge Control	11. Puck retrieval basics	13. Leave puck - go around
Turning and Crossovers	13. Forward Scissor Skate - small	12. Puck retrieval - wheel	14. 360 move
13. Crossovers - backward - reaching	14. Backward scissor skate - small	13. Direct pass - wall	15. Fake inside / go outside
14. C-cuts - around circle - crossunders	15. Slalom - alternating lead foot	Offensive Tactics - Neutral Zone	16. Fake outside - go inside
15. Heel to Heel - glide	Moving Passing and Receiving	14. Pass and follow	
Moving Puck Control	16. Pass and follow	15. Give and go	
16. Side / front / side	Wrist Shot	Offensive Tactics - Offensive Zone	
17. Heel to Heel - skates	17. Wrist shot - forehand - high	16. Net drive	
18. Edge control - one leg	18. Wrist shot - in motion	17. High delay	
19. Figure 8's - transition	19. Wrist shot - backhand - high	18. Puck retrieval - quick up	
Moving Passing and Receiving		19. Direct pass - midlane	
20. Moving bank pass - forehand	Offensive Tactics - Defensive Zone		
21. Moving bank pass - backhand	20. Escape moves		
22. Pairs passing			

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## HOCKEY CANADA

### Atom Core Skills



In addition to Initiation and Novice Core Skills

Phase 1	Phase 2	Phase 3	Phase 4
Edge Control	Turning and Crossovers	Dekes	Individual Offensive Tactics
1. Forward scissor skate - large	1. C-cuts - around circle - inside foot - backward	1. The slider	1. Fake pass - shoot
2. Backward scissor skate - large	2. C-cuts - around circle - crossunders - backward	2. Drop and kick	2. Fake shot - deke
Forward Skating and Striding	Stationary Puck Control	3. Lacrosse move	3. Fake wrist shot
3. C-cuts - back foot crossunders	3. Puck scoop - forehand	4. Off wing one-hander	4. Fake shot - pass
4. Forward striding - hands on stick on ice	4. Puck scoop - backhand	5. Stick through legs flip shot	5. Puck protection basics
Stationary Puck Control	5. Puck over stick - forehand and backhand	Individual Offensive Tactics	6. Puck protection - turnbacks
5. Figure 8's - one handed	6. Flip puck up - knock down	6. Fake pass - toe drag	7. Puck protection - loose puck
6. Body / stick - opposite	Moving Puck Control	7. Fake drop pass	8. Double fake
7. Bounce puck on blade	7. Body / stick - opposite	Offensive Tactics - Defensive Zone	Offensive Tactics - Neutral Zone
Moving Puck Control	8. Puck scoop - forehand	8. Puck retrieval - turnback	9. Area pass
8. Body / puck - opposite	9. Puck scoop - backhand	9. Puck retrieval - over pass	Phase 5
Stationary Passing and Receiving	10. Backhand - one hand - with pylons	10. Puck retrieval - reverse pass	Individual Offensive Tactics
9. Stationary saucer pass - forehand	Slap Shot	Offensive Tactics - Offensive Zone	1. Slider
10. Stationary saucer pass - backhand	11. Slap shot - low	11. Behind the net walkout	2. Drop puck in skates
Snap Shot	Tips and Deflections	12. High walkout	3. Puck outside d-man - body inside
11. Snap shot - low	12. Stationary tips - between legs - fhd / bhd	13. Low walkout	4. Toe drag - puck off skate
Tips and Deflections	13. Moving tips - forehand and backhand		5. Miss puck then deke
12. Stationary tips - out of air - fhd and bhd	Dekes		6. Flip puck over stick
Dekes	14. The chili dip		7. Defender as a screen
13. Gretzky move	Individual Offensive Tactics		Offensive Tactics - Offensive Zone
14. Wraparounds	15. Fake pass		8. Fake wrap around - pivot and shoot
Individual Defensive Tactics	Offensive Tactics - Neutral Zone		9. Fake wrap around - pass short side
15. Gap control	16. Chip pass		Face-Offs
16. Closing the gap			10. Techniques - quick draw
			11. Techniques - hit stick
			12. Techniques - draw back fhd / bhd
			13. Techniques - body block / use feet
			14. Techniques - body block / forward support
			15. Techniques - forward



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## MOOSE JAW MINOR HOCKEY ASSOCIATION 2010/11 SKILLS DEVELOPMENT PROGRAM

### INITIATION

	Date	Lead	Plan
Ice Session #1	October	SHA Instructors	Phase 1 Skills Plan
Ice Session #2	October	Initiation Coaches	Practice Plan from Phase 1
Ice Session #3	November	SHA Instructors	Phase 2 Skills Plan
Ice Session #4	November	Initiation Coaches	Practice Plan from Phase 2
Ice Session #5	December	Initiation Coaches	Practice Plan from Phase 2
Ice Session #6	December	SHA Instructors	Phase 3 Skills Plan
Ice Session #7	January	Initiation Coaches	Practice Plan from Phase 3
Ice Session #8	January	Initiation Coaches	Practice Plan from Phase 3
Ice Session #9	February	SHA Instructors	Phase 4 Skills Plan
Ice Session #10	February	Initiation Coaches	Practice Plan from Phase 4

SHA Instructors Practice plans follow the program outline

Coaches Practice Plans acquired from the Skills Development Manuals



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## MOOSE JAW MINOR HOCKEY ASSOCIATION 2010/11 SKILLS DEVELOPMENT PROGRAM

### NOVICE

	Date	Lead	Plan
Ice Session #1	October	SHA Instructors	Phase 1 Skills Plan
Ice Session #2	October	Novice Coaches	Practice Plan from Phase 1
Ice Session #3	November	SHA Instructors	Phase 2 Skills Plan
Ice Session #4	November	Novice Coaches	Practice Plan from Phase 2
Ice Session #5	December	Novice Coaches	Practice Plan from Phase 2
Ice Session #6	December	SHA Instructors	Phase 3 Skills Plan
Ice Session #7	January	Novice Coaches	Practice Plan from Phase 3
Ice Session #8	January	Novice Coaches	Practice Plan from Phase 3
Ice Session #9	February	SHA Instructors	Phase 4 Skills Plan
Ice Session #10	February	Novice Coaches	Practice Plan from Phase 4

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## Moose Jaw Minor Hockey Association 2010/11 Skills Development Program

### ATOM

	Date	Lead	Plan
Ice Session #1	October	SHA Instructors	Phase 1 Skills Plan
Ice Session #2	October	Atom Coaches	Practice Plan from Phase 1
Ice Session #3	November	SHA Instructors	Phase 2 Skills Plan
Ice Session #4	November	Atom Coaches	Practice Plan from Phase 2
Ice Session #5	December	SHA Instructors	Phase 3 Skills Plan
Ice Session #6	December	Atom Coaches	Practice Plan from Phase 3
Ice Session #7	January	SHA Instructors	Phase 4 Skills Plan
Ice Session #8	January	Atom Coaches	Practice Plan from Phase 4
Ice Session #9	February	SHA Instructors	Phase 5 Skills Plan
Ice Session #10	February	Atom Coaches	Practice Plan from Phase 4

SHA Instructors Practice plans follow the program outline

Coaches Practice Plans acquired from the Skills Development Manuals



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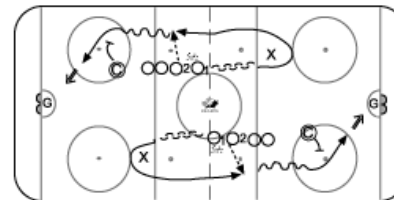
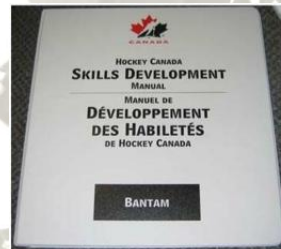


# Practice Plans



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1. Incorporate Skills manual into your seasonal plan
2. Prepare 30 minutes for each practice by internalizing the drills
3. Communicate plans to assistants & players (Pre Iced & Posted)
4. Modify where appropriate and add Skills of Gold components
5. Warm up off ice
6. Have assistants prepare ahead for each drill
7. Utilize Skills Stations for maximum Skill Development
8. Incorporate Skills within Drills and Skills Progressions
9. Make the practice challenging and fun





# Practice Planning



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- Objectives
- Organization
- Practice Outline
- Components of Yearly Plan
- Use of Drills (Diagrams, Demonstrations)
- Teaching Techniques
- Drill Progressions
- Error Correction – Whole Part Whole
- Rapport with Players
- Ice Management
- Passion





# Practice Planning



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*Make your practices fun and challenging by adding.....*

1. **“Skills within Drills”** - Skills added within a pre-planned drill to make it more challenging & to further develop individual skills
2. **“Skills between Drills”** - Skills worked on for 1-2 minutes between the planned drills for the practices
3. **“Random Drills & Skills”** – adding another partial drill or skill on to a pre-planned drill as a progression
4. **“Active Rest”** – working at a skill during the cool down phase of a drill, between drills or at the end of practice
5. **“Open Skills to Closed Skills”** – Adding noise to stable predictable structured drills (Closed Skills) so movements have to be continually adapted (Open Skills)





# Skills Stations

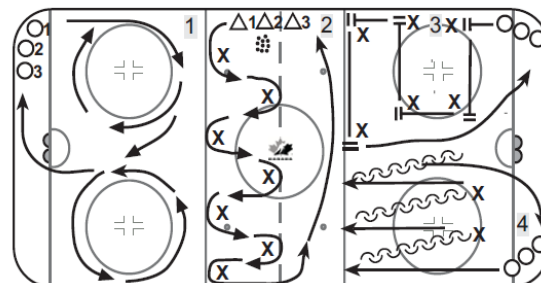


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## Station Work Benefits

- Fun and reinforces basics
- Multiple repetitions in a short period of time
- Maximizes usage of ice
- Maximizes player movement
- Maximizes individual skill development and puck control
- Individual skill levels can be improved and challenged at the appropriate level: (Increasing the speed, Adding obstacles, Adding implements, Adding teammates or opponents, Adding a decision making component)
- All skill levels and age groups can be accommodated

Description	Key Points
<p>20 Skating Evaluation</p> <p><b>Stations:</b> Divide players in colours</p> <ol style="list-style-type: none"> <li>1. Forward and backward crossovers and pivots facing the net ( can do with pucks 3<sup>rd</sup> - 4<sup>th</sup> time through )</li> <li>2. Tight turns and 360' turns ( can do with pucks 3<sup>rd</sup> - 4<sup>th</sup> time through )</li> <li>3. Forward and backward stops and starts</li> <li>4. Forward and Backward striding</li> </ol> <p><b>Goalies - 1 © for Goalie Zone</b></p> <ol style="list-style-type: none"> <li>1. T-pushes side to side</li> <li>2. Movement up and back</li> <li>3. Mirror Drill</li> </ol>	<ul style="list-style-type: none"> <li>• 5 min each station with rotation on the whistle</li> <li>• coaches remain with stations</li> <li>• balance</li> <li>• body position</li> </ul>



# Dynamic Practices & Small Area Games



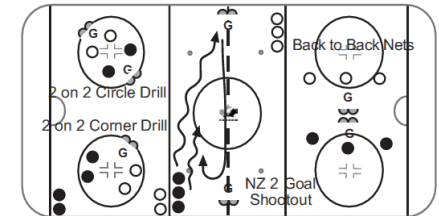
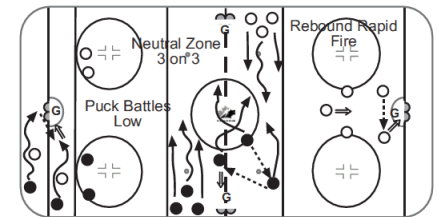
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## Dynamic Practices

- Create a positive practice culture with established routines
- Practices need to be effortful with players being challenged
- Athletes need to feel safe enough to take risks
- Make players think and focus
- Athletes should control the difficulty & be allowed to push limits. ("It is ok to lose the puck or fall, when you increase the speed.")

## Small Area Games

- Promotes decision making, creativity and experimentation to excel in tight situations
- Creates a more competitive practice environment
- Eliminate the need for traditional conditioning drills if all players are moving
- Small-area games foster a love and enjoyment of the game because players and coaches have FUN!



# )))))) Off Ice & Multi Sport Development

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- Skills of Gold Off Ice Training
- Skills of Gold Off Ice Sports
- Life Skills
- Motivational Posters



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# )))))) Season Plan / Parents Meeting



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• Team Players	page
• Coaching Staff	page
• Coaching Philosophy	page
• Hockey Goals & Expectations	page
• Players Code of Conduct	page
• Coaches Code of Conduct	page
• Parents Code of Conduct	page
• Organizational Goals	page
• In-Season – Practice	page
• In-Season – Games	page
• Post Season	page
• Communication Goals	page
• Player Development Pyramid	page
• Skills Development Goals – Individual	page
• Skills Development Goals – Goaltenders	page
• Skills Development Goals – Team	page
• Goals – Team Building, Off Ice & Life Skills	page
• Season Plan	page
• Team Budget	page
• Tournaments	page
• <u>Team Positions</u>	<u>page</u>

[Season Plan](#)



# )))))) What Makes A Good Coach

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- Keep Vision & Values Front & Centre
- Think Deeply about and Pursue Holistic Education
- Dedicated to Life-Long Personal Development and Professionalism
- Mentally Tough
- Meticulous in Preparation
- Excellent Communication Skills
- Relationship Management
- Decision Making
- Self Knowledge and Awareness
- Belief, Faith and Trust
- Passion



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# Wrap



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Lets have a great season!!

QUESTIONS?

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