

Ancaster
Minor Hockey
League

Coach
Meeting

Oct 9, 2013



Topics

- Awesome Hockey Environment - Mike Walsh
- Referees – Dan Maycock
- Coach/Player Development – John Cullen
- Housekeeping & Scheduling – Tony Valaitis, Jake Parkhill



Ancaster Minor Hockey League

Awesome Hockey Environment



Take the next step

Ancaster Minor Hockey Association

Honour

Integrity

Respect

Hard Work

= Awesome Hockey Environment

ARE YOU IN???



Housekeeping & Scheduling

- Police checks in mailbox or scan/email
- Scheduling constraints
- Goalie subsidy – 50% up to \$125 from Atom to Midget (parents spend \$250)
- Protocol for issues – must be in writing



Ancaster Minor Hockey League

Coach's Clinic
October 2013



Topics

- Coaching certification & opportunities
- Communication
- Coach and trainer kits
- Game preparation
- Training elements, play vs practice
- Running ½ ice practices and drills
- Beyond 1 game/practice per week
- Tournaments



Certification Requirements

- Everyone needs Speak Out or Respect in Sport (RIS)
- Trainers need Trainers Level 1
- Mite/Tyke head coaches need Intro Coach
- Novice & higher head coaches need Coach Stream
- AMHL reimbursement program
- OMHA.net for clinics



Coaching Opportunities in AMHL

- House League (45 teams)
- Novice Development Program
- Select (4-5 teams)
- Rep (14 teams)
- All Rep teams need:
 - Head coach
 - 2 assistant coaches
 - Manager
 - Trainer
- Start off as trainer, manager or assistant & learn



Communication

- Learn names
- Parent meeting & letter
- Use email
- Weekly reminders
- 24 hour rule
- Be in charge, set the tone
- Firm & fair
- Free team site on AMHL site



Coach's Kit

- Pucks (bucket or mini-net)
- Water bottles
- Pylons (dollar store)
- Pinnies (optional)
- Spare neck guard, mouth guard
- First aid kit
- Screw driver, helmet parts
- White board (optional)



Trainer's Kit

- Fill out medical forms
- Bring forms to games
(Allergies, Asthma)
- First aid kit, tools, bags
for ice
- ImPACT Concussion
Management Program
- Head contact rules



Game Day

Pre-Game

- Prepare line-up
- Home team brings pucks, gamesheet, timekeeper
- Water bottles
- Three stars sheets
- Team sign on door
- Pre-game talk/walk through
(keep it short)



Game Day

Game On

- Stay positive with kids
- Criticism sandwiches
- Teach them between shifts
- Keep your cool
- Your kids will be reffing soon
- Watch the game from the stands
- You coach your kids, let other guy coach his kids



Game Day

Post Game

- Post game talk
- P/U gamesheet from referees room
- Email in score/stats
- To Treat or Not to Treat (allergies)



Preparation

***“THE KEY IS NOT THE
WILL TO WIN -
EVERYBODY HAS THAT. IT
IS THE WILL TO PREPARE
TO WIN THAT IS
IMPORTANT.”***

~ BOBBY KNIGHT



IMAGE BY KEITH FUJIMOTO



Training Elements

Hockey Canada – Skills Checklist

Suggest Skill Acquisition Schedule – Age Specific

	IP	N	A	P	B	M	D
4.08 C-cuts – back foot crossunders		Y	Y	Y	Y	Y	
4.09 C-cuts – alternate crossunders		Y	Y	Y	Y	Y	
4.10 C-cuts – heel only		Y	Y	Y	Y	Y	
4.11 Forward striding	Y	Y	Y	Y	Y	Y	
4.12 Exaggerated stride	Y	Y	Y	Y	Y	Y	
4.13 Forward striding – pulling partner	Y	Y	Y	Y	Y	Y	
4.14 Weave – crossovers with pylons		Y	Y	Y	Y	Y	
4.15 Weave – crossunders with pylons		Y	Y	Y	Y	Y	
4.16 Forward striding – hands on stick on ice			Y	Y	Y	Y	
4.17 Stride and bend		Y	Y	Y	Y	Y	
4.18 Jump stride		Y	Y	Y	Y	Y	
BACKWARD SKATING							
5.01 C-cuts – left foot / right foot	Y	Y	Y	Y	Y	Y	
5.02 C-cuts – alternating	Y	Y	Y	Y	Y	Y	
5.03 Gliding on two skates – backward	Y	Y	Y	Y	Y	Y	
5.04 Gliding on one skate – backward	Y	Y	Y	Y	Y	Y	
5.05 Slalom – c-cuts narrow		Y	Y	Y	Y	Y	
5.06 Slalom – c-cuts wide		Y	Y	Y	Y	Y	
5.07 C-cuts – pulling partner		Y	Y	Y	Y	Y	
5.08 Slalom – pulling partner		Y	Y	Y	Y	Y	
5.09 Slalom – alternating lead foot		Y	Y	Y	Y	Y	
5.10 Backward sculling		Y	Y	Y	Y	Y	
5.11 Jump stride – backward		Y	Y	Y	Y	Y	
TURNING AND CROSSOVERS							
6.01 Glide turns	Y	Y	Y	Y	Y	Y	
6.02 Tight turns	Y	Y	Y	Y	Y	Y	
6.03 Tight turn – dive into turn	Y	Y	Y	Y	Y	Y	
6.04 360's – left and right	Y	Y	Y	Y	Y	Y	
6.05 360's – alternating	Y	Y	Y	Y	Y	Y	
6.06 C-cuts – around circle – outside foot	Y	Y	Y	Y	Y	Y	
6.07 C-cuts – around circle – inside foot		Y	Y	Y	Y	Y	
6.08 C-cuts – around circle – both feet	Y	Y	Y	Y	Y	Y	
6.09 C-cuts – around circle – crossunders		Y	Y	Y	Y	Y	
6.10 C-cuts – around circle – forward	Y	Y	Y	Y	Y	Y	



Training with a Purpose



Date: 07/25/13 **Group:** _____
Length: 60 mins
Start Time: 8:00pm **Focus:** Technical Skills
End Time: 9:00pm **Level:** SQ

Length	Start	Drill Name	Category	Notes
10	8:00pm	10 Cone Agility Skate	Skating	
10	8:10pm	Triple Z-Shooting	Shooting	
15	8:20pm	Diamond Attack	Passing	
15	8:35pm	Backward Pivot Sprints	Skating	
10	8:50pm	Three Goalie Shoot Out	Puck Control	

Notes: 4 Nets needed

Select drills to support goals

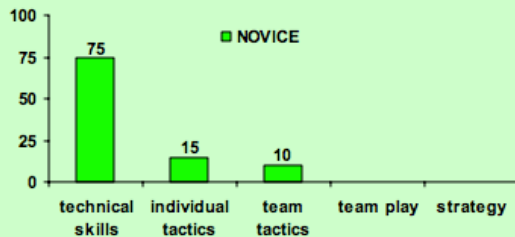


Training Element Emphasis

NOVICE SKILL PROGRESSIONS

8 yrs

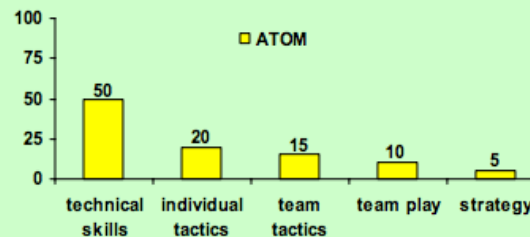
Novice skill development should be built on practicing *individual technical skills* 85% of total practice time.



ATOM SKILL PROGRESSIONS

9-10 yrs

Atom skill development should be built on practicing *individual technical skills* 50% of total practice time.



PEEWEE SKILL PROGRESSIONS

11-12 yrs

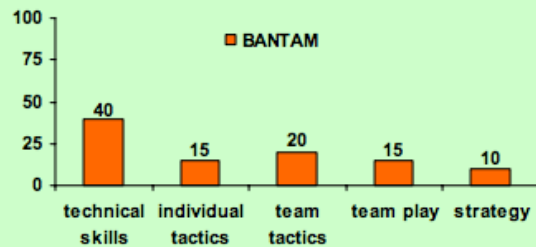
Peewee skill development should be built on practicing *individual technical skills* 45% of total practice time.



BANTAM SKILL PROGRESSIONS

13-14 yrs

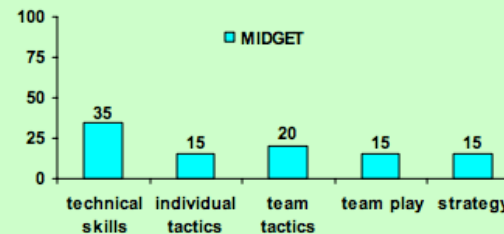
Bantam skill development should be built on practicing *individual technical skills* 40% of total practice time.



MIDGET SKILL PROGRESSIONS

15-17 yrs

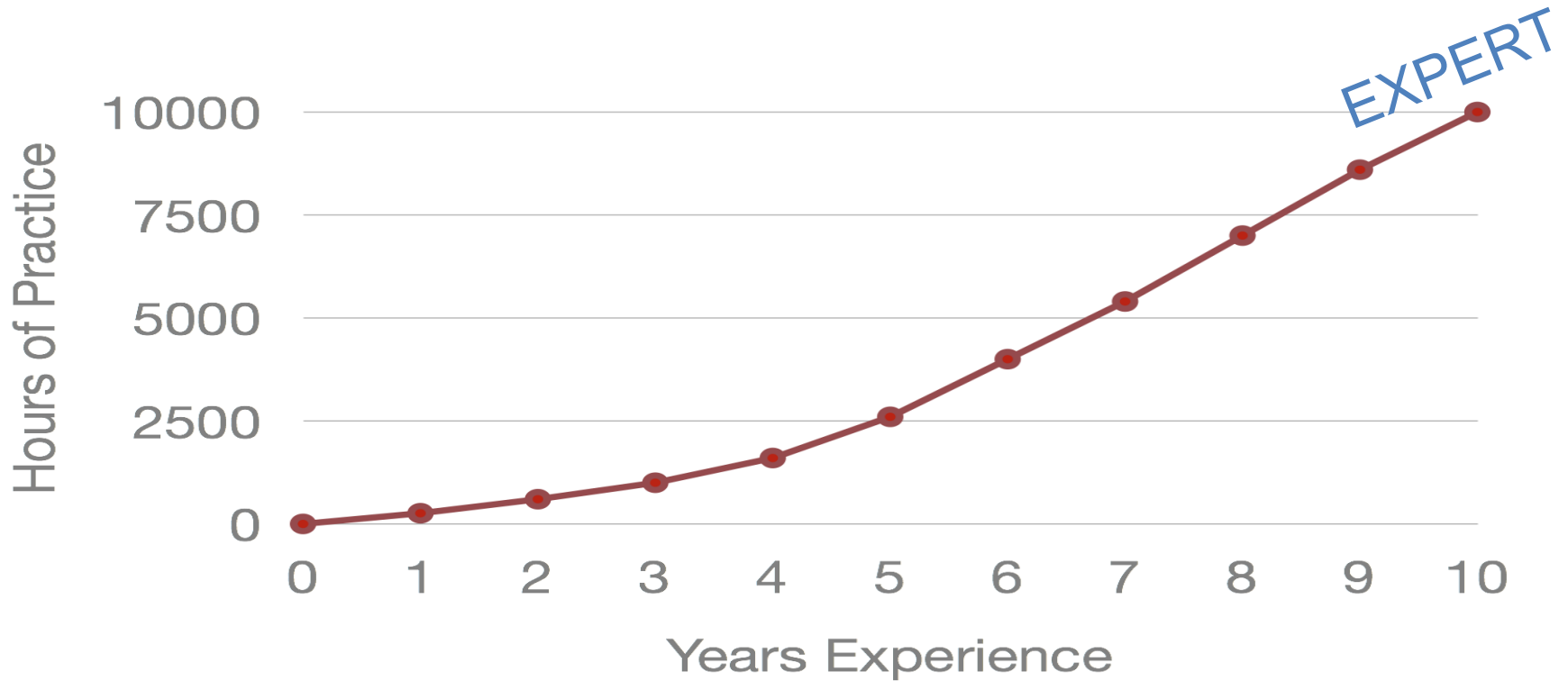
Midget skill development should be built on practicing *individual technical skills* 35% of total practice time.



How is as important as What



Deliberate Practice



- * Deliberate or Purposeful
- * Amount and Type of Practice



Deliberate Play, Deliberate Practice

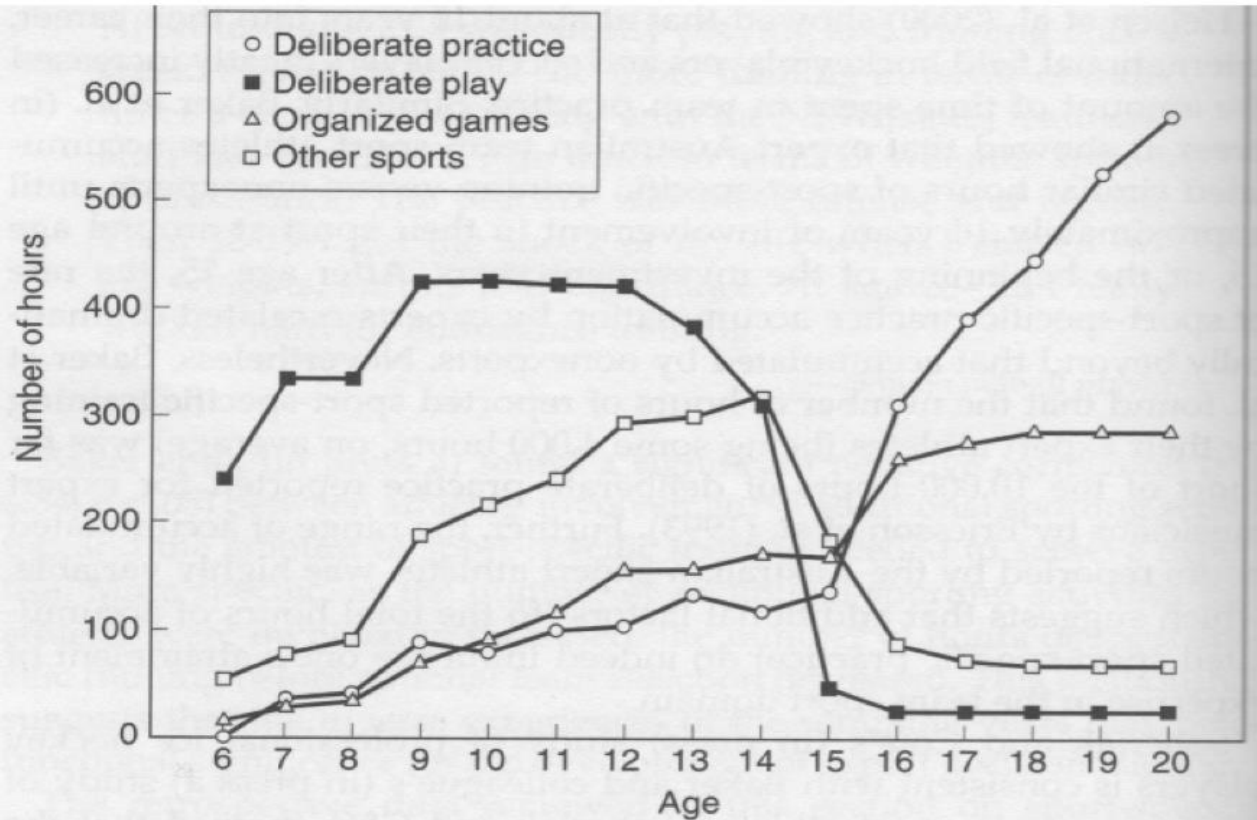


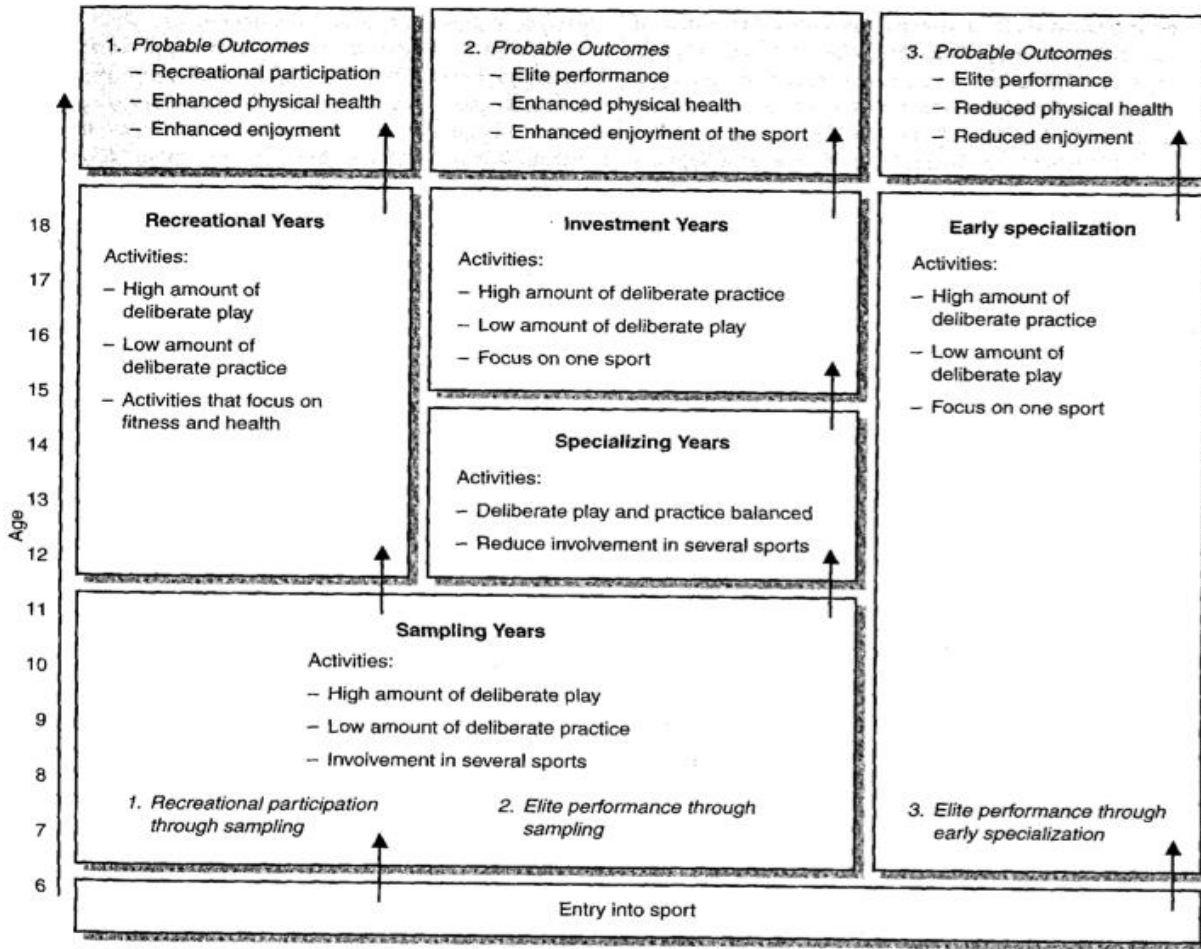
Figure 4.3 Hours per year spent in deliberate play, deliberate practice, organized games, and other sports.



Dimension	Deliberate Play	Deliberate Practice
Goal	Fun	Improve performance
Perspective	Process/experimentation	Outcome (ends)
Monitored	Loosely	Carefully
Correction	No focus on immediate correction	Immediate correction
Gratification	Immediate	Delayed
Sources of enjoyment	Inherent	Extrinsic



Athlete Development



Sampling Years
6 - 12 years

Specializing Yrs
13 - 15 years old

Investment Years
16 years old +

Figure 8.2 Developmental model of sport participation.



Building Intrinsic Motivation

- **Provide successful experiences**
- **Rewards must be contingent on performance**
- **Vary practice and training**



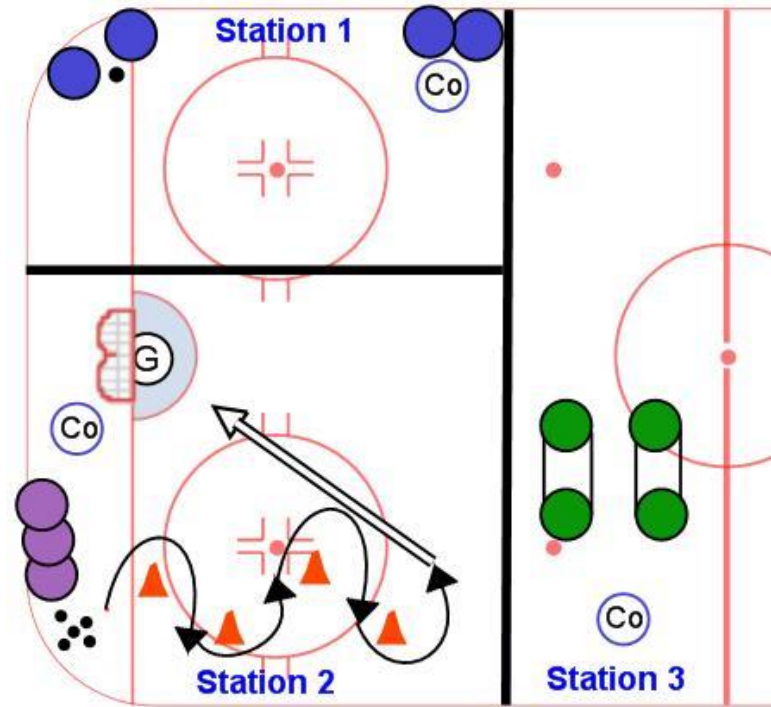
Resources

- [http://assets.ngin.com/attachments/document/0042/7046/OMHA_PLAYER_DEVELOPMENT_HANDBOOK - V4 - JUNE 2010.pdf](http://assets.ngin.com/attachments/document/0042/7046/OMHA_PLAYER_DEVELOPMENT_HANDBOOK_-_V4_-_JUNE_2010.pdf)
- Côté, J., Baker, J. & Abernethy, B. (2003) From play to practice: a developmental framework for the acquisition of expertise in team sport, in: J. Starkes & K. A. Ericsson (Eds) Expert performance in sports: advances in research on sport expertise (Champaign, IL, Human Kinetics), 89–114.
- Côté, J., Baker, J., & Abernethy, B. (2007). Practice and play in the development of sport expertise. In R. Eklund & G. Tenenbaum (Eds.), Handbook of sport psychology (3rd ed., pp. 184-202). Hoboken, NJ: Wiley.
- Soberlak, P., & Côté, J. (2003). The developmental activities of elite ice hockey players. *Journal of Applied Sport Psychology*, 15, 41-49.



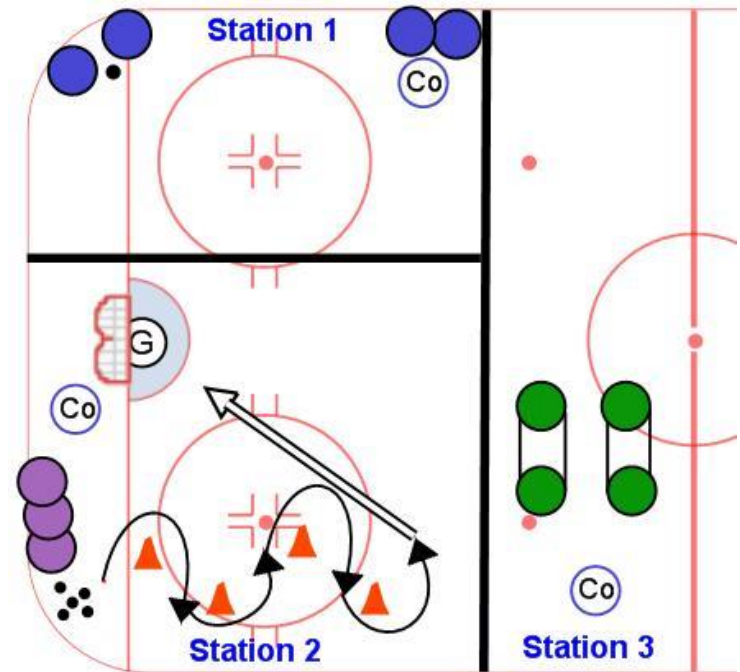
Practices

- Be prepared with a plan
- Use stations & 3 skill groups
- Adjust # stations by # coaches
- Adjust drills by skill
- Watch the time
 - * 10 min flood
 - * 15 min: full ice warmup
 - * 25 -30 min: 3 stations @ 8 to 10 minutes each
 - * 5-10 minutes of fun stuff
 - * 60 minutes are up



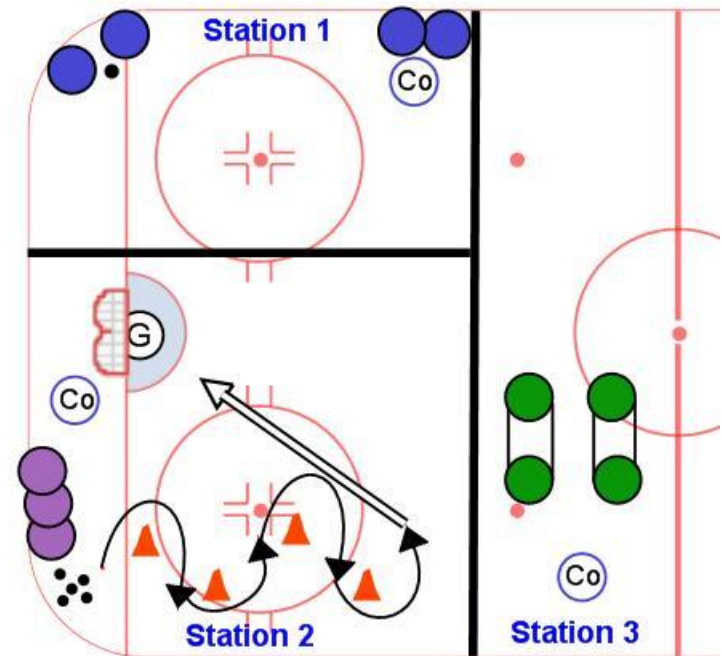
Practices

- Take charge
- Firm, fair and fun
- Provide feedback
- Use your on-ice coaches
- Behaviour / focus issues



Practices

- Work on fundamentals
- Skating, skating, skating
- Stick handling
- Passing
- Shooting
- 11 games = 1 practice

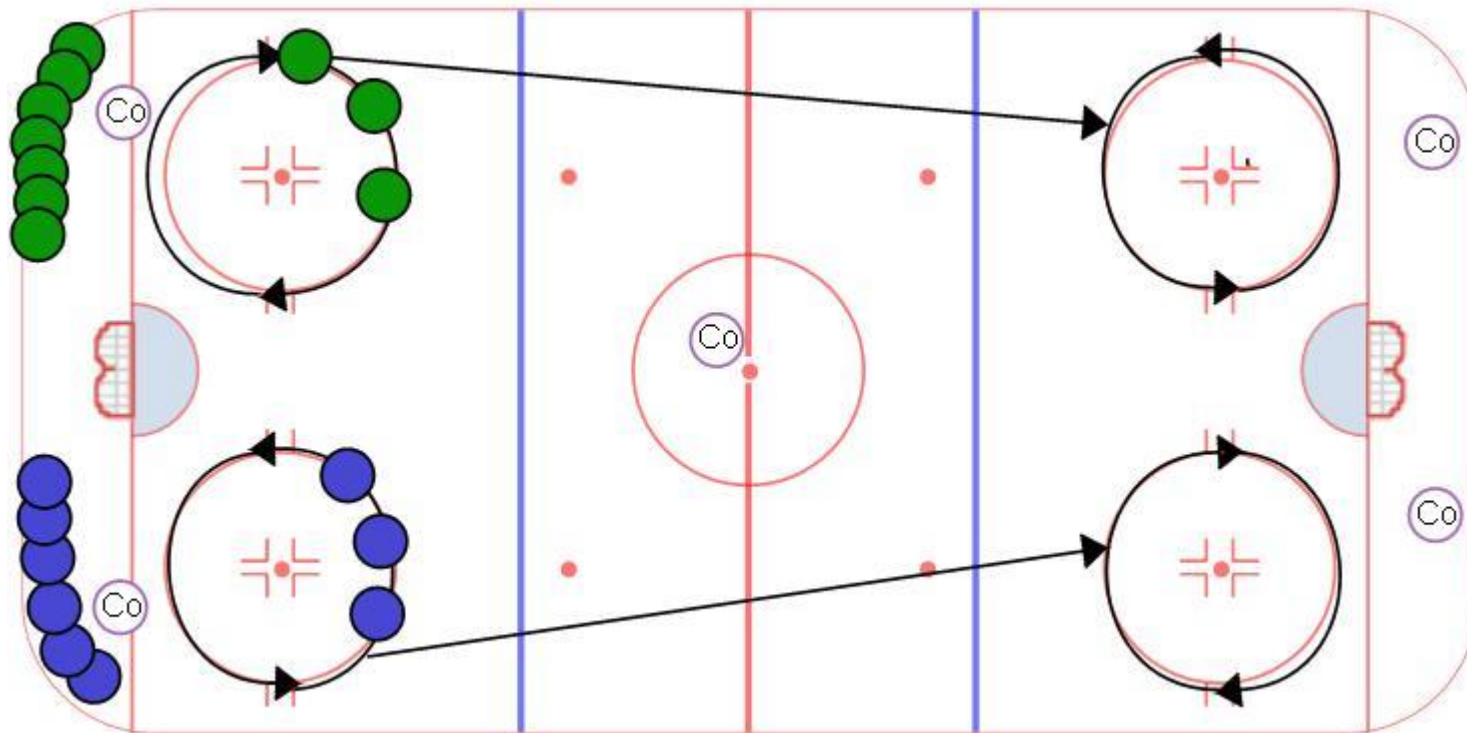


Practices – Full ice warm up

- One coach runs it
- Two laps and start it
- Use other coaches to:
 - Keep lines even
 - Keep drills moving
 - Move pucks and pylons
 - Use 1 set of pucks



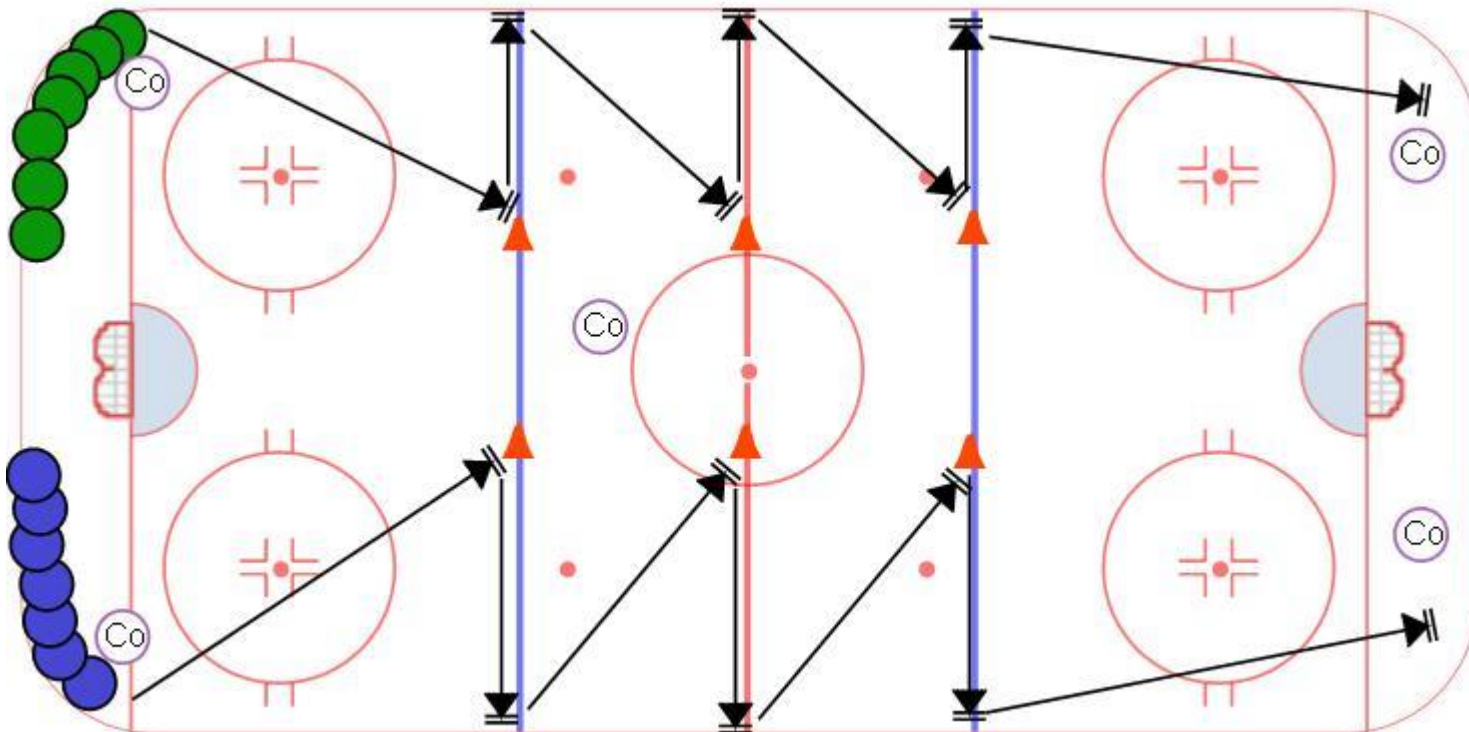
Practices – Full ice circles



Forward circles (3 / 4 skaters at a time) (switch cross-overs)
Between blue lines: fwd, bwd, drop to knees at centre line
Optional: add pucks, do each circle twice, Fwd/bwd circles



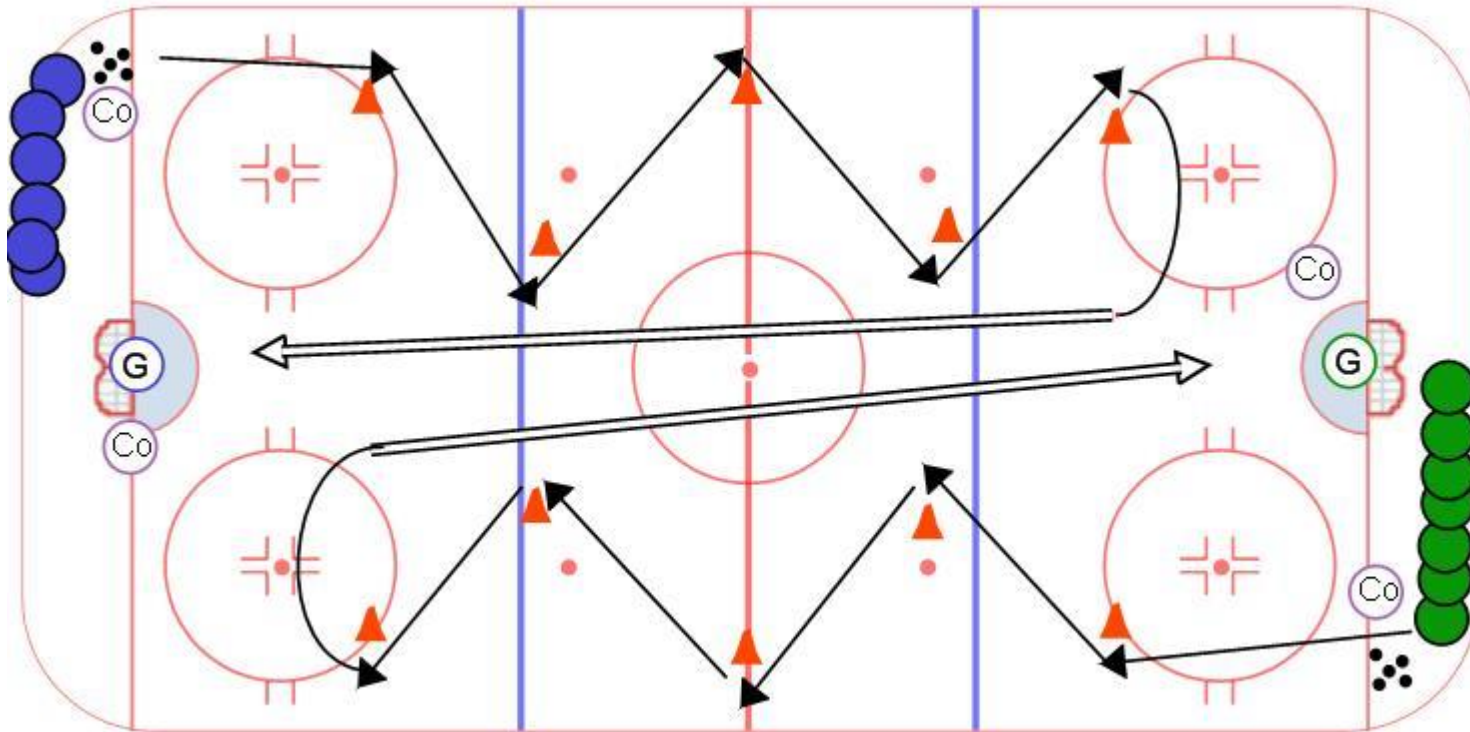
Practices – Full ice stopping



Full stop, stop on both sides (left, right)



Practices – Full ice pylon slalom

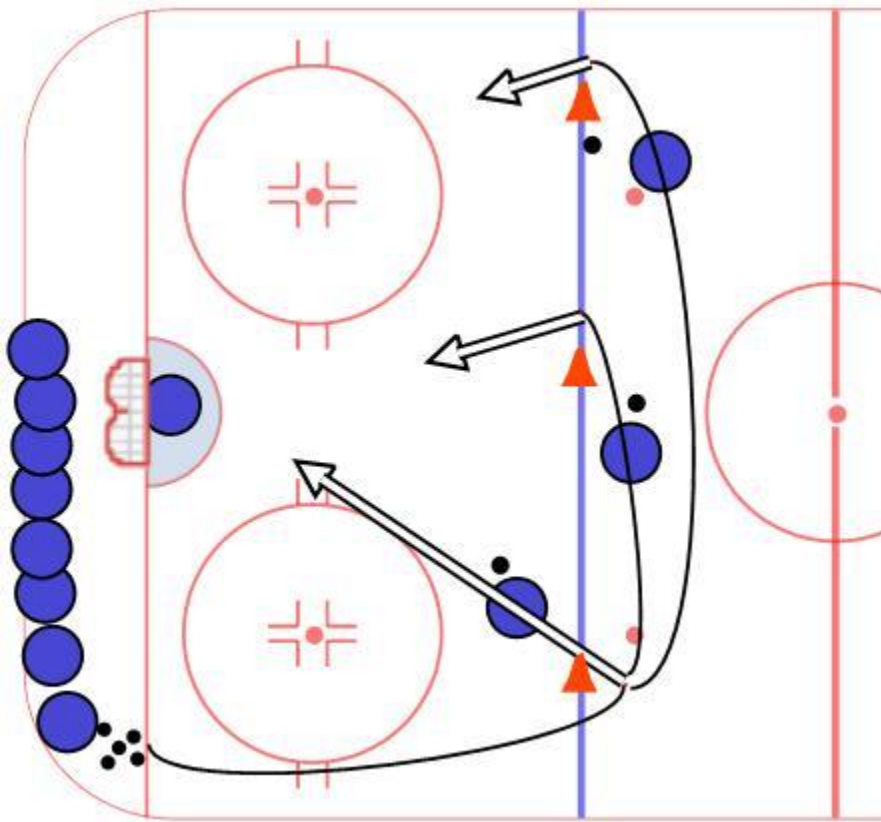


Coaches – keep spacing, reset pylons



Practices – ½ ice warm-down

3 Man Shooting

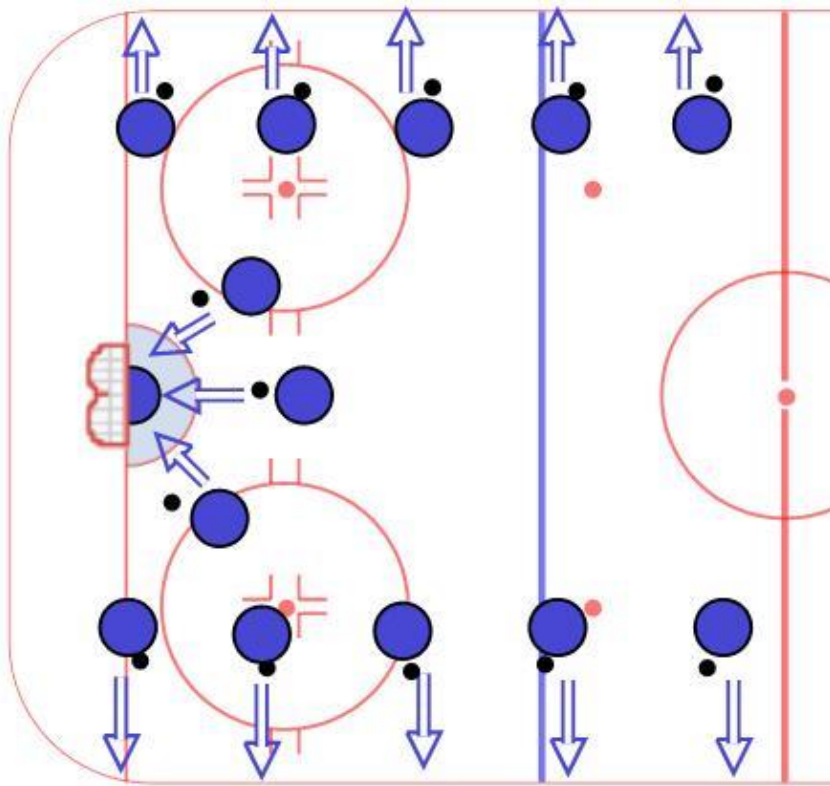


- 3 skaters at time
- Shots from slot only
- Use as a game warm-up



Practices – ½ ice warm-down

Shoot Against Boards

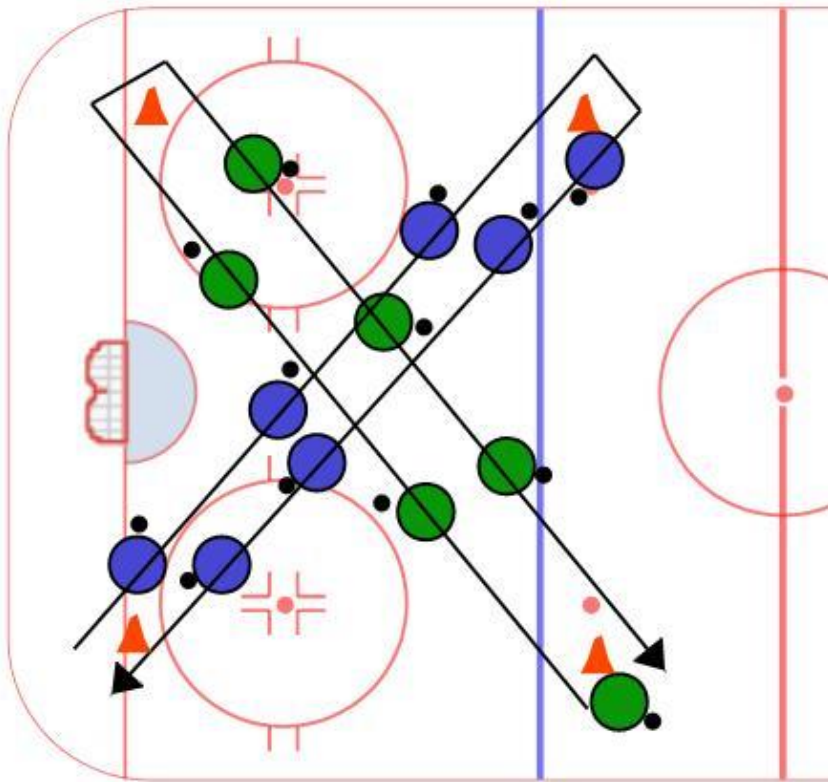


- 3 players shoot on goalie
- Individual instruction
- 25 to 50 shots each
- Not just for scoring
- Need hard shot to clear zone



Practices – ½ ice warm-down

Figure 8 Stick Handling

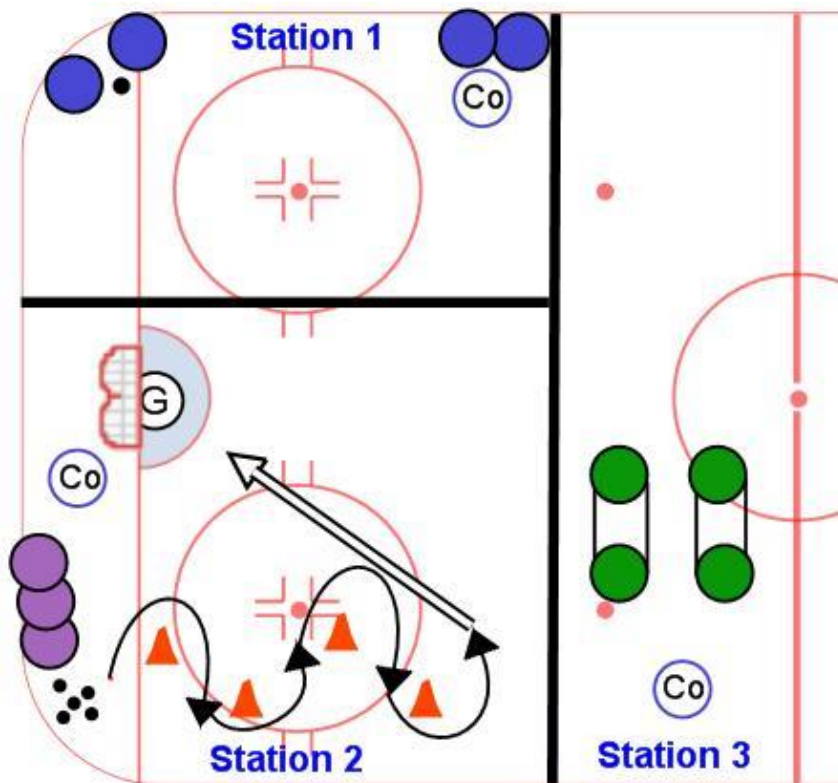


- Divide players in half
- Everyone has a puck
- Skate from pylon to pylon
- Head up, control puck
- Not a race
- Pick up speed as they improve



Practices – ½ ice 3 stations

3 Stations – Ver. 1



Station 1

-1 on 1 in the corner

Station 2

- stick handling, shooting

Station 3

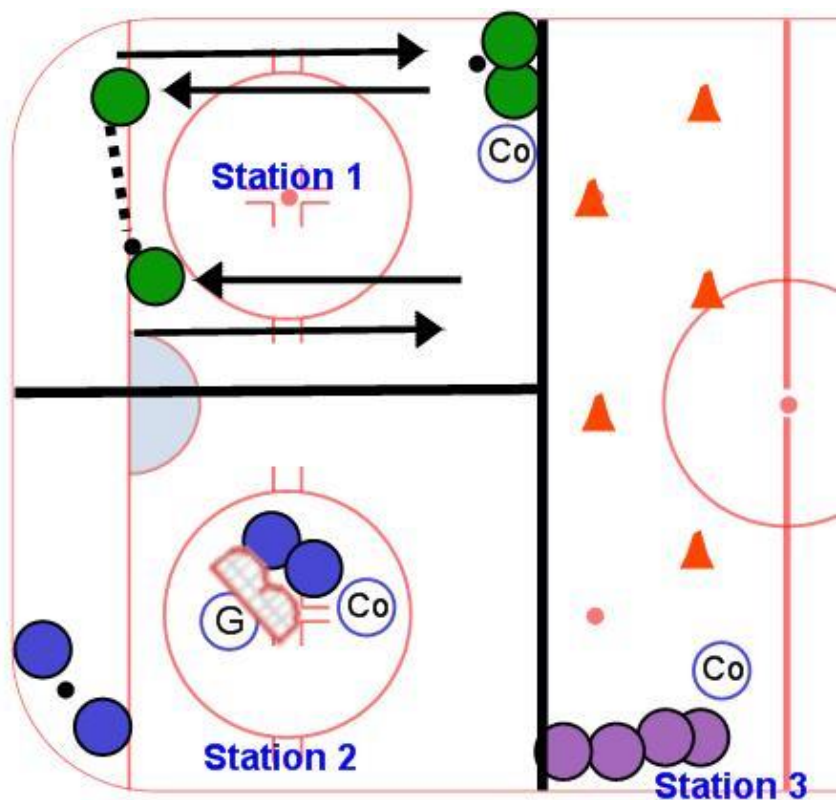
- skating, buggy pulls

- great for bwd skating



Practices – ½ ice 3 stations

3 Stations – Ver. 2



Station 1

- 2 man passing

Station 2

- 1 on 1 keep away in the corner
- use body to protect puck
- try to score on whistle

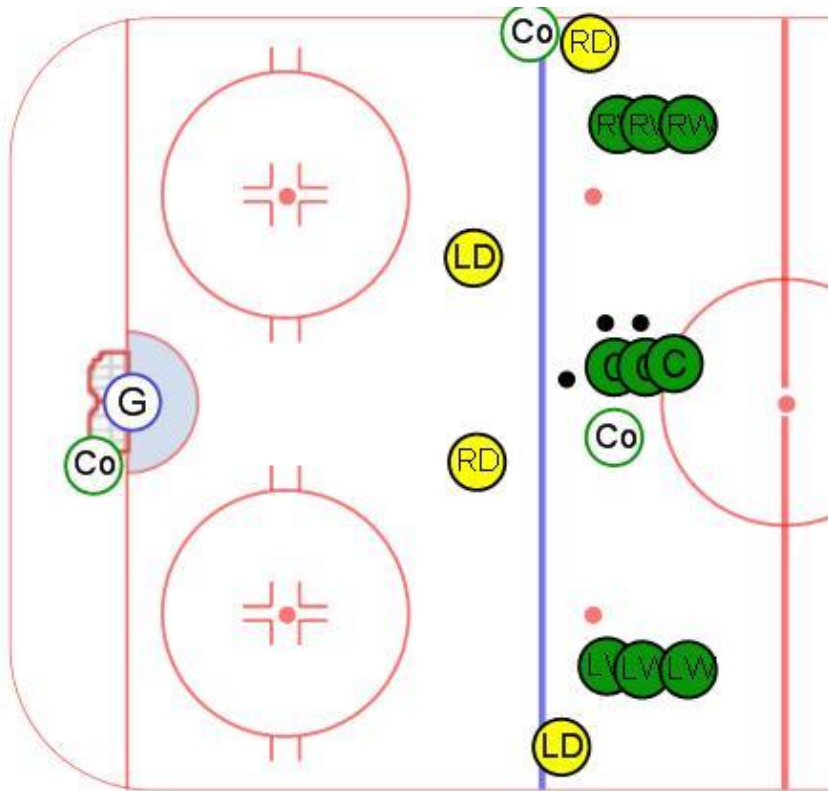
-Station 3

- tight turns
- fwd, bwd, add pucks



Practices – ½ ice - 3 on 2 drill

Starting Positions

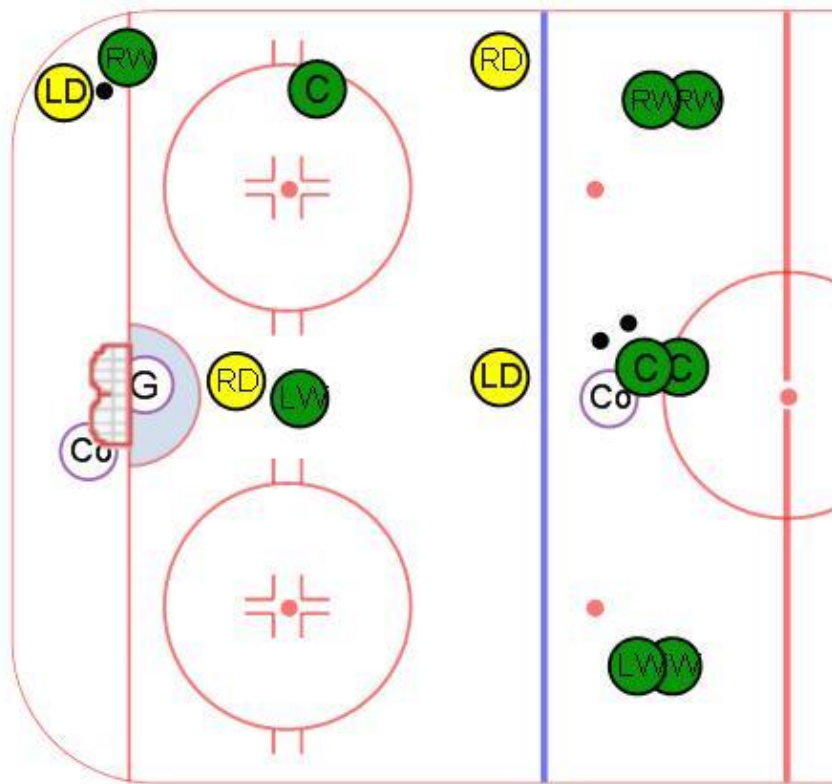


- 3 lines in neutral zone
- Defenseman on blue – line
- Coach shoots puck into corner
- Coaches teach from their spots



Practices – ½ ice - 3 on 2 drill

Teaching Points

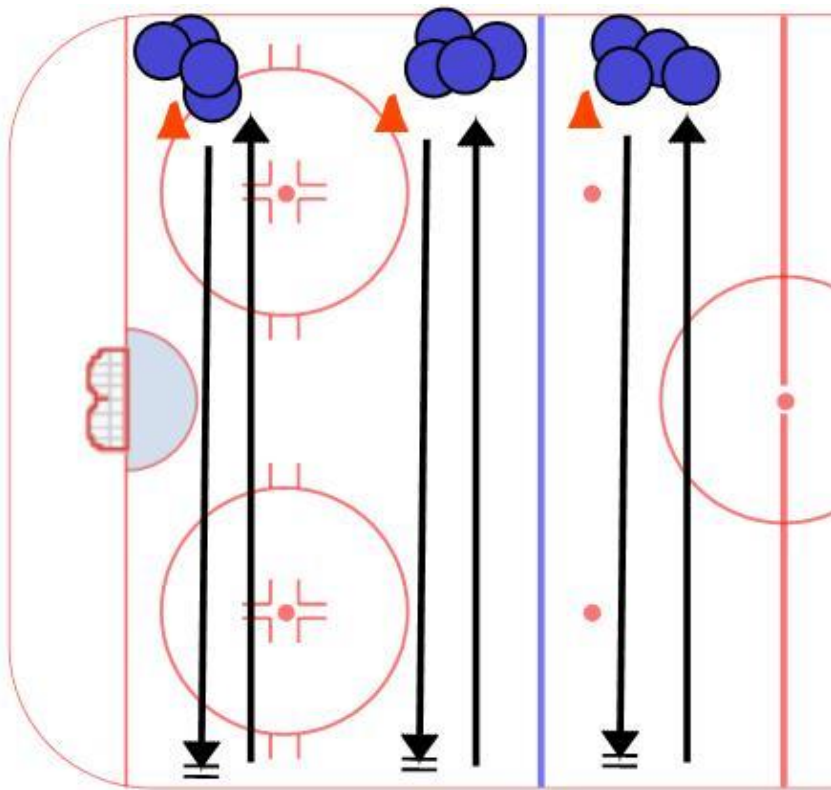


- Fwd positions in offensive zone
- Fwds pass back to D
- D positions in their own zone
- D use the boards to clear
- D on blue line – on boards, move laterally, pass across
- Drill ends when Fwds score, Goalie freezes puck, D clears zone or coach blows whistle



Practices – ½ ice – Fun drills

Relay Races

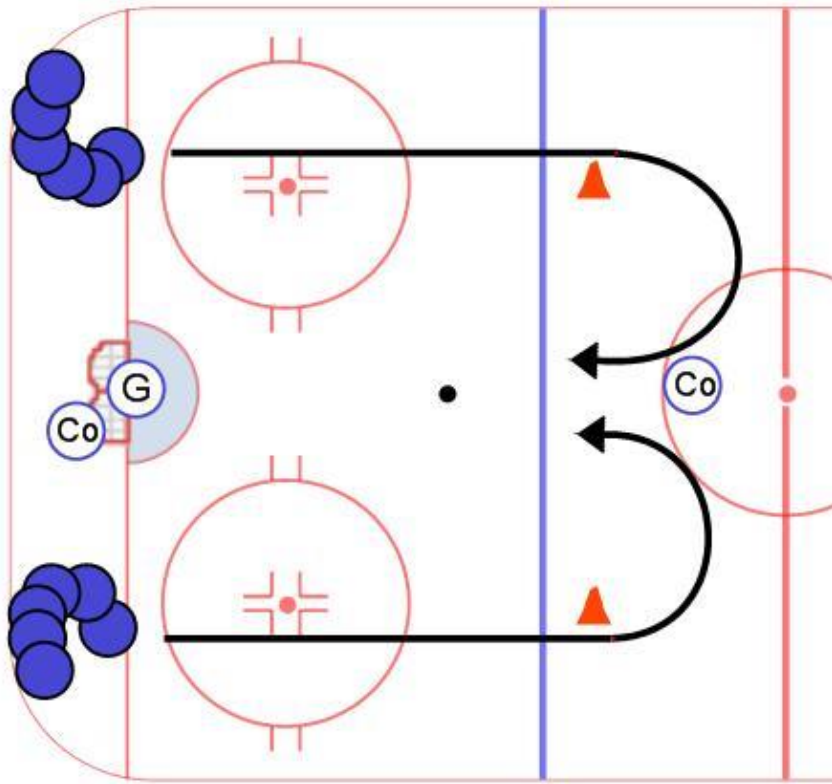


- Divide into equal skating teams
- Fwd there and back
- Fwd there, Bwd back
- Bwd there and back
- Add pucks
- add Pylons before the boards as stopping point to prevent injury



Practices – ½ ice – Fun drills

1 on 1 Drive to the Net

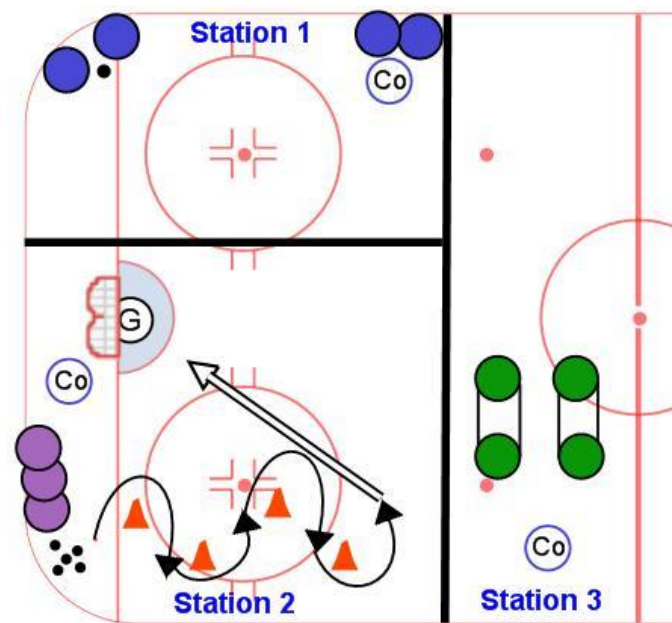


- Pair kids up by skating ability
- Players take off on whistle
- First player to puck tries to score
- Trailing player tries to stop him
- Coach sets up puck for next pair



Drill Resources

- Other Coaches
- Hockey Canada Guides -Half Ice, Novice, Atom
- HockeyPracticeGuide.com
- Jes-Hockey.com
- WeissTechHockey.com/blog/
- DrillDraw.com



Beyond 1 Practice & 1 Game per Week

- Novice Development program
- Select & Rep programs
- Power skating schools
- Public skating
- Pond hockey (4 on 4)
- Booking your own ice
 - Wentworth, Barton
 - City of Hamilton



Pond Hockey

- 16 skaters, 2 goalies
- 4 on 4, 1 minute shifts
- Each kid plays 25 minutes
- More space and puck touches
- Tons of fun, kids love it
- Rent private ice
- About \$15 per skate per kid



Tournaments

- Why they are good
- Where to find them
(www.omha.net)
- How to book them
- Travel permits (AMHL)
- Team rosters (OMHA & AMHL)



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**Thank you for
attending!**

