

SJAMHA Coach Meeting
7/8 House League, Novice, Atom

Purpose: Coach working forum to identify opportunities, share successes, and assist each other with their experiences.

Practices:

- Be prepared with practice plans
- Use your Hockey Canada binders as a resource and guideline
- Minimize time in front of the white board with players on their knees
- Have a common location for providing instruction
- Keep the practices upbeat
- Utilize a multi-station format
- Keep stations and drills 5-7 minutes
- Start with fun and end with fun (from Andy Murray)
 - Shuttle races
 - Asteroids
 - Baseball
 - Kings Court
 - Multiple 3 on 3 games across ice with pylons as goals
 - British Bull dog with and without pucks
 - Shoot out (end of practice) with a “celebration” contest, bet goalie against shooter
 - Shinny, all skaters with multiple pucks
- Don't punish with skating to address a poor game performance, address the shortcomings
- First practice of week – focus on skills and conditioning
- Second practice – focus on tactics (address last game short comings) and skills to progress from last game
- Go over first drill or two in the dressing room so you don't have to instruct it on the ice
- Give names to your common drills so you can just call it out and the players will know what to do.
- If any players continually disrupt/interrupt practice, remove them from the ice into the custody of his/her parent, explain to the parent why and inform them that their child is welcome back once they commit to improved behaviour. Never leave a child alone in a dressing room and never be alone with a child.

Game Tactics:

- Count to 3 in Hockey (two players on the puck, any more is too many)
 - Teach players to count if they are the next closest players on the puck
 - You want two players checking the puck, so your player goes in if there's less than two, but not if there is two players already there – hence count ONE, TWO, then TOO MANY-don't go in

- Don't take, shoot, or pass the puck through the Swamp (area in front of your net)
- Protect the Danger Lines – these are the outer perimeter of the Swamp
 - Position your defenders in this area to check the opposing puck carriers
- When you have the puck, all five skaters take an active role on defence.
- When the opposing team has the puck, all five skaters take an active role on offence
- Breakout – 3 stage progression
 - Defence skates it out
 - Defence begins to skate it out then looks to pass once they reach the ringette line
 - Defence moves it up to forward against boards, progress to forward skating forward prior to the release of the pass
- Include passing to defence and getting the puck to the far side of the ice
- RWTR – Rink Within The Rink (from Scotty Bowman)
 - Draw a line from goal lines through outer face off dates
 - Area inside is the RWTR – control this area, keep the opposing team outside

Checking:

- Defence (skating backwards) aligns their outside shoulder to the opposing skater's inside shoulder, forces them outside. Learn to turn with the skater prior to them exceeding a 45 degree angle.
- Check the triangle – stick check
 - Triangle formed from the puck handler's gloves to their skates to the stick blade.
 - Slide your stick blade into the triangle and then come under the puck carrier's stick blade to take/knock the puck out of the way, keep your feet moving
- Check the gloves
 - Skating alongside the puck carrier (particularly along boards), skate past their gloves and proceed to move into their stick and take the puck away, keep the feet moving

Pre-game

- Locker room must always be supervised by two team officials
- Set arrival times, bench players for non-compliance (doesn't have to be a long period)
- Players to be ready 15 minutes prior to start time (zamboni hits the ice to clean)
- Coaches use the next 10 minutes to remind tactics from practice
- Have the players perform a pre-game cheer prior to leaving the dressing room

Post-game

- Keep the post-game address brief and positive
- Re-visit the positives and leave them with a couple reminders for the upcoming practices
- Do not single any one out on mistakes
- Not a time for tirades or extended lectures

On the Bench

- Gate coaches must be watching their positional players, don't be a fan of the game
- Gate coaches to pay attention to shift duration and look for line changes
- Watch your positional players behind the play – are they working and paying attention to their responsibility?
- Use a whiteboard to provide positional instruction
- Head coach's (on bench) primary job is to observe opposition and their tactics in order to instruct adjustments
- Don't holler out instructions on a continual basis – players will shut you out then they don't hear the important stuff, like calling out for a change
- Have players on bench observe and point out happenings on ice to them
- Ensure players take some water after each shift
- Be liberal with the “ataboys/girls” and “waytogo”
- Tell the kids their only focus is the next shift, not the score
- If losing, their big goal is to only win the period
- Challenge players with “number of passes completed” or “penalty limit”
- No one is to ever use the word “shutout” during a game

Scheduling:

- Leave time for their personal lives, avoid Sunday practices
- Encourage players to go out to the local outdoor rinks for shinny and their own individual work
- Encourage parents to sign their child up for additional power skating instruction

Resources:

Shooting – www.shotandagoal.com, www.warriorhockey.com

Links from www.hockeycanada.ca, www.sjamha.ca, www.hockeymanitoba.mb.ca