



# COACH TOOL KIT



Your Destination Centres



Scotiabank®

# 2015-16 COACH TRAINING UPDATES



For the upcoming 2015-16 hockey season the NCCP and Hockey Canada have instituted some changes that will be taking place nationwide when it comes to coach training. Please observe the following changes that will affect all coaches and associations.

## **Naming Updates:**

Going forward there will only be seven levels of coaching recognized on the HCR and all existing coaches will have their HCR profile changed to reflect one of the following seven levels.

- Coach 1 - Intro to Coach
- Coach 2 - Coach Level
- Development 1
- Development 2
- High Performance 1
- High Performance 2
- Coach - Instructional Stream - Checking Skills 1

For Example, this means that any coach whose HCR profile previously had the trained status for INITIATION will now show up with trained status for COACH 1 - INTRO TO COACH. Any coach who previously had INTERMEDIATE will now have DEVELOPMENT 1 .

## **Trained vs. Certified:**

Coaches will now be separated into two categories, TRAINED and CERTIFIED. All coaches that have taken a Coach 1 - Intro to Coach or a Coach 2 - Coach Level clinic will be under the TRAINED category. All coaches that have completed Development 1 and High Performance 1, including a field evaluation, will be under the CERTIFIED category.

In order to achieve CERTIFIED status a coach must complete a field evaluation, which is only done at the Development 1 and High Performance 1 levels.

## **Clinic Changes:**

Continuing this season the Coach 1 - Intro to Coach and Coach 2 - Coach Level will be run as a combined clinic that will cover the course content for both levels. The clinic will still follow the same 4.5 hour classroom presentation and 1 hour on-ice session and each coach that attends this clinic will receive their training in both levels.

**All coaches will sign up for a Coach 2 - Coach Level clinic on eHockey and Hockey Manitoba will add the Coach 1 - Intro to Coach qualification to all attending coaches HCR profiles before the December 1st deadline.**





# COACHES CHECKLIST:

- Sign-up with Association/Community Club 
- Visit [www.hockeymanitoba.ca](http://www.hockeymanitoba.ca) for coach info
- Find out what training/certifications I need
- Complete **HOCKEY UNIVERSITY** online
- Complete **RESPECT IN SPORT** online
- Register for an in-person training clinic
- Complete all requirements by **Dec 1st**
- Checkout the Hockey Manitoba coach resources available to all coaches (DVD's, Manuals, etc)
- Look into Hockey Manitoba **Coach Specialty Clinics** for extra development resources (SKILLS & DRILLS!)
- Find the **Coach Mentorship** list online
- Learn more about Long-Term Player Development model and how to implement for my team
- Don't forget my helmet for all on-ice practices
- Ensure my coaching staff also do the checklist!



# COACH REQUIREMENTS



DIVISION/CATEGORY	HEAD COACH	ASST. COACH
Initiation (6 & Under)	Intro to Coach (IP)	Intro to Coach (IP)
Novice	IP OR Coach	IP OR Coach
Atom	Coach + Checking	Coach
Peewee	Coach + Checking	Coach
Bantam AA, A, B, C, D	Coach + Checking	Coach
Major Bantam AAA	HP 1 + Checking	Coach
Bantam AAA	Dev.1 + Checking	Dev 1
Female Bantam AAA	HP 1	Coach
High School	Coach	Coach
Midget AA, A, B, C	Coach	Coach
Midget AAA	HP1	Dev.1
Juvenile	Coach	Coach
Junior A	HP.1	Dev.1
Junior B	Dev.1	Coach
Junior C, OA, Women's	Coach	Coach
Men's Senior AAA	Dev.1	Coach
Men's Senior A, B, C, D	Respect In Sport	Respect In Sport
Women's Senior AA, A, B	Dev.1	Coach
Program of Excellence	HP1	Dev.1
Canada Games	HP1	HP1
Manitoba Games	Dev.1	Coach

\* All coaches must obtain proper training/certification by December 1

\* Hockey University & Respect In Sport must be completed online before an individual can register for an in-person clinic

\* For more details please visit [www.hockeymanitoba.ca/coaches](http://www.hockeymanitoba.ca/coaches)



# CROSS-ICE HOCKEY



## Approved Motion/Regulation:

All games and practices at the Initiation level shall use modified ice surfaces consisting of cross-ice sections as of the 2015-16 season (and beyond).

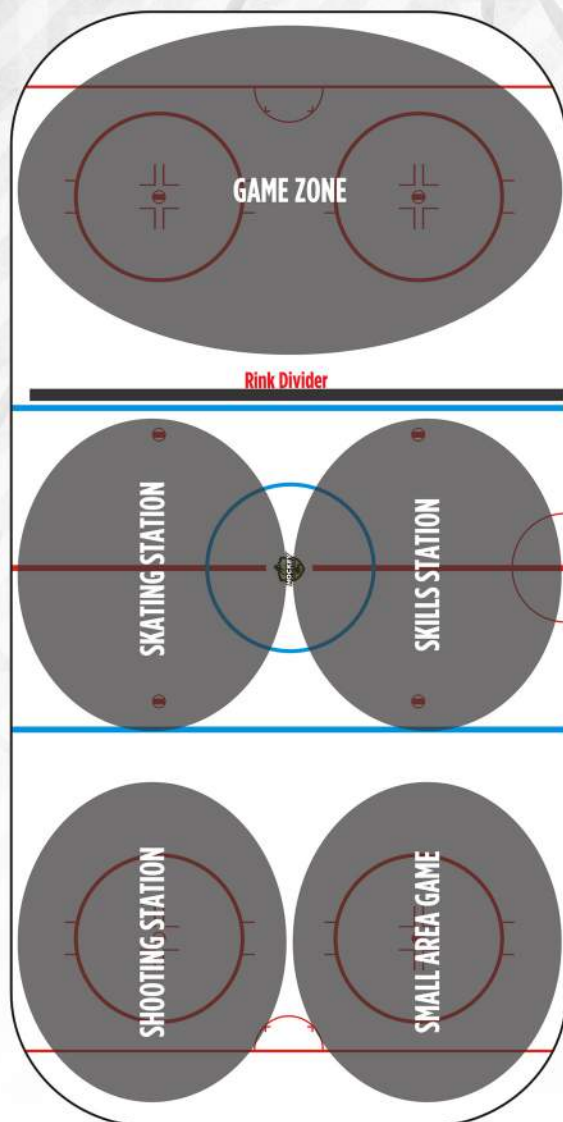
## Rationale for Change:

Long term player development research shows us that reducing the size of the playing surface offers more opportunity for skill development and greater participation from all players. More decisions, quicker reactions, finding open space, reading pressure, offensive/defensive body position, puck pressure, containment, etc.... all of which equals an improved hockey sense and a more realistic hockey game for young players. More puck touches, more passes, more shots, and more fun for all player abilities.

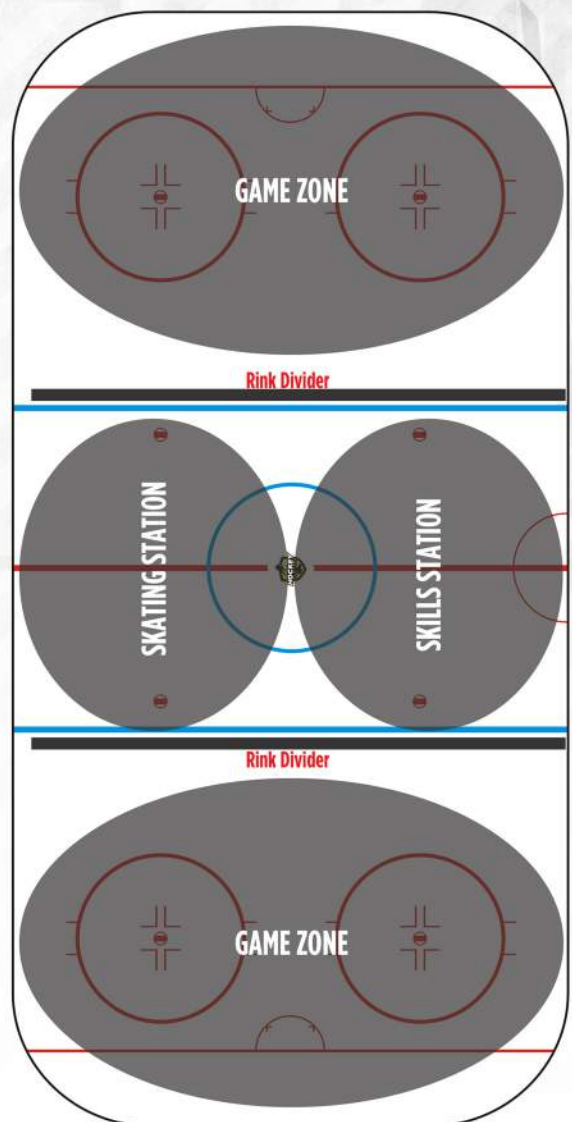
For more information on the Cross-Ice tips for Associations & Coaches running local Initiation programs please visit [www.hockeymanitoba.ca](http://www.hockeymanitoba.ca) for more details.

## ICE UTILIZATION FOR INITIATION PROGRAMS AND RECOMMENDED FOR OVER 50% OF NOVICE SEASON

### PRACTICE LAYOUT



### GAME/JAMBOREE LAYOUT





# LONG-TERM PLAYER DEVELOPMENT



Minor hockey teams from Novice to Bantam should host at least 5-10 combined practices throughout the season with nearby teams from their league. Coaches be sure to work together within your league, division, or region to co-host combined team practices that will provide your players an optimal player development opportunity by increasing skater & goalies on the ice. Combined team practices will provide more coaches on the ice, better station drills, better small area games and also reduces ice rental costs. This is a simple step that you can contribute in achieving Long-Term Player Development for your players this season! Visit [www.hockeymanitoba.ca](http://www.hockeymanitoba.ca) for more information about Long-Term Player Development & the coaches role.

**ALL AGES**  
The focus is on life-long physical activity and participation in sport.

**ACTIVE FOR LIFE**

**PHYSICAL LITERACY**

<b>EXCEL</b>	<p><b>MALE 21 + FEMALE 22 +</b> It is at this stage that all systems, including physical preparation, testing or monitoring and others which are supportive in nature, are fully maximized and refined to ensure excellence at the highest competitive levels (i.e., the Olympic Games and World Championships). Athletes continue to enjoy competition and training at the highest level with a focus on maintaining or improving technical, tactical, physical, and ancillary capacities.</p>	<b>INTERNATIONAL</b>
<b>TRAIN TO WIN</b>	<p><b>MALE 18 - 20 FEMALE 18 - 22</b> During this stage the athlete's physical, technical, tactical (including decision-making skills), mental, personal and lifestyle capacities are fully established and the emphasis in training has shifted to the maximization of performance. High performance sport specialist support is optimized, as is fitness and medical monitoring. Modeling all possible aspects of training and performance.</p>	<b>NATIONAL</b>
<b>TRAIN TO COMPETE</b>	<p><b>MALE 16 - 17 FEMALE 16 - 18</b> During this stage athletes will participate in training with a focus on position specific technical and tactical preparation. There is an emphasis on fitness preparation and the development of position specific technical and tactical skills under competitive conditions. Important objectives are the development of aerobic capacity, power, self awareness and independence. The athlete may be introduced to international competitive experience at the end of this stage.</p>	<b>PROVINCIAL</b>
<b>TRAIN TO TRAIN</b>	<p><b>MALE 12 - 16 FEMALE 11 - 15</b> The focus during this stage is on building an aerobic base, developing speed and strength and further developing and consolidating sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. This phase will also include the introduction and development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.</p>	<b>LOCAL</b>
<b>LEARN TO TRAIN</b>	<p><b>MALE 9 - 12 FEMALE 8 - 11</b> This is the most significant period for development. This is the window of accelerated adaptation to motor coordination. Group interaction, team building and social activities should be emphasized. A reasonable balance of practices and games will foster the ongoing development and mastery of essential skills in hockey.</p>	<b>COMMUNITY</b>
<b>LEARN TO PLAY</b>	<p><b>MALE and FEMALE 7 - 8</b> During this period players continue to develop motor skills and coordination. Practices sessions should be held twice a week during the season. Ongoing participation in compatible sports is strongly encouraged. The Novice Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.</p>	
<b>FUNDAMENTALS</b>	<p><b>MALE and FEMALE 5 - 6</b> The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, and participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment.</p>	
<b>DISCOVERY</b>	<p><b>MALE and FEMALE 0 - 4</b> This is an important period for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. Hockey Canada encourages children to begin skating at an early age through Discovery Hockey programs.</p>	





# SKILLS & DRILLS CLINICS

## NCMP SPECIALTY CLINICS



Hockey Manitoba in cooperation with Hockey Canada and the National Coach Mentorship Program (NCMP) are pleased to offer coaches the opportunity to add specialty qualifications to their coaching resume.

### See what the Specialty Clinics program can offer:

Developing Skilled Defensemen

Shooting & Scoring

Puck Control

Small Area Games

Starting a Breakfast Club

Improving Skating

Coaching Goaltenders

**COACHES  
HELPING  
COACHES**

These clinics offer coaches the opportunity to learn and perfect a variety of effective skills development techniques along with the drills that will back them up. Most of these clinics will include a free DVD with hundreds of applicable drills to help you develop players.

Specialty Clinics are FREE for Hockey Manitoba members courtesy of Hockey Manitoba and the NCMP. If you would like a specialty clinic in your area please contact your minor hockey association. Your MHA will need to contact Hockey Manitoba regarding your interest and secure a meeting room as well as 1 hour of ice at which point Hockey Manitoba will schedule a facilitator and set up online registration.



The National Coach Mentorship Program (NCMP) was established as an effort to improve our games at all levels across the country. By helping minor hockey coaches develop their teaching of special skills, our minor hockey players gain the benefits in their development.

The concept is simple, “coaches helping coaches”. Hockey Manitoba provides a list of emails and phone numbers of all our Coach Mentors from across the province. Any coach wanting advice or guidance is strongly encouraged to call a Hockey Manitoba Coach Mentor. Our Mentors are experienced and are very willing to help another coach!

# COACH RESOURCES



Hockey Manitoba provides coaches with a number of resources to further develop their players and teams. These resources are available to assist coaches with practice planning, skill development, off-ice training, as well as tips and important information for players and teams at every level. All coaches approach the game of hockey in different ways and by using these resources new ideas are constantly being generated, benefiting not only you, but your players as well.

## HOCKEY CANADA DVDS

\$20.00 - Skills & Drills

\$20.00 - POE Drills

\$25.00 - Goaltending

\$25.00 - Advanced Goaltending

\$50.00 - Skills of Gold V1

\$50.00 - Skills of Gold V2

\$90.00 - Skills of Gold V1&2

## HOCKEY CANADA MANUALS

\$40.00 - Skills (IP to Midget)

\$40.00 - Coaching Goaltenders

\$40.00 - Half-Ice Practices

**HOCKEY**  
MANITOBA.CA

VISIT OUR WEBSITE FOR MORE  
COACH & SAFETY RESOURCES!

# HOCKEY CANADA DRILL HUB

Coaches looking for access to drills and practice planning aids are encouraged to sign up for the Hockey Canada Drill Hub. Drill Hub is a free website where coaches can have access to hundreds of drills with video and PDF examples as well as the ability to plan and share their practices digitally. To sign up for this outstanding coaching tool please visit [www.hockeycanada.ca/drillhub](http://www.hockeycanada.ca/drillhub) or find the banner link on our website.

