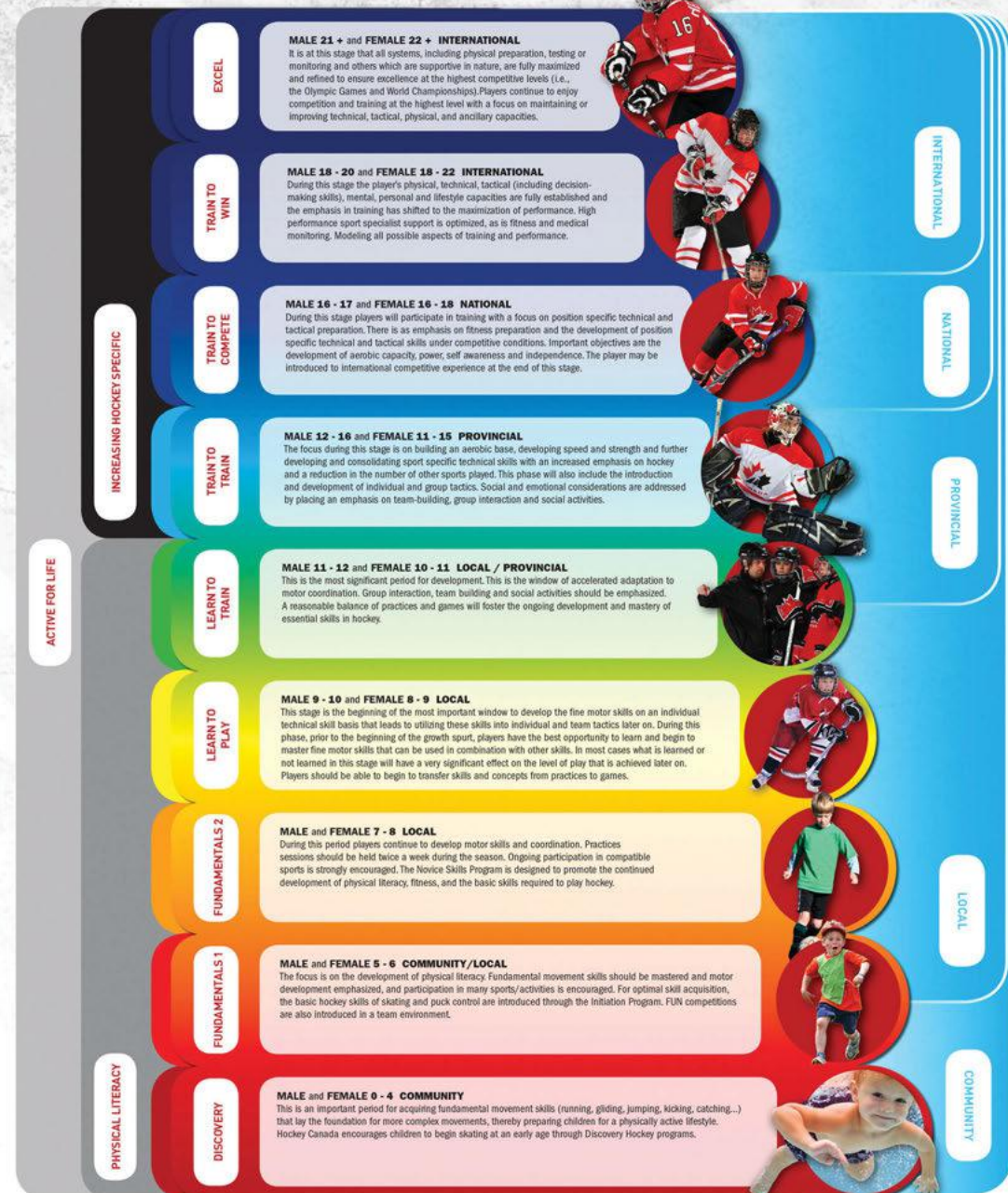


LONG-TERM PLAYER DEVELOPMENT



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 skaters & 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 for more information about Long-Term Player Development & the coaches role.



HockeyCanada.ca

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.

Clinics in the Coach - Instructional Stream include:

- Developing Defensemen 1
- Developing Defensemen 2
- Small Area Games
- Skating 1
- Goaltending 1
- Skills 1



These clinics offer coaches the opportunity to learn and perfect a variety of effective skill development techniques along with the drills that will back them up. 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 (MHA).

Hockey Manitoba, in conjunction with Hockey Canada, is excited to develop Grassroots Skating Clinics for coaches of Initiation and Novice teams in 2018 - 2019. These supplementary clinics will be offered to coaches free in various regions, and will focus on the fundamentals of teaching skating to young players, skill correction techniques and appropriate drills and games. More information will be provided by your region and posted on the Hockey Manitoba website.



The Hockey Canada Drill Hub is a **FREE** online resource for coaches that provides a large amount of drills and video in an easily accessible online format. Coaches registered on Drill Hub can access the following:

- A massive library of skills and drills ranging from the Initiation level all the way through to Junior hockey
- Filters that allow you to search for drills based on specific skills or tactics
- Drill schematics that include both a PDF and video example of the drill
- The ability to plan a practice and save it to your device



Coaches can register for **FREE** on the Hockey Canada Drill Hub by going to <https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub>

COACH'S CHECKLIST

- ☒ Sign-up with Association/Community Club
- ☐ Visit 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
- ☐ Download and utilize the Hockey Canada Network App
- ☐ 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!



HOCKEY CANADA NETWORK APP

The Hockey Canada Network (HCN) App provides coaches with one of, if not the best, coaching resources available in an App based format. Available on either IOS or Android for anyone with a tablet or smart phone, the HCN provides coaches access to the following:

- Over 3200 articles on various topics related to minor hockey
- Over 1400 drills ranging from the Initiation level all the way to Junior
- 850+ videos, including drill and informational video
- All 6 of the Hockey Canada Skills manuals as including all of the drills and practice plans
- The ability to create and share practice plans with coaches within your network



All coaches who attend a Coach 1 - Intro to Coach or a Coach 2 - Coach Level clinic in the 2018-19 season will receive a code for a 1-year subscription to the Hockey Canada Network App in lieu of a hard copy Skills Manual.

- 📱 VISIT EITHER THE APPLE STORE OR GOOGLE PLAY ON YOUR MOBILE DEVICE
- 📱 DOWNLOAD THE HOCKEY CANADA NETWORK APP

For tutorials on the Hockey Canada Network App please visit www.hockeymanitoba.ca/coaches/Hockey-Canada-Network

Printing kindly donated by Esdale Printing



2018-19 COACH TOOL KIT



2018-19 COACH TRAINING UPDATES



Below you will find information regarding all clinics and coaching certification for the 2018-19 season. **Reminder that all Coach, Respect in Sport and Safety certification MUST be completed by December 1st.**

Trained vs. Certified:

Coaches are 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 are under the TRAINED category. All coaches that have completed Development 1 and High Performance 1, including a field evaluation, are 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 in the 2018-19 hockey season all Coach 1 - Intro to Coach and the Coach 2 - Coach Level certification clinics will be run as separate clinics. Any coach that is coaching at the Initiation Level (5 & 6 year olds) is required to attend a Coach 1 - Intro to Coach in person clinic. Coaches who are coaching Novice (7 & 8 year olds) may have either Coach1 - Intro to Coach or Coach2 - Coach level training.

All coaches attending a certification clinic will now receive a 1-year subscription code for the Hockey Canada Network App.

Respect in Sport:

All coaches registering for a clinic must complete the **Respect in Sport - Activity Leaders** course. Please note that beginning last season Hockey Manitoba will no longer accept the Speak Out course for coaches. Respect in Sport is only valid for five (5) years therefore any coach that completed their Respect in Sport prior to 2013-14 season will be required to re-certify with Respect in Sport (**Effective June 1, 2017**).

Safety Program:

All teams are required to have a certified Hockey Canada Safety Person on the team roster. Any team that does not have a certified Safety Person on the roster by December 1st will be ineligible to continue play until certification requirements are satisfied. Please ensure one of your team staff complete the **Hockey University (HU) - Online Safety** course via eHockey.

Checking Clinics:

For the 2018-19 hockey season **head coaches for all Atom, Peewee and Bantam male and female teams are required to attend a Coach - Instructional Stream - Checking Skills 1 clinic.** These clinics will be offered in each region across the province from the middle of October until the end of November and for the 2018-19 season Hockey Manitoba has made these clinics **free to attend**. We ask that only head coaches attend the clinics as there are not enough clinics to accommodate all bench staff.

INITIATION



INITIATION (6-UNDER)

IDEAL SEASONAL STRUCTURE:

SEASON START
OCTOBER (OR MID-SEPTEMBER)
FUN KICK-OFF NIGHT, "DRAFT PARTY"

PRACTICES
35 - 40 TOTAL, APPROX. 45-60 MINS EACH
SKILL STATIONS, SMALL AREA GAMES
5:1 PLAYER/COACH RATIO

DEVELOPMENT SEASON
12 WEEKS, 24 PRACTICES
0 FORMAL GAME DAYS

GAMES START
MID-DECEMBER
CROSS-ICE (NOT HALF OR FULL ICE)

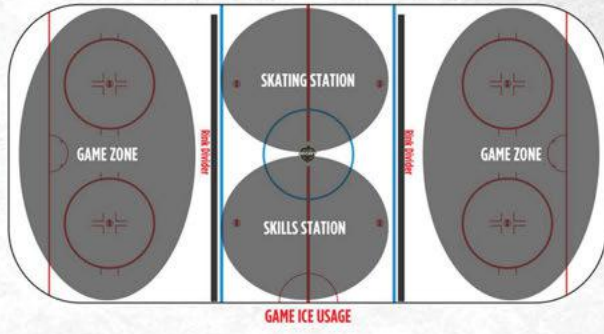
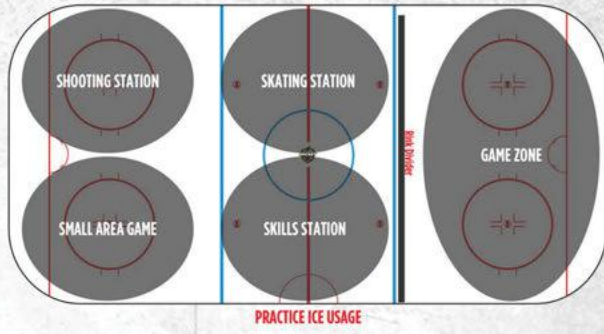
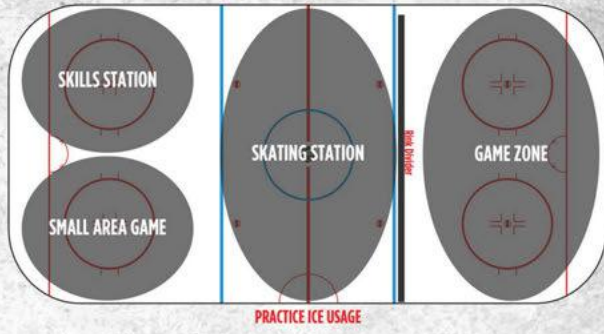
REGULAR SEASON
14 WEEKS, 20 ICE SESSIONS
2/3 SKILLS ZONES, 1/3 GAME ZONE

TOURNAMENTS
3 FESTIVALS/JAMBOREES
12 CROSS-ICE GAMES

TOTAL GAMES
15 - 25 CROSS-ICE GAME SESSIONS
NO COMPETITIVE STANDINGS OR PLAYOFFS

- SMALL ROSTER SIZES, NO GOALIES
- MULTIPLE ON-ICE SETUP OPTIONS
- 3-6 TEAMS EACH ICE SESSION
- WORK AS COACH GROUPS
- WELL ORGANIZED STATIONS
- 90% SKILLS, 10% INDIVIDUAL TACTICS
- SKATING FUNDAMENTALS
- AGILITY, BALANCE, COORDINATION
- INTERACTIVE OFF-ICE ACTIVITIES
- POSITIVE & FUN

LTPD STAGE: FUNDAMENTALS



COACH REQUIREMENTS



DIVISION/CATEGORY	HEAD COACH	ASSISTANT COACH
Initiation (6 & Under)	Coach 1 - Intro to Coach	Coach 1 - Intro to Coach
Novice	Coach 1 - Intro to Coach or Coach 2 - Coach Level	Coach 1 - Intro to Coach or Coach 2 - Coach Level
Atom	Coach 2 - Coach Level + Checking 1	Coach 2 - Coach Level
Peewee	Coach 2 - Coach Level + Checking 1	Coach 2 - Coach Level
Male Bantam AAA (see Note 3)	High Performance 1 + Checking 1	Development 1
Female Bantam AAA, (AA-WPG Only)	High Performance 1 + Checking 1	Development 1
Bantam AA, A, B, C, D	Coach 2 - Coach Level + Checking 1	Coach 2 - Coach Level
High School	Coach 2 - Coach Level	Coach 2 - Coach Level
Midget AA, A, B, C	Coach 2 - Coach Level	Coach 2 - Coach Level
Midget AAA, Sports Schools	High Performance 1	Development 1
Junior A	High Performance 1	Development 1
Junior B	Development 1	Coach 2 - Coach Level
Junior C, OA, Female	Coach 2 - Coach Level	Coach 2 - Coach Level
Men's Senior AAA	Development 1	Coach 2 - Coach Level
Men's Senior A, B, C	Respect in Sport	Respect in Sport
Women's Senior AA, A, B	Coach 2 - Coach Level	Coach 2 - Coach Level
Team Manitoba (POE)	High Performance 1	Development 1
Canada Games	High Performance 1	High Performance 1
Manitoba Games	Development 1	Coach 2 - Coach Level

Note 1: All Team officials and rostered bench staff require the Respect in Sport for Activity Leaders.
Note 2: All teams must have a certified Hockey Canada Safety person on their roster by December 1.
Note 3: Bantam 2 AAA (Winnipeg) follow the Bantam AA coaching requirements.
Note 4: Upon application, individuals under the age of 22 can assist a team as an "Apprentice Coach" with the completion of RIS.
Note 5: All coaches must obtain proper training/certification by December 1
For more details please visit www.hockeymanitoba.ca/coaches

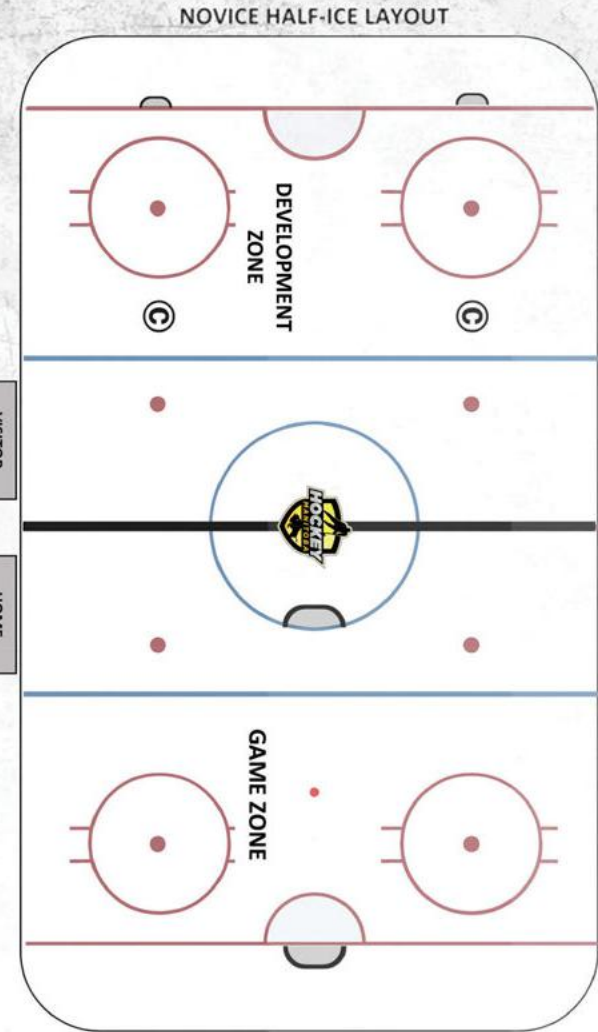
TO REGISTER FOR A COACH CLINIC PLEASE VISIT
www.hockeymanitoba.ca/coaches/clinics

NOVICE



LTPD STAGE: FUNDAMENTALS

Continue developing physical literacy, basic fitness and the core skills of hockey. Don't confine players to a specific position and keep a focus on multi-sports with a real off-season away from hockey.



ALL NOVICE GUIDELINES CAN BE FOUND AT
www.hockeymanitoba.ca/players/novice

NOVICE (7-8)

IDEAL SEASONAL STRUCTURE:

SEASON START
MID-SEPTEMBER OR OCTOBER

PRACTICES
40 - 45 TOTAL, APPX. 45-60 MINS EACH
LEARN, DEVELOP, REFINE SKILLS

DEVELOPMENT SEASON
10 WEEKS, 20 PRACTICES, BLACKPUCKS

HALF-ICE GAMES
ALL SEASON

REGULAR SEASON
16 WEEKS, 28 PRACTICES
16 GAMES

TOURNAMENTS
3 TOURNAMENTS/JAMBOREES
12 GAMES

TOTAL GAMES
30 - 40 GAMES
MINIMAL COMPETITIVE STANDINGS
NO PLAYOFFS, END SEASON LATE-MARCH

- HALF-ICE PROGRAM GUIDELINES PROVIDED
- SMALL ROSTER SIZES
- EVERYONE TAKES TURN AS GOALIE
- STATION BASED SKILLS PRACTICES
- MULTI-TEAM PRACTICES
- 75% SKILLS, 15% INDIV. TACTICS
- 10% TEAM TACTICS MIXED IN
- NO FOCUS ON POSITIONAL PLAY
- INTERACTIVE OFF-ICE ACTIVITIES
- NEW DEVELOPMENT ZONE SETUP
- 4 VS 4, CONTINUOUS PLAY
- ALWAYS POSITIVE & FUN
- TRANSITION SEASON FOR 8 YEAR OLDS