

COACHING EDUCATION PROGRAM LEVEL 1



The first level of the Coaching Education Program introduces the USA Hockey Skill Development Program, which is recognized world-wide as a model to introduce players to the sport. This serves two purposes:

1. It introduces new adult participants to coaching, and the skills required to work effectively as a youth coach. Often these participants are young adults whose children have enrolled in a local youth hockey program.
2. It provides local amateur hockey associations with a complete program package to introduce young skaters to ice hockey. The package includes lesson plans and organizational tips to start and operate a "learn to play" program. Young players who complete a properly run Skill Development Curriculum (two years, nominally) are ready to play ice hockey competently and safely.

Each hockey association in Michigan should provide its members with access to this highly refined, internationally recognized, skill development program. Does YOUR hockey program provide this in its player development system?

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SKILL DEVELOPMENT PROGRAM (SDP) OBJECTIVES:

The USA Hockey Skill Development Program is specifically designed for the new player. Players as young as 3 years old, and players in their teens, can benefit from the program's emphasis on "Fun and Skills". For many young parents who are introducing their child(ren) to amateur hockey, it is also the "training ground" for new coaches.

Developed by professional educators for Hockey Canada, adopted by USA Hockey in the early 1990's, and updated in 2003 by the International Ice Hockey Federation (the world-wide hockey governing body), the SDP is intended to provide new participants with a relatively low cost, well

organized introduction to the sport. We say "low cost" because the curriculum is organized around group instruction, cross ice training, and efficient use of ice time. It is obvious that having 50 or 60 participants per-hour of ice is much more cost-efficient than the 25-30 participants on-ice during a 2 team, split ice practice or game. The "well organized" side of the program comes from the pre-arranged lesson plans which are spread over four booklets designed for various levels of skill. The lesson plans teach skating, puck handling, passing, and shooting in a progression designed to move a young player into house or travel hockey upon completion of the curriculum.

USA Hockey feels that a player's first taste of the game is crucial. That is why the main focus of the SDP is "Fun and Skills". If a beginner has fun, developing some basic skills and building confidence, there is a good chance that player will go on to enjoy hockey for many years. But...if a beginner has an unhappy, unrewarding experience, the chances are that he or she will quit at an early age and never discover the real joy of our great game.

TYPICAL PROGRAM WORKSHOP

Each Session lasts 30-60 minutes

Session I - Leadership

- Effective Leadership Qualities & Techniques
- Motives for Participating in Sports - Players / Instructors
- Handling Problem Situations

Session II - Effective Communication

- Communicating with players
- Verbal & Non-Verbal Communication
- Effective Listening
- Effective Feedback

Session III - Instructional Skills

- Basic Principles of Growth & Development
 - Physical
 - Mental
 - Emotional
- Factors Affecting Learning

- Environmental Factors - the area where instruction takes place
- Instructor/Student Interaction - how the instructor relates to the student(s)
- Other Factors-length of the practice, age of participants, etc.
- Teaching Progressions
 - Selection of skill to be taught
 - Planning how it will be demonstrated
 - Planning how the players will practice it
 - Providing feedback and increasing the difficulty level
- Approaches to Teaching
 - Imitation method
 - Demonstration/Explanation/Practice/Correction method

Session IV - Skill Analysis

- Principles of Movement
- Methods for Correction

Session V - Lesson (Practice) Organization

- Planning and Preparation
- Teaching Stations
- Team Teaching
- Equipment & Space Usage
- Grouping of Players
- Drills & Small Games

Session VI - Safety

- Injury Prevention
- Proper Fitting of Equipment
- Warm Ups
- On Ice Safety

Session VII - On Ice Reinforcement of Sessions 1-6