

EAGLE



HOCKEY

Coaches Manual

Created for the use of Apple Valley Hockey Association Coaches.

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“Not all managers are leaders. Leaders tell us not what is, but what can be.”

-Herb Brooks

“The most successful and experienced hockey coaches have a thirst for knowledge that belies their status in the game. They know there is always more they can learn, and the day they feel they know it all is the day they should hang up their whistle. There are always new on-ice strategies, innovative training techniques and creative ways of relating with modern players available to the most hardened veterans of the coaching ranks. “

-USA Hockey

Purpose

The game of hockey is one of the greatest team sports that require a blend of physical and mental skills to compete at a high level. Players must develop fundamental skills (skating, shooting, passing) before they learn how to play the game of hockey. If the players are unable to develop the fundamental skills, then they will struggle when it comes time to master the tactical team skills (Chambers,2008). As coaches we don't control the outcome of the game. We don't control bounces. Our job is to increase our chances of winning. It is our duty as coaches to help these players be the best they can be.

Over the course of the last decade as youth hockey associations have become more “professional”; there has been a need for a manual to aid the teaching of fundamentals of hockey. This manual is designed to be a starting point for your instruction over the course of a season or many seasons. It is not going to reinvent the game of hockey, but it is to provide you with a guide of what the association expects from you as you coach your players throughout the year. We, as an association, are still going to rely on our coaches to act on their own using their individual backgrounds, skills, and knowledge. The goals for this manual are as follows:

- Major emphasis on TEAM play displayed by coaches, players and parents.
- Rigorous development of individual hockey skills and how these skills are to be utilized in practice and game situations. “Without technique there are no tactics.”
- A scope and sequences development from one level to the next. This will provide a Bantam coach to assume that their players have been taught certain skills and fundamentals.
- Provide guidance in developing productive practice plans based on the level you are coaching.

TEAM Play

As you read through this manual it will become obvious the importance of developing individual skill development. In saying this, it is very important that there is a major emphasis on TEAM play throughout the year. Hockey is the ultimate team sport, in which everyone depends on someone else. No one individual is more important than the team and the association. This includes the players, the coaches, and the parents. It is important that this is stressed all year!

As a coach, it is your responsibility to provide a team atmosphere at all times while still recognizing individual contributions. It is possible for individuals to have success in a team setting, but it is very difficult for a team to succeed if individuals have their own agenda. Team activities should be scheduled early and as often as possible. Often times your players will come from different schools, so this team time is a great chance for them to get to develop positive relationships with each. This time could be anything from a team meeting, dry land activities, pizza parties, attending high school games together, or outdoor pond hockey. This could be a good time to get to know the parents of the players as well. One key to working with today's athlete is to develop a good relationship with the parents, get them in your corner believing in the TEAM concept. Parents need to be educated along with the players. Try to create positive relationships with parents, this will help when it comes time to explain the decisions that you have made (Johnson, 2009). Being able to work with other people on team is a skill that all kids are going to need no matter what is in their future.

Another key aspect of team play is sportsmanship. It has become so important that many districts are awarding teams an extra “fair play” point every game. Is this the reason we should be teaching our players about sportsmanship? The answer is no. Hockey is a game that we are all fortunate to be involved in. Your players need to understand that it is a privilege to play this game. The way your players behave is a reflection of you as a coach. If a hockey team is out of control, people believe that they coach has no control of his/her players. Lead by example. You have been selected to be the coach. Teach your players the game of hockey, but also help teach them how to be good people and good citizens (Gendron, 2003).

Scope and Sequence

Squirt/U10

Hockey Knowledge

Equipment

1. Mandatory Equipment

Rules

1. Face-offs
 - a. Positions
 - b. Center rules
 - c. What causes a faceoff
2. Icing
 - a. What is it?
 - b. Why do we do it?
 - c. When is it ok?
3. Off-sides
 - a. What is it?
 - b. No tag-up
4. NO CHECKING
 - a. What does this mean?
 - b. “Heads-Up” Hockey – contact will take place, protect yourself
5. Team Rules
 - a. Coaches rules
 - b. Association rules

Penalties

1. Minor vs. Major
2. Unsportsmanlike Conduct
3. Body Checking
4. Checking from Behind
5. Cross-Checking
6. Elbowing
7. Covering puck/Delay of game
8. High sticking
9. Holding
10. Hooking
11. Slashing
12. Interference
13. Tripping
14. Charging

Individual Skills

Skating

1. Edge Control
 - a. Balance
 - b. Inside vs. outside
2. Forward Start – up on toes
3. Forward Stride
 - a. Full leg extension
 - b. Butt down
 - c. Upper body
4. Stopping
 - a. Control vs. one foot
5. Backward Skating
 - a. Balance
 - b. Stride, not wiggle
6. Turning
 - a. Gradual vs. Power
7. Crossover
 - a. Forward
 - b. Backward
8. Lateral Skating
9. Stick position
 - a. Forward
 - i. One hand vs. Two hands (Why)
 - ii. Stick on the ice
 - b. Backward
 - i. Knob on your hip

Stick handling

1. Puck Protection
2. Lateral (side to side)
 - a. Quick stick
 - b. Wide laterals
3. Forward to Backward
4. Diagonal across body
5. Attacking the Triangle
 - a. Slip through
 - b. Slip across
 - c. Slip around
6. Change of Pace
7. Speed
 - a. Push the puck

Passing and Receiving

1. Forehand
2. Backhand

3. Touch
4. Area passes
5. The idea of “crisp” passing introduced
6. Board Pass
7. Flip/Saucer pass (depending on skill level)
8. Giving a good target
9. Calling for the puck
10. Receiving with your stick
11. Receiving with your skate

Shooting

1. Wrist Shot
2. Backhand
3. Flip shot
4. Concept of what the stick sees vs. what the player sees
5. Tips/deflections/screens
6. Dekes
7. Shoot to score!

Checking and Check Receiving

1. Poke/Stick Check
2. Angling
3. Positioning properly depending on which zone
4. Gap Control
5. Sweep Check
6. Introduce Fore-check and Back-check terminology and rules
7. Body Control
8. “Heads Up” Hockey principles

Goalies

1. Stance - balance
2. Parallel shuffle
3. Lateral t-glide
4. Forward and backward movement
5. Basic Saves
 - a. Stick
 - b. Glove
 - c. Body
 - d. Pad/leg
 - e. Pad Stack
 - f. “Butterfly” or V drop
6. Concept of rebound and controlling rebounds
7. Angles
8. Puck handling
 - a. Coming out to stop the puck

Team Play

Players must start to develop a concept of a team and discipline.

1. Face-offs
 - a. Where do you line up
 - b. Why is there a face off?
2. Fore-check
 - a. Basic Triangle
3. Back-checking
 - a. Come back through the middle of the rink
4. Defensive Zone Coverage
 - a. D and C low/corners
 - b. W's out high on opposing D
5. Breakout
 - a. Wings use the hash marks
 - b. Center support
 - c. Terminology for D
 - i. Skate
 - ii. Center
 - iii. Ring
 - iv. D to D
6. Transition
 - a. Offense to Defense
 - b. Defense to Offense
 - c. Anticipation
7. Puck support
 - a. CALL for the puck!!
 - b. Are you open?
 - c. What do you need to do to get open
8. Zone Entry
 - a. Puck carrier go hard to the net
 - b. One guy (center drive) go to the net
 - c. One guy trail for support
9. Special Teams
 - a. Give all kids a chance to participate
 - b. Power Play
 - i. Basic Overload
 - c. Penalty Kill
 - i. Box

Other Topics

Off-ice behavior

1. In all Arenas
2. In the locker rooms
3. You are always representing Apple Valley
4. Balancing school work, school functions, and other outside activities
5. The impact of poor decision making

Peewee/U12

You should continue to reinforce the previously mentioned skills and knowledge and work on mastering the following:

Hockey Knowledge

Equipment

1. Mouth guards – stress to your players the proper use of them during games and practice (prevent head injuries).
2. Sticks – Discuss with your players the different lie, curves, flex, length, etc. What do they need vs. want?
3. Mandatory Equipment

Rules

1. Checking (peewee) – Biggest concern of parents that are moving up to this level. Often a misrepresented skill in peewee hockey
 - a. USA Hockey’s “Heads Up” provides some great guidelines
 - b. What is a proper check?
2. Team rules
 - a. Coaches
 - b. Association
3. Other rules
 - a. District
 - b. Minnesota Hockey
 - c. USA Hockey

Penalties

1. Checking from behind – need to stress the dangers of both as the checker and checked
2. Boarding
3. Interference
4. Elbowing
5. Cross checking
6. High Sticking

Individual Skills

Skating

1. Edge control
2. Forward start
 - a. Quick start up on toes
 - b. To the left/right (not crossing over, opening up your hips)
3. Forward stride
4. Stopping

5. Backwards
 - a. Balance
 - b. Steering forwards
 - c. Starts/Stops
6. Turning
 - a. Agility
7. Crossovers
8. Lateral Skating
9. Mohawks – goal is to teach the players to always be moving and hips ready facing the puck.
10. Stick Position

Stick handling

1. Puck Protection
2. Lateral (side to side)
 - a. Quick stick
 - b. Wide laterals
3. Forward to Backward
4. Diagonal across body
5. Attacking the Triangle
 - a. Slip through
 - b. Slip across
 - c. Slip around
6. Change of Pace
7. Speed rush to the outside
8. Backward puck control
9. Power turns (escapes)
10. Toe moves

Passing and Receiving

1. Forehand
2. Backhand
3. Touch
4. Area passes
5. The idea of “crisp” passing reinforced
6. Board Pass
7. Flip
 - a. Wings using on the breakouts
 - b. Defensemen using to clear the zone
8. Saucer pass
 - a. Cross-rink pass
 - b. Clearing the zone
9. Giving a good target
10. Calling for the puck!!!
11. Eye contact
 - a. Anticipate passing options

12. Receiving with your stick
13. Receiving with your skate
14. Receiving with your hand

Shooting

1. Wrist Shot
 - a. Traditional weight transfer
 - b. Shooting off inside leg
2. Backhand
3. Snap shot
4. Slap shot
 - a. Make it realistic
 - b. Coming down side board
 - c. Defensemen from the point
5. Flip shot
6. One timers
 - a. Shooting off a pass
7. Concept of what the stick sees vs. what the player sees
8. Tips/deflections/screens
9. Breakaways
 - a. Shoot vs. Deke
10. Shoot to score!

Goalies

1. Understanding the game situation
 - a. Read the play
 - b. When to cover the puck
2. Stance - balance
3. Parallel shuffle
4. Lateral t-glide
5. Forward and backward movement
6. Basic Saves
 - a. Stick
 - b. Glove
 - c. Body
 - d. Pad/leg
 - e. Pad Stack
 - f. "Butterfly" or V drop
 - g. "Playing Big" – shoulders and hands out and up
7. Save Recovery
8. Concept of rebound and controlling rebounds
9. Angles
10. Puck handling
 - a. Coming out to stop the puck
 - b. Passing the puck

Team Play

Players must start to develop a concept of a team and discipline.

1. Face-offs
 - a. What is your role/job?
2. Puck Support
 - a. Always be an option
3. Fore-check
 - a. 1-2-2
 - b. 2-3
 - c. 2-1-2
4. Back-checking
 - a. Come back through the middle of the rink
5. Defensive Zone Coverage
 - a. D and C low/corners
 - b. Strong side W cover D, weak side W cover slot
6. Breakout
 - a. Wings use the hash marks
 - b. Center support
 - c. Terminology for D
 - i. Skate
 - ii. Center
 - iii. Ring
 - iv. D to D
 - v. Reverse
7. Transition
 - a. Offense to Defense
 - b. Defense to Offense
 - c. Anticipation
8. Puck support
 - a. Call for the puck
 - b. Are you an option
9. Zone Entry
 - a. Get to puck to the net
 - b. Center Drive
 - c. Trailer
10. Special Teams
 - a. Give all kids a chance to participate
 - b. Power Play
 - i. Basic Overload
 - ii. Umbrella
 - c. Penalty Kill
 - i. Box: passive vs. aggressive

Dry-land Training

1. Light calisthenics

2. Balance exercises
3. Flexibility exercises
4. Agility exercises
5. Coordination exercises
6. Quickness training
7. Spring training
8. Team games – dodge ball, ultimate Frisbee, etc...
9. Stick handling
10. Shooting

Other Topics

Off-ice behavior

1. In all Arenas
2. In the locker rooms
3. You are always representing Apple Valley

Decision-making

1. Balancing school work, school functions, and other outside activities
2. The impact of poor decision making
3. Drugs and alcohol

Goal Setting

1. Individual goals
 - a. Realistic and measureable
 - b. Revisit and adjust throughout the year
2. Team goals
 - a. Realistic and measureable
 - b. Revisit and adjust throughout the year

Bantam/U14

You should continue to reinforce the previously mentioned skills and knowledge and work on mastering the following:

Hockey Knowledge

Equipment

1. Sticks – Discuss with your players the different lie, curves, flex, length, etc. What do they need vs. want?
2. Mandatory Equipment

Rules

1. Team rules
 - a. Coaches
 - b. Association
2. Other rules
 - a. District
 - b. Minnesota Hockey
 - c. USA Hockey

Penalties – most common at the bantam level

1. Checking from behind – need to stress the dangers of both as the checker and checked
2. Roughing
3. Boarding
4. Interference
5. Elbowing
6. Cross checking
7. High Sticking
8. Holding
9. Tripping
10. Misconducts

Individual Skills

Skating – In addition to the previously mentioned skills, understand the difference and develop:

1. Quickness
2. Speed
3. Agility
4. Power

Stick handling – Continue to develop the previous skills and incorporate the following skills:

1. Fake Shot
2. Puck protection – holding and waiting for support
3. Rebound anticipation and awareness

Passing and Receiving– Continue to develop the previous skills and incorporate the following skills:

1. Dumping for possession
2. Area passes
3. The idea of “crisp” passing reinforced
4. Flip
 - a. Wings using on the breakouts
 - b. Defensemen using to clear the zone
5. Saucer pass
 - a. Cross-rink pass

- b. Clearing the zone
- 6. Giving a good target
- 7. Calling for the puck!!!
- 8. Eye contact
 - a. Anticipate passing options
- 9. Receiving with your stick
- 10. Receiving with your skate
- 11. Receiving with your hand

Shooting

- 1. Wrist Shot
 - a. Traditional weight transfer
 - b. Shooting off inside leg
- 2. Backhand
- 3. Snap shot
- 4. Slap shot
 - a. Make it realistic
 - b. Coming down side board
 - c. Defensemen from the point
- 5. Flip shot
- 6. One timers
 - a. Shooting off a pass
- 7. Concept of what the stick sees vs. what the player sees
- 8. Going upstairs when in tight
- 9. Making a goalie move
- 10. Shoot to score!

Checking and Check Receiving

- 1. “Heads Up” Hockey principles
- 2. Why do we check?
 - a. Separate the player from the puck
 - b. Move after your hit, don’t stand and admire
- 3. Angling
- 4. Positioning properly depending on which zone
- 5. Gap Control – really stress with your D
- 6. Poke Check
- 7. Hip Check
- 8. Body Control

Goalies

- 1. Understanding the game situation
- 2. Poke Checks
- 3. Advance play of puck

Team Play

Players must start to develop a concept of a team and discipline.

11. Face-offs
 - a. What is your role/job?
 - b. Centers working on technique
12. Puck Support
 - a. Always be an option
13. Fore-check
 - a. 1-2-2
 - b. 2-3
 - c. 2-1-2
14. Back-checking
 - a. Come back through the middle of the rink
15. Defensive Zone Coverage
 - a. D and C low/corners
 - b. Strong side W cover D, weak side W cover slot
 - c. Blocking Shots
16. Breakout
 - a. Wings use the hash marks
 - b. Center support
 - c. Terminology for D
 - i. Skate
 - ii. Center
 - iii. Ring
 - iv. D to D
 - v. Reverse
17. Transition
 - a. Offense to Defense
 - b. Defense to Offense
 - c. Anticipation
18. Zone Entry
 - a. Get the puck to the net
 - b. A shot is never a bad play
 - c. Center drive
 - d. Trail for support pass
19. Special Teams
 - a. Give all kids a chance to participate
 - b. Power Play
 - i. Basic Overload
 - ii. Umbrella
 - c. Penalty Kill
 - i. Box: passive vs. aggressive

Dry-land Training

11. Light calisthenics
12. Balance exercises
13. Flexibility exercises

14. Agility exercises
15. Coordination exercises
16. Quickness training
17. Spring training
18. Team games – dodge ball, ultimate Frisbee, etc...
19. Stick handling
20. Shooting

Other Topics

Off-ice behavior

1. In all Arenas
2. In the locker rooms
3. You are always representing Apple Valley

Decision-making

1. Balancing school work, school functions, and other outside activities
2. The impact of poor decision making
3. Nutrition
4. Drugs and alcohol

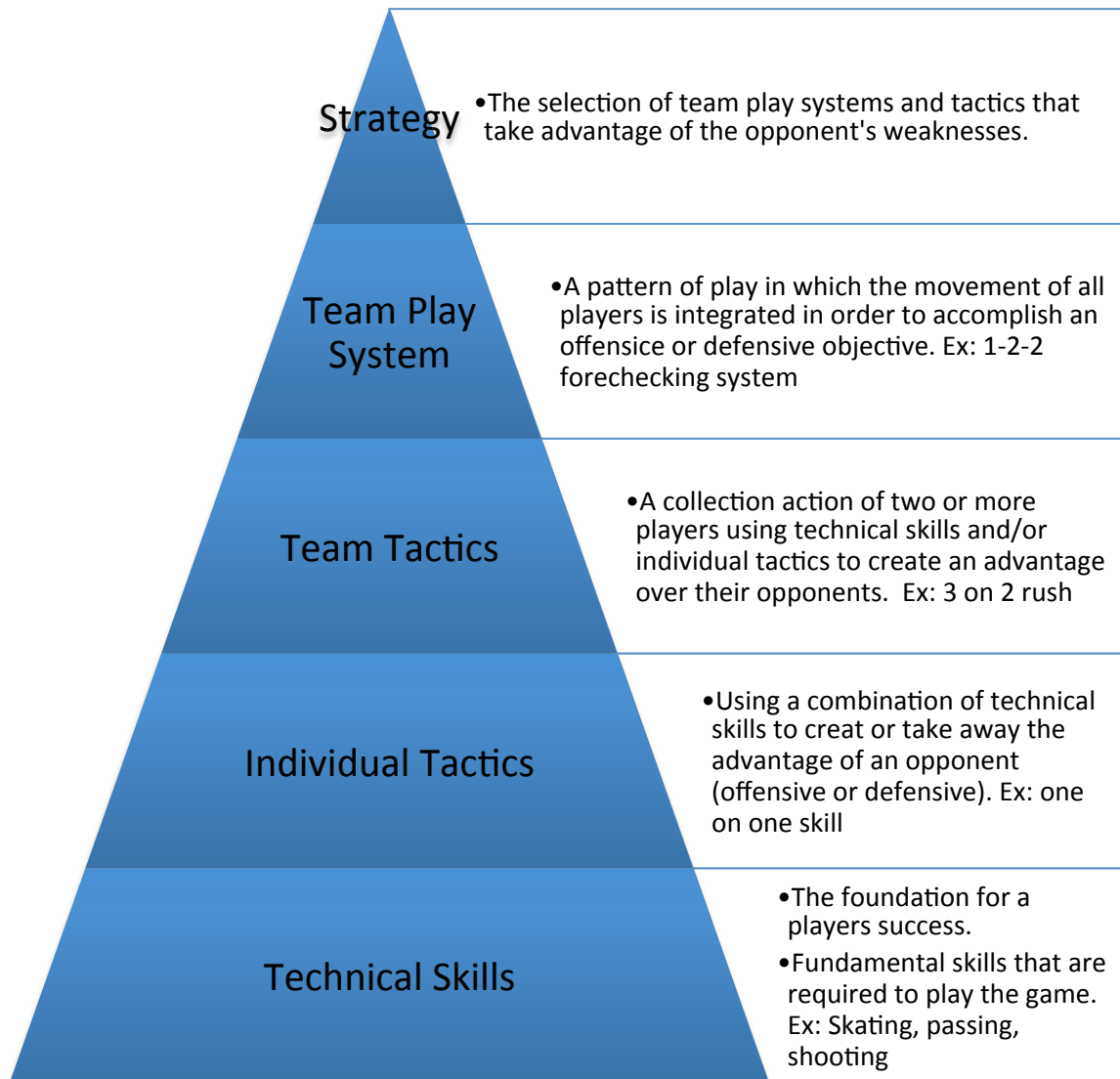
Goal Setting

1. Individual goals
 - a. Realistic and measureable
 - b. Revisit and adjust throughout the year
2. Team goals
 - a. Realistic and measureable
 - b. Revisit and adjust throughout the year

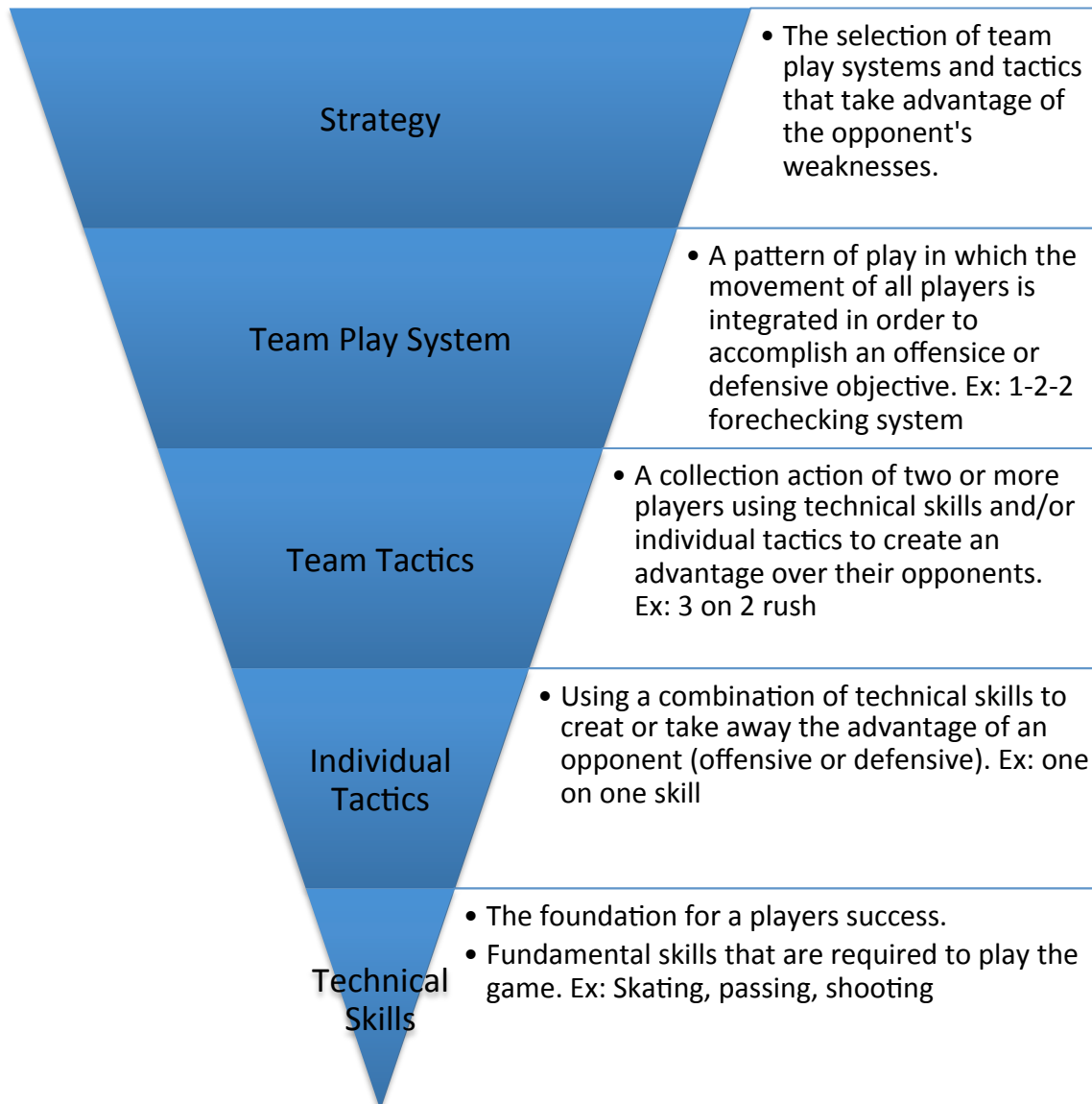
Practice Planning

Player Development Pyramid

This pyramid was developed by some of the best hockey minds in the world and should be used when you are planning out your season practice plans.



The problem with many youth hockey coaches is this is what they focus their practice plans around. It is important to remember that without technique, there is no tactic.



The critical stage of skill development is at the youth levels, “9-12 years of age are the most important time for hockey skill development” according to Ken Martel, Director of USA Hockey’s American Development Model. If coaches concentrate on only teaching systems, strategies and winning games than the player’s skill development will be lacking. Thus our youngsters are set up for future failure. The kids need a proper foundation or it could all come tumbling down.

Guidelines for Designing and Running Effective Practices

The old saying goes, “how you practice is how you play”. One of the most important goals of a coach is to run effective practices and drills. Good performance in games is often a direct result from good practices (Mancini, 2009). The following list provides some guidelines to consider in designing your practice.

1. Practice with a Purpose
 - a. Have specific objectives for each practice
 - b. Plan your practice based on the age and skill level of your team
 - c. “Plan the work, Work the plan”
 - d. Simulate game situations (train the mind and body)
 - e. Name Drills
 - f. Use locker room to draw up new drills and ask questions
 - g. “KISS” Keep it simple and specific

2. Establish Good Practice Habits
 - a. Be positive and upbeat
 - b. Fix right away, don’t let bad habits form
 - c. Be Demanding/Disciplined
 - i. Little things can become big things
 - ii. Finishing the play
 - iii. Stop in front of the net
 - iv. Don’t allow Cheating
 - v. Calling for passes
 - vi. Explosive starts

3. Skill Development (Fundamental/Technical skills!)
 - a. High Tempo drills (condition during drills)
 - b. Be Creative
 - c. Early and often
 - i. Skating, shooting, passing to get them going
 - d. Address as they appear later in practice
 - i. Puck protection, stick placement, body placement

4. Be Flexible
 - a. A drill might be too complex
 - b. A drill might be going good add a progression to keep the pace
 - c. Be able to adapt your plan (ex: goalies are sick)

5. Create competition
 - a. Small Games
 - b. Scrimmage in all 3 zones
 - c. Help them understand and handle adversity
 - d. Playing under pressure
 - e. Makes them accountable
 - f. Implement systems/team strategies

6. Ending practice
 - a. Condition throughout practice
 - b. Fun competition at the end!!

Planning practice for your season

It is important to remember to treat your season like a marathon, not a sprint. You need to develop weekly, monthly, and season plans that outline what your goals are for your team. I find it helpful to break the season into thirds as I prepare each year. Here are some guidelines for each level as you start to prepare for you upcoming season.

Squirts/U10

October/November (first third of the year)

- 50% Technical/Fundamental skill development
- 30% Individual Tactics
 - Includes teaching positional skills
- 15% Team Play/Team Tactics
- 5% Strategy and Conditioning*

December/Early January (middle third of the year)

- 40% Technical/Fundamental skill development
- 30% Individual Tactics
- 25% Team Play and Team Tactics
- 5% Strategy and Conditioning*

Late January/February/March (Last third of the year)

- 40% Technical/Fundament skill development
- 30% Individual Tactics
- 30% Team Play and Team Tactics

*Conditioning should rarely be done to just condition. Try to implement your conditioning into high tempo drills throughout your practice. At this level, try to stay away from punishment skating for mistakes/errors. One example could be a hard lap for the losing team of a small game! This is a great way to install some competition and conditioning within practice.

PeeWee/U12

October/November (first third of the year)

- 45% Technical/Fundamental skill development
- 30% Individual Tactics
 - Includes teaching positional skills#
- 20% Team Play/Team Tactics
- 5% Strategy and Conditioning*

December/Early January (middle third of the year)

- 35% Technical/Fundamental skill development
- 35% Individual Tactics#
- 25% Team Play and Team Tactics
- 5% Strategy and Conditioning*

Late January/February/March (Last third of the year)

- 30% Technical/Fundament skill development
- 30% Individual Tactics#
- 40% Team Play and Team Tactics

*Conditioning should rarely be done to just condition. Try to implement your conditioning into high tempo drills throughout your practice. At this level, try to stay away from punishment skating for mistakes/errors. One example could be a hard lap for the losing team of a small game! This is a great way to install some competition and conditioning within practice.

During position specific time make sure to work with all of your players; forwards, defensemen, and goalies. This is an important time to develop skills needed to play the specific position. Split the ice. Put the forwards in one end working on specific skills, while the defensemen are working in the other. Make sure to include the goalies, with specific skills for them to work on.

Bantam/U14

October/November (first third of the year)

- 40% Technical/Fundamental skill development
- 30% Individual Tactics
 - Includes teaching positional skills#
- 25% Team Play/Team Tactics
- 5% Strategy and Conditioning*

December/Early January (middle third of the year)

- 35% Technical/Fundamental skill development
- 30% Individual Tactics#
- 30% Team Play and Team Tactics
- 5% Strategy and Conditioning*

Late January/February/March (Last third of the year)

- 25% Technical/Fundament skill development
- 30% Individual Tactics#
- 45% Team Play and Team Tactics

*Conditioning should rarely be done to just condition. Try to implement your conditioning into high tempo drills throughout your practice. At this level, try to stay away from punishment skating for mistakes/errors. One example could be a hard lap for the losing team of a small game! This is a great way to install some competition and conditioning within practice.

During position specific time make sure to work with all of your players; forwards, defensemen, and goalies. This is an important time to develop skills needed to play the specific position. Split the ice. Put the forwards in one end working on specific skills, while the defensemen are working in the other. Make sure to include the goalies, with specific skills for them to work on.

Resources

Chambers, Dave (2008). The Hockey drill book. Champaign, IL: Human Kinetics.

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<http://usahockey.com/>

USA Hockey Coaching Education Program Manuals (2007)

- Level 1 Manual
- Level 2 Manual
- Level 3 Manual