



Annual Hockey Director's Meeting

August 2015

New Jersey Youth Hockey League



Topics For Today's Meeting

- ▶ Meet the Staff
- ▶ Hockey Director's Responsibilities
- ▶ USA Hockey Coaching Philosophy
- ▶ Coaching Education and Certification Requirements
- ▶ Rules and Regulations
- ▶ Game Management Expectations
- ▶ Schedules and Participation
- ▶ Skill Progression for Players - American Development Model (ADM)
- ▶ Skill Progression for Coaches
- ▶ Questions
- ▶ Links



Meet The Staff

- ▶ Anthony D'Anna
 - ▶ NJYHL Coach in Chief
 - ▶ dannaelect@verizon.net
- ▶ Jose Lanza
 - ▶ NJYHL Associate Coach in Chief - South
 - ▶ J.lanza5@verizon.net
- ▶ Maureen Thompson-Siegel
 - ▶ NJYHL Secretary
 - ▶ AAHA ADM Coordinator
 - ▶ aahaadmcoordinator@gmail.com and secretary.njyhl@gmail.com



What are a Hockey Director's Responsibilities in the NJYHL?



- ▶ Be the “feet on the ground” hockey professional
- ▶ Design and implement a plan of development for your club
- ▶ Know the science behind child development, skill development and USA Hockey’s recommendations
- ▶ Train your coaches to deliver skill development in a consistent manner throughout the club
- ▶ Disseminate information from USA Hockey, Atlantic Affiliate and New Jersey Youth Hockey to your coaches and families
- ▶ Instill an understanding of acceptable behavior in spectators and players



USA Hockey Coaching

Credentials and Training Requirements



USA Hockey Coaching Philosophy

COACHING ETHICS

- ▶ **COMPETENCE** Maintain a standard of excellence with regard to education and information related to coaching and make an on-going effort to maintain competence in the skills they use.
- ▶ **INTEGRITY** Exercise integrity in the practice of coaching and be honest, fair and respectful of others.
- ▶ **PROFESSIONAL RESPONSIBILITY** Uphold professional standards, clarify professional roles and obligations, accept appropriate responsibility for behavior and adapt methods to the needs of participants.
- ▶ **RESPECT FOR PARTICIPANTS** Respect the fundamental rights, welfare, dignity, values, opinions and worth of all participants and will be aware of cultural and individual differences including those due to age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language and socio-economic status.
- ▶ **CONCERN FOR PARTICIPANTS** Be sensitive to different roles and responsibilities of all participants and not exploit or mislead them.
- ▶ **RESPONSIBLE COACHING** Be aware of ethical responsibilities to society and the community in which they work and live as well as comply with the law and encourage the development of policies which serve the interest of the sport and USA Hockey.



USA Hockey Registration

- ▶ All coaches must be current, registered members of USA Hockey and must be registered as a coach.
- ▶ Membership must be obtained/renewed annually. Each registration is only valid for the current playing season.



USA Hockey Coaching Education Program Seminar Attendance Requirements

USA Hockey mandates that all coaches progress through a series of Coaching Education classes as they continue to participate as a coach of youth hockey.

- ▶ All coaches may attend only one (1) certification clinic per year.
- ▶ Coaches who do not coach in continuous years must re-enter the CEP program at the next level when they resume coaching responsibilities.
- ▶ All coaches must enter at Level 1, and must continue their education with a coaching clinic each year until, at a minimum, they achieve Level 3.
- ▶ **EXCEPTION:** Coaches of 8U or younger players may remain at Level 1 or their current level.



USA Hockey Coaching Education Program Seminar Attendance Requirements

- ▶ Once Level 3 is achieved, periodic renewal is required for coaches who have not achieved Level 4. The initial Level 3 certification is valid for two seasons, as indicated by the expiration date. There are two Recertification Tracks (1 and 2) which are also valid for two seasons each. A Level 3 coach must either take one of the Recertification Tracks or move up to Level 4 when each two year validation period expires. A Level 3 coach must advance to Level 4 at the end of the sixth (6th) season of a Level 3 certification.
- ▶ **Coaches of national tournament bound teams (Tier I 14U, 16U and 18/19U and Tier II 16U and 18/19U) must complete Level 4 in their fourth season of coaching.** Coaches who attain Level 4 certification are not required to attend any further certification clinics but must adhere to the age-specific requirement as outlined in Paragraph (b) below.



USA Hockey Coaching Education Program Seminar Attendance - NJYHL Update

- ▶ If a coach **fails** to meet the Coaching Education Program requirements for the current season by December 31st, **the coach will be suspended for a minimum of 45 days and a maximum of one year, starting at the beginning of the following season.**
- ▶ That coach will not be permitted to return until all CEP Requirements are met, with final approval from League Commissioner and Coach-in-Chief.
- ▶ **Explanation** There is a loophole where a Midget coach can avoid being CEP compliant if they do not make playoffs. This ensures that coaches will attain the proper CEP credentials.



Additional Certification Requirements

ON LINE AGE-SPECIFIC MODULES

- ▶ All coaches must complete the on-line age-specific training module for the level of play they are coaching.
- ▶ There is no limit to the number of modules completed in a single season but the coach must have completed the age-specific module for the level being coached during the current season. They are available September 1st.

SAFE SPORT CERTIFICATION

- ▶ Beginning with the 2015-2016 season, USA Hockey will not approve any roster that includes a Head Coach that is not Safe Sport certified. Assistant coaches and managers that are not certified will be red-lined but their lack of certification will not hold up roster approval.
- ▶ Safe Sport Certification is valid for two years. There are two levels of this training offered. An initial on-line training and a refresher on-line training. All coaches (and team managers) that never took the initial training will be required to do so before they can take the ice. All those that were certified in the 2013-2014 season must take the refresher course before they can take the ice.



Additional Certification Requirements

BACKGROUND SCREENING

- ▶ All coaches (and managers) 18 years of age or older are required by the Atlantic Affiliate (AAHA) to have secured an on-line background screening through Sterling Infosystems by October 30th of the current playing season or within thirty (30) days after beginning an activity if such activity occurs after the October 30th deadline. Each screening is good for two seasons.
- ▶ Should a coach change organizations, the coach must be re-screened even if their current screening is still valid.



Under Age (Student) Coaches

- ▶ Age 13 through 17 who is currently properly registered with USA Hockey as a player.
- ▶ Requirements include:
 - ▶ Attendance at a training session at the local club or audit a Level 1 CEP clinic
 - ▶ Must always be supervised by an approved, rostered coach
 - ▶ During games (cannot act as assistant or head coach at any time and counts as one of 4 team officials permitted)
 - ▶ Practices (cannot act as assistant or head coach at any time)
 - ▶ Must wear a helmet with full face shield, gloves and skates at practices and helmet on bench during games while on the bench
 - ▶ May not participate as a player in games or scrimmages when acting as a Student Coach
 - ▶ May only work with players at least one age level below his/her own
- ▶ Registration forms must be submitted through the club Registrar to USA Hockey.



Atlantic Affiliate CEP Seminar Schedule

Date	Levels	Location
May 30 and 31	1-4	Allentown, PA
July 25 and 26	1-4	Jamesburg, NJ
August 2	1-3	Newark, NJ
August 15 and 16	1-3	Aston, PA
September 19 and 20	1-3	Bethlehem, PA
October 3	1-3	Chalfont, PA
November 7	1-3	Voorhees, NJ
November 8	1-3	Brick, NJ
		(as of July 10 th)





Rules Regulations and Penalties

USA Hockey and New Jersey Youth Hockey League



USA Hockey Rules and Regulations

HELMETS

- ▶ All ice hockey coaches and instructors of registered USA Hockey Youth 18 & Under and below, high school, girls'/women's 19 & under and below, and disabled programs must properly wear **an approved ice hockey helmet** during all on-ice sessions, including practices, controlled scrimmages and all Coaching Education Program clinics and/or workshops.
- ▶ Penalty for not wearing a helmet is a minimum thirty (30) day suspension.



USA Hockey Rules and Regulations

PROGRESSIVE SUSPENSIONS - PLAYERS

- ▶ USA Hockey Rule 411 states:
 - ▶ Any player who receives their **third** major penalty during the same season for any combination of aggressive infractions shall receive an **additional three game suspension**.
 - ▶ Any player who receives their **fourth** major penalty shall receive an **additional five game suspension**.
 - ▶ Any player who receives their **fifth** major penalty shall be **suspended until a hearing is conducted by the Affiliate**.
 - ▶ These suspensions are in addition to any others imposed through the official playing rules.



USA Hockey Rules and Regulations

PROGRESSIVE SUSPENSIONS - COACHES

- ▶ USA Hockey Rule 411 states:
 - ▶ Any team who receives **three major penalties in the same game** shall have its Head Coach **suspended for the next game** for that team.
 - ▶ **Any subsequent game** where the team receives three or more major penalties in the same game the Head Coach shall serve a **three game suspension**.
 - ▶ **For the third game** with three or more major penalties by the same team during the same season, the Head Coach shall be **suspended indefinitely** until a hearing has been conducted by the Atlantic Affiliate.
 - ▶ These suspensions are in addition to any others imposed through the official playing rules.



USA Hockey Rules and Regulations

Rule 411 Aggressive Infractions Include

603 Boarding	608 Checking from Behind	620 Head Contact	634 Slashing
604 Body Checking	609 Cross Checking	621 High Stick	635 Spearing
606 Butt Ending	611 Elbowing	627 Kicking	639 Tripping/Clipping
607 Charging	619 Head Butting	628 Kneeing	640 Roughing

There is a separate progressive suspension rule for fighting

Organizations and players are responsible for tracking the progressive suspensions assessed



Tournaments

- ▶ Any tournament that your teams participate should be a USA Hockey sanctioned tournament.
- ▶ Sanctioned tournaments provide consistent
 - ▶ Rules
 - ▶ Penalty assessments
 - ▶ Age categories
 - ▶ Insurance coverage
- ▶ The AAHA Registrar keeps a list of the sanctioned tournaments in our Affiliate.





USA Hockey rules govern except as modified in the NJYHL Guidebook



NJYHL Rules and Regulations

2015-2016 Season Changes

Rule changes that were approved at the 2015 Annual Meeting include:

- ▶ 2. A player is permitted to play 'up' in the next age division if he starts the season there. However, once he plays more than three (3) League games in that classification, he cannot be moved down to his correct age classification. If a player is playing in his correct age classification, he can be moved 'up' to the next age classification only after being evaluated by the club's ACE Coordinator or Coach-in-Chief and obtaining subsequent approval by the NJYHL Coaching Director.
- ▶ 53 c. Any coach using a player under suspension in a game will result in the following additional penalties being assessed: Coach - ten (10) game suspension; Player - five (5) game suspension. *The offending organization will be fined \$1,000.*



NJYHL Rules and Regulations

2015-2016 Season Changes

- ▶ 32. When any team, home or away, fails to appear for a scheduled League game (or appears with fewer than the minimum number of players as set forth in Rule 42) and where there are no extraordinary circumstances as per Rule 29B, a forfeit win shall be awarded the non-offending team and **the offending team shall be subject to a fine of \$1,000**. Money from this fine may be used to cover expenses incurred by the non-offending team at the discretion of the commissioner.
- ▶ 19. Each organization is permitted **a total of eight (8) moves** between its "AA", "A" and "B" teams in each division. For example, if a player is moved from the "B" team to the "A" team, that is one move. If he is later moved back to the "B" team, that is a second move. In no case are any moves permitted after December 31 of the playing season. Goaltenders are exempt from this rule. A. All player roster moves must be made in the electronic scoring system PRIOR to the game being played. An email must also be sent to the NJYHL Registrar. Failure to do so will result in a fine of \$50 to the offending team for each offense.



Team Registration and Rostering

- ▶ USA Hockey Rosters must be submitted to NJYHL Registrar before the first NJYHL game is played
- ▶ 20 players maximum; 10 players minimum
- ▶ 8 player movements between teams through 12/31 (excluding goalies)
- ▶ A player cannot be rostered on more than one NJYHL team
- ▶ A player cannot play both Tier 1 and Tier 2 (except midget after the end of the Tier 2 season)
- ▶ Players must be rostered to participate



League Schedule

- ▶ All games are scheduled (or re-scheduled) by the Master Scheduler and must be entered into Scorekeeper before the start of the season (rosters too)
- ▶ Any game changes once the schedules are final need Admin VP approval and concurrence of both clubs
- ▶ All games **MUST** be played - no FORFEITS - there are fines
- ▶ All midget short season teams cannot black out any weekends between September 1 and October 21
- ▶ Two full periods must be played for game to be official - must be stop time - no running clock - 10 goal mercy rule
- ▶ It is recommended non-league games follow the same rules as NJYHL games
- ▶ Any player on the bench or in the penalty box must have a helmet on at all times
- ▶ Must have a minimum of seven (7) players on its bench by 10 minutes after the scheduled game start or game is forfeited



Penalties And Suspensions

- ▶ Fighting
 - ▶ Mite/Squirt/Pee Wee -
 - ▶ 1 game suspension for first infraction
 - ▶ 3 game suspension for second infraction
 - ▶ Season suspension for third infraction
 - ▶ Bantam/Midget
 - ▶ 2 game suspension for first infraction
 - ▶ 5 game suspension for second infraction and automatic review
 - ▶ Season suspension for third infraction



Penalties And Suspensions

- ▶ 15 or more penalties in one game = 1 game suspension for coach. If this happens 3 times in the same season, it is an additional 3 game suspension for the coach.
- ▶ Racial, ethnic or gender related slurs on the ice or in the rink, before, during or after the game is an automatic 3 game suspension and will be reviewed by the Commissioner for further action.
- ▶ Match penalty is a minimum automatic 3 game suspension and the Commissioner must be contacted immediately to determine the overall length of the suspension.
- ▶ A coach leaving the bench for any reason except to tend to an injured player shall be ejected and receive a 3 game suspension.
- ▶ A coach encouraging players to violent action or condoning such action shall be ejected and suspended for a minimum of 5 games.
- ▶ Placing hands on or otherwise touching an official is a minimum 5 game suspension for the first infraction and expulsion if it happens a second time.



Serving Suspensions

- ▶ When a **Game Misconduct** or **Match Penalty** is received in an NJYHL game, the suspension is served in the immediate subsequent NJYHL game.
- ▶ If the immediate next game is a non-league game, the suspension is served in that game (to satisfy USA Hockey requirement) and then also in the next NJYHL game on the schedule (potential for 2 games missed).
- ▶ The Commissioner must be contacted immediately when a fighting major penalty or match penalty is assessed. The offending team is responsible to initiate the contact.
- ▶ Penalties requiring suspension in non-league games must be sent to the Commissioner.
- ▶ Any player serving a suspension must not be in the playing area (bench, penalty box or scorekeeper area)
- ▶ Any coach service a suspension may not be near the player bench or be coaching in any way.



Serving Suspensions

- ▶ Any coach using a player under suspension incurs additional suspension and fine (covered earlier under rule changes)
- ▶ **Officials do not assess suspensions - they assess penalties.** The written penalty attaches a suspension. Officials do not have the authority to comment on the length of a suspension nor can they lessen (or increase) a suspension
- ▶ The NJYHL Commissioner is the only one that can reduce or increase a suspension at his discretion.
- ▶ There is a right of appeal for any suspension involving more than three games.



Standings, Playoffs, Methods of Determining a Winner

METHOD OF DETERMINING A WINNER - RULE 82

- ▶ League Division Championship
 - ▶ A. The team in each division accruing the greatest number of points will be declared the champions. Points are awarded as follows:
 - ▶ Win 2 points
 - ▶ Tie 1 point
 - ▶ Loss 0 points
 - ▶ B. If two or more teams are tied in total points, the standings will be determined using the following criteria:
 - ▶ 1. Team having the most wins in all league games.
 - ▶ 2. Team having accrued the most points among the tied teams (head to head)
 - ▶ 3. Team having the fewest goals against in all league games.
 - ▶ 4. Team having the most wins among the tied teams.
 - ▶ 5. Team with the fewest goals against among the tied teams.
 - ▶ C. If the foregoing still results in a tie, a single elimination playoff game shall be played to determine the winner. The home team shall be determined by the toss of a coin.



Standings, Playoffs, Methods of Determining a Winner

BANTAM AND MIDGET PLAYER PLAYOFF ELIGIBILITY - RULE 86

- ▶ Each player must participate in a minimum of 50% of the League games played after his/her name appeared on the team roster.
- ▶ Any player rostered after the end of league play is ineligible for post season play. In the event of an injury or other extraordinary circumstances, the Board reserves the right to waive this rule.
- ▶ It is the responsibility for the individual teams to insure that all their players are eligible.
- ▶ If a team uses an ineligible player in a playoff game, that game will be declared a forfeit.



Standings, Playoffs, Methods of Determining a Winner

PLAYOFF FORMAT

- ▶ The NJYHL rules state the playoff format and seeding is released at the September Delegates meeting.





Game Management Expectations

Common Sense and Common Mistakes



Game Responsibilities

- ▶ Communicate respectfully with officials, players, opponents and parents
- ▶ You are the role model - Positive Coaching Alliance
- ▶ You are responsible for your organization's behavior during games
 - ▶ Parents in the stands
 - ▶ Penalty box management
 - ▶ Score and time keeping - off ice officials
- ▶ Know the rules
- ▶ Be a gracious host
- ▶ Big brother is watching



Game Responsibilities

- ▶ Confirm player roster reflects bench attendance
- ▶ Review the score sheet at the end of the game **before** you sign it. Once it is signed, changes cannot be made.
- ▶ Remind your parents **website statistics will not be corrected** unless it impacts the outcome of the game.

- ▶ Who do you contact if you have questions, concerns, complaints?
 - ▶ NJYHL Coach in Chief
 - ▶ Referee Assignor
 - ▶ **Remind your coaches and families that all contact with the NJYHL must come through your organization NJYHL Delegate**





NJYHL Schedules and Participation

Planning and Volunteering



NJYHL Schedules

Date	Event	Location
August 14, 2015	Midget Season (AA & A) Begins	State-wide
September 18, 2015	Bantam and Pee Wee Season Begins	State-wide
September 18-20, 2015	Squirt Jamborees	North - Skylands South - Jersey Shore Arena
September 26-27, 2015	AAHA Mite Jamboree	Ice Vault and Ice Works
October TBD	Squirt Season Begins	State-wide
October 25, 2015	Midget AA Season Ends	State-wide
October 30-November 1	Midget AA Playoffs	Ice House
October 31, 2015	Mite Season Begins	State-wide
Week of November 2	Midget AA - Championship Week (best of 3)	TBD



NJYHL Schedules Continued

Date	Event	Location
January 31, 2016	Midget A, Bantam, Pee Wee Season Ends (anticipate Squirt)	State-wide
February 19-21, 2016	Squirt and Pee Wee Playoffs	Hollydell Ice Arena
March 4-6, 2016	Bantam and Midget A Playoffs	Aspen Ice Randolph
March 18-20, 2016	AAHA District Tournament - Midget A, Bantam, Pee Wee	Mennen and Igloo
March 31 - April 4, 2016	USA Hockey National Tournament	14U - 16U - Ice Vault 18U -
April 11, 2016	Tryouts for 2016-2017 Season	State-wide



NJYHL Participation

- ▶ **SQUIRT JAMBOREE**
- ▶ In accordance with NJYHL rules - every club Hockey Director must participate in the evaluation process. Please plan on attending the Jamboree to review and assist in placement for the teams
- ▶ **MITE JAMBOREE**
- ▶ As this is an Atlantic District event, there is no NJYHL for participation but evaluators are needed at this very busy event.





Skill Development for Players American Development Model (ADM)

There is Science Behind This



American Development Model

- ▶ USA Hockey's nationwide player-development program for youth hockey associations. It's based on age-appropriate, age-specific competition and training for boys and girls, beginning with their first steps onto the ice and carrying them through age 18 and beyond.
- ▶ Heightened emphasis on skill development and long-term athlete development principles, providing a blueprint for the best possible youth hockey experience.
- ▶ **IT IS NOT ONLY MITE HOCKEY**
- ▶ All players at all levels of experience and ability can benefit from the training strategies
- ▶ It is the blueprint for Long Term Athlete Development (LTAD)



8 STAGES of LTAD (Ice Hockey)

Active Start Stage - FUNdamental movement skills

FUNdamental Stage - Developing ABC's

Learning to Train - Learning fundamental sports skills

Training to Train - Building the "engine" and consolidate sport skills

Learn to Compete - Optimizing "engine" and refine sport skills

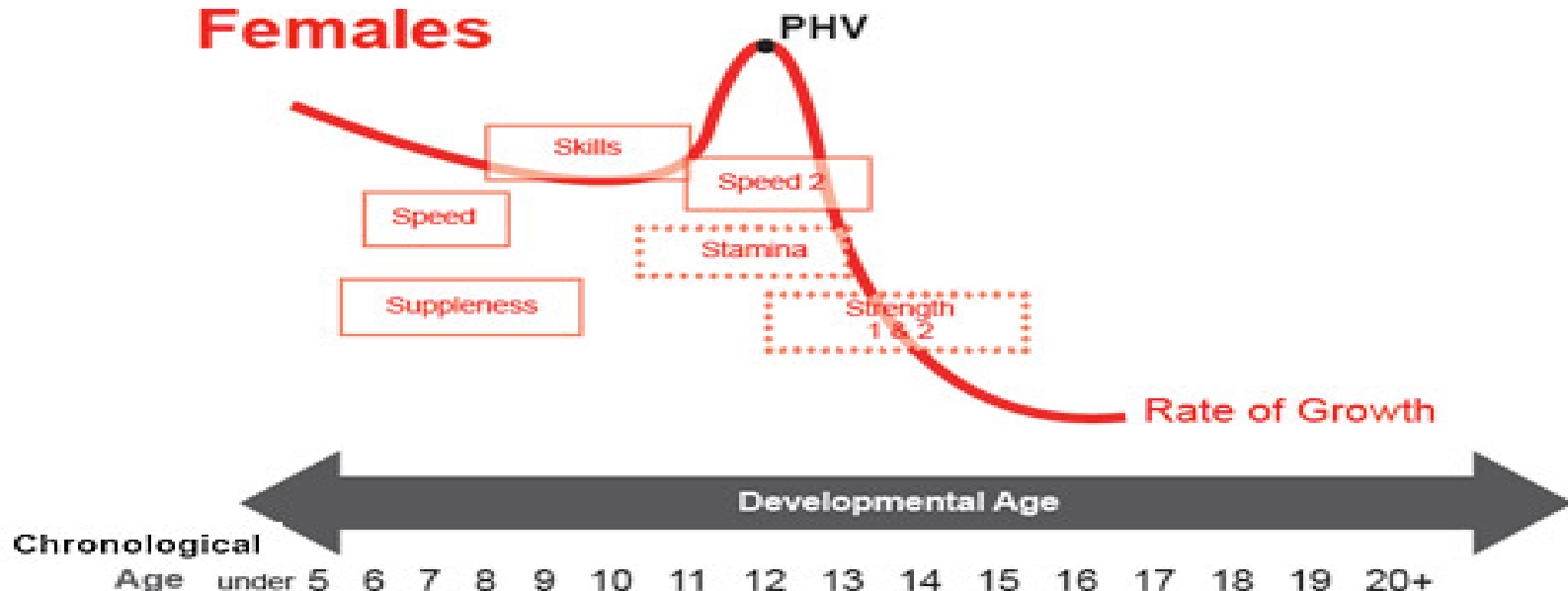
Training to Compete - Optimizing "engine" and refine sport skills and performance

Training to Win - Maximizing "engine", skills and performance

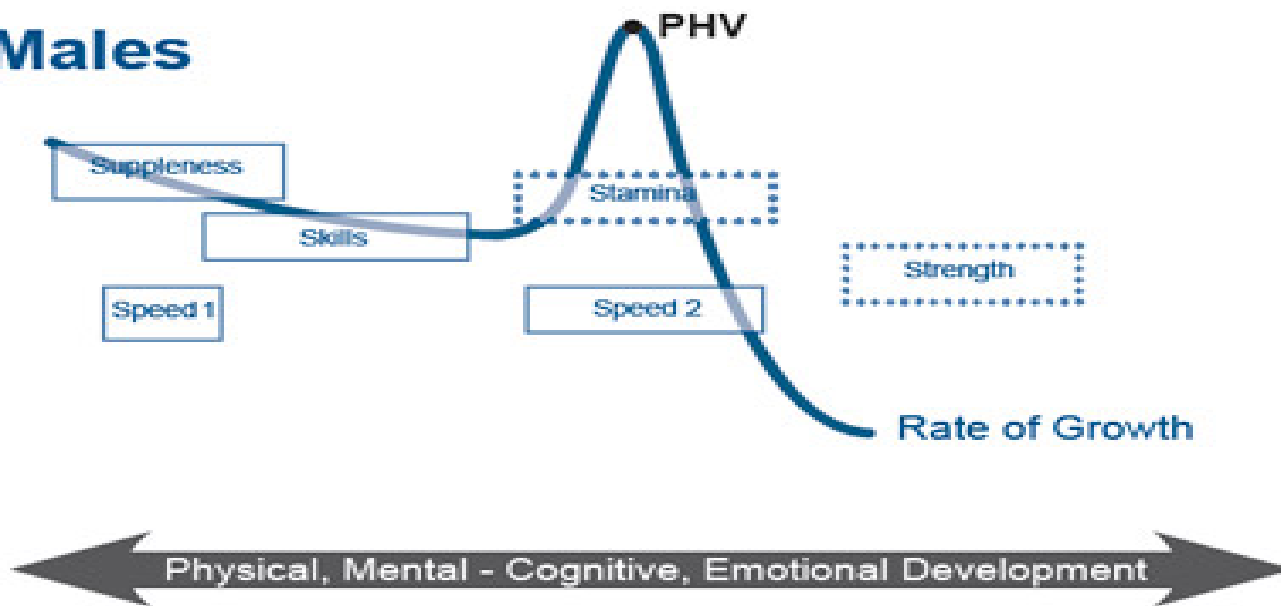
Hockey for Life

Active Start 0-6
FUNdamentals 6 and Under Mites 8 and Under Mites
Learning to Train 10 and Under Squirt 12 and Under Peewee
Training to Train 14 and Under Bantams 16 and Under Midgets
Learning to Compete 18 and Under Midgets
Training to Compete Junior, NCAA
Training to Win 19+ Junior, NCAA, NHL
Hockey for Life

Females



Males



Windows of Trainability

- ▶ The five trainable physical capacities and windows of optimal trainability are:
- ▶ **Stamina (Endurance):**
Optimal trainability occurs at the onset of peak height velocity (PHV) – adolescent growth spurt. Aerobic capacity training is recommended before athletes reach PHV. Aerobic power should be introduced progressively after growth rate decelerates.
- ▶ **Strength:**
Optimal trainability for girls is immediately after PHV or at the onset of the menarche, while for boys it is 12-18 months after PHV.
- ▶ **Speed:**
For boys, the first speed-training window occurs between the ages of 7 and 9 years and the second window occurs between the ages of 13 and 16. For girls, the first speed training window occurs between the ages of 6 and 8 years and the second window occurs between the ages of 11 and 13 years.



Windows of Trainability

- ▶ **Skill:**
The window for optimal skill training for boys takes place between the ages of 9 and 12 and between the ages of 8 and 11 for girls.
- ▶ **Suppleness (Flexibility):**
Optimal trainability for suppleness for both genders occurs between the ages of 6 and 10. Special attention should be paid to flexibility during PHV.

Windows of Trainability

Additional Information

- ▶ *Additional capacities have been identified that must also be considered throughout an athlete's development, and in addition to the five physical capacities make up a holistic approach to training.*
- ▶ **Structure/Stature:**
The height of a person before, during and after maturation can be utilized by a coach or parent. Tracking growth as a guideline for developmental age can allow for planning to take advantage of optimal trainability.
- ▶ **Sustenance:**
This category refers to all aspects of replenishing the body for sports and general health. It covers a wide range of topics from nutrition and hydration to rest and recovery. Fatigue, whether it comes from a single practice/competition or builds up over time through a lengthy schedule, can be combated through a proper lifestyle.
- ▶ **School:**
Sports schedules must consider the demands placed upon children from an academic perspective. Education must be emphasized, and the demands of sport should complement the academic schedule, not conflict with it. The stress of class work, examinations, boyfriend/girlfriend issues, and school peer groups play a role in the fatigue and stress levels of our athletes.
- ▶ **Psychological:**
Sport is a physical and mental challenge. The ability to maintain high levels of concentration, yet remain relaxed with the confidence to succeed, is a skill essential to long-term performance in sport..



CLUB STRUCTURE

1

8 & Under (Mites):

- 50-60 ice sessions per season
- 2-3 ice sessions per week, 1 off-ice session per week
- 50-minute ice sessions
- 20 weeks per season, 5 to 6 months
- 9-13 skaters per team; no full-time goalies *
- 4+ teams per ice session
- Minimum of 16 cross-ice/ half-ice games and 34 practices
- Maximum of 20 cross-ice/ half-ice games and 40 practices
- Players grouped: Top 1/3, Middle 1/3, Bottom 1/3

2

10 & Under (Squirts):

- 95-100 ice sessions per season
- 3-4 ice sessions per week, 2 off-ice sessions per week
- 60-minute ice sessions
- 6-month training and competition calendar
- 10-12 skaters and 1 goalie per team
- 3 teams per practice session
- 75-80 practices and 20-25 games
- Players grouped: Top 1/2, Bottom 1/2

3

12 & Under (Peewees):

- 105-120 ice sessions per season
- 4 ice sessions per week, 2 off-ice sessions per week
- 60-minute ice sessions (minimum)
- 7-month training and competition calendar
- 15 skaters and 2 goalies per team
- 2 teams per practice twice a week, 1 single team practice
- 80-90 practices and 30-35 games
- Players grouped: 2 teams at highest level

Hockey for Life:

Players can enter at any age. 'Hockey for Life' can provide quality recreational opportunities for all ages. The opportunity to play and have fun in our sport should be available to all players with various levels of commitment. Even later in life, USA Hockey hopes that as adults we lead a physically active life style and continue to contribute to the sport through volunteerism as coaches, referees and administrators.

4

Skill Pyramid



American Development Model

- ▶ AAHA mandates all mites play half or cross ice hockey at all times.
- ▶ Mite aged players are not permitted to play at the Squirt level unless they receive a waiver. - Next season - no mites will be permitted to play up. Plan accordingly.
- ▶ AAHA offers clinics and education programs, both regionally in connection with our NHL partners and locally in your own rink.
- ▶ Please contact Maureen Thompson-Siegel at aahaadmcoordinator@gmail.com for more information or to schedule a session.





Skills Progression For Coaches

For the betterment of your club and for the sport



Typical Skills Progression For A New Coach

MITE TEAM

- ▶ Fun, Engagement, Active and Age Appropriate Sessions
- ▶ Station based practices, small area games
- ▶ Practice focus
 - ▶ Individual skill development - 85%
 - ▶ Hockey sense - 15%
 - ▶ Systems (team play training) -0%
- ▶ Speed and Suppleness
- ▶ How to behave on the ice
- ▶ How to behave on a team
- ▶ Proper hydration and good nutrition



Typical Skills Progression For A New Coach

SQUIRT TEAM

- ▶ Fun, Engagement, Active, Age Appropriate Training and Basic Hockey Knowledge
- ▶ Active practices, keep the kids moving, small area games
- ▶ Golden Age of Skill Development
- ▶ Rule knowledge
- ▶ Practice focus
 - ▶ Individual skill development - 75%
 - ▶ Hockey sense - 15%
 - ▶ Systems (team-play training) - 10%
- ▶ Speed, Suppleness and Skill Acquisition and Development
- ▶ Off ice to improve agility, balance and coordination
- ▶ Heads up hockey, proper body contact, injury prevention
- ▶ Proper hydration and good nutrition
- ▶ Good sportsmanship, respect for players, coaches and officials



Typical Skills Progression For A New Coach

PEE WEE TEAM

- ▶ Fun, Engagement, Active, Age Appropriate Training, Skill Development and Body Contact/Body Checking
- ▶ Active practices, keep the kids moving, small area games
- ▶ Golden Age of Skill Development
- ▶ Practice focus
 - ▶ Individual skill development - 65%
 - ▶ Hockey sense - 25%
 - ▶ Systems (team-play training) - 10%
- ▶ Speed (girls), Suppleness (girls) and Skill Acquisition and Development (boys and girls)
- ▶ Off ice to improve agility, balance and coordination
- ▶ Heads up hockey, proper body contact, injury prevention
- ▶ Proper hydration and good nutrition - eating and energy
- ▶ Good sportsmanship, respect for players, coaches and officials, balance family, school and other activities. Take responsibility for their performance



Typical Skills Progression For A New Coach

BANTAM TEAM

- ▶ Fun, Engagement, Practice Activity and Structure, Age Appropriate Training, Body Contact, Body Checking, Skill Development and Team Play
- ▶ Active practices, optimal challenge level, small area games, team play situations
- ▶ Practice focus
 - ▶ Individual skill improvement - 50%
 - ▶ Hockey sense - 35%
 - ▶ Systems (team-play training) - 15%
- ▶ Speed (boys and girls), Stamina (boys and girls) and Strength (for girls)
- ▶ Off ice to improve speed, strength, range of motion
- ▶ Heads up hockey, proper body contact, injury prevention
- ▶ Proper hydration and good nutrition
- ▶ Pre-game routine, maximum effort, control of emotions, set goals
- ▶ Honesty and integrity, responsibility for actions, team commitment, dealing with adversity



Typical Skills Progression For A New Coach

MIDGET TEAM

- ▶ Fun, Engagement, Practice Activity and Structure, Age Appropriate Training, Body Contact, Body Checking, Skill Development, Team Play, Training and Learning to Compete
- ▶ Active practices, intense practice structure, small area games, higher intensity
- ▶ Practice focus
 - ▶ Individual skill improvement - 50%
 - ▶ Hockey sense - 25-30%
 - ▶ Systems (team-play training) - 20-25%
- ▶ Speed, Stamina and Strength
- ▶ Off ice to improve speed, strength, range of motion
- ▶ Heads up hockey, importance of hydration and warming up, injury prevention
- ▶ Proper hydration and good nutrition
- ▶ Pre-game routine, maximum effort, control of emotions, set goals
- ▶ Honesty and integrity, responsibility for actions, team commitment, dealing with adversity



Questions?

Thank you for your time and dedication to the kids, your club, the NJYHL and to the great sport of hockey.

Links

- ▶ ADMkids - www.admkids.com
- ▶ Atlantic Affiliate Background Screening Program www.atlantic-district.org/screening.php
- ▶ AAHA Registrar website - www.atlanticdistrict-registrar.com
- ▶ NJYHL - www.njyhl.org
- ▶ Positive Coaching Alliance - www.positivecoach.org
- ▶ USA Hockey Coaching Education Program - www.usahockey.com/coaches
- ▶ USA Hockey Mobile Coach App - www.usahockey.com/page/show/893678-usa-hockey-mobile-coach-
- ▶ USA Hockey Rulebook - www.usahockeyrulebook.com
- ▶ USA Hockey Safe Sport Program - www.usahockey.com/safesporttraining

