



COACHING EDUCATION PROGRAM



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WELCOME TO THE COACHING EDUCATION PROGRAM

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There was a time not so long ago when hockey was an outdoor game. Children grew up playing on ponds in the northern regions of the United States. They learned skills and new moves by watching the older players and spent hours emulating them.

Today, hockey has moved almost completely indoors as the game has grown from coast to coast and border to border.

With the cost of ice time and limited facilities available, coaching has become more important than ever before. As we teach the game to our young players, we need to spend more time and focus on promoting skill development. That is our objective: to educate our coaches on the importance of skill development and to have fun!

MIKE MacMILLAN

USA Hockey National Coach-in-Chief

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The foundation for team and player development is established by the coach. The care and responsibility that coaches take with their players is essential in the development process.

USA Hockey's Coaching Education Program helps develop coaches; and the investment by the coach in their development has a direct influence on the development and

growth of individual players and the development of the team. As coaches, if we are stagnant in our development, we are moving backward.

Your leadership and the example you set off the ice is as important as the development of players and teams on the ice. We as coaches need to take great care of our game and assist in the implementation of the American Development Model principles.

Coaching Development Tips:

- Commit to the skill development of the player
- Develop leadership skills
- Utilize expert coaches or mentor coaches
- Attend practices of other coaches
- Educate yourself on specific skill training

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MOBILE COACH APP

Download USA Hockey Mobile Coach, a free member benefit for all registered hockey coaches. It's available at the Apple App Store or on Google Play (Android).



WHY BE A COACH?

Coaching is a great way for ex-players to give something back to a sport that gave them a lot of enjoyment, and a chance for parents to enhance their child's involvement in the game by participating as well. Coaching can provide many advantages, which include:

Satisfaction: Coaches can be proud when their players improve in growth and development.

Player's Growth & Development: With good teaching and coaching, players can develop their individual hockey and team skills, grow socially, academically and as people.

Coach's Growth & Development: As a coach, it is satisfying to succeed in developing superior players and producing a winning season. Also, a coach can be satisfied by the impact he/she has on the lives of his/her players, which cannot be measured by wins and losses. All coaches become wiser, more mature and learn something new everyday.

CEP REQUIREMENTS

The objective of the Coaching Education Program is to improve the caliber and quality of coaching in amateur hockey. Five levels of achievement and five online age-specific modules have been established to educate and train each coach, from the beginner to the highly skilled expert.

The Coaching Education Program is committed to developing coaches who will be effective instructors and role models through a comprehensive education program at all levels of play. The program emphasizes fundamental skills, conceptual development, sportsmanship and respect for teammates, opponents, coaches, officials, parents and off-ice officials.

Thirteen district coaches-in-chief use trained coaching education personnel to conduct the first three progressive levels of instructional coaching clinics. The coaches-in-chief themselves organize and conduct the Level 4 clinics, while the Director of the Coaching Education Program conducts the Level 5 clinic. All registered coaches are required to complete clinics in accordance with the requirements under Rules and Regulations VII. Coaching Program.

USA Hockey has developed a full range of instructional materials for coaches to use on the ice, as well as in the classroom. The materials are also used by the Player Development Program and the International Ice Hockey Federation. Materials include clinic manuals, PowerPoint presentations and training videos.

COACH REGISTRATION

All ice hockey coaches as well as instructors of USA Hockey programs shall be registered annually as individual participants of USA Hockey for the current season (before the start of the season) in order to be

eligible to coach/instruct in any regular-season activities (practices, clinics, games, tournaments, try-outs, etc.), state, district, regional playoff, national championships or in the USA Hockey Player Development Programs. There is an annual fee to register coaches (head and assistants) and instructors. Coaches who also play on a USA Hockey registered team are required to pay this registration fee only once per year. Coaches may register as participants online at usahockey.com or through a local association/member program (refer to Section I Participant Registration).

Note 1: All USA Hockey Coaching Education Program Instructors and National Player Development Camp coaches will be exempt from the annual participant registration fee, but must complete the participant registration process.

Note 2: The head coach of each disabled hockey team must complete the required CEP registration (including attending a Level 1 clinic) and complete the online disabled hockey module(s). Assistant coaches and student coaches of each disabled hockey team must register as a coach with USA Hockey, and are strongly encouraged, but not required, to attend a Level 1 coaching clinic and take the online disabled module(s). Those volunteers or employees who assist with helping disabled hockey teams on-ice (i.e. interpreters, pushers, on-ice mentors, etc.) must be properly registered with USA Hockey as volunteers but are not required to attend a CEP clinic and otherwise comply with these rules and regulations.

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.

REQUIRED CEP LEVELS FOR ICE HOCKEY

USA Hockey requires that all affiliates and/or districts shall establish the following requirements without modifications for all coaches (head and assistant).

All coaches must have the required certification level by January 1 of the current season.

All coaches must enter USA Hockey's Coaching Education Program at Level 1, and must continue their education with a coaching clinic each year until, at a minimum, they achieve Level 3, except that coaches of only 8U or younger players may remain at Level 1 or other certification level, even if expired, until such time as they are coaching any older age level of play.

A coach may attend only one (1) certification clinic per year (not including age-specific requirements). Coaches who do not coach in continuous years must re-enter the program at the next level when they resume coaching responsibilities.

Once Level 3 is achieved, periodic renewal is required for coaches who have not achieved Level 4. 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, or first season of eligibility, regardless of expiration date. Coaches who attain Level 4 certification are not required to attend any further certification clinics but must adhere to the age-specific requirement.

In addition to the training outlined above, coaches must also complete online age-specific training modules specific to the level of play they are coaching, if they have not already taken that module. This requirement applies to coaches at all levels. Coaches may complete more than one age-specific module in any given season.

Coaching certification at Level 3 is valid for two (2) seasons, as indicated by the expiration date.

A coach whose Level 3 Certification is due to expire must take the online Level 3 Recertification Track 1 curriculum or they may move up to Level 4. Level 3 Track 1 Recertification is valid for two (2) seasons.

A coach whose Track 1 Level 3 recertification is due to expire must take the online Level 3 Recertification Track 2 curriculum or move up to Level 4. Level 3 Track 2 Recertification is valid for two (2) seasons.

Coaches whose Track 2 Level 3 Recertification is due to expire must attend a Level 4 clinic prior to the expiration of their Level 3 Recertification.

Coaches must complete the online recertification program in order to recertify their Level 3 certifications. Attending a clinic or workshop is no longer valid for recertifying any certification level.

GRANDFATHER CLAUSE

For coaches who enrolled in the Coaching Education Program prior to May 1, 2011, their entry into the above program will be at their current certification level. Level 1 and 2 coaches must adhere to paragraphs (a) and (b) above, effective May 1, 2011. Current Level 3 coaches must adhere to the requirements above; effective with the season their Level 3 expires. Any previous Level 3 certifications in excess of one will count toward the maximum of two Level 3 recertifications.

COACHING EDUCATION REQUIREMENTS

This chart outlines the progression for a new coach. Coaches with pre-existing certifications will enter the new program at their current certification level and must adhere to the requirements outlined above.

YEARS OF COACHING	CERTIFICATION REQUIREMENTS
Year 1 (ex: 2014-15)	Level 1 clinic + age-specific component.
Year 2 (ex: 2015-16)	Level 2 clinic + age-specific component if not previously taken for current age level.
Year 3 (ex: 2016-17)	Level 3 clinic (expires Dec. 31, 2018) + age-specific component if not previously taken for current age level.
Year 4 (ex: 2017-18)	No Level certification required but can attend a Level 4 clinic + age-specific component if not previously taken for current age level.
Year 5 (ex: 2018-19)	Complete the online Level 3 Recertification Track 1 (expires Dec. 31, 2020), or attend a Level 4 clinic + age-specific component if not previously taken for current age level.
Year 6 (ex: 2019-20)	No Level certification required but can attend a Level 4 clinic + age-specific component if not previously taken for current age level.
Year 7 (ex: 2020-21)	Complete the online Level 3 Recertification Track 2 (expires Dec. 31, 2022), or attend a Level 4 clinic + age-specific component if not previously taken for current age level.
Year 8 (ex: 2021-22)	No Level certification required but can attend a Level 4 clinic + age-specific component if not previously taken for current age level.
Year 9 (ex: 2022-23)	Must attend a Level 4 clinic + age-specific component if not previously taken for current age level.
Year 10 and beyond	No Level recertification required but must complete age-specific component if not previously taken for current age level. Coaches are highly encouraged to attend a continuing education course every two years.

WHAT ARE THE STEPS TO BECOME A USA HOCKEY COACH?

USA Hockey requires both certification and registration to be eligible to coach. Registration is done online on a yearly basis at usahockey.com. Certification is also required.

A few basic steps are as follows:

- Register as a member of USA Hockey.
- Complete the required background screening.
- Complete the USA Hockey SafeSport Training (required every two years).
- Find, register and attend the required certification clinic. You can only attend one clinic per season. **(The coaching clinic season for Levels 1-3 officially runs from September 1 to December 31).**
- Complete the online age-specific module(s) for the age level of play you are coaching. **(The online modules are available from September 1 to December 31.)**

All coaches must attend the required clinic and complete the necessary online age-specific module(s) by December 31 of the current playing season to continue coaching on January 1.

CLINIC FEE STRUCTURE

Level 1	\$40
Level 2	\$40
Level 3	\$40
Level 4	Varies
Level 5	Varies





LEVEL **1** TOPICS

The Level 1 clinic will establish a strong foundation of hockey knowledge for the coach by focusing on five main coaching competencies. This interactive clinic allows coaches to examine their own coaching techniques and learn ways to communicate with their players, coaches and parents. Each subsequent clinic will build upon that foundation and delve into more specific topics. Clinics are held from September 1 to December 31.

TRAINING TOPICS

PREREQUISITE

None

COACHING DEVELOPMENT

Teaching
Leadership
Administration
Technical
Tactical
Safety

PLAYER DEVELOPMENT

Basic Skills
Goaltending

REQUIREMENTS FOR CERTIFICATION

Attendance at Level 1 clinic
Participation in classroom and on-ice sessions

LEVEL 2 TOPICS

The Level 2 clinic involves the study of coaching skills such as establishing a coaching philosophy and practice planning. Checking the right way will be introduced to teach players about body contact at all age levels of play in preparation for full body checking at the Bantam age level. The idea of offensive and defensive concepts is also introduced. Clinics are held from September 1 to December 31.

TRAINING TOPICS

PREREQUISITE

Successful completion of Level 1 clinic in a previous season

COACHING DEVELOPMENT

Drill Planning
Practice Planning

PLAYER DEVELOPMENT

Checking the Right Way
Goaltending
Habits

TEAM DEVELOPMENT

Offensive Team Play
Defensive Team Play

REQUIREMENT FOR CERTIFICATION

Attendance at Level 2 clinic
Participation in classroom and on-ice sessions

LEVEL 3 TOPICS

The Level 3 Clinic involves the study of coaching psychology and physiology as they relate to hockey. Player development skills include body checking, overspeed training and dryland training. Discussion will take place on team concepts and systems which include defensive, offensive and specialty situations. Clinics are held from September 1 to December 31.

TRAINING TOPICS

PREREQUISITE

Successful completion of Level 1 clinic in previous season
Successful completion of Level 2 clinic in previous season

COACHING DEVELOPMENT

Psychology of Coaching
Leadership

PLAYER DEVELOPMENT

Checking the Right Way: Off-Ice Training
Fitness
Goaltending in Game Situations

TEAM DEVELOPMENT

Offensive Team Concepts
Defensive Team Concepts
Offensive Systems
Special Teams
Face-offs

REQUIREMENT FOR CERTIFICATION

Attendance at Level 3 clinic
Participation in classroom and on-ice sessions

LEVEL 4 TOPICS

The Level 4 Clinic examines in great depth the psychological, motivational and teaching aspects of coaching young athletes, along with the physiological and conditioning requirements of training ice hockey players. It will also deal in-depth with more complex tactics and systems and advanced levels of player skills and development. Clinics are held yearly throughout the country.

TRAINING TOPICS

PREREQUISITE

- Successful completion of Level 1 clinic
- Successful completion of Level 2 clinic
- Successful completion of Level 3 clinic

COACHING DEVELOPMENT

- Characteristics of an Effective Coach
- Purpose and Philosophy
- Communication and Motivation
- Planning for Success
- Coaching in Games
- Scouting

TEAM DEVELOPMENT

- Offensive Systems
- Defensive Systems
- Special Situations

REQUIREMENT FOR CERTIFICATION

- Attendance at Level 4 clinic
- Completion of group Level 4
- Special Project assignments

LEVEL 5 TOPICS

The Level 5 Clinic, or National Hockey Coaches Symposium, examines in great depth the physiological aspects of coaching young athletes. It also takes a more in-depth look at systems of team play and player skill development at the international level. Daily, small-group breakout sessions occur with an assigned leader that address present day hockey issues. The Level 5 Clinic is held every two years at a designated site.

TRAINING TOPICS

PREREQUISITE

- Successful completion of Level 1 clinic
- Successful completion of Level 2 clinic
- Successful completion of Level 3 clinic
- Successful completion of Level 4 clinic
- Possible Nomination and Selection

COACHING DEVELOPMENT

- Psychology of Coaching Elite Athletes
- Physiology and Conditioning

PLAYER DEVELOPMENT

- Training Techniques for Elite Players
- Advanced Individual and
- Positional Skill Development

TEAM DEVELOPMENT

- Advanced Tactics
- Advanced Offensive Systems
- Advanced Defensive Systems
- Advanced Special Systems

REQUIREMENT FOR CERTIFICATION

- Attendance at ENTIRE Level 5 clinic
- Completion and Approval of Thesis/Research Project