

Fall 2019 CAHA Coaching Survey

There are approximately 625 registered USAH coaches in CAHA. They are at all CEP coaching levels, experience, age groups including college and pro, and may or may not be currently coaching. The survey was sent out in November 2019 and we received 149 responses or 24% response rate.

OBSERVATIONS

- Coaches responding were 95% male and 99% Caucasian (of those that noted their race)
- We have a wide range of experience, levels coached, age groups coached, and types of hockey coached
- 75% of the coaches are parent coaches so if you recruit the players, we recruit coaches
- Our coaches are coaching for the right reasons – to coach young people, because their child plays, teach life lessons, and pass on their knowledge of the game
- Our coaches invest their time in the sport - 64% if our coaches spent 5 or more hours a week coaching, 60% spend between 2-7 hours a week
- 94% of coaches said either that Skill Development was their priority or that Skill Development and Winning were equally important.
- Only 44% of Coaches said they had an Above Average or High level of confidence in their knowledge of High Performance Coaching Techniques.
- Coaches are using ADM principles in their practices with 88% using station-based practices, 76% using small games, 74% using shared ice, and 39% using an off-ice program
- When asked about the best way to deliver coaching development – 58% of the coaches said on-line, 50% in-person seminars, 35% CAHA website, 28% Webinars, 24% Association training, 24% USA Hockey website, and 24% CEP classes.
- 91% said they would attend a Coaching Symposium in Charlotte or Raleigh in May or June.
- In the Open-ended questions about how USA Hockey/CAHA can support them or improve the hockey experience, the word “parent” was mentioned 43 times indicating that this is a big concern.

THE DATA

- **Gender** – 142 male and 7 female
- **Race** – 133 Caucasian, 1 African-American, and 16 chose not to answer
- **CEP Level** – 46 Level 1, 25 Level 2, 40 Level 3, 31 Level 4, 4 Level 5
- **Position** – 3 Hockey Directors, 63 Head Coaches, 67 Assistant Coaches, 3 Goalie Coaches, and 1 Skating Coach
- **Types of hockey Coached** – 98% coached youth hockey, 18% coached Girl’s hockey, 13% high school hockey, 7% College Club hockey, 4% disabled hockey, 1% sled hockey, 1% NCAA hockey, 1% pro hockey.
- **Age Groups Coached** – 45% had experience coaching Learn To Play, 47% 6U, 73% 8U, 76% 10U, 61% 12U, 39% 14U, 30% 16U, 24% 18U, 12% High School, 6% Juniors, 7% College, 4% Professional

- **Levels Coached** – 4% coached AAA, 15% AA, 20% A, 20% House Select/B, 35% House
- **Parent Coaches** – 75% of the coaches are parent coaches and 25% are non-parent coaches
- **Why do they coach?** 81% because they like coaching young people, 74% because their child plays, 74% for fun, 71% to teach life lessons, and 66% to pass on their knowledge of the game
- **Time Spent Weekly coaching** – 10% spend under 2 hours a week, 26% spend 2-4 hours a week, 34% spend 5-7 hours a week, 17% spend 8-10 hours a week, and 13% spend 10 or more hours a week coaching.
- **When asked to rate their interest in learning the latest coaching techniques, hockey concepts, and new ideas to be a better coach** – 74% said they had a “High” level of interest and the average was a 4.34 out of 5 stars.
- **When asked about their philosophy on Skill Development and Winning** – 76% said that Skill Development was their priority, 18% said they were equally important, and 6% said that winning wasn’t important to them.
- **When asked to how confident they feel in their knowledge of High Performance Practice Techniques to maximize skill development in your practices** – 6% had low confidence, 14% had some confidence, 34% had an average level of confidence, 35% had an above average level of confidence, and 11% had a high level of confidence.
- **When asked about their use of ADM principles** – 88% used station-based practices, 76% used small games, 74% used shared ice, 62% played every player equally in games, 39% used an off-ice program, 28% had their “back up” goalie skate out as a player, and 27% used blue pucks and ¾ size nets at 8U.
- **When asked about the best way to deliver coaching development** – 58% of the coaches said on-line, 50% in-person seminars, 35% CAHA website, 28% Webinars, 24% Association training, 24% USA Hockey website, and 24% CEP classes.
- **Coaching Symposium** - 91% of the respondents said they would attend a Coaching Symposium in Charlotte or Raleigh. The preferred timing is Saturday or Sunday in May or June.