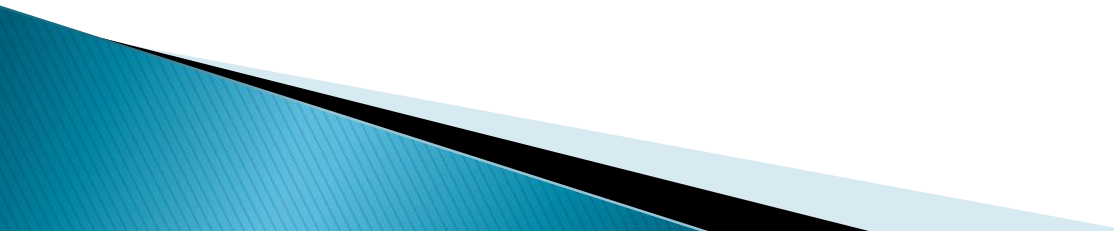


Glenlake MHA Coach Information Session

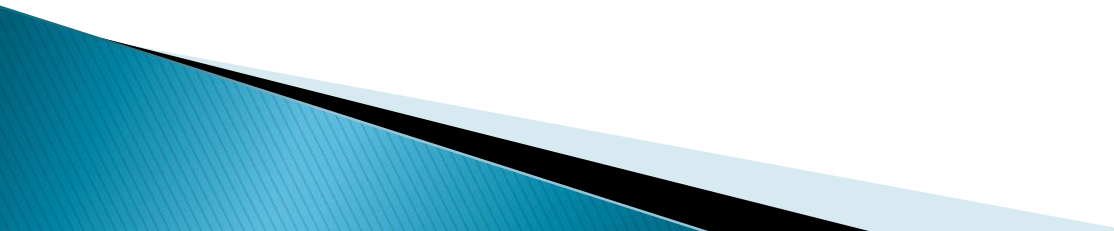
Glenlake MHA

Coach Information Session

- ▶ Welcome
 - ▶ Key Objective
 - ▶ Glenlake MHA
 - ▶ Coaches
 - ▶ Practice
 - ▶ Comments, Questions
- 

Glenlake MHA

Coach Information Session

- ▶ ***Key Objective:*** To develop an excellent hockey program that meets and exceeds our members' expectations by ensuring we are providing prepared and engaged coaches who assist players to develop hockey skills to best of their abilities in both competitive and recreational programs.
- 

Glenlake MHA

Coach Information Session

▶ EXPERIENCE:

- | | | |
|---|-------------------------------------|--------------|
| ▶ 2010–13 Head Coach Bantam AAA | POE Hockey Academy | Kelowna |
| ▶ 2009–10 GM/Coach | Kimberley Dynamiters | KIJHL |
| ▶ 2007–09 Coach Coordinator | Penticton Minor Hockey | |
| ▶ 2006–07 GM/Coach | Fernie Ghostriders | KIJHL |
| ▶ 2005–06 Instructor | National Sport Development, Calgary | |
| ▶ 2004–05 Video Coach | Canada's Women's National Team | |
| ▶ 2003 Assistant Manager | Canada Winter Games | Team Alberta |
| ▶ 2001–05 Coach Coordinator | Hockey Alberta | Red Deer, AB |
| ▶ 2001 GM/Coach | Merritt Centennials | BCHL |
| ▶ 2000–01 Scouting Representative | Tri-City Americans | WHL |
| ▶ 1999–00 GM/Head Coach | Grande Prairie Storm | AJHL |
| ▶ 1998–99 Apprentice Coach | Canadian National Team | |
| ▶ 1998–99 Scouting Representative | Calgary Canucks | AJHL |
| ▶ 1995–98 Governor/Director/GM/Coach | Fernie Ghostriders | RMJHL |
| ▶ 1993–95 Head Coach | Columbia Valley Rockies | KIJHL |
| ▶ 1992–93 Program Coordinator | Hockey Canada | Calgary, AB |
| ▶ 1989–92 Reporter/Statistician | National Sports Daily | New York, NY |
| ▶ 1990–91 Midget Hockey Coordinator | Blackfoot Hockey Ass. | Calgary, AB |
| ▶ | | |

Glenlake MHA

Coach Information Session

Glenlake MHA's Expectations of Coaches

- ▶
- ▶ Keep message positive
- ▶ Model appropriate fair play behavior
- ▶ Create a welcoming environment
- ▶ Be positive and supportive to each and every participant
- ▶
- ▶ Parents Expectations of Coaches
- ▶
- ▶ To make sport enjoyable, safe with equal opportunity for playing time
- ▶ To respect children as individuals
- ▶ To be knowledgeable leader, approachable and act in mature and adult manner
- ▶ To respect rules and officials
- ▶
- ▶
- ▶ As a Coach, you are a constant role model. Set an example and children will follow your lead. Many teachable moments will arise and you will have the opportunity to choose what type of role model you want to be.

Glenlake MHA

Coach Information Session

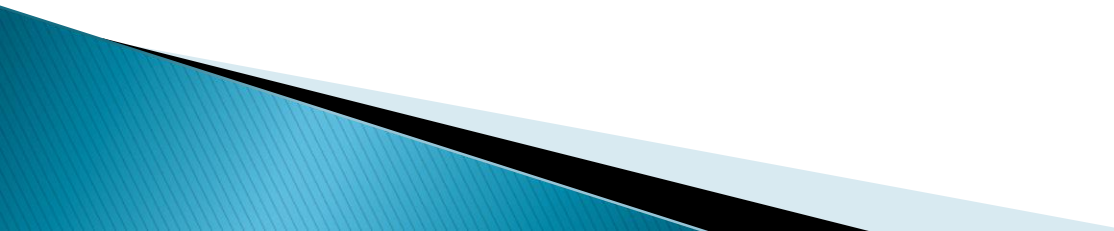
Organizational Expectations

- ▶ **1. Be Leaders:** To lead is to show the way by going in advance. To lead is to guide or direct a course of action. To lead is to influence the behavior of others. To lead is to be honest and show integrity by following through.
- ▶ **2. Be Innovative:** Constantly looking for ways to improve and change the way we do things. How can we make things more enjoyable, easier, better.
- ▶ **3. Develop a Learning Culture:** Challenging oneself and others to be better through learned behaviors and better tools. Ensuring decisions are made with all of the issues reviewed and research considered. Learning cultures are created when enough people accept responsibility.
- ▶ **4. Accountability and Responsibility:** Do what we say, say what we do. Stand up and accept responsibility when we are in error. Hold others to the same principles. Understand that accountability and responsibility are about individual choices and attitudes.
- ▶ **5. Understand and Support:** Listen to each other and understand the perspective and motivations before offering ours. Be helpful, be available, be urgent in dealing with others needs. Build quality relationships through caring and sharing. Be enthusiastic and positive.

Glenlake MHA

Coach Information Session

▶ Coaches

- Expectations – Code of Conduct, Application, ePIC
Education – Certification, Process
 - Development – GL Coaching Clinics, Oct 17–18
 - Mentorship – Resources, Experience, Team Teaching
 - Staff Selection – Teacher, Skills, Organizer
- 

Glenlake MHA

Coach Information Session

▶ *Expectations For Coaches*

- ▶
- ▶ Glenlake MHA endorses the National Coaching Certification Program
- ▶ No smoking or swearing on the ice, in the box or in the dressing room.
- ▶ Responsible for enforcing rules, discipline and behaviour of team.
- ▶ Enforce "No Cellphones/Cameras in the Dressing Rooms" rule
- ▶ Become thoroughly acquainted with league and association rules and regulations.
- ▶ Attend scheduled Glenlake MHA Coaches Club meetings.
- ▶ Attend all meetings with team and parents when required.
- ▶ Attend all practices and games. If not able to attend, arrange for someone to take charge.
- ▶ Assume responsibility of conduct of players and team officials during practices, games and team functions.
- ▶ Coaches must wear a helmet for all practices and on-ice activities.
- ▶ Set a good example for the team in action and dress
- ▶ Advise players of game times and at what time they are expected to be at the rink.
- ▶ Be aware of any medical problems with players.
- ▶ Abide by association rules and regulations.
- ▶ Before pucks are allowed on the ice, the coach had to be present on the ice, and all gates are to be properly shut.

	<u>Coach 1 - Intro to Coach</u>	<u>Coach 2 - Coach Level</u>	<u>DEV. I</u>	<u>H.P. I</u>	<u>Checking Skills</u>	<u>Respect In Sport</u>	<u>Safety</u>
Initiation	One Team Official Per Ten Players**					All Team Officials	One Team Official Per Ten Players
Novice	Head Coach**					All Team Officials	One Team Official
Atom, Atom Female		Head Coach			Head Coach	All Team Officials	One Team Official
Pee wee A, B, C, D, Female		Head Coach			Head Coach	All Team Officials	One Team Official
Pee wee AA			Head Coach		Head Coach	All Team Officials	One Team Official
Bantam A, B, C, D, Female		Head Coach			Head Coach	All Team Officials	One Team Official
Bantam AA			Head Coach*		Head Coach	All Team Officials	One Team Official
Bantam Female AAA			Head Coach*		Head Coach	All Team Officials	One Team Official
Bantam AAA				Head Coach	Head Coach	All Team Officials	One Team Official

Glenlake MHA

Coach Information Session

Practice

Hockey Canada Player Development Pyramid

Coach Mandate

Characteristics of a Practice

Skills Inventory





Glenlake MHA

Coach Information Session

- ▶ *Hockey Canada Skills Pyramid – Player Development Guidelines*
- ▶ **INITIATION** 85% Technical skills • 15% Individual tactics
- ▶ **NOVICE** 75% Technical skills • 15% Individual tactics • 10% • Team tactics
- ▶ **ATOM** 50% Technical skills • 20% Individual tactics • 15% • Team tactics • 10% Team play • 5% Strategy
- ▶ **PEEWEE** 45% Technical skills • 20% Individual tactics • 15% • Team tactics • 10% Team play • 5% Strategy
- ▶ **BANTAM** 40% Technical skills • 15% Individual tactics • 20% • Team tactics • 15% Team play • 10% Strategy
- ▶ **MIDGET** 35% Technical skills • 20% Individual tactics • 20% • Team tactics • 15% Team play • 10% Strategy

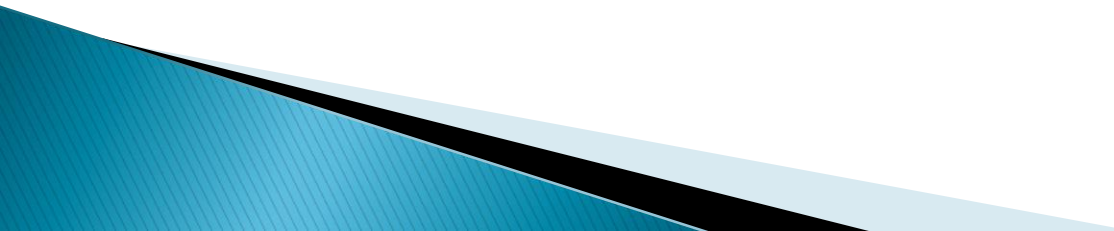
Glenlake MHA

Coach Information Session

- ▶ **Coaching Mandate**
- ▶
- ▶ **MAKE OUR TEAM BETTER BY MAKING OUR PLAYERS BETTER**
- ▶
- ▶ Role Definition, Goal Setting, Accountability
- ▶ Technical Assistance; Practice and Post Practice, Game Analysis and Review
- ▶ Conditioning, Mental and Physical, Enforced Participation
- ▶ Nutrition and Rest, Knowledge Recognition
- ▶
- ▶ **ESTABLISH THE BELIEF SYSTEM BY PREPARATION**
- ▶
- ▶ Attention to Detail in Terms of Practice and Game Preparation
- ▶ Emphasis on the Way We Play & Standard of Performance
- ▶ Eliminate the Excuses and “Stay Left of the Butt”
- ▶
- ▶ **BE DEMANDING BUT NOT DEMEANING**
- ▶
- ▶ – You Get From People What You Expect from Them
- ▶ – Be Consistent But not Predictable

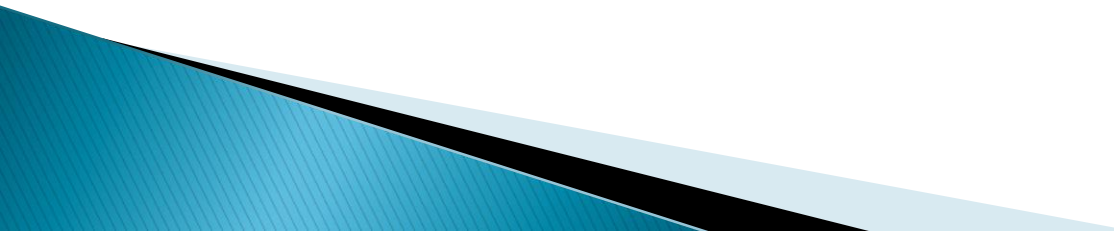
Glenlake MHA

Coach Information Session

- ▶ Coaching Mandate continue..
 - ▶ **MAKE CONTACT WITH EVERY PLAYER EVERY DAY**
 - ▶ Treat Players as Individuals
 - ▶ Deal with All Problems Immediately
 - ▶ “Before Players Care How Much You Know, They Want to Know How Much You Care”
 - ▶
 - ▶ **BE ENERGETIC & ENTHUSIASTIC AT ALL TIMES**
 - ▶
 - ▶ Privilege and Responsibility
 - ▶ Live the Practice
 - ▶ Keep Coaching No Matter What the Circumstance
 - ▶ Be a Contributor
 - ▶
 - ▶ **NEVER COMPROMISE YOUR VALUES**
- 

Glenlake MHA

Coach Information Session

- ▶ *Characteristics of a good drill:*
 - ▶ High level of involvement (33% – 50% or more)
 - ▶ High learning time
 - ▶ Good tempo
 - ▶ Challenging/progressive
 - ▶ Combine different skills (random practice)
 - ▶ Allow sufficient rest
 - ▶ Simulate game-like situations
 - ▶ These characteristics maximize learning time and transfer, create action and fun.
- 

Glenlake MHA

Coach Information Session

- ▶ ***Characteristic of a inappropriate drill:***
 - ▶ Long line ups (too much idle time)
 - ▶ Few players are active
 - ▶ Players are bored.
 - ▶ The drill is too easy.
 - ▶ The drill is too hard.
 - ▶ The drill is too long
 - ▶ Not enough repetitions
 - ▶ Not enough rest
 - ▶ The drill is irrelevant (hard to transfer in a game situation)
 - ▶ These characteristics lead to poor learning time, poor skill development, low level of motivation, burnout and poor transfer (learning).
- ▶

Glenlake MHA

Coach Information Session

- ▶ Questions
 - ▶ Comments
 - ▶ Concerns
- 