



*“Many times great coaches are just ordinary people quietly producing extraordinary results”*

## **COACHING LEADERSHIP - HOCKEY PHILOSOPHY/SEASON PLAN**

It is a good idea at the very beginning of a season to set out on paper and distribute to players and parents the coaches’ hockey philosophy and season plan for discussion and their input. Their expectations are important.

Here’s one that I have used as a base for discussion.

**We:**

- recognize the importance of and will promote players participating to have fun, to develop their hockey, leadership and team skills, to win games, and to develop friendships – “Real Winning” as described in [hockeyplayerdeveloper.com](http://hockeyplayerdeveloper.com)
- believe having a strong coaching relationship with the players helps motivate them to have confidence in their coaches and in themselves, and facilitates learning
- believe the coaches should present a strong positive role model to the players in all interactions with players coaches, parents and referees
- believe the parents should present a strong positive role model to the players in all interactions with players, coaches, other parents and referees
- will select players based on our assessment of their hockey physical and mental skills
- plan to have 3 forward lines, 3 defensive pairs and 2 goalies and a development group of 2 or 3
- will try alternative positions for players initially, decide on positions and then teach systems to play as a 5 player unit
- will teach individual and team skills
- will encourage creativity and team systems together
- believe hockey fundamentals are both physical and mental, so we will emphasize both
  - The physical side includes:
    - the stick used
    - skating
    - passing
    - shooting
    - checking
    - personal puck control
  - The mental side includes:
    - Thinking
    - Listening
    - communicating
    - positional play
    - team puck control
    - hard work



- tenacity
  - anticipation
  - desire to get the puck
  - discipline
- will teach hockey skills development and personally demonstrate on the ice the fundamentals of skating, effective shooting, effective passing, positioning, effective clean contact, team offensive, defensive, neutral and all zones systems and tactics including those described in hockeyplayerdeveloper.com
  - will bring in skill development coaches as needed and as the budget will allow
  - will use hockey boards off and on the ice to design plays and systems with the players individually and in groups
  - will have Practice Plans (attach sample) and will make practices fun and instructive at the same time
  - will videotape some games with help from parents so players can see themselves – great teaching tool
  - will gradually give players via email, web site or hard copy a series of one page simple hockey instructional tips e.g. hockeyplayerdeveloper.com. We will practice the execution of these tips
  - will discuss with each player individual strengths and development areas to help focus a player's skills development
  - will emphasize team first, individuals second ... show the value in passing the puck and the idea that an assist or a good defensive play or a save is as good or better than a goal
  - will teach position rotation in play
  - will keep stats of +/-, goals, assists, goals for and against averages emphasizing the team stats and the +/-
  - will promote teamwork, dedication, leadership, fair play, clean play and work ethic
  - believe the game is played in units of 5, not forwards and defence separately ... roles change in various game situations
  - believe drills without puck carrying that are far removed from real hockey are not as useful as practicing real hockey situations integrating fundamental hockey skills under pressure
  - believe in managed scrimmages where coaches can freeze players in positions by whistling the play down, teach, and then continue play because they represent live hockey situations and are fun
  - will teach how to gain and maintain puck possession
  - will teach pass to the open player ahead or beside or sometimes behind you
  - will teach the give and go
  - believe a team is built from the net out, defence comes first (e.g. get the puck out of your own end), but also know a powerful offence can be the best defence



- will teach “play your position” and rotate into another player’s position in certain situations as the other player rotates into yours
- will teach to always avoid odd man rushes against us, especially by not having defencemen pinch at the other team’s blue line when they have the puck, or by having 3 forwards caught deep in their end
- will teach a defenceman should join the rush when it is prudent to become a fourth forward with one of the 4 a trailer
- will have a Team Manager who will
  - organize coaches meetings with players’ parents at the outset, near the middle and towards the end of the season
  - be the liaison with parents
  - organize tournaments
  - organize the team budget, sweaters etc
- will be open to obtain individual feedback from parents during the season
- believe any coach or team manager with a child trying out for the team should not participate in the decision of whether his child will make the team or in a decision that needs to be made regarding his child’s ice time during the season at full strength, or on the power play or penalty killing
- practices must be attended unless there is a good schoolwork, illness, family or other reason – players must call or email a coach to advise that he will miss a practice – if he does not, he will sit out the next game
- schoolwork comes first – players are expected to organize themselves to get it done so it does not interfere with the hockey

## **HOCKEY COACHING EXPERIENCE** (Outline)

## **COACHING EXPERIENCE OUTSIDE OF HOCKEY** (Outline)

## **HOCKEY PLAYED** (Outline)

## **FORMAL COACHING TRAINING** (Outline)