



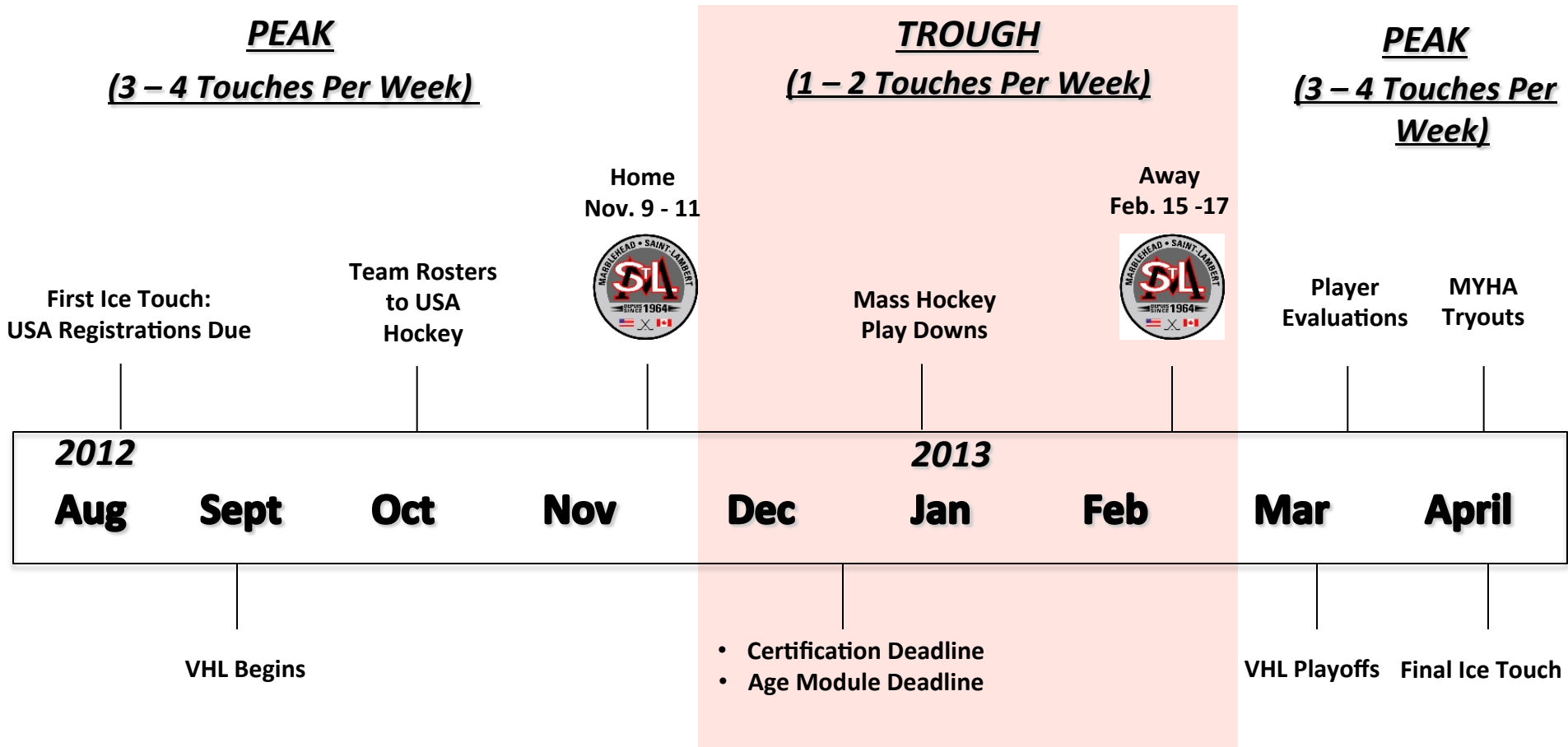
# Coaches Committee Meeting

**2012-2013 Season**

**Marblehead Youth Hockey**

22 August 2012 • 7:00pm • Gerry 5

# MYHA 2012 – 2013 Season Snapshot



*Underlying the primary components of the hockey season are a variety of off-ice and on-ice activities for which coaches are responsible.*

# Off-Ice Activities

## ADMINISTRATIVE

- CORI Forms
- USA Hockey Registrations
- USA Hockey Rosters
- USA Hockey Coaching Certifications
- USA Hockey Age-Specific Modules
- Game Sheets / Team Labels

## PARENT COMMUNICATIONS

### Pre-Season Parent Letter

- Program Rules
- Goals & Objectives
- Evaluation Criteria

### Player Discipline

- Level Directors

### Mid-Season Email Updates

### Team Roster & Email Distribution List

## TEAM BUILDING

- Pre-Season / Post-Season Parties
- Team Mom
- Holiday Tournaments
- Intermission Hockey
- MYHA Website / Marketing

## PLAYER EVALUATION

- End of Season Evaluations
- Mid-Season Review (Optional)
- Individual Updates (Optional)

# On-Ice Activities: Practices & Games

## PRACTICES

### New Initiatives

- Four circuit training sessions (All Ages)
- $\frac{3}{4}$  -  $\frac{1}{4}$  Ice Usage (PWs, Bantams, Midgets)
- External skating instruction

Preparation is 90% of the battle

Early focus on individual skill development

Progression to team tactics & strategy

Scheduling and ice cancellation protocol

Attendance policy

**Maintaining an environment that is positive, safe and FUN**

## LEAGUE PLAY

### Continued Initiatives

- Player Call-ups (All Levels)

League Rules

Ice Cancellation Protocol

Equal Ice Time Policy

**Maintaining an environment that is positive, safe and FUN**

## PLAYER SAFETY

Heads Up Hockey

STOP Patches

Concussions

Neckguards & Mouthguards

First Aid Kits

## ST. LAMBERT WEEKENDS

Home Dates: November 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>

Away Dates: February 15<sup>th</sup>, 16<sup>th</sup> & 17<sup>th</sup>

Participating Teams

Skills Competition

Coaches Games

Billeting

# ***Reference Materials for Off-Ice Activities***

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## **Administrative**

USA Hockey Registrations: [www.usahockeyregistration.com](http://www.usahockeyregistration.com)

Coaching Clinics: [www.usahockey.com/coaches/coaching\\_clinics.aspx](http://www.usahockey.com/coaches/coaching_clinics.aspx)

Age Specific Modules: [www.usahockey.com/coaches/age-specific\\_modules.aspx](http://www.usahockey.com/coaches/age-specific_modules.aspx)

MYHA Coaches Corner: <http://www.marbleheadyouthhockey.com/league/page.aspx?PageID=65>

## **Parent Communications**

Role of Level Directors: [www.marbleheadyouthhockey.com/league/page.aspx?PageID=64](http://www.marbleheadyouthhockey.com/league/page.aspx?PageID=64)

Team Contact List Template: To be emailed by coordinator (Excel)

## **Tournaments (Team Building)**

Mass Hockey Annual Guide: [www.mahockey.org](http://www.mahockey.org)

Turkey Tournament (Exeter, NH)

Waltham Youth Hockey February Tournament

Winthrop Youth Hockey “Miracle-On-Ice Tournament”

VHL X-Ice Jamborees

Mass Hockey District Play Downs

## **Player Evaluations**

Player Evaluation Template: To be emailed by coordinator (PDF)

# ***Reference Materials for On-Ice Activities***

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## **Practices**

Practice Drills & Games: To be emailed by coordinator (Word & PDF)

Principals/Concepts/Guidelines: To be emailed by coordinator (Word & PDF)

USA Hockey Mite & Squirts Practice Plans: [www.usahockey.com/coaches/practice\\_plans.aspx](http://www.usahockey.com/coaches/practice_plans.aspx)

Hockey Canada Skills Downloads: [http://www.hockeycanada.ca/index.php/ci\\_id/63693/la\\_id/1/](http://www.hockeycanada.ca/index.php/ci_id/63693/la_id/1/)

## **League Play**

VHL Rules: [www.valleyhockeyleague.com/content.php?sect=5&id=1254&navid=5](http://www.valleyhockeyleague.com/content.php?sect=5&id=1254&navid=5)

## **Parent Communications**

Role of Level Directors: [www.marbleheadyouthhockey.com/league/page.aspx?PageID=64](http://www.marbleheadyouthhockey.com/league/page.aspx?PageID=64)

Team Contact List Template: To be emailed by coordinator (Excel)

## **Player Safety**

Heads Up Hockey Program: [www.usahockey.com/Template\\_Usahockey.aspx?NAV=ET\\_02&id=292550](http://www.usahockey.com/Template_Usahockey.aspx?NAV=ET_02&id=292550)

The Stop Program: [www.safetytowardsotherplayers.com](http://www.safetytowardsotherplayers.com)

Concussion Training: [www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

# Appendix. Skill Development & Player Progression

Level	Technical	Individual	Team	Systems / Strategy
<b>Instructional</b> TECH: 85% IND: 15%	<ul style="list-style-type: none"> <li>Balance &amp; Agility</li> <li>Edge Control</li> <li>Starting &amp; Stopping</li> <li>Forward Striding</li> <li>Backward Skating</li> <li>Turning &amp; Crossovers</li> <li>Stationary Puck Control</li> <li>Moving &amp; Receiving Pass</li> <li>Wrist Shot - Stationary</li> <li>Backhand</li> </ul>	<ul style="list-style-type: none"> <li>Body Fake</li> <li>Stick Fakes</li> <li>Angling</li> <li>Heads Up Hockey</li> </ul>		
<b>Mite</b> TECH: 75% IND: 15% TEAM: 10%	<ul style="list-style-type: none"> <li>Moving Puck Control</li> <li>Moving Passing &amp; Receiving</li> <li>Wrist Shot – In Motion</li> <li>Stationary Deflections - Low</li> </ul>	<ul style="list-style-type: none"> <li>Attacking Stick</li> <li>Escape Moves</li> <li>Active Stick on D</li> <li>Playing the Body</li> </ul>	<ul style="list-style-type: none"> <li>Headman</li> <li>Cross &amp; Drop</li> <li>Give &amp; Go / Pass &amp; Follow</li> <li>Pass &amp; Get Open</li> <li>Net Drive</li> <li>Role of F &amp; D in D-zone</li> </ul>	
<b>Squirt</b> TECH: 50% IND: 20% TEAM: 15% S&S: 15%	<ul style="list-style-type: none"> <li>Snap Shot</li> <li>Stationary Saucer Pass – Forehand &amp; Backhand</li> <li>Moving Saucer Pass - Forehand</li> </ul>	<ul style="list-style-type: none"> <li>Positioning</li> <li>Fakes &amp; Dekes</li> <li>Pinching</li> <li>Gap Control</li> <li>Puck Protection Basics</li> <li>Play Non-Puck Carrier</li> <li>Play Puck Carrier</li> <li>Backside Pressure</li> </ul>	<ul style="list-style-type: none"> <li>Stretch Skate &amp; Pass</li> <li>Chip pass</li> <li>Regroups</li> <li>Give &amp; go out of corner</li> <li>Low cycle</li> <li>Low Delay</li> <li>Weave</li> <li>Front of Net Coverage</li> </ul>	<ul style="list-style-type: none"> <li>Faceoff Techniques</li> <li>Wide Drive Entry</li> <li>Wide Entry – High/Low Delay</li> <li>Weaves</li> <li>D1, D2 Defensive Rotation</li> <li>F1, F2, &amp; F3 D-Zone Positioning &amp; Breakout</li> </ul>
<b>Pee Wee</b> TECH: 45% IND: 25% TEAM: 10% S&S: 20%	<ul style="list-style-type: none"> <li>Slap Shot – In Motion</li> <li>Slap Shot – One-Timer</li> <li>Snap Shot – One-Timer</li> <li>Moving Saucer Pass</li> <li>Shot / Pass Deflection – Forehand &amp; Backhand</li> </ul>	<ul style="list-style-type: none"> <li>Pinning</li> <li>Shot Blocking</li> <li>Drag &amp; Shoot</li> <li>One-Timers</li> </ul>	<ul style="list-style-type: none"> <li>Hard Dump</li> <li>Pinching</li> <li>Chip Passes</li> </ul>	<ul style="list-style-type: none"> <li>Stretch plays</li> <li>Neutral zone positioning</li> <li>Cycling</li> <li>Special teams</li> </ul>
<b>Bantam</b> TECH: 40% IND: 15% TEAM: 20% S&S: 25%	<ul style="list-style-type: none"> <li>Advancement of all noted above</li> </ul>	<ul style="list-style-type: none"> <li>Body Checking</li> </ul>	<ul style="list-style-type: none"> <li>Soft Dump</li> <li>Ladder Plays</li> </ul>	<ul style="list-style-type: none"> <li>Face Offs – D-Zone Win</li> <li>Face Offs – Offensive Zone</li> <li>Power Play Break-out</li> <li>Penalty Killing Forecheck</li> <li>Neutral Zone Strategies</li> </ul>

# Appendix. Core Technical & Individual Skills

Balance and Agility	Edge Control	Starting & Stopping	Forward Skating & Striding	Backward Skating
<ul style="list-style-type: none"> <li>• Basic Hockey Stance</li> <li>• Balance on One Foot</li> <li>• Gliding on Two Skates</li> <li>• Gliding on One Skate–</li> <li>• FWD &amp; BWD</li> <li>• Lateral Crossovers–</li> <li>• Step &amp; Plant</li> </ul>	<ul style="list-style-type: none"> <li>• Figure 8’s – FWD Inside &amp; Outside Edge</li> <li>• Figure 8’s – BWD</li> <li>• Inside &amp; Outside Edge</li> <li>• One Leg Weaving – FWD &amp; BWD</li> </ul>	<ul style="list-style-type: none"> <li>• T-Start</li> <li>• V-Start</li> <li>• Cross-over Start</li> <li>• BWD Crossover</li> <li>• Start</li> <li>• Snowplow Stop</li> <li>• Outside Leg Stop</li> <li>• Two-Foot Parallel Stop</li> <li>• One-Foot BWD Stop</li> <li>• Two-Foot BWD Stop</li> <li>• One-Foot T-Stop</li> </ul>	<ul style="list-style-type: none"> <li>• C-Cuts – Both Feet Alternating</li> <li>• Forward striding</li> <li>• Knee Touches to Ice</li> </ul>	<ul style="list-style-type: none"> <li>• C-Cuts – Both Feet Alternating</li> <li>• Gliding on Two Skates</li> <li>• Gliding on One Skate</li> <li>• BWD Sculling</li> </ul>

Turning & Crossovers	Stationary Puck Control	Moving Puck Control	Stationary Passing & Receiving	Moving Passing & Receiving
<ul style="list-style-type: none"> <li>• Glide Turns</li> <li>• Tight Turns</li> <li>• C-cuts – Around Circle –</li> <li>• Outside Foot – FWD &amp; BWD</li> <li>• Pivots – FWD to BWD &amp; BWD to FWD</li> <li>• Pivots – Open &amp; Reverse</li> <li>• Crossovers – FWD &amp; BWD</li> </ul>	<ul style="list-style-type: none"> <li>• Narrow</li> <li>• Wide</li> <li>• Side – Front – Side</li> <li>• Toe Drag – Side</li> <li>• Toe Drag – Front</li> </ul>	<ul style="list-style-type: none"> <li>• Narrow</li> <li>• Wide</li> <li>• Weaving with Puck</li> <li>• Puck in Feet</li> <li>• Open Ice Carry - Backhand</li> <li>• Toe Drag – Front &amp; Side</li> <li>• Side – Front – Side</li> </ul>	<ul style="list-style-type: none"> <li>• Forehand</li> <li>• Backhand</li> <li>• Bank Pass</li> <li>• Saucer Pass – Forehand &amp; Backhand</li> </ul>	<ul style="list-style-type: none"> <li>• Forehand</li> <li>• Backhand</li> <li>• Lead</li> <li>• Pairs Passing</li> <li>• Bank Pass – Forehand</li> <li>• Bank Pass – Backhand</li> <li>• Pass &amp; Follow</li> <li>• Saucer Pass – Forehand</li> <li>• Saucer Pass - Backhand</li> </ul>

Shooting	Tips & Deflections	Individual Offensive Tactics	Individual Defensive Tactics
<ul style="list-style-type: none"> <li>• Sweep Shot – Forehand &amp; Backhand</li> <li>• Wrist Shot – Forehand &amp; Backhand</li> <li>• Flip Shot</li> <li>• Wrist Shot In Motion</li> <li>• Snap Shot</li> <li>• Slap Shot</li> <li>• Snap Shot – One Timer</li> <li>• Slap Shot – One Timer</li> <li>• Slap Shot – In Motion</li> </ul>	<ul style="list-style-type: none"> <li>• On Ice</li> <li>• Shot/Pass Deflections – Forehand &amp; Backhand</li> </ul>	<ul style="list-style-type: none"> <li>• Body Fakes</li> <li>• Stick Fakes</li> <li>• Attack Triangle – Puck Under Stick</li> <li>• Change of Pace</li> <li>• Fake Pass</li> <li>• Fake Shot – Deke</li> <li>• Puck Protection Basics</li> <li>• Defender as Screen</li> </ul>	<ul style="list-style-type: none"> <li>• Angling</li> <li>• Backward Skating</li> <li>• Changing Directions</li> <li>• Active Stick</li> <li>• Positioning</li> <li>• Pinching</li> <li>• Gap Control</li> <li>• Pressure &amp; Contain</li> <li>• Head on Swivel</li> <li>• Pinning</li> <li>• Shot Blocking</li> </ul>

**Progression Key:**  
 Initiation - Black  
 Mite - Red  
 Squirt - Blue  
 Pee-Wee - Green

Source: Hockey Canada