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Welcome to

USA Hockey's

Coaching Education Program

Student Coach Clinic

Conducted by ACE Director



# Student Coach Clinic Agenda

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- Welcome/Introductions
- Expectations
- Intro to USA Hockey CEP & ACE Director
  - Organization
  - Mission
  - Values
- District Organization
- Survey of Student Coaches experience here today



# Student Coach

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Why do YOU want to Coach?



# USA Hockey Student Coach Requirements

(Requirements from the 2006/07 USA Hockey Annual Guide)

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- Student Coach
  - Age 13 through 17 currently properly registered with USAH
- Qualifications
  - Must attend training session
  - Always under supervision of CEP carded, screened adult coach during all practices, clinics, try-outs and in the locker room.
  - May help out at practices, clinics, try-outs only. May NOT PARTICIPATE as Player in scrimmages when acting as a student coach
  - May not act as a head coach or assistant coach during practices or games
  - May be on bench during games with an adult. Student Coach will count as one of the maximum of four Team Officials allowed on the bench



# USA Hockey Student Coach Requirements

(Requirements from the 2006/07 USA Hockey Annual Guide)

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- Must wear a helmet with full face shield, gloves and skates while on the ice. Must wear helmet during games while on the bench.
- May only work with players at least one full playing age level down (e.g., a Pee Wee age player may act as a STUDENT COACH at eh Squirt or Mite Level).
- The organization that is using the STUDENT COACH must provide a form indicating on what team he/she is participating as a STUDENT COACH, and, if applicable what Team he/she is properly registered/rostered as a player. A model form is available on the [www.usahockey.com](http://www.usahockey.com) website.



# USA Hockey Student Coach Requirements

(Requirements from the 2006/07 USA Hockey Annual Guide)

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- Upon reaching the age of 18, the STUDENT COACH must comply with the USA Hockey Screening Program and meet the USA Hockey Coaching Education Program requirements which will qualify him/her to act as an assistant or head coach.



# Clinic Goals

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- Student Coaching Objectives and Behavior
  - Knowledge and skills of practices and games
  - Skills Progressions
  - Protect the young athletes and other participants in youth ice hockey



# Role of the Student Coach

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## – Interaction with Players

- Locker room
- On ice
- Dryland
- Bench

## – Interaction with Coaches

## – Interaction with Parents





# Coaching Education Program

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- Purpose Statement
  - Educating coaches in pursuit of excellence in ice hockey
- Mission Statement
  - ...committed to developing coaches who will be effective instructors and role models through a comprehensive education program at all levels
  - ...emphasis on teaching the fundamental skills, conceptual development, sportsmanship, and respect for the dignity of the individual athlete



# Skill Development Program Agenda

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1. Leadership
2. Communication
3. Teaching Skills
4. Skill Analysis
5. Lesson Organization
6. Principles of Safety



# The Program is to Provide:

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- A fair and equal opportunity to participate
- The opportunity for children to learn the basic skills without the distractions associated with an over emphasis on winning
- A safe and healthy environment for all



# Skill Development Program

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## **Definition :**

Every player starts as a beginner. Skill programs are the foundation of the entire hockey structure.

## **Objective:**

Attract new players to the sport and provide a fun introductory experience.

## **Emphasis:**

Fun, enjoyment and skill.



# Recommendations for Skill Development Hockey

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- Participation for fun
- Participants compete equally in cross ice , and small area games
- Assist in the participants physical development
- Develop the participants athleticism



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# LEADERSHIP



# Qualities of the Ideal Coach

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- Patient
- Communicates well
- Good listener
- Allows for individual differences
- Good motivator
- A good role model



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# COMMUNICATION





# Principles of Effective Communication

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- Enthusiasm
- Be positive
- Demanding but considerate
- Consistent
- Individual differences
- Give equal time to all players
- Be patient



# Effective Listening Techniques

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- Attentive Listening
- Bridging
- Restating
- Inviting



# Effective Feed Back

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- Specific not general
- Constructive not destructive
- Check for clarity leave nothing misunderstood
- Positive and informative
- Directed to change behavior and not to discourage



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# TEACHING SKILLS



# The Teaching Process

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- Development- Implementation- Review
- Planning and implementing
- Observing and interpreting
- Evaluating and Modifying



# Simple Skills

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- Demonstration explanation
- Practice
- Confirm/correct
- Identify errors



# Three Teaching Approaches

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- Explanation
- Demonstration
- Explanation again



# Teaching Organization

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- Planning and preparation
- Teaching stations
- Small Area Games
- Cross Ice Games
- Team teaching
- Equipment and space
- Grouping of players by size and age
- Drills and games





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# SKILL ANALYSIS



# Skill Analysis Three Important Steps

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- Step #1  
Break a skill into separate parts
- Step #2  
Separate the good points of technique from the bad.
  - a) Starting position
  - b) Action
  - c) Follow-through
- Step #3 Find a way to correct the technique



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# LESSON ORGANIZATION



# Key Elements of an Effective Practice

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Each of your practices should . . .

- 1) Be based upon previous planning and seasonal organization
- 2) List the objectives and key points which will be the focus of instruction for that practice
- 3) Show the amount of time allotted to each objective during the practice
- 4) Identify the activities (instructional, drill or scrimmage) which will be used to teach or practice the objectives



# Key Elements Cont . . .

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Each of your practices should . . .

- 5) Identify equipment and/or special organizational needs
- 6) Apply the guidelines for effective instruction
- 7) Include an evaluation of practice strengths and weaknesses



# Teaching Stations

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- Divide the rink into stations based on the number of coaches and players you have
- Cover different skills and games at each station
- Rotate the players through all the stations
- The rink can be divided up into three to six stations to accommodate large or small numbers



# Cross Ice Concepts

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- FUN
- More puck touches
- Skill development in traffic (confined spaces)
- Game like competition



# Small Area Games

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- Teaching concepts vs. drills
- Game like competition in confined spaces
- Accelerated Skills Development
- FUN





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# PRINCIPLES OF SAFETY



# Principles of safety

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- Responsibilities
  - If See injured player notify the Coach
  - Protective equipment worn properly
  - Injury prevention
  - Warm up/cool down



# Equipment Check List

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## Head to toe

- Helmet with face shield, mouth-guard
- Shoulder pads, elbow pads, gloves
- Hockey pants, suspenders
- Shin pads, socks, skates



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# Closing Comments and Questions



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# Congratulations

## **You have now completed your Student Coaching Clinic**

Thank you for taking the time to become a better coach by improving your knowledge of the game and methods to instruct young athletes

