

THIS IS USA HOCKEY

USA Hockey, Inc., is the National Governing Body for the sport of hockey in the United States. As such, its mission is to promote the growth of hockey in America and provide the best possible experience for all participants by encouraging, developing, advancing and administering the sport.

Headquartered in Colorado Springs, Colo., USA Hockey is the official representative to the United States Olympic Committee (USOC) and the International Ice Hockey Federation (IIHF). In this role, USA Hockey is responsible for organizing and training men's and women's teams for international tournaments that include the IIHF World Championships and the Olympic Winter Games. USA Hockey also coordinates activities with other national hockey federations around the world and, closer to home, works with the National Hockey League (NHL) and the National Collegiate Athletic Association (NCAA) on matters of mutual interest.

With a membership of more than 595,000 ice and inline hockey players, coaches, officials and volunteers, USA Hockey's primary emphasis is on the support and development of grassroots hockey programs. USA Hockey is divided into 11 geographical Districts throughout the United States. Each District has a registrar to register teams; a referee-in-chief to register officials and organize clinics; a coach-in-chief to administer educational programs for coaches; a risk manager to oversee liability and safety programs; and an initiation program administrator to facilitate learn-to-play programs for youth players and their parents.

For the player, USA Hockey annually conducts regional and national championship tournaments in various age classifications; sponsors regional and national player identification and development camps; studies and makes recommendations for protective equipment; distributes Hat Trick, Playmaker and Zero Club Awards; and provides an insurance program that includes excess accident, general liability and catastrophic coverage.

For coaches and officials, USA Hockey conducts clinics and produces training manuals and videos through the Coaching Education Program and the Officiating Education Program. These programs enrich the knowledge of coaches and officials through careful study, training and examination. USA Hockey also promotes uniformity in playing rules and the interpretations of those rules.

USA Hockey has not forgotten parents, supplying this vital segment of the hockey family with a "Parent's Introduction To Youth Hockey" brochure, which includes tips on buying equipment, rules of the game and the role of parents in youth sports.

USA Hockey also publishes *American Hockey Magazine*, the main communication vehicle for the organization which is sent to the household of every registered member as a benefit of membership. The organization's official Web site, www.usahockey.com, also provides up-to-the-minute coverage of news and events.

In December 1994, USA Hockey introduced its official inline hockey program — USA Hockey InLine — to provide structure and support for the growth of the sport across America. Through valuable membership packages which include standardized playing rules, competitive playing opportunities at the regional and national levels, and a variety of educational programs for players, coaches and officials, USA Hockey InLine is dedicated to providing a positive experience for all participants.

WELCOME TO THE USA HOCKEY COACHING EDUCATION PROGRAM



MARK TABRUM
USA Hockey Coaching Program Director

There was a time not so long ago when hockey was an outdoor game. Children grew up playing on ponds in the northern regions of the United States. They learned skills and new moves by watching the older players and spent hours emulating them.

Today, hockey has moved almost completely indoors as the game has grown from coast to coast and border to border. With the high costs of ice time and limited facilities available, coaching has become more important than ever before. As we teach the game to our young players, we need to spend more time and focus on promoting skill development. That is our objective: To educate our coaches on the importance of skill development and to have **FUN!**



BOB O'CONNOR
USA Hockey National Coach-In-Chief

After coaching hockey for 35 years, I have discovered two quotations that sum up what a coach should be:

IMPACT OF TEACHERS AND COACHES

"I have come to the frightening conclusion, I am the decisive element on the rink. It is my personal approach that creates the climate. It is my daily mood that makes the weather. As a coach and teacher I possess tremendous power to make a child's life miserable or joyous, I can be the tool of torture or an instrument of inspiration. I can humiliate or humor, hurt or heal. In all situations it is my response that decides whether a crisis will be escalated or de-escalated and a child humanized or dehumanized."

ADAPTATION FROM A QUOTE BY HAIM GINOTT

"To Win the Game is Great ...

To Play the Game is Greater...

To **LOVE** the Game is the Greatest of All."



COACHING PROGRAM PERSONNEL

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COACHING EDUCATION PROGRAM

INFORMATIONAL BROCHURE

The USA Hockey Coaching
Education Program is presented by

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WHY BE A COACH?

Coaching is a great way for ex-players to give something back to a sport that gave them a lot of enjoyment, and a chance for parents to enhance their child's involvement in the game by participating as well. Coaching can provide many advantages, which include:

Satisfaction: Coaches can be proud when their players improve in growth and development.

Player's Growth & Development: With good teaching and coaching, players can develop their individual hockey and team skills, grow socially, academically, and as people.

Coach's Growth & Development: As a coach, it is satisfying to succeed in developing superior players and producing a winning season. Also, a coach can be satisfied by the impact he/she has on the lives of his/her players, which cannot be measured by wins and losses. All coaches become wiser, more mature, and learn something new everyday.



COACHING EDUCATION REQUIREMENTS

Coaching Education Required Levels For Ice Hockey

USA Hockey requires that the following set of coaching education levels must be the minimum criteria for districts and/or affiliates.

It must be clearly understood that coaching education requirements must be monitored and enforced by the districts or affiliates.

All coaches must have the USA Hockey Coaching Education Program card by December 31 of the calendar year.

Education and Years of Coaching Prerequisite

Education and years of coaching prerequisite requirements are noted in the Coaching Education Chart. These requirements must be strictly adhered to.

Evidence of Level

Proof of coaching education level will be evidenced by a USA Hockey Coaching Education Card with appropriate dated verification sticker. This card must be carried by all coaches for all USA Hockey games.

Before the start of each game and in the presence of the referee, each coach must present their card to one another for verification of coaching education level.

If a coach cannot produce their current and up to date USA Hockey Coaching Education Card prior to the start of the first period, it must be noted on the official game score sheet and signed by the opposing coach.

Beginning January 1 of the current season, prior to the start of the game, all coaches present, from each team, are required to sign the designated area of the scoresheet in order to verify the accuracy of the playing roster, as it appears on the scoresheet, for that game. In addition, all coaches must include their USA Hockey Coaching Education Program (CEP) card number, their CEP level (1 - Initiation, 2 - Associate, 3 - Intermediate, 4 - Advanced, or 5 - Master) and the year their CEP level was attained. The CEP card number, level and year attained shall be printed legibly and next to the signature of the coach.

Continuing Education Requirements

All coaches below Level 4 shall progress through the Coaching Education Program, attending a coaching clinic at least once every three years through Level 3 (Intermediate). After a coach has completed Level 3 (Intermediate), the coach shall do one of the following: attend another Level 3 (Intermediate) clinic within three years, take a USA Hockey Continuing Education Course within three years or attend a Level 4 (Advanced) clinic as per the Coaching Education Program Requirement chart. Once Level 4 (Advanced) is achieved, there is no further requirement for recertification.

If a coaches accreditation was received more than 3 years from the current calendar year, the card is rendered invalid/expired below Level 4 (Advanced) and a refresher course at the same level or attending a clinic at the next level is necessary for the accreditation to remain current.

Penalty and Enforcement

Beginning January 1 of the current season, it will be the responsibility of the district/affiliate to determine if there should be any penalties imposed on an individual coach who fails to produce a current, up-to-date coaching education card with appropriate verification of level. It will also be the responsibility of the local association registering the team to enforce any penalties.

LEVEL OF PLAY

CEP LEVEL

8-and-Under (Mite)

Level 1

10-and-Under (Squirt)

Level 2 (Prerequisite Level 1)

12-and-Under (Pee Wee)

Level 3 (Prerequisite Levels 1 and 2)

14-and-Under (Bantam)

Level 3 (Prerequisite Levels 1 and 2)

16-and-Under (Midget)

Level 3 (Prerequisite Levels 1 and 2)

17-and-Under (Midget)

Level 3 (Prerequisite Levels 1 and 2)

Midget (Tiers I and II National Tournament Bound)

Level 4 (Prerequisite Levels 1, 2 and 3)

LEVEL OF PLAY

CEP LEVEL

High School

Level 3 (Prerequisite Levels 1 and 2)

LEVEL OF PLAY

CEP LEVEL

Junior C

Level 3 (Prerequisite Levels 1 and 2)

Junior A & B

Level 4 (Per individual league guidelines)

LEVEL OF PLAY

CEP LEVEL

Girls/Women 10-and-Under

Level 1

Girls/Women 12-and-Under

Level 2 (Prerequisite Level 1)

Girls/Women 14-and-Under

Level 3 (Prerequisite Levels 1 and 2)

Girls/Women 16-and-Under

Level 3 (Prerequisite Levels 1 and 2)

Girls/Women 19-and-Under

Level 3 (Prerequisite Levels 1 and 2)

NOTE

LEVEL 1 — Initiation; LEVEL 2 — Associate; LEVEL 3 — Intermediate; LEVEL 4 — Advanced; LEVEL 5 — Master

HOW DO I BECOME CERTIFIED?

You can become a certified coach by signing up and attending a USA Hockey Coaching Clinic.

Clinics

Seminars will be conducted for the different levels of certification. The Levels 1, 2, 3 and 4 clinics will be organized and conducted by the District Coaching Program Director. Clinics for Level 5 will be organized by the USA Hockey National Office and will feature professional, collegiate and amateur coaches as instructors.

What Will I Receive At The Clinic?

MANUALS — Level-specific manuals will be distributed to coaches attending a clinic.

DRILL BOOKS — Drill books or handouts will be provided for coaches at each clinic level. The drills provided will cover the topics that have been presented in the clinic.

VISUAL AIDS — Visual aids will be developed to coincide with the progressive levels. Videotapes, slides and acetates will be produced and incorporated into clinics where appropriate.

RECOGNITION — Recognition, in the form of a card and sticker, will be presented to everyone who successfully completes a coaching achievement level.

Clinic Fee Structure

Level 1	\$25
Level 2	\$35
Level 3	\$45
Level 4	\$150-\$300
Level 5	TBA



SPECIALIZED WORKSHOPS

Specialized Workshops are offered to further enhance coaching skills and techniques relative to a variety of topics. Coaches who need re-certification at a designated level or are interested in expanding their knowledge may choose from a variety of topics.

Suggested Topics:

- Power Skating
- Puck Handling
- Shooting
- Body Play/Contact
- Goaltending
- Defensemen
- Forwards
- Dryland Training & Conditioning

These workshops are scheduled according to the demand from coaches who wish to attend certain topic workshops. If interested in finding out more about hosting workshops, contact your local USA Hockey District Coach-in-Chief.

LEVEL 1 TOPICS

Level 1 is the introduction of the basic skills in hockey of skating, puck handling, passing, receiving and shooting. The primary role in the Initiation Program is instructing the basic skills of hockey to beginners. Topics covered include leadership qualities, communication, teaching skill progression and skill analysis. Four teaching progression practice plan manuals are provided to each coach attending the clinic. Clinics are held numerous times in all 11 USA Hockey Districts.

TRAINING TOPICS

CRITERIA

Attendance at Level 1 Clinic

COACHING DEVELOPMENT

Leadership	Communication
Teaching Skills	Skill Analysis
Lesson Organization	Principles of Safety

PLAYER DEVELOPMENT

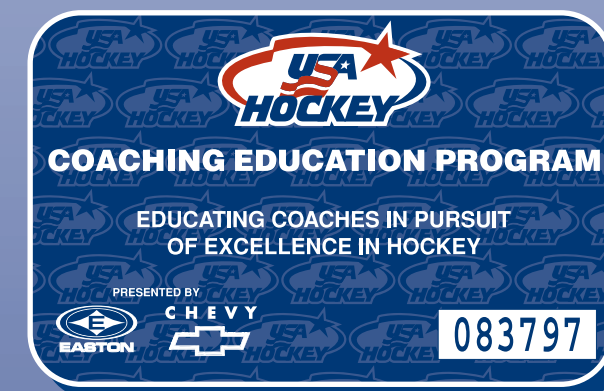
Skating	Puck Handling
Passing & Receiving	Shooting

ACHIEVEMENT

Participation in group sessions

IDENTIFICATION

Coaching Education Program Card with Level 1 Sticker



LEVEL 2 TOPICS

The Level 2 clinic involves the study of coaching skills such as the role of the coach, teaching techniques, and practice organization; individual player skills such as skating, puck control, shooting, body play, goaltending and team development related to the basic concepts of offensive and defensive team play. The program also utilizes a workbook based on the Level 2 Coaching Manuals. Clinics are held numerous times in all 11 USA Hockey Districts.

TRAINING TOPICS

CRITERIA

- Attendance at Level 2 Clinic (8 hours)
- Successful Completion of Level 1

COACHING DEVELOPMENT

- Role of the Coach
- Teaching Techniques
- Practice Organization and Ice Utilization
- Equipment and Injuries

PLAYER DEVELOPMENT

- Skating
- Puck Handling
- Passing and Receiving
- Shooting
- Body Play
- Goaltending

TEAM DEVELOPMENT

- Basic Concepts of Offensive and Defensive Team Play

ACHIEVEMENT

- Workbook Assignments

IDENTIFICATION

- Coaching Education Program Card with Level 2 Sticker

LEVEL 3 TOPICS

The Level 3 clinic involves the study of coaching psychology and physiology as they relate to hockey. Player development skills include body checking, overspeed skating and dryland training. Discussion will take place on team concepts and systems which include defensive, offensive and specialty situations. Clinics are held numerous times in all 11 USA Hockey Districts.

TRAINING TOPICS

CRITERIA

- Attendance at Level 3 Clinic (8 hours)
- Successful Completion of Level 2

COACHING DEVELOPMENT

- Role of the Coach
- Psychology of Coaching
- Ethical Issues
- Practice and Drill Development

PLAYER DEVELOPMENT

- Dryland Training Techniques
- Checking
- Overspeed Skating

TEAM DEVELOPMENT

- Off-Wing
- Regrouping
- Offensive Systems
- Defensive Systems
- Specialty Situations

ACHIEVEMENT

- Workbook Assignments

IDENTIFICATION

- Coaching Education Program Card with Level 3 Sticker

LEVEL 4 TOPICS

The Level 4 clinic examines in great depth the psychological, motivational and teaching aspects of coaching young athletes, along with the physiological and conditioning requirements of training ice hockey players. It will also deal in-depth with more complex tactics and systems and advanced levels of player skills and development. Clinics are held yearly in all 11 USA Hockey Districts.

TRAINING TOPICS

CRITERIA

- Attendance at Level 4 Clinic (3 days)
- Successful Completion of Level 3

COACHING DEVELOPMENT

- Teaching Techniques
- Psychology of Coaching
- Nutrition
- Physiology and Conditioning

PLAYER DEVELOPMENT

- Dryland Training Techniques
- Individual and Positional Skills
- Goaltending Dryland Training

TEAM DEVELOPMENT

- Advanced Systems of Modern American Hockey
- Offensive Systems
- Defensive Systems
- Special Situations

ACHIEVEMENT

- Level 4 Special Project

IDENTIFICATION

- Coaching Education Program Card with Level 4 Sticker
- Level 4 Certificate

LEVEL 5 TOPICS

The Level 5 clinic examines in great depth the physiological aspects of coaching young athletes. It also will take a more in-depth look at systems of team play and player skill development at the international level. Daily, small-group breakout sessions occur with an assigned leader that address present day hockey issues. The Level 5 seminar is held every two years at a designated regional site.

TRAINING TOPICS

CRITERIA

- Successful Completion of Level 4
- Possible Criteria — Nomination and Selection

COACHING DEVELOPMENT

- Psychology of Coaching Elite Athletes
- Physiology and Conditioning

PLAYER DEVELOPMENT

- Training Techniques for Elite Players
- Advanced Individual and Positional Skill Development

TEAM DEVELOPMENT

- Advanced Tactics
- Advanced Systems for Offensive Systems
- Advanced Systems for Defensive Systems
- Advanced Systems for Special Systems

ACHIEVEMENT

- Thesis/Research Project

IDENTIFICATION

- Coaching Education Program Card with Level 5 Sticker
- Level 5 Coach Certificate