



North York Knights Hockey Association

Handbook for New Hockey Coaches

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NORTH YORK KNIGHTS HOCKEY ASSOCIATION



FOREWORD

So you have volunteered to be a coach in the North York Knights Hockey Association. CONGRATULATIONS! On behalf of the Executive Committee, the parents and most importantly, the players, we extend a very sincere “Thank you”! You now have the opportunity to make this a wonderful experience for yourself and the players, one that can provide some life-long memories, lasting friendships and a sense of community and involvement that is unique and very special.

This Handbook is a starter kit for a new coach in the North York Knights Hockey Association. It should serve as a framework for the new coach in understanding and dealing with many of the issues that will arise on and off the ice throughout the year for a house league team with players aged 12 and under. It is, however, not meant to provide the only approach to coaching challenges or to communicating effectively with players and parents. It should be considered as a framework that has worked effectively with many teams, but that can and should be modified to suit the new coach’s style, capabilities and level of involvement with the team.

This Handbook provides some initial drills to assist the new coach in teaching players under the age of 12 the fundamental skills of hockey i.e. skating, puck control, passing and shooting. The drills are neither a “best practices” nor sufficient on their own to develop a player’s skills; they are for illustrative purposes only. A more complete and varied array of drills can be found in Hockey Canada’s excellent age-specific Skills Development manuals, in other hockey drill books or at hockey websites on the internet as listed in the Coaching Resources section.

Enjoy your time as a coach as it should be one of the most enjoyable, entertaining, fulfilling and memorable roles one can have as a volunteer.

See you in the rinks!

Mike Binette

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Fair Play Code

... for COACHES



I will be responsible when scheduling games and practices, remembering that players have other interests and obligations.



I will teach my players to play fairly and to respect the rules, officials, and opponents.



I will ensure that all players get equal instruction, support, and playing time.



I will not ridicule or yell at my players for making mistakes or for performing poorly.



I will remember that players play to have fun and must be encouraged to have confidence in themselves.



I will make sure that equipment and facilities are safe and match the players ages and abilities.



I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.



I will obtain proper training and continue to upgrade my coaching skills.



I will work in cooperation with officials for the benefit of the game.



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COACHING GUIDELINES

Key Objectives for a Coach

1. Did the players have fun?
2. Did the players improve?
3. Do the players want to play hockey next year?

- **Goal:** Emphasize having *fun and learning above all; winning is a welcome but not necessary outcome*.
- **Values to Emphasize:** Work Hard, Play Fair, Do Your Best!
- **Motivation Technique:** Feed Positive & Starve Negative
- **Addressing Coaches:** Expect to be addressed by the players as **Coach Mike**; please help players abide by this "compromise" salutation
- **Game and Practice Arrival:** Please have players arrive 30 minutes before the hockey event.
- **Attendance:** If a player is to miss a game or practice, insist that the coach be informed as soon as possible.
- **Player Behavior On & Off Ice:**
 - Dressing Room Offenses: disrespect for coaches, teammates or opponents is **NOT** acceptable
 - On-Ice Offenses: inattention; teammate tussle; banging stick on ice or boards
 - Disciplinary Approach: laps around rink, pushups, off the ice
- **Player Development (as per Hockey Canada):**
 - ❖ **Novice:** 75% technical skills, 15% individual tactics; 10% team tactics
 - ❖ **Atom:** 50% technical skills; 20% individual tactics; 15% team tactic; 15% team play and strategy
 - ❖ **PeeWee:** 45% technical skills; 25% individual tactics; 10% team tactic; 20% team play and strategy
- **Feedback:** The players can be given a **Player Evaluation Report** at year end that reviews their progress. A "**Gatorade**" **Award** can be used to reinforce strong individual efforts or performances after each game.