

# HOCKEY MADE EASY

## **CANADA'S BEST INSTRUCTIONAL MANUAL**



**Presents**

**The Parents and Coaches Teaching Guide**

**developed for Teaching**

**Young Minor & Youth Hockey Players: boys or girls 5 to 12 Years of Age**

**in**

**House League / Recreational**

**or**

**Representative / Competitive / Travel Team / “AAA” Programs**

**by Hockey Canada Award Winner**

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## Hockey Made Easy

### The Parents and Coaches Teaching Guide

#### Background

Hockey is a fantastic team sport consisting of unique skating skills, exceptional speed, the execution of difficult individual and team skills and the implementation of specific offensive and defensive systems.

For **all** young hockey players between 5 and 12 years of age, developing these skills and understanding complicated forechecking & backchecking hockey systems is sometimes very hard and confusing.

This “**Parents and Coaches Teaching Guide**” if used in conjunction with your *Hockey Made Easy Instruction Manual* will provide you with pertinent information, explaining it in simple hockey terms so you can quickly teach your son, daughter or players everything they need to know about hockey.

Parents and Coaches can help their child or players learn how to play hockey correctly and safely by utilizing this information and **adapting** the Parents and Coaches Teaching Guide to their **child’s age & skill level**. They will be able to explain hockey’s offensive and defensive objectives, standard rules and penalties and offer valuable tips on developing basic skills and systems required to play this game.

By following or adapting this Hockey Made Easy “Parents and Coaches Teaching Guide” you will be putting your child or team on the fast track to **fun**, increased self-esteem, improved individual and team skills and quite possibly team success at playoff time.

The following series of Informative Tips and Teaching Sessions are being offered to help parents and coaches **teach** your child and other **young** Minor/Youth Hockey Players; boys or girls aged 5-12 and older players how to have **fun** and learn to play hockey correctly, safely and quickly in just **5 weeks**.

#### Fact

All Youth/Minor Hockey Players if given the correct information and taught basic hockey skills at an early age and in an environment conducive to learning will have **fun** and develop to their full potential.

#### Preparation

This Teaching Guide will be much easier for Parents & Coaches to follow and understand because they have a copy of the *Hockey Made Easy Instruction Manual* to refer to. The Teaching Guide is included **free of charge** with every E-Book manual purchased. I suggest you leaf through the Teaching Guide then **write down** in point format, the **specific information, diagrams, or other material** you want to present and the order you wish to present it to your child or players. Include the listed corresponding *Hockey Made Easy Instruction Manuals* reference page numbers for enhanced hockey information.

Included in this guide are **5** examples of **Hall or Class Room Teaching Sessions** that I myself teach at Summer Hockey Schools and Winter Clinics to all players 5 -12 years of age, off the ice in a large meeting room at our Arena. I have also included an overview of the **5 Teaching Sessions and Practice Model** that I use if teaching in a school **gymnasium**. They’re listed at the end of this Teaching Guide.

Both of these teaching methods have proven very successful over the years and many of my students have improved dramatically during the season and went on to play Rep./Travel/All Star Hockey the following year. I am positive that if you use or adapt either method, your players skills will improve dramatically over the course of the season and they will be ready to challenge any team in the playoffs.

### **Teaching Location**

The Coach, Team Manager or Parent should try to book **one** of the following teaching locations:

1. A **school gymnasium** is the **best** location for teaching and practicing skills if you can rent one.
2. A large meeting room at your Arena, or a Service Club Hall is **fine** if you can't rent a gymnasium.
3. A dressing room at your Arena, a School classroom, or your family recreation room is a 3<sup>rd</sup> option.

Reserve it for at least 1 evening per week for a duration of 1-2 hours i.e 6:30 - 8:30 p.m. Try to book it for the same day and same time over a 5 - 8 week period.. I suggest you book it longer if you don't practice at least once a week on ice because you will get fantastic skill improvement using this method.

A room or gymnasium is easier to book and is much cheaper than renting ice time and it produces the same **great** and **positive** results. Parents will have to chip in some money to help pay any rental cost but it is usually minor compared to ice costs. **Note:** Players can learn how to play hockey **without ice**.

### **Suggested Equipment**

1. A Blackboard or Whiteboard with colored chalk or dry erasable markers **or**
2. A white 3 foot Hockey Rink Board with the Red & Blue Lines and Face-off circle markings.
3. Eraser brush or soft cloth to erase the black or white board.
4. If possible- Felt tip markers, Easel or flip chart stand and paper to write major teaching points.
5. The Coach - requires a hockey stick with no tape on blade, so it won't mark the floor.
6. 15- Official pucks covered with paper masking tape to reduce friction and not mark the floor.
- 7 2 - Hockey or indoor Soccer nets if using a gym, to shoot at during demonstrations and practice.
- 8 A floor hockey or road hockey ball to scrimmage with at the end of the teaching component.

### **Player's Equipment**

**Your Players will only require:**

1. A Hockey stick with **no** black tape on the blade, to prevent marking the floor, white tape is fine.
2. Hockey gloves for hand and wrist protection if you scrimmage and I hope you do.
3. Running shoes and comfortable loose sweat clothing if using a gym or large hall for conditioning drills, skill drills and scrimmage.

### **Setting up the Room**

Set up the chairs or benches in a semi-circle in front of the hockey board and easel. These can be moved for skill demonstrations and practice, as well as for conditioning and scrimmage purposes.

### **Teaching Sequence**

Coaches or parents should explain to the players what you're going to cover over the next hour or two. It's like a Hockey School, information is going to be shared and skills will be taught and practiced.

**Note:** If using a gym or large hall, allow at least 20-30 minutes for a scrimmage with a ball at the end of each teaching session. This will tire your players out but motivate them to return for next weeks Session because they learned something new and had some fun scrimmaging at the end of it.

If using a small classroom with no possibility of a scrimmage, keep the teaching lesson shorter, to about 1 to 1.5 hour maximum. Otherwise you will lose some kids too boredom and they may not want to come back next week. Keep an eye on your players to ensure you are keeping their attention.

If possible, I suggest each player have their own copy of the *Hockey Made Easy Instruction Manual*, then the Coach could ask them to review one unit or specific pages at home prior to each Teaching Session. Then, during a break or at the end of the Session they could question the Coach or vice versa about the unit's content. This will improve their hockey knowledge and skills over the long season and develop a good rapport between players and coaches and will increase team spirit. They could even bring their copy to the meeting or off ice practice session to review specific teaching points.

Depending upon the **age** of your players, their hockey **knowledge** and past playing experience, and the **competitiveness** of the League and Division you play in, i.e: "AAA", "B" or "House League", in Novice/Mite to Midget, **you** the coach or parent, must decide what information is **relevant & required** to improve their basic individual hockey skills and team play, and how you're going to present it.

### **Remember**

To have a successful Minor/Youth Hockey Team, the coaches or parents must approach their role from a teaching perspective. Young Players need this information and you are the teacher providing it.

Coaches must come to **every** off-ice teaching session or on-ice practice, organized and prepared to provide pertinent information and demonstrations that can be **easily** understood by their players. The information cannot be complicated or long winded, it must be short and easy to understand. And remember, use the KISS formula - "**Keep It Short and Simple**".

The Coach or Parent is the teacher, the Players are the students and "**Hockey Made Easy**" is the reference textbook and manual to follow with all the pertinent hockey skill information you'll need.

Don't be afraid to question or test your players prior to every session to evaluate your teaching methods and to determine if they understood what you taught them the previous week/session. If they didn't understand, you must review/repeat with a simpler message or simpler language.

**"Players must understand Hockey before they can excel at it."**

Youth/Minor Hockey Coaching is not about winning every game, it's about teaching everyone how to become a better player by learning basic skills and **having fun** while playing this wonderful game.

If you have Assistant Coaches to help you, this off-ice teaching method will be even better as you can do more drills in smaller groups and share the Teaching & Demonstration load. Players can rotate from station to station about every 10 minutes. This will also help increase your players attention span.

**Note:** Young players (5-12) have a very **short attention span** and get bored very quickly listening to adults. However, action like practicing different hockey skills with different coaches stimulates them. Try to find the right balance between teaching, demonstrating, practicing and giving feedback!.

## **Conclusion**

Using simple Words to teach a Hockey Skill and Drill is a **Good** start,

Using simple Words and having a Black/White board with diagrams to follow is even **Better**,

Using Words, having a Black/White board with diagrams, + Demonstrations and Practice is **the Best**.

### **Have Fun, Meet the Challenge and Get Teaching**

because Hockey is Easy to learn when the proper information is presented and skills demonstrated.

Winning is a by product of your teaching skills, and the players hard work and execution of them.

**Note: Reference page numbers from the *Hockey Made Easy Instruction Manual* are listed in the left hand margin of the following pages for your convenience.**

## **Hockey Made Easy**

### **Sample Teaching Sessions if Using a Hall or Classroom**

The following 5 Teaching Sessions are actual classes that I use when teaching players; boys or girls in the 5 to 12 year old age groups. They were conducted in a semi large Arena Hall, or school class room depending on the number attending. Parents can use a home Rec Room to get the same results.

These are a little different from Gymnasium sessions because there is not enough floor space for all the players to practice at one time. However there is enough room for a coach or parent to demonstrate the skill, then call up individual players to practice it. If the full team is coming a gymnasium is suggested.

The players and parents response to these Teaching Sessions has been fantastic and I am hoping that by sharing this information with you, you will have as much success teaching individual and team skills and Offensive and Defensive systems as I have.

Just for your information, I found the kids attention span in the 5 to 8 year old group was much shorter than the older 9 to 12 year olds and I had to adjust my teaching method accordingly. The kids in Atom, Squirt & Peewee seemed to absorb most of the information like a sponge and in particular the girls.

I also found young girls were more mature acting, very attentive to detail, more serious and picked up the hockey information very quickly.

Now it's time to start teaching basic hockey skills and the best of luck to all parents, coaches and players in their hockey programs. Skill improvement and team success is just around the corner.

**Note: On Page 27** of this Parents and Coaches Teaching Guide I explain in an Overview what should be taught in 1.5 to 2 hour session if using a full **School Gymnasium**. If you have a choice of locations I suggest you use the gymnasium. The information shared at both venues would be the same except you have a larger floor area for all players to practice the skills, systems etc. at the same time in the Gym.