

Hockey Made Easy

Canada's Best Instructional Manual



Presents

Coaches Practice Guide

**Developed for
Youth and Minor Hockey Coaches
Teaching
House League and Rep Team Players**

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For Your Convenience

This Practice Guide is Printable

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Selection of Assistant Coaches

Now that you have selected your team, the next step is to secure 1,2 or 3 assistant coaches or guest coaches who you can work with cohesively, and who can compliment your season long program by teaching your forwards, defensemen or goalies the age appropriate skills during practices to become an improved and competitive team.

Try to get the most experienced and certified hockey people to serve as assistants or guest coaches as one coach cannot run an effective practice for 15+ players by him/herself.

If you can not get outside help, look to the most experienced hockey parents of the players you selected, as they will usually be at most games and practices and are motivated to help with the team that their son or daughter is playing on.

Explain what you would like to accomplish over the next 20 weeks and discuss with them the specific role you see the assistant or guest coaches playing. If they agree with your hockey philosophy and their role, sign them up as assistants; if not, look for someone else who has similar ideas as you do.

Finally, arrange a team meeting with the parents and explain to them your hockey philosophy (Example: Winning at all costs or player development; earned ice time or equal ice time); season plans, the importance of players attending all practices or team meetings; and the time you expect players to be at the rink prior to games and practices.

The Importance of Practices

On ice or off ice practices are necessary if your team and individual players are going to improve. You must convince your players that practices are the key to both skill development and team improvement.

Games are the evaluation tool as to what your players learned during practices and what they need to improve upon to be competitive. Games should not be used as a teaching venue, but should be used to point out positive outcomes or to explain, then correct errors.

The optimal ratio of games to practices should be 1 to 1, but this may be unrealistic in Minor or Youth Hockey programs. But one on ice or off ice practice in a gymnasium per week is suggested as the players will only learn what you teach them.. Practices drills must be simple not complex and simulate game situations.