

# **Hockey Made Easy**

**Canada's Best Hockey Instruction Manual**

**Presents**

**A Full Season Hockey Instructional Plan**

**from**

**Tryout/Training Camp  
Through the Regular Season**

**and**

**Concluding with Playoff Tips and Strategy**

**for all**

**Head and Assistant Coaches**

**instructing**

**Male or Female Players**

**5 to 12 years of age**

**in**

**Travel or House League**

**Beginners/Initiation**

**Novice/Mite**

**Atom/Squirt**

**and**

**Pewee**

**Hockey Programs**

**by**

**Hockey Canada Award Winner**

**John Shorey**

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# Hockey Made Easy - A Seasonal Instruction Plan for Minor/Youth Hockey Coaches

## Table of Contents

Tryout/Training Camp- Evaluation System and Selection Process	Page 1
Selecting a Goaltender	Page 1
Sample Goaltending Tryout Evaluation Form	Page 2
Selecting Defencemen	Page 3
Sample Defencemen Tryout Evaluation Form	Page 4
Selecting Forwards	Page 5
Sample Forwards Tryout Evaluation Form	Page 6
Running an organized Tryout Camp	Page 7
Use Specific Drills to Evaluate Skills	Page 7
Evaluation Form for Skating Skills	Page 8
Evaluation Form for Puckhandling, Stickhandling and Deking Skills	Page 9
Evaluation Form for Passing and Receiving Skills	Page 10
Evaluation Form for Shooting and Scoring Skills	Page 12
Evaluation Form for Checking Skills	Page 14
Background Information of Players	Page 15
Tryout Camp Scrimmage	Page 15
Tips for Releasing /Cutting Players	Page 15
Regular Season Begins, Composition of Lines and Defence Pairing	Page 16
You Must Practice to Improve –“Practice Makes Perfect”	Page 17
Teaching the 5 - Skill Groups of Hockey	Page 17
Teaching Basic Individual Skills and Drills	Page 17
Teaching more complicated Individual Skills to: Defencemen, Forwards, Goalies	Page 20
Teaching Passing Plays, Positioning, Scoring Plays	Page 22
Teaching Goaltending Saves	Page 23
Teaching Offensive and Defensive Team Skills	Page 24
Special Teams- Power Play, Penalty Killing, Offensive & Defensive Face-offs	Page 26
Playoff Preparation	Page 27
The Playoffs begin	Page 28
Playoff points coaches must communicate to their players	Page 28
Points to remember when planning Playoff Strategy	Page 29
Sample Playoff Game Plan and Strategy	Page 30
Other Points to remember during the Playoffs	Page 31
More Seasonal Coaching Tips – Goals, Objectives, Rules, Discipline	Page 32
Head Coach and Assistant Coaches- pre, during and post game duties	Page 33

## **Hockey Made Easy - A Seasonal Instruction Plan for Minor/Youth Hockey Coaches**

Coaches of Minor and Youth Hockey Teams instructing male or female players between the ages of 5 and 12 are encouraged to consider using this or a similar Seasonal Instruction Plan for teaching your players how to play hockey correctly, safely and quickly. Your Seasonal Instruction Plan should be based on the ages and skill level of your players, and the competitive Division and Category of the Hockey League you play in. The beginning sections of this basic plan can be used for Novice & Mite House League Teams, but the entire plan can be used, up to and including Major Peewee “AAA” Travel Teams.

If you have a copy of the Hockey Made Easy Instruction Manual it will be much easier for you to follow my hockey rational and terminology. I have included specific Hockey Made Easy page numbers for reference with additional information.

If you are a veteran Youth/Minor Hockey coach it may not be necessary to purchase a copy of the manual to follow/ understand the plan. However, after you have reviewed the content of this plan you may want to consider getting a copy. Please feel free to amend the plan for your specific Team and age group of players.

**Beginning in mid September in Canada**, and a little later in the USA, but over the first 2 to 3 week period, Tryout /Training Camps are held to select or draft players for your Team.

### **Tryout/Training Camp - Evaluation system and player selection process**

A hockey team is made up of a variety of very skilled to lesser skilled players, all with different personalities and learning abilities. You as the Head coach along with your Assistants should be trying to select the best and most skilled players for your team based on the following criteria. “AAA” teams are selected first followed by “AA”, “A”, “B”, “C” and House League Teams.

### **Selecting a Goaltender**

Many coaches believe the goaltender is the most important player on their team.

Take your time in selecting or drafting your goalie. He or she will be very important for the success of your team during the regular season, but particularly in the playoffs.

At the tryout camp study all the goaltenders: during the warm up, when players are shooting at them during shooting drills and finally during scrimmages, inter squad or exhibition games.

Write down on a pad of paper, their name or sweater number and put comments about what you liked or didn't like about their size, skills, speed, style and where shots were scored and stopped.

Look for the **Goaltenders** who display the following skills and have these personal qualities:

Availability to attend every game and practice.

Write down other possible criteria you will be looking for.