

HOCKEY MADE EASY

CANADA'S BEST INSTRUCTIONAL MANUAL



Presents

The Parents and Coaches Teaching Guide Plan

Developed For

Male & Female Minor and Youth Hockey

House League / Recreational

and

Representative / Competitive / Travel Team Players

by

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Hockey Made Easy

The Parents and Coaches Teaching Guide Plan

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

This “Parents and Coaches Teaching Guide Plan” if used in conjunction with the 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 Hockey Made Easy Teaching Plan to their child’s age and 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 this Hockey Made Easy Parents and Coaches Teaching Plan, 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 Minor/Youth Hockey Players aged (5-12) and older players how to have **Fun** and learn to play hockey correctly, safely and quickly over the course of 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 Plan 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 Plan is included **free** of charge with every Print Book, E-Book and CD manual purchased. I suggest you leaf through the Teaching Plan, 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 Manuals reference page numbers for enhanced 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 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**. These are listed at the end of this Teaching Plan.

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 either method, your players will improve dramatically over the course of the season and 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 3rd 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. **N.B. Players can learn how to play hockey without ice.**

Equipment Required

1. 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.
4. If possible- Felt tip markers, Easel or flip chart stand and paper to write major teaching points.
5. Coach/Instructor - 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 if you are going to scrimmage. And I suggest you do!

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 ok.
2. Hockey gloves for hand and wrist protection if you scrimmage and I hope you do.
3. Running shoes and comfortable sweat clothing if using a gym or large hall for conditioning 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.