

IN-HOUSE COACH'S MANUAL



Fall/Winter 2011 - 2012

NAME: _____

TEAM: _____

INTRODUCTION

Welcome to the Hatfield Ice in-house hockey program. We would like to thank you for volunteering to become a part of our program. This manual is intended to assist you in your role as a coach. It will contain our program's basic coaching philosophy, some tips on handling situations that often come up, ways to more smoothly administer your team, and finally, practice plans and drills. We realize different coaches have different ways to achieve the same goal. Our job will be to assist you to reach your goals and to implement the standards laid out in the coach's commitment form.

PHILOSOPHY

The Hatfield Ice philosophy is contained within the parameters of the coach's commitment form. If you follow those eight concepts your players will achieve the goals of skill development, knowledge of the sport, and having fun! These three things help to develop a love of the game of hockey that will last a lifetime for most players.

COMMON COACHING SITUATIONS & ADMINISTRATION

***INJURIES** - Unfortunately they are a part of the game. If handled well they can remain a very small part. Here are the three basic components of injury management.

Prevention - Stress the use of proper equipment with regards to fit, condition, and application. Emphasize the importance of stretching before going on the ice. Coming to the rink well rested, practicing proper nutrition, and remaining hydrated during games and practices are all ways to avoid injury.

Identification - A coach should try to establish the severity of any injury as quickly as possible. Always err on the side of caution. This will determine the next steps you take in managing the situation.

Treatment - If an injury seems minor do your best to calm the player and communicate with them. Take your time. Do not remove any of their equipment. Let the player get up when they are ready. If an injury may be severe notify rink personnel immediately. **NEVER MOVE AN INJURED PLAYER.** Leave all special treatment to the professionals.

***PARENTS** - Communication is the key to dealing with parents. Hold a team meeting before the season to discuss the year ahead. Establish some guidelines for parents to follow in terms of potential issues.

Example: Set a 24 hour cool down period after games. Meaning, parents will not be allowed to communicate a complaint until the following day. Hockey is an emotional game for all involved; players, coaches & parents. By setting this policy, it will allow everybody involved to be in a better state of mind when discussing a potential issue.

If there is a problem that does not go away OR that you feel needs to be addressed in a more serious manner, please contact the hockey director and we will look to solve the problem as best we can. Do hesitate to ask for advice OR a second hand in dealing with an issue.

***ADMINISTRATION** - Please relay all information involving practice and game schedules to your parents. If possible designate a “team parent” to take care of these duties for you. The most up to date information on all rink activities is on the web at www.hatfieldice.com. Stress behavior standards to the players and parents. Poor conduct will not be tolerated and could cause the offending player to lose ice time. If you encounter a situation you do not know how to handle contact the Hockey Director. Together we can always find a solution.

***REFEREES** - We use the In-House League to develop referees as well as players & coaches. Please keep this in mind when dealing with the men and women in stripes. Any abuse of officials sets a bad example for the players and will not be tolerated. As a coach you are looked up to by both your players and the younger referees. Being openly critical of officials can lead to the players following suit. They then tend to blame the referees for their own poor performance. The verbal abuse can shatter a young official’s confidence and cause their work to worsen rather than improve. We lose many new officials every year due to these problems.

As an organization we would like you to handle problems with officials in the following manor-

STEP 1. Ignore - If the ref makes a small mistake that will soon be forgotten and does not affect the game in a major way please just let it go.

STEP 2. Explain - Please explain to the players that a bad call is like a bad bounce of the puck. It is an occurrence that a team must deal with. You do not have to like a call but you have to react to it. How you handle

the situation will go a long way in determining how it affects the outcome of the game for your team.

STEP 3. Report - If an official seems in over their head at your level, makes a mistake in interpreting the rules, or has consistently performed poorly over a long period of time, then let us know. The officials are periodically evaluated by trained personnel. If we know who to look at it will help the assigners in putting the correct referee at the correct level. If an official consistently underperforms or misses games they will be removed from the assignment list.

PRACTICE PLANS & DRILLS

***COACHING TOOLS** - If you have completed your coaching certification with USA Hockey you are well aware of the skill development manuals and videos they have available. They also have age specific practice plans that you can print out right off their website, www.usahockey.com. If you have trouble obtaining any of these items just let me know and I can get them for you. All coaches must be USA hockey certified or obtain a USA hockey certification card by the end of December 2010. Hatfield Ice will reimburse the fee for any level 1 or 2 coach.

***PRACTICES** - Each practice starts with both teams doing full ice skating drills together. We would like coaches from both teams to be involved in running these drills. When you separate for your individual ½ ice practice please stress skill development over team concept drills. **Full ice scrimmaging is prohibited**. It encourages bad habits such as skating at ¾ speed, carrying the puck too much, and the domination of the ice by the strongest players. At the end of practice the last five minutes or so can be used for fun and games as a reward for their hard work. Try things such as a shootout relay or a cross-ice game played with a tennis ball and upside down sticks. This forces the players to develop their footwork and the novelty of it is a great break from the same old drills. Drills & games information will be provided to the coaches. These drills and games emphasize fun, increased participation, and competition.

***COACHES** - Only team coaches and players should be on the ice during practice. **No little/big brothers, sisters, parents, or anyone else not assigned to the team are allowed on the ice.** If a team associate under the age of 18 wishes to become a student coach and help out the team they must contact me at Hatfield Ice. If they meet the criteria and fill out the proper form they will be permitted to participate. We are

instituting an open door locker room policy for this season. Details will be in a separate handout for all coaches and parents.

***GOALTENDERS** - A separate packet of goalie specific drills and coaching techniques will be available. Please have one of your coaches become familiar with its contents. We would like our goaltenders to receive the same quality coaching as the skaters and not just be targets at practice. If you coach at the older levels your net minder may have a camp or coach that he goes to regularly. We do not want our program to contradict anything they have already learned. Ask the parents for a copy of the drills they do with their private coach. This way we can help reinforce the program they are already in.

***SUMMARY** - Hatfield Ice values your dedication to the sport of hockey. If there is anything we can do to make your time coaching more enjoyable, please contact us.

Game Rules & Regulations

***PERIOD TIMES: Mite - 10:30 (Stop Clock every 1:30 for Line Change)**
Squirt & Peewee - 12:00
Penalty Times: 1:30

Bantam & Midget – 12:00
Penalty Times: 2:00

***ICE TIME:** All Coaches are required to roll the lines so that every player gets an equal amount of ice time. Whether it is the start of the period, the last shift of the game, power play, penalty kill, all players should receive equal opportunity. The primary goals of the In House league at Hatfield Ice are the following:

- **To help the players in their skill development**
- **Encourage & teach clean play and being respectful of all involved, whether it is Coaches, Opponents, Referees, Parents, Scorekeepers.**
- **Encourage & teach team play**
- **HAVE FUN!**

All of the above should come before trying to win hockey games. Remember, your actions are usually the ones the players will follow. Please try to set a good example for the players to follow.

REFEREE SHADOW DEVELOPMENT PROGRAM

Background:

The Shadow Program pairs 1st & 2nd year officials with senior officials who can pass on their experience so that we can help these newer officials gain confidence, learn proper on-ice positioning and procedures, and, at the same time, retain them in the officials program. This program also conveys to the players, coaches, and parents that these young officials are in a learning environment and that efforts are being made to ensure quality officiating at all levels.

Procedure:

The program allows a senior level official to participate on the ice, in game situations, with these younger officials. The participation of the senior official is limited to offering guidance on all aspects of the game and to providing both support and confidence to the new official.

The shadow will work with each official for one period providing them with guidance and suggestions on the proper positioning and procedures. The shadow will then spend the third period in the stands writing an evaluation for the officials to take home and also to be submitted to the district. At the shadow's discretion he/she may spend the entire game on the ice or may spend more time with one official as their abilities dictate.

The Shadow is not on the ice to call penalties and will allow the newer official to make mistakes. If absolutely necessary the shadow does have the power to assess a penalty for any flagrant, violent or injury-potential infraction in accordance with the current USA Hockey rulebook. The shadow will not engage in discussions with the coaches during the game except at the game's conclusion.

Locker Room Open Door Policy

1. All parents and guardians will have free access to monitor activity in their child's locker room at all times.
2. All locker rooms should be attended by at least 2 adults, be they coaches, parents or a combination of the two.
3. All locker rooms at the Mite and Squirt level shall have their doors remain held open whenever possible.
4. Only coaches or rink personnel will be granted a key to open up a locker room before a game or practice.
5. All coaches will be certified and have their background checks in accordance with USA Hockey procedures.
6. No one will be on the ice with a team at practice that is not a team player, coach, or has been pre-approved by the hockey director.

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