

## **OMHA Coach Refresher Clinic – 5<sup>th</sup> edition 2013-2016 Facilitator Guide**

### **Welcome & Introduction (5 min.)**

Clinic opens with VIDEO – “Did you know?” Theme is change and how our world continues to evolve – relates to the need for continuing education of our coaches

### **Review Agenda – 4 Units**

Unit 1 | Coaching Resources

Unit 2 | Respect

Unit 3 | Player Development - Developing Quality Players

Unit 4 | Skills & Drills

### **Unit 1 – Coaching Resources (30 mins.)**

Provide overview and discuss resources and programming available to coaches through the OMHA and Hockey Canada

#### **Resources (slides 5-7)**

- Clinic materials – HC Skills Manuals; Skills of Gold DVDs; new items such as Skills & Drills CD and Program of Excellence CD
- Online resources – ie. YouTube (OMHA; HC Player & Goaltender; misc.)
- Participants will receive HC Skills & Drills CD (4 full practice plans including animated drills and videos)
- All participants should have received Skills Manual & Skills of Gold (1-4) from previous clinics
- Participants will also receive a resource handout – contents details at end of this document

#### **CEP Opportunities (slides 8-10)**

- Support & Programming – HC Skills Camps, Continuing Education opportunities
- The Coach Symposium is generally done in the spring time where a hockey expert (pro/junior) present's one the falling four skills, goaltending, skating, creating offence, and developing defensemen.

- Coach Seminar Series are available all the time, generally (evening) 2.5 half presentation by a hockey expert on a multitude of topics.

## **Unit 2 – Respect (60 mins.)**

Opportunity to discuss the changing game and culture of the game. Discuss what makes a good coach and the importance of ethics in the game. Topics also include Respect Integration and Changes to Body Checking.

### **Respect (slides 11-16)**

- Why do I coach? **TASK: Group Discussion**
- What is your coaching Philosophy? Coaches impact on the lives of players teaching the players life skills.
- Coaching is a set of values, principles and beliefs which determine why you do what you do and how you act. **TASK: What's your Coaching Philosophy?**
- Having a coaching philosophy is important to the coach as it directly impacts their coaching practice.
- What is an ethical decision? **TASK: Group Discussion**
- Ethical Decision Making process is six steps, establish the facts in the situation, decide whether the situation involves legal or ethical issues, Identify options, evaluate the options, choose the best options, and implement the decision.
- Respect Integration – OMHA initiative that will require all stakeholders – Team Officials, On-ice Volunteers, On-Ice Officials and Parents to take the appropriate 'Respect' education effective the 2014-2015 season.

### **Checking in Hockey (slides 17-38)**

- Review Hockey Canada change to the age of introduction of body Checking from Peewee to Bantam
- Review Recommendation 1 and key factors in this change: Safety, skill development & acquisition, recruitment & retention and Respect.
- Review Recommendation 2 - define Body Contact vs. Body Checking and show video examples
- Discuss the method of introduction Novice through Atom

- Focus on Body Contact at Peewee in the Game environment that should include physical play, battles and competition for the puck.
- Body Checking should be introduced in the Training environment through 2 years of Peewee to prepare for introduction of Body Checking at Bantam.
- Video support includes introduction of Body Contact & Body Checking off-ice where players are able to learn the skills in a safe environment.
- Video also provides examples of situations where the player completes first 3 steps of Checking Progression and then same situation where Bantam players add the 4 steps – the Body Check
- Continue to focus on 4 Step Progression (summary of 4 Step Progression is included in handout)
- **TASK: use a Hot Stove format coach to coach body checking yes/no/when then change coaches every 30 seconds.**

### **Unit 3 – Player Development (Developing Quality Players) 30 mins.**

Discuss the practical implementation of Long-Term Player Development (LTPD)

#### **Programming Goals & Long-Term Player Development (slide 39-65)**

- Focus on the shift for Minor Hockey Associations and Coaches to create player centered programming with direct tie to LTPD. Our Regional Development Leaders are there to work with associations to help them implement.
- The success of the LTPD plan is not only the coaches creating a player centered environment but to have support and cooperation from their association but mostly the cooperation of the PARENTS.
- Other sports have also recognized that we have had our children competing on adult sized facilities eg. Tennis are developing smaller courts, smaller rackets etc., and lowering the nets.
- A defined coaching philosophy enables you to make well judged decisions and actions.
- It is your consistency in behavior which creates respect and trust in your players leading to quality relationships.
- The long term player development is designed to do what is right thing for the player at the right time.
- A player's development is a marathon, not a sprint.

- **TASK (slide 50): Group Discussion - What are the drawbacks in our development system?**
- Review stages of LTPD (slide 54) - change to age of Body Checking now mirrors LTPD (rationale Physical Literacy – Skill development & acquisition)
- Slides 55 – 62 – Hockey Canada LTPD resource document and summary of age-groups.
- Slide 63 - The Hockey Canada Core Skills Checklist – Master (all age-groups) is included in Resource handout – We are using the Atom chart for the presentation as an example.
- Slide 64 – National Skills Standards & Testing (NSST) supports the Core Skills and provide a meaningful way to measure and celebrate skills development. Recommend 2-3 times per season - start, mid and end of season would be appropriate.

#### **Unit 4 - Skill Development (slides 65-94)**

Unit focuses on practical implementation of player development including progression from LTPD stages > age-appropriate skill development > seasonal planning > practice planning > skill development

- Discuss 3 steps of seasonal planning: Organize available information, determine what is useful for coaches and players, and plan how to use the information properly to maximize the effect over the season.
- Practice development/ Group Tasks.
- Use of ice: stations/ half ice/ cross ice etc.
- Use of Goaltenders/ warm-up/ part of the drills
- Support coaching staff/roles/ duties
- Skill Development: The Five key points to consider are detailed with video support
- **TASK: *Create an age-appropriate skills-based practice***

Resource Handout – Contents:

- i. Hockey Development Focus
- ii. Continuing Education Program | CEP Menu
- iii. Long-Term Player Development | LTPD Overview
- iv. Checking | 4 Step Progression
- v. Hockey Canada Player Development Questionnaire

- vi. Hockey Canada Core Skills Checklist | All Age Groups
- vii. National Skills Standards & Testing | NSST
- viii. Skills & Drills CD | Practice Plans (4)
- ix. Goaltending | Skating & Footwork