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Welcome to

USA Hockey's

Coaching Education Program

Student Coach Clinic



# USA Hockey Student Coach Requirements

(Requirements from the 2020/21 USA Hockey Annual Guide)

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- Must wear a helmet with full face shield, gloves and skates while on the ice. Must wear helmet during games while on the bench.
- May only work with players at least one full playing age level down (e.g., a Pee Wee age player may act as a STUDENT COACH at the Squirt or Mite Level).
- The organization that is using the STUDENT COACH must provide a form indicating on what team he/she is participating as a STUDENT COACH, and, if applicable what Team he/she is properly registered/rostered as a player. A model form is available on the [www.usahockey.com](http://www.usahockey.com) website.



# USA Hockey Student Coach Requirements

(Requirements from the 2020/21 USA Hockey Annual Guide)

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- If the Student Coach reaches the age of 18 during the season he/she is coaching they must complete Safesport and Background Screening.



# Role of the Student Coach

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- Interaction with Players
  - On ice
  - Dryland
  - Bench
  
- Interaction with Coaches
  
- Interaction with Parents

# Coaching Education Program

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- Purpose Statement
  - Educating coaches in pursuit of excellence in ice hockey
- Mission Statement
  - ...committed to developing coaches who will be effective instructors and role models through a comprehensive education program at all levels
  - ...emphasis on teaching the fundamental skills, conceptual development, sportsmanship, and respect for the dignity of the individual athlete

# Skill Development Program Agenda

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1. Leadership
2. Communication
3. Teaching Skills
4. Skill Analysis
5. Lesson Organization
6. Principles of Safety

# The Program is to Provide:

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- A fair and equal opportunity to participate
- The opportunity for children to learn the basic skills without the distractions associated with an over emphasis on winning
- A safe and healthy environment for all

# Skill Development Program

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## **Definition :**

Every player starts as a beginner. Skill programs are the foundation of the entire hockey structure.

## **Objective:**

Attract new players to the sport and provide a fun introductory experience.

## **Emphasis:**

Fun, enjoyment and skill.





# Recommendations for Skill Development Hockey

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- Participation for fun
- Participants compete equally in cross ice , and small area games
- Assist in the participants physical development
- Develop the participants athleticism

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# LEADERSHIP



# Qualities of the Ideal Coach

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- Patient
- Communicates well
- Good listener
- Allows for individual differences
- Good motivator
- A good role model

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# COMMUNICATION



# Principles of Effective Communication

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- Enthusiasm
- Be positive
- Demanding but considerate
- Consistent
- Individual differences
- Give equal time to all players
- Be patient

# Effective Listening Techniques

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- Attentive Listening
- Bridging
- Restating
- Inviting

# Effective Feed Back

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- Specific not general
- Constructive not destructive
- Check for clarity leave nothing misunderstood
- Positive and informative
- Directed to change behavior and not to discourage

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# TEACHING SKILLS





# The Teaching Process

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- Development- Implementation- Review
- Planning and implementing
- Observing and interpreting
- Evaluating and Modifying

# Simple Skills

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- Demonstration explanation
- Practice
- Confirm/correct
- Identify errors

# Three Teaching Approaches

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- Explanation
- Demonstration
- Explanation again

# Teaching Organization

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- Planning and preparation
- Teaching stations
- Small Area Games
- Cross Ice Games
- Team teaching
- Equipment and space
- Grouping of players by size and age
- Drills and games

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# SKILL ANALYSIS



# Skill Analysis Three Important Steps

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- Step #1  
Break a skill into separate parts
- Step #2  
Separate the good points of technique from the bad.
  - a) Starting position
  - b) Action
  - c) Follow-through
- Step #3 Find a way to correct the technique

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# LESSON ORGANIZATION



# Key Elements of an Effective Practice

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Each of your practices should . . .

- 1) Be based upon previous planning and seasonal organization
- 2) List the objectives and key points which will be the focus of instruction for that practice
- 3) Show the amount of time allotted to each objective during the practice
- 4) Identify the activities (instructional, drill or scrimmage) which will be used to teach or practice the objectives



# Key Elements Cont . . .

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Each of your practices should . . .

- 5) Identify equipment and/or special organizational needs
- 6) Apply the guidelines for effective instruction
- 7) Include an evaluation of practice strengths and weaknesses

# Teaching Stations

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- Divide the rink into stations based on the number of coaches and players you have
- Cover different skills and games at each station
- Rotate the players through all the stations
- The rink can be divided up into three to six stations to accommodate large or small numbers

# Cross Ice Concepts

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- FUN
- More puck touches
- Skill development in traffic (confined spaces)
- Game like competition

# Small Area Games

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- Teaching concepts vs. drills
- Game like competition in confined spaces
- Accelerated Skills Development
- FUN

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# PRINCIPLES OF SAFETY



# Principles of safety

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- Responsibilities
  - If See injured player notify the Coach
  - Protective equipment worn properly
  - Injury prevention
  - Warm up/cool down

# Equipment Check List

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## Head to toe

- Helmet with face shield, mouth-guard
- Shoulder pads, elbow pads, gloves
- Hockey pants, suspenders
- Shin pads, socks, skates

# Ozaukee Youth Hockey Expectations

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- Come ready to help.
- Be engaged with the players you are assigned
- Follow all coach instructions to the best of your ability



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# Congratulations

## **You have now completed your Student Coaching Clinic**

Thank you for taking the time to become a better coach by improving your knowledge of the game and methods to instruct young athletes

Please print and fill out the form on the next slide.





## USA Hockey Student Coach Information Form



This form is designed to comply with requirements of USA Hockey governing the use of minors under that age of 18 as student coaches on a registered hockey team. See USA Hockey Annual Guide for complete information regarding Student Coaches (Rules & Regulations, V. Coaching Education Program, C. Under-Age Coaches).

### TEAM INFORMATION

Hockey Season: 20\_\_\_\_ through 20\_\_\_\_

Association Name: \_\_\_\_\_ USA Hockey District: \_\_\_\_\_

Team Name: \_\_\_\_\_

Level Of Play: \_\_\_\_\_  Youth  Girls

### STUDENT COACH INFORMATION

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_ Birthdate: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Team Student Coach Is Registered On As A Player: \_\_\_\_\_

Level of Play/Classification of Team Student Coach Plays On: \_\_\_\_\_

### AUTHORIZATIONS

The above named Student Coach is authorized to participate with the above named team, under adult supervision by the regular coaching staff, for the season indicated. We certify that we have granted our permission for this participation, that the student is properly registered with USA Hockey, and that the team and association will comply with other provisions of the Student Coach rule.

**PARENT/  
GUARDIAN**

Signature \_\_\_\_\_

Printed Name \_\_\_\_\_

**HEAD COACH**

*(Team on which student is a player)*

Signature \_\_\_\_\_

Printed Name \_\_\_\_\_

**ASSOCIATION  
REPRESENTATIVE**

Signature \_\_\_\_\_

Printed Name \_\_\_\_\_