

Termite Guidelines

Schedule:

There are 3 practice groups that rotate so everyone shares responsibility for getting practice equipment out and putting it away. We follow the USA Hockey recommended 3:1 practice to game ratio.

Practices:

Practice plans will be sent out to Lead Coaches every other Monday. We run a six-station practice at this level.

Communication:

All Lead, Head and Assistant coaches in a practice group should communicate weekly. Previous Termite coaching groups have used GroupMe or just a group text to report absences or discuss other issues.

Team Responsibilities:

Lead Coach: Assign other coaches to stations and share practice plans. Whistle rotation, ALWAYS CLOCKWISE.

Head Coach: Over the first weekend the head coach should divide their team into 3 skating skill-based groups. These groups will likely stay consistent over the course of the season and should be their scrimmage and practice groups. This will save precious ice time since you won't have to re-divide them every practice. Each group should have the same number of players. Occasionally you'll have to move players to a different group based on attendance.

Asst Coach: Should set up and clean up stations. Each station should be tailored to the level of the group in the current rotation. For example, a stick handling station would be teaching the beginner group how to hold a stick correctly, where to put your bottom hand, and make sure they are using the right stick. The middle group would be learning to roll their wrist and stickhandle between the feet and the higher group could be skating around in the circle playing knock out.

Parent Helpers: Should rotate with a group or help run a station as assigned.

Game Format:

- 3 cross ice games with mini nets.
- Top vs top, middle vs middle, beginner vs beginner.
- 2 lines are ideal, no more than 3
- Have a parent helper buzz the clock every 90 seconds to keep them moving.
- 3 coaches per game, 1 to run the game, 1 for each "bench". Bench coaches should coach
- No goalies- encourage every player to go for the puck

Termite Tips:

- Get a team manager right away
- Have a bag full of soccer balls, broomballs, softballs for warmups
- Ask parents to have skaters ready to go on the ice 10 minutes early and cancel the ice make in between hours
- Arrive early to make sure you know where the dividers, mini-nets, tires are at.

Termite Hockey Skills

Individual hockey skills that players must learn and master

1. Skating

- ✓ Ready position
- ✓ Edge control
- ✓ Forward start
- ✓ Forward stride
- ✓ Controlled stop: two-foot and one-foot snowplow
- ✓ Controlled turn
- ✓ Backwards skating

2. Puck Control

- ✓ Lateral (side-to-side) stickhandling

3. Passing and Receiving

- ✓ Forehand pass
- ✓ Backhand pass
- ✓ Receiving a pass properly with the stick