



# Bantam/15U Virtual Coaching Resources

## Objective & Overview

- Provide players an opportunity to connect with teammates and stay engaged with hockey.
- Recommend 2-3 virtual sessions per week.
- Consider scheduling at typical practice times and keep them short (20-25 min).
- Parents must be included in the invitation and should be encouraged to join.
- Make them fun and focus mainly on the team relationships and connections.

Activity Name	Description
Question of the Day	Ask players to answer questions such as their favorite thing about hockey, favorite food, best thing about school, how many people are in their family, etc.
Team Trivia	Collect answers to questions in advance and have players guess who the answers belong to.
Hockey Trivia	Develop a list of hockey questions and test the team's hockey knowledge.
High School Q&A	Host a short Q & A with your local high school team's captains or alumni.
Coaches' Corner	Coaches highlight a hockey concept or habit.
Hockey & Heroes	Have each player share their favorite college or pro player or their favorite hero.
Hockey Fortune Teller	Show a hockey video clip. Ask players to predict what happens next. Show the rest of the clip and then discuss the positives and negatives of various choices or decisions.
SportsCenter Night	If you have game footage already, make a short highlight video that features all players.
Fun Video Night	Share a couple of short, humorous videos. (i.e. Dude Perfect video)
Who is That?	Have parents send a baby picture and have teammates try to guess who is in the picture.
Hockey Bingo	Create a bingo card where players complete activities or answer questions to mark a space.
Guest Speaker	Invite a hockey figure or successful person to join for a Q&A. Encourage players to prepare 1-2 questions but coach(es) should have questions prepared too.
Favorite Drill	Have each player draw up and share their favorite drill or small area game.
Who Did it Best?	Give your players an off-ice physical task to do. Have them send a video clip of them doing it to the coaches and have the team pick the player that did it the best.

*For off-ice training ideas, visit [www.minnesotahockey.org/playerdevelopment](http://www.minnesotahockey.org/playerdevelopment)*