



Hockey Canada Providing a Positive Experience

"Hockey...It's More Than A Game"

Hockey...It's More Than A Game

Objectives for this session:

- To examine why kids want to play hockey*
- To examine the benefits of enrollment in sport*
- To provide resources and tools for coach's of all levels*
- To enhance on-ice delivery*



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Always remember:

*"We may be developing future
National League Hockey
Players or Olympians, but we
are definitely developing future
adults."*



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*Seeing the big picture helps
us keep things in
perspective*

[*Relax it's just a game - Video*](#)



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Experiences through Hockey we share and gain...

• Hockey Experiences...

- Travel in many towns, different communities, and around the world
- Opportunity to play with great players and coached by great coaches
- Playing and winning with friends
- Creating new friendships, networking etc
- Working as a team to accomplish goals
- Being active and having fun

• Personal Experiences...

- Played Junior Hockey
- Played with great players
- Participated in Nationals
- Travels Canada
- Created friendships
- Event Volunteer
- Being Active
- Won Championships



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Life Skills

- *Fair Play*
- *Leadership*
- *Tolerance*
- *Responsibility*
- *Confidence*
- *Respect*
- *Communication*



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Why do parents want children to play hockey?

- *Friends*
- *Fitness*
- *A Great Game*
- *Sportsmanship*
- *She/He Wanted to Play*



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Why do children want to play hockey?

- *Friends*
- *Enjoy the game*
- *Parents*
- *Community*
- *Dreams*



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Who is involved?

- *Coaches*
- *Administrators*
- *Parents*
- *Officials*
- *Players*



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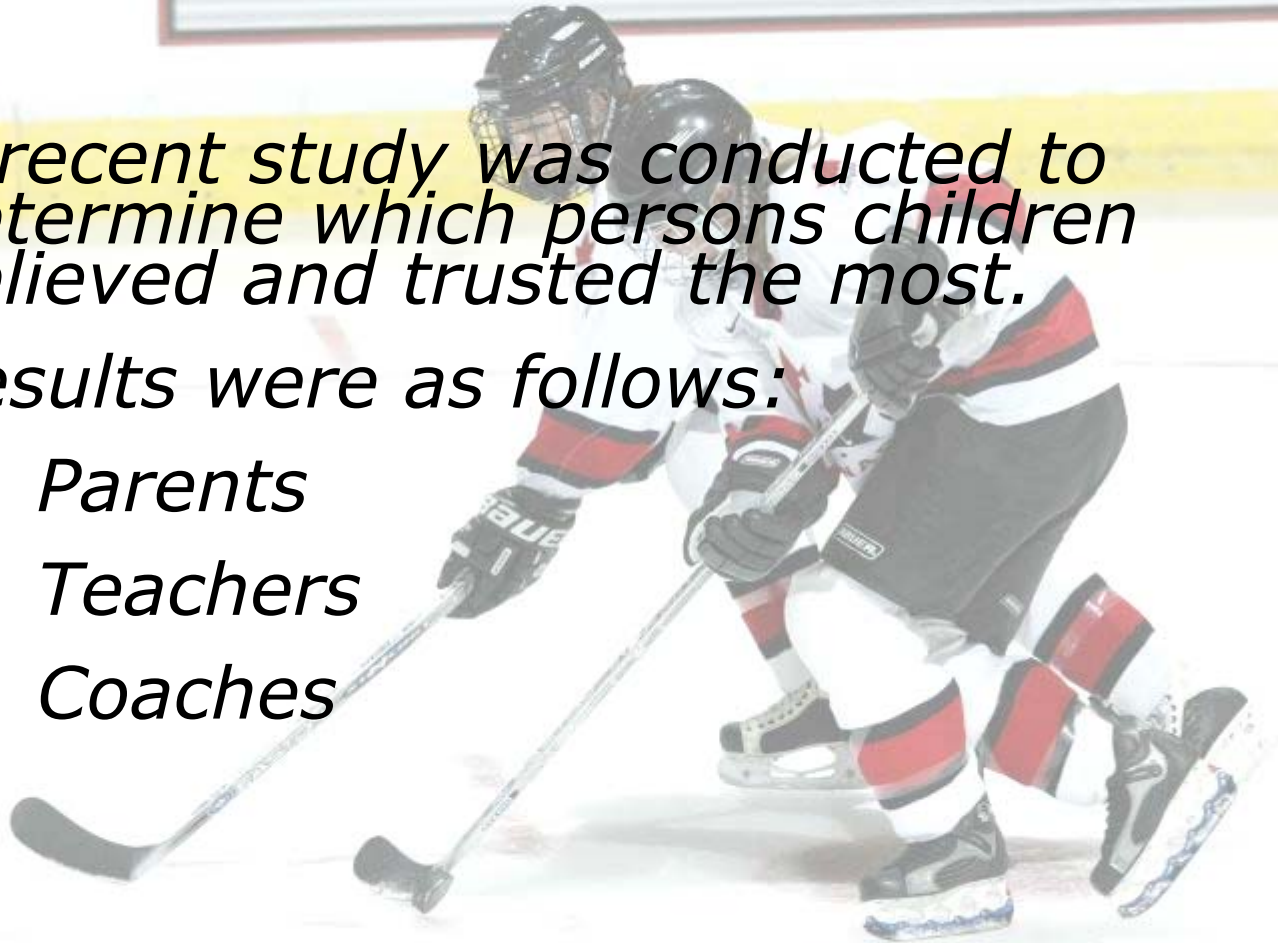


Power Study

A recent study was conducted to determine which persons children believed and trusted the most.

Results were as follows:

- 3. Parents*
- 2. Teachers*
- 1. Coaches*



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REFLECTION

Evaluate yourselves using the following questions. You don't have to share your results, this is simply a self reflection exercise.

- I will be reasonable when scheduling games and practices, remembering that players have other interests and obligations.
- I will teach my players to play fairly and to respect the rules, officials and opponents.
- I will ensure that all players gets equal instruction, support and playing time.
- I will not ridicule or yell at my players for making mistakes or for performing poorly.
- I will remember that players play to have fun and must be encouraged to have confidence in themselves.
- I will make sure that equipment and facilities are safe and match the players' ages and abilities.
- I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.
- I will work in cooperation with officials for the benefit of the game.



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How did you rate?

If you checked off:

- 0-2 Step back and check your motives for being involved in the game
- 3-4 On your way
- 5-6 Almost there
- 7-9 Outstanding

When players, coaches, parents and officials recognize the value of each person's contribution to the game, the game is better for everyone.

When respect is shared, we all win!

Shared Respect

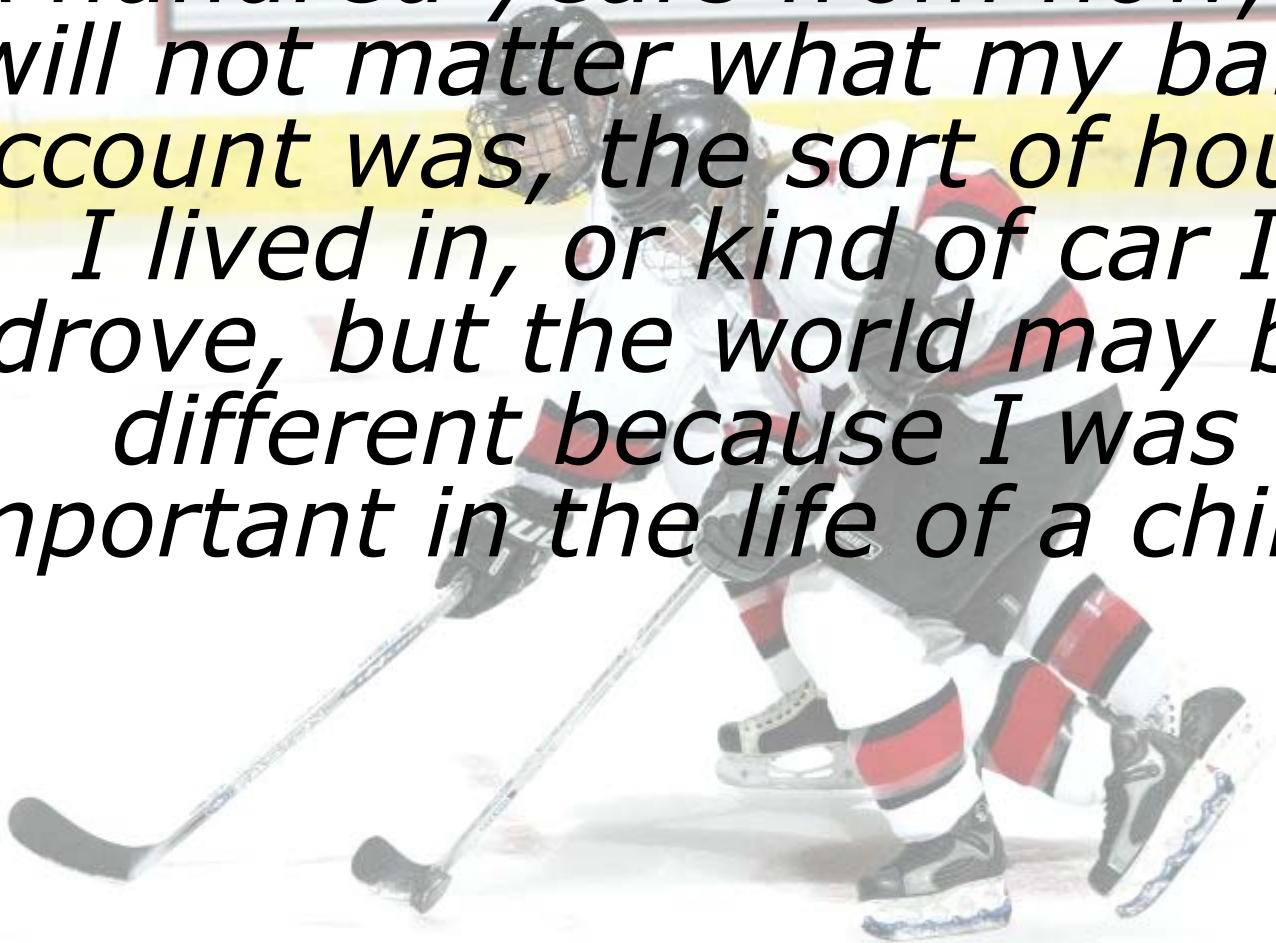
players•coaches•officials•parents

[Relax it's just a game - Video](#)



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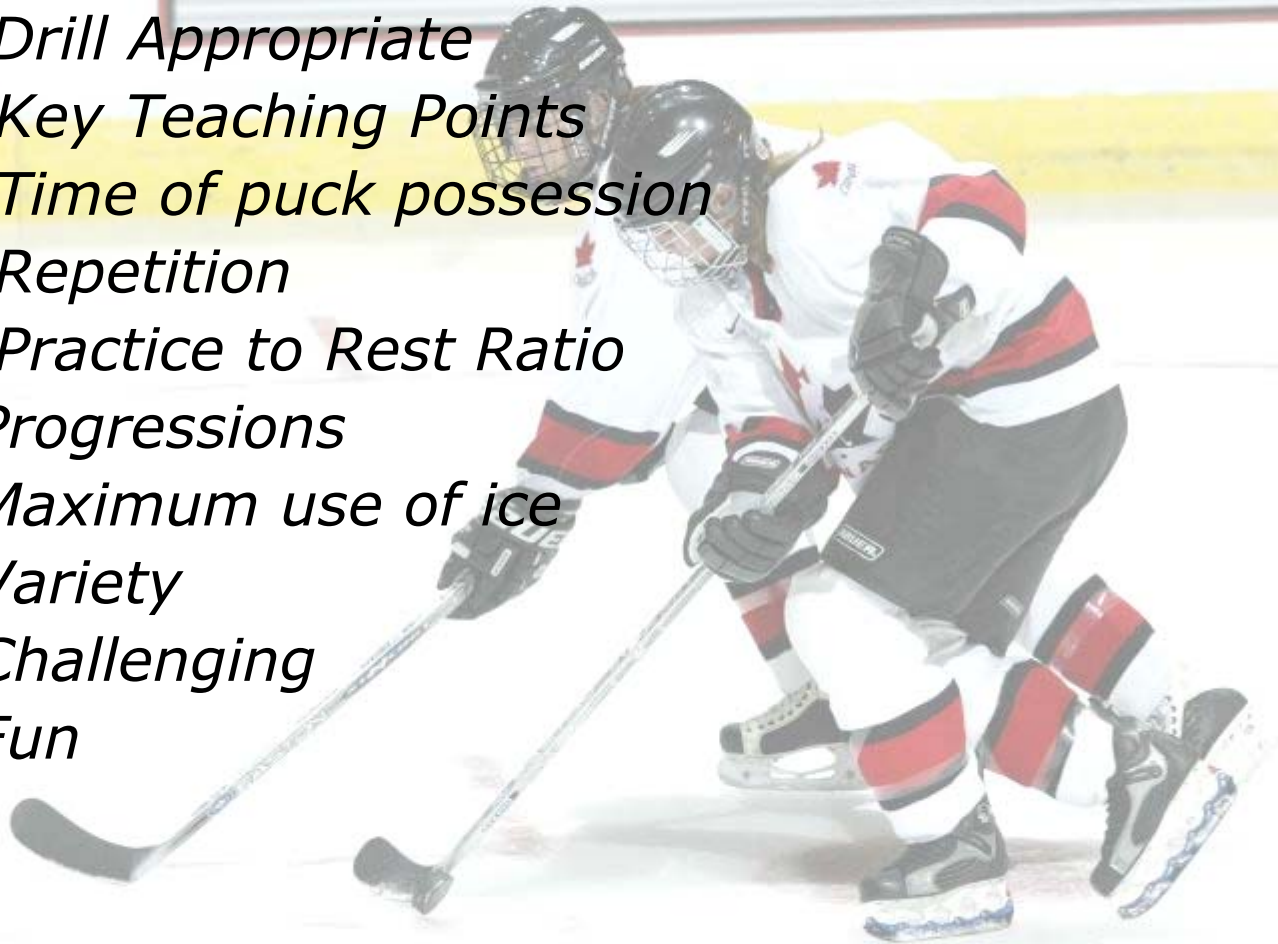
"A hundred years from now, it will not matter what my bank account was, the sort of house I lived in, or kind of car I drove, but the world may be different because I was important in the life of a child."



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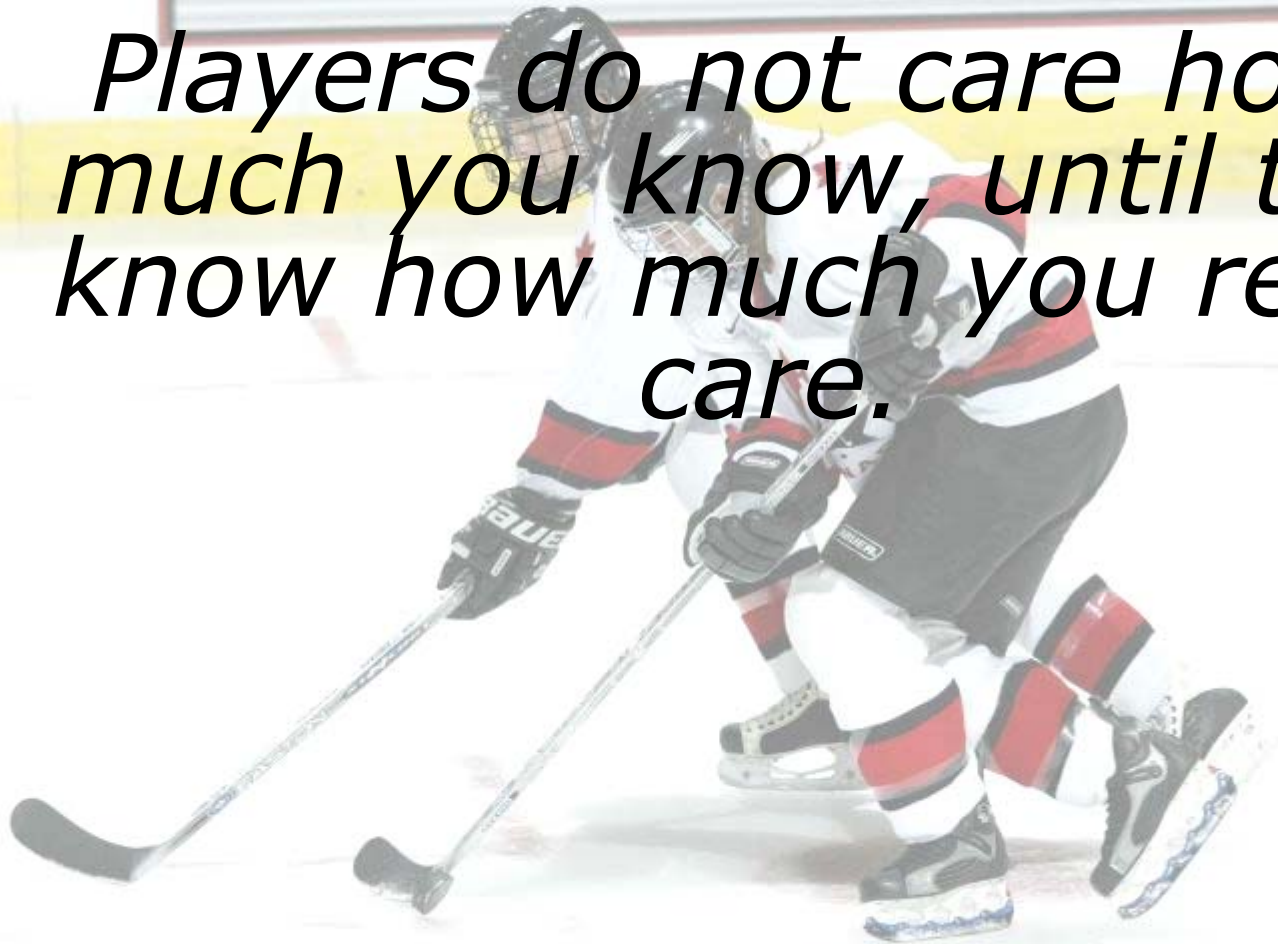
Top 10 Tips for an effective practice

- 10.) Drill Appropriate
- 9.) Key Teaching Points
- 8.) Time of puck possession
- 7.) Repetition
- 6.) Practice to Rest Ratio
- 5.) Progressions
- 4.) Maximum use of ice
- 3.) Variety
- 2.) Challenging
- 1.) Fun



Something to think about ...

Players do not care how much you know, until they know how much you really care.



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Keys for a successful practice

- Coaches should have a minimum of 50 pucks
- Players must be on time, all the time. Coaches set the standard and lead by example
- Don't waste ice time stretching
- Use station work
- Basic skill development should comprise 90% of your practice
- Positive and Specific Feedback are imperative
- Routines in practice are dangerous
- "Tell me and I'll forget, show me and I might remember, involve me and I'll understand"
- Practice Execution (1st whistle, 2nd whistle, etc.)
- Relate practices to games. Explain why drills are being done.



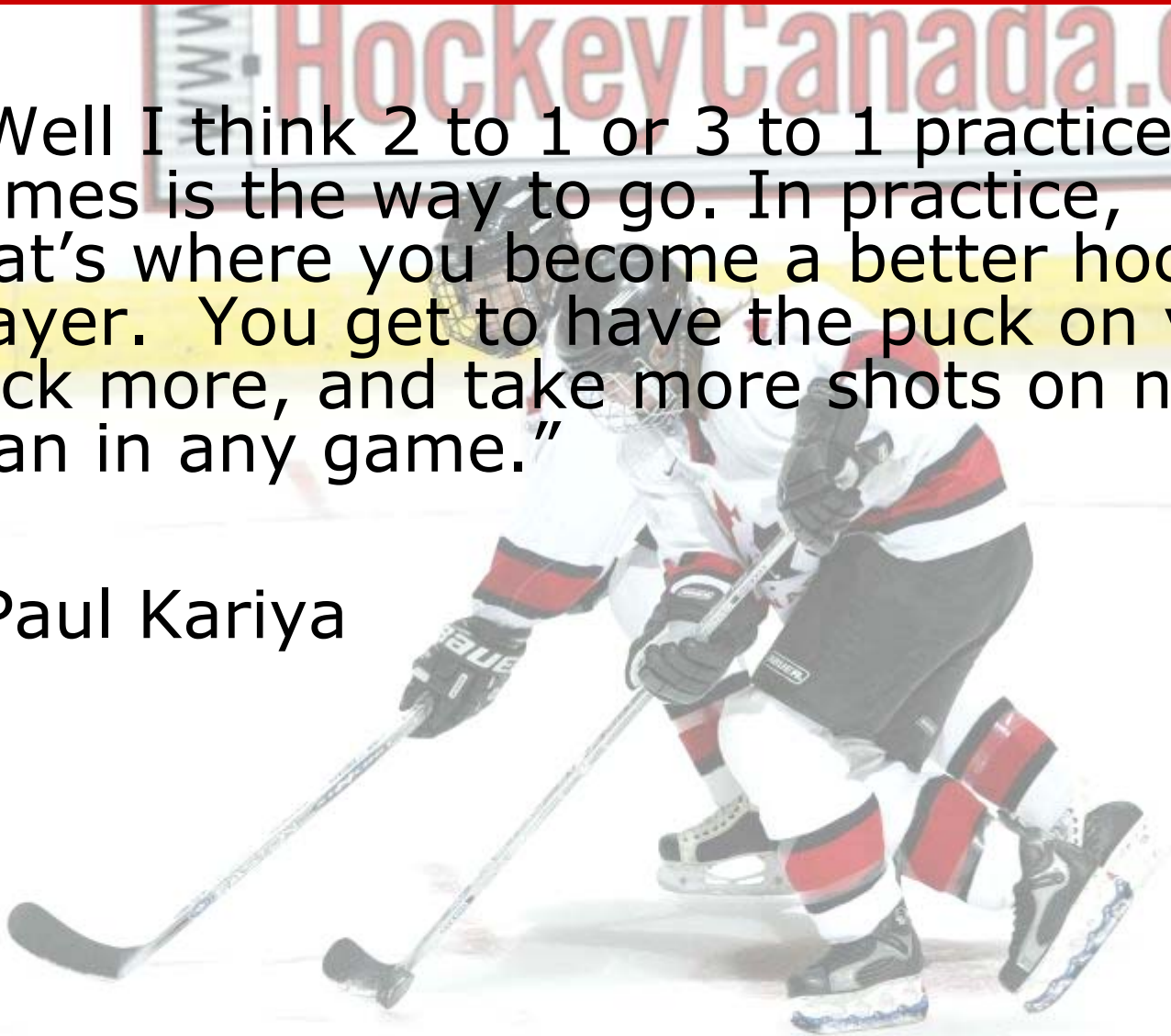
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Skills Development Pyramid



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- " Well I think 2 to 1 or 3 to 1 practice to games is the way to go. In practice, that's where you become a better hockey player. You get to have the puck on your stick more, and take more shots on net than in any game."
- - Paul Kariya



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Giving Feedback

- Give the "good" picture. Demonstrate what you want, not what the player is doing.
- Be positive. Acknowledge what is being done well, then point out what should be worked on.
- Be specific. Demonstrate exactly what it is you want done.
- Don't forget your goaltender(s), they require equal feedback.



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Skill Learning

- *Explain the skill*
- *Show how it is done*
- *Give time to practice*
- *Tell them how they are doing*



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“Many factors determine the quality of the hockey playing experience in a given year and as a coach, you must provide yourself, and more importantly your players, every opportunity to participate to the maximum level of potential. This requires good planning and organizational skills, as well as an astute awareness of the overall talent level of your team. If you are to have any hope of running effective practices, you must be organized and prepared.”

- Tom Renney

Head Coach, New York Rangers



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A Game by the Numbers

- *Players will have the puck on their stick for an average of 8 seconds per game*
- *Players will take an average of 1-2 shots per game*
- *95% of passes made backward are successful*
- *Players will take an average of 18 shifts per game*
- *99% of feedback coaches give players is when they have the puck. Ironically, players only have the puck on their stick for 0.2% of the game*



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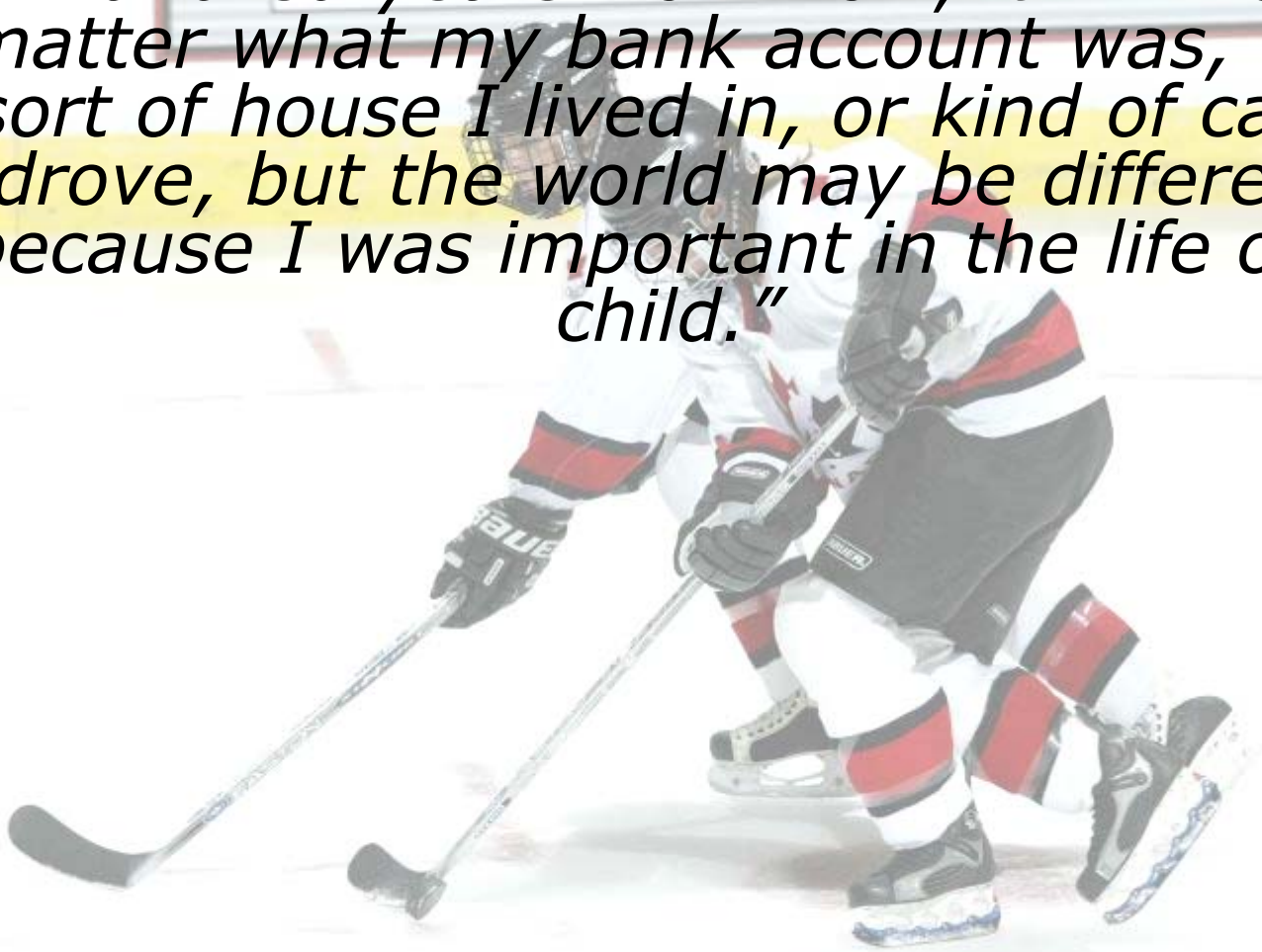
A Practice by the Numbers

- *1 individual practice will give a player more skill development than 11 games collectively*
- *Each player should try to have the puck on their stick for 8-12 minutes*
- *Each player should have a minimum of 30 shots of goal*
- *Players will miss the net over 30% of the time in a minor hockey practice*



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*Thank you for your attention, and your
commitment to Minor Hockey!*

