



Morden Minor Hockey Association  
Coaching Philosophy and Guidelines

2008-2009



## Morden Minor Hockey

### Mission Statement

The primary purpose of the Morden Minor Hockey Association (MMHA) is to promote interest in a wholesome brand of hockey that fosters a healthy community spirit with all the members, supporters and teams involved in the MMHA. The long-term goal is to promote and improve the sport of organized hockey in the Town of Morden.



## Coaches Manual

\*Adapted from Hockey Canada Guidelines

### Underlying Principles

- Fun and fitness is paramount
- Fair play, respect of rules, officials, and opponents is essential
- Equal opportunity for all in terms of instruction, support and playing time
- Positive encouragement is crucial
- Proper training and upgrading skills is important
- Coach preparation and communication skills must be strong
- Skill development first and foremost...winning is secondary

### Coaching Philosophy and Goals

To Develop:

- A fun learning environment
- A safe and positive experience for the child's contact with hockey
- Self confidence and experience a sense of personal achievement and team atmosphere
- To have fun playing and engaging in physical activity
- To learn fundamental skills

Please utilize these websites for very helpful coaching and hockey related information

<http://www.mordenminorhockey.com/>

<http://www.pvmha.com/>

<http://www.hockeycanada.ca/1/8/7/6/6/index1.shtml>

<http://www.hockeymanitoba.mb.ca/>

\*Contact MMH coaching executive members with concerns and/or questions

Remember **GOOD COMMUNICATION** is key to a successful season

**CERTIFICATION REQUIREMENTS**

Certification for all categories must be obtained by **December 1, 2008**. Those who are not certified by December 1<sup>st</sup> will be **INELIGIBLE TO COACH**

**REMINDER:** Coaches at ALL levels require Respect in Sport (or previous Speak Out).

DIVISION/CATEGORY	HEAD COACH	ASSISTANT COACH(ES)
Initiation (6 & Under)	Initiation (IP)	Initiation (IP)
Novice (7 & 8)	IP OR Coach	IP OR Coach
Atom (9 & 10)	Coach	Coach
Peewee (11 & 12)	Coach	Coach
Bantam AAA	Dev. 1	Coach
Bantam AA (excluding WMHA)	Dev. 1	Coach
Bantam AA - Winnipeg	Coach	Coach
Bantam A Rural (excluding AA centres)	Dev. 1	Coach
Bantam AA (excluding Winnipeg)	Dev. 1	Coach
Bantam B, C, D	Coach	Coach
Midget AAA	Dev. 1	Coach
Midget AA, A, B, C	Coach	Coach
High School	Coach	Coach
Juvenile	Coach	Coach
Junior A	HP 1	Dev. 1
Junior B	Dev. 1	Coach
Junior C, OA (MMJHL)	Coach	Coach
Senior AAA	Dev. 1	Coach
Senior A, B, C, D	Respect In Sport	Respect In Sport
Female Atom, Peewee, Bantam	Coach	Coach
Female Midget A, B, C	Coach	Coach
Female Midget AA	Dev. 1	Coach
Female Senior AA, A, B	Dev. 1	Coach

For clinic information and locations please check:

<http://www.hockeymanitoba.mb.ca/>

\*Please sign-up early

## General Coaching Guidelines

\*Adapted from Hockey Canada Guidelines

**Pre-Novice** \*Under 7 years of age as of December 31st of the current season.

The age and skill level of the players defines the seasonal plan. The Hockey Canada Skills Development Programs are based on progressive steps and follow the appropriate allocation of time illustrated in the Skill Development Pyramid.

Goals for the Initiation age category are:

- Fun
- Introduction of basic skills
- Reviewing of basic skills
- Refining of basic skills

The Initiation Program recommends the following practice time allotment.

85% Technical Skills	(e.g. skill development)
15% Individual Tactics	(e.g. 'hockey sense')
0% Team Tactics	(e.g. positional play)
0% Team Play	(e.g. break outs)
0% Strategy	(e.g. defensive/offensive play)

\*Initiation development should be built on practicing **individual technical skills 85% of total practice time\***

**Novice** \*Under 9 years of age as of December 31st of the current season.

The age and skill level of the team defines the seasonal plan. The Hockey Canada Skills Development Programs are based on progressive steps and follow the appropriate allocation of time illustrated in the Skill Development Pyramid.

Goals for the Novice age category are:

- Fun
- Reviewing of basic skills
- Refining of basic skills

The Novice Program recommends the following practice time allotment:

75% Technical Skills	(e.g. skill development)
15% Individual Tactics	(e.g. 'hockey sense')
10% Team Tactics	(e.g. positional play)
0% Team Play	(e.g. break outs)
0% Strategy	(e.g. defensive/offensive play)

\*Novice development should be built on practicing **individual technical skills 75% of total practice time\***

**Atom** \*Under 11 years of age as of December 31st of the current season.

The age and skill level of the team defines the seasonal plan. The hockey Canada Skills Development Programs are based on progressive steps and follow the appropriate allocation of time illustrated in the Skill Development Pyramid.

Goals for the atom age category are:

- Fun
- Refining of basic skills
- Intro to team tactics

The Atom Program recommends the following practice time allotment:

- 50% Technical Skills (e.g. skill development)
- 20% Individual Tactics (e.g. 'hockey sense')
- 15% Team Tactics (e.g. positional play)
- 10% Team Play (e.g. break outs)
- 5% Strategy (e.g. defensive/offensive play)

\*Atom development should be built on practicing **individual technical skills 50% of total practice time\***

**Peewee** \*Under 13 years of age as of December 31st of the current season.

The age and skill level of the team defines the seasonal plan. The hockey Canada Skills Development Programs are based on progressive steps and follow the appropriate allocation of time illustrated in the Skill Development Pyramid.

Goals for the Peewee age category are:

- Fun
- Refining of individual tactics
- Intro to team play

The Peewee Program recommends the following practice time allotment:

- 45% Technical Skills (e.g. skill development)
- 25% Individual Tactics (e.g. 'hockey sense')
- 10% Team Tactics (e.g. positional play)
- 10% Team Play (e.g. break outs)
- 10% Strategy (e.g. defensive/offensive play)

\*Peewee development should be built on practicing **individual technical skills 45% of total practice time\***

**Bantam** \*Under 15 years of age as of December 31st of the current season.

The age and skill level of the team defines the seasonal plan. The hockey Canada Skills Development Programs are based on progressive steps and follow the appropriate allocation of time illustrated in the Skill Development Pyramid.

Goals for the Bantam age category are:

- Fun
- Refining team play
- Intro to team strategy

The Bantam Program recommends the following practice time allotment:

- 40% Technical Skills (e.g. skill development)
- 15% Individual Tactics (e.g. 'hockey sense')
- 20% Team Tactics (e.g. positional play)
- 15% Team Play (e.g. break outs)
- 10% Strategy (e.g. defensive/offensive play)

\*Bantam development should be built on practicing **individual technical skills 40% of total practice time\***

**Midget** \*Under 18 years of age as of December 31st of the current season.

The age and skill level of the team defines the seasonal plan. The hockey Canada Skills Development Programs are based on progressive steps and follow the appropriate allocation of time illustrated in the Skill Development Pyramid.

Goals for the Midget age category are:

- Fun
- Refining team play and strategy

The Midget Program recommends the following practice time allotment:

- 35% Technical Skills (e.g. skill development)
- 15% Individual Tactics (e.g. 'hockey sense')
- 20% Team Tactics (e.g. positional play)
- 15% Team Play (e.g. break outs)
- 10% Strategy (e.g. defensive/offensive play)

\*Midget development should be built on practicing **individual technical skills 35% of total practice time\***

*“A good beginning makes for a good ending.”*

*– an English Proverb*

- **DEVELOP TRUST**
- **AFFECT INDIVIDUALS IN ORDER TO AFFECT YOUR TEAM!**
- **MODEL EXPECTED BEHAVIOUR!**
- **SETTING THE STAGE THROUGH TEAM RULES**
- **USING POSITIVE REINFORCEMENT**
- **RESPECT *and* RESPONSIBILITY**

“The influence a coach has on his/her players goes way beyond wins and losses.”

*– Cassie Campbell*

## **Coaches Creed**

### **“COACHES NEVER LOSE”**

A team can lose. Any team can lose. But in a sense, a coach never loses. For the job of coach is over and finished once the puck is dropped. A coach knows if they have won or lost long before play begins.

For a coach has two tasks. The minor one is to teach skills – to teach a player how to skate faster, shoot harder, check smarter and execute more efficiently. The second task, the major task, is to make adults out of children! It is to teach an attitude of mind. It is to implant character and not simply to impart skills. It’s to teach fair play...and that goes without saying. It’s also to teach how to be humble in victory and proud in defeat...this too goes without saying. But more importantly, it is to teach young people how to live up to their potential no matter what that potential might be.

It’s to teach them to do their best, yet never to become too satisfied with what they have achieved. After all, we must also teach them to strive to be as good as they can be if they would only try a little harder. A coach can never make a great player out of someone who isn’t potentially great. But you can help to make a great citizen out of any youngster, and miraculously, you can help to make an adult out of a child.

For a coach, the final score doesn’t read “so many goals for our team, so many goals for theirs.” It doesn’t say “this many wins and that many losses.” Instead, it simply reads: “So many lives affected, so much potential realized.” This is the score that will never be published, yet this is the score that will be read in the silence of a coach’s own thoughts. And, inevitably, this is where a true coach will find their real joy long after the final game has been played.

## Shared Issues in Hockey: Coaches and Parents

\*Adapted from Chevrolet Safe and Fun Hockey Manual

### 1. *Dealing with Coaches*

Hockey coaches should model *expected behaviour*, thus setting an example for their players to follow. Conversely, parents should also keep with the motto of "respect and responsibility" at all times. Appropriate behaviour, including courtesy, must be shown by parents toward coaches and administrators at all times to keep the relationship an open and valuable one. Modelling appropriate action for impressionable players to see is part of the child's learning process.

### 2. *Parental Interference*

"I've never had a parent talk a player onto a roster, but many have talked – taken their children off my team." From a parent's point of view, many situations can arise that may confuse and frustrate. From the coaches' perspective, a parent that does not communicate these concerns effectively serves to complicate problems. Communication is a sure-fire cure for most of these situations, if handled in a professional and courteous manner. In approach, tone, or message, parents must remember the consequences of ineffective communication. After all, wouldn't you rather be part of the solution, than part of the problem?

### 3. *Know the Team Rules and Objectives*

Parents need to know "the score" regarding team rules and objectives, and if coaches don't provide this information, then appropriate questions should be asked by a parent representative. While coaches are trained to try and be as inclusive as possible with hockey parents, the average team might have over 40 parents involved during the hockey season. This can make it difficult at times to share information with everyone equally. Many steps can be taken to improve this line of communication, including electing a parent representative at the beginning of the year to facilitate distribution of team information.



## **FAIR PLAY CODE for parents...**

- I will not force my child to participate in hockey.
- I will remember that my child plays hockey for his or her enjoyment, not mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game / event.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making a mistake or losing a competition.
- I will remember that children learn best by example.
- I will applaud good plays / performances by both my child's team and their opponents.
- I will never question the official's judgement or honesty in public.
- I will support all efforts to remove verbal and physical abuse from children's hockey activities.
- I will respect and show appreciation for the volunteer coaches who give their time to provide hockey experiences for my child.

### **10 WAYS TO BECOME A GOOD HOCKEY PARENT**

- Get involved with your son or daughter's team in a positive way.
- Let your son or daughter know you enjoy having them involved with the game
- Don't lose perspective, emphasize the values associated with the game.
- Be supportive and don't let expectations become a burden to your son or daughter
- Model respectful behaviour for your son or daughter.
- Be there for your child whether they win or lose.
- Make safety, respect, fair play and fun a priority.
- Support your child emotionally
- Encourage your child to participate but avoid pressuring them to play the game
- Communicate with your son's or daughter's coach in a professional effective manner.

## Initial Parent Meeting Suggested Topics

Remember good communication is the key to a successful season

1. Introduction of coaches/manager and qualifications
2. Coaching philosophy
3. Practice and game expectations
4. Expected behaviour of players and parents
5. Volunteer sign-up
6. Give to Parents Hand-out: *Fair Play Code for Parents* **and**  
*10 Ways to be A good Hockey Parent*
7. Stress fun, fitness and fair play

Coaching Development Survey

Your Child's Coach: \_\_\_\_\_ Assistant(s): \_\_\_\_\_  
 Years you have been involved with Morden Minor Hockey: \_\_\_\_\_

<u>Please circle how well you think the coach is doing in the following areas:</u>	GREAT 5	GOOD 4	OK 3	FAIR 2	POOR 1
<b>Practices:</b>					
Preparation	5	4	3	2	1
Organization	5	4	3	2	1
Drill Instruction	5	4	3	2	1
<b>Fun and Fitness Factor</b>	5	4	3	2	1
<b>Games:</b>					
Organization	5	4	3	2	1
Consistent with outlined expectations	5	4	3	2	1
<b>General Respectfulness &amp; Appropriateness (with officials, other teams, own players)</b>	5	4	3	2	1
Knowledgeable	5	4	3	2	1
<b>Accessibility:</b>					
Communication (parent meeting, email, phone)	5	4	3	2	1
Approachable	5	4	3	2	1
Explains what you want to know	5	4	3	2	1
Adequate number of parent meetings	5	4	3	2	1
<b>How do you feel your <u>child</u> would rate this coach?</b>	5	4	3	2	1
<b>How do you would <u>you</u> rate this coach?</b>	5	4	3	2	1

What are the positive aspects of this coach you appreciate? \_\_\_\_\_  
 \_\_\_\_\_

What suggestions can you make to help this coach's development? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**All survey information will be complied by Morden Minor Hockey Executive and a summary of results/comments will be shared with the coaching staff for their development.**

**Thank you for taking the time to fill in the survey**

# For your safety:

**Effective 2008 - 2009**

**All on-ice participants including coaches  
are required to wear a CSA approved helmet  
during all Hockey Manitoba  
sanctioned Minor Hockey activities**

**Coming Soon**

Look for information  
regarding helmet  
discounts on the Hockey  
Manitoba website



[www.hockeymanitoba.mb.ca](http://www.hockeymanitoba.mb.ca)