

# **NBAHA Mite Coach / Manager Handbook**

20110821



# **NBAHA**

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## **Mission Statement:**

**The primary purpose of the North Branch Area Youth Hockey Associations Mite program is to give kids, regardless of their age and athletic ability, an opportunity to develop playing skills and game knowledge in a safe and fun environment, and to promote enjoyment for youth hockey families.**

## **Coaches Code of Conduct (USA Hockey)**

- Winning is a consideration, but not the only one, nor the most important one. Care more about the child than the winning of the game. Remember players are involved in hockey for fun and enjoyment.
- Be a positive role model to your players, display emotional maturity and be alert to the physical safety of players.
- Be generous with your praise when it is deserved; be consistent, honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach, don't yell at players.
- Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.
- Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.
- Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
- Be concerned with the overall development of your players. Stress good health habits and clean living.
- To play the game is great, to love the game is greater.

## **Communication**

- Pre season
  - Mite Director- Parent meeting (Mite Night)
  - Head Coach - Assistants meeting
  - Head Coach- Manager Meeting
  - Head Coach / Manager - Parent meeting
- Mid season
  - Head Coach / Manager - Parent meeting
- Post season
  - Coaches / Manager- Parent meeting (end of year party)
- Locker Room
  - Coaches / Managers be available before and after practices / games
  - Acknowledge kids / parents off the ice

## **Roles and Responsibilities**

- Mite Director
  - Anything Mite related
- Ice Director
  - Practice schedule
    - Indoor / outdoor
  - Game schedule
  - Jamboree schedule
- Head Coach
  - All on ice activities
    - Practice
    - Home games
      - Clock / bumpers if necessary
  - Responsible for cancellation of any outdoor practice
    - Below 0 F temp
    - Below 0 F wind chill
    - Above freezing - bad ice
  - Make decision a minimum of 2 hours before scheduled time
    - Call parents
    - Send email

- Asst. Coach
  - Assist Head Coach with all on and off the ice activities
- Manager
  - Communication with parents
    - Head Coach - Parent liaison.
    - Schedule updates
      - Practice cancellation / schedule changes
  - End of year party
  - Tournament activities including hotel reservations

## **Team Selection**

- Players will be placed on teams based on several factors
  - Skill levels
    - HEP drills performed during evaluations (Late October)
    - Skills based on USA Hockey Level 1 Skill Development Manual
  - Age / School grade
  - Team size
- Team level (USA Hockey)
  - A Mite
    - Upper intermediate
  - B Mite
    - Lower intermediate
  - C Mite
    - Upper beginning
  - D Mite
    - Initiation and upper beginning
  - Girls U8
    - Girls under 8 years old

## **Skills Assessment**

- Beginning of season
  - Last season B, C and D mites and will be evaluated at a pre season session
    - HEP Skills Evaluations
    - New mite skaters will not be evaluated and will be placed on a D mite team
  - Skaters may be moved to different Team based on assessment
- Middle of season (all levels)
  - Each player will be graded based on current year level (USA Hockey Level 1 Skill Development)

- Coaches should communicate with player on his or her strengths and weaknesses
- End of season (all levels)
  - Each player will be graded based on current year level (USA Hockey Level 1 Skill Development)
  - Coaches should communicate with player on his or her areas of improvement from mid season.
  - HEP skills performed and documentation returned to the Mite director.
- Assessment kept by Head Coach for all players throughout year
  - Turned in at end of year to the Mite Director
  - Used to aid placement for next year

## Practice

- Coaches
  - No shooting pucks!
  - Must wear helmet w/strap
- On Ice
  - 75% skills development
    - Stations
      - Group players in similar skill levels
        - Better skater development
      - Smaller groups to manage
      - Less “line” time
        - Reduce horse play
      - Shorter drills help keep skaters focused
      - Better utilization on ice
  - 25% Small area games
    - 3 on 3 cross ice (pond hockey)
    - Other fun games
      - Freeze tag
      - Pom-pom-pullaway
  - One lead coach on ice
    - Shared ice needs a ring master
    - Develop/Mentor other coaches
  - Have lesson plan before you hit the ice
    - Circulate lesson plan to asst coaches prior
      - Request and be open to feedback
    - Make sure everybody knows what is happening and is involved
    - Utilize USA Hockey skill development plans
    - **Make it fun**
    - Be flexible
    - Keep it simple

- Tailor lesson plan to available ice
    - Shared practices
- Dry land
  - Isanti dry land facility, Gym, Parking lot
  - Same rules apply as being on the ice
  - Team event (only members can participate)
  - Make sure it is on your schedule
  - Counts as a practice

## **Games**

- D10 sets game limits each year based on level of play
  - NBAHA determines the number of games a team plays based on
    - Allotted ice time for team
      - Based on registration fees
    - Achieving the goal of 3:1 practice to game ratio (USA Hockey)
- Encourage skaters to play every position regularly
  - Better player development
  - Any player that wants to play goalie should be given the opportunity
- Equal ice time for all

## **Game Format**

- Discuss and agree on format with opposing coach and referee prior to start of game
- Use Blue puck
- D Mites
  - Cross or half ice game
    - Use bumpers
  - 4 or 5 skaters + 1 in goal
    - No goalie gear
  - No Referee
    - Coaches on ice
  - 2 minute shifts
    - Change at horn
    - Running clock
  - No face offs except for at the start of the game
- C Mites
  - Full ice game
  - 5 skaters + 1 in goal

- Goalie gear
- Ref
  - Coaches on ice to help line up
- 2 minute shifts
  - Change at horn
  - Running clock
- Face offs
- Off sides
  
- A / B Mites / Girls U8
  - Full ice game
  - 5 skaters + 1 in goal
    - goalie gear
  - 2 Refs
  - Change on the fly
  - Face offs
  - Off sides
  - Icing
  - Penalties
    - player has to go to bench
    - skate 5 (no power play)

## **Jamborees**

- Mite teams (except Initiation level) may participate in one Jamboree per season (fee included in registration)
- C, D, and U8 jamborees participation will be selected and scheduled by Mite/Ice directors
- A and B jamboree participation may be selected by coach and approved by Mite Director
  - All jamborees must be within D10
- Additional jamborees may be played in at the C and D level
  - Needs to be pre approved by the NBAHA Board
  - Cost of jamboree is team responsibility
  - Jamborees count as games

## **Attendance**

- Head Coach - absence
  - Contact asst coach(s)
  - Provide lesson plan or guidance on what to do
    - Contact other head coach(s) if it is a shared ice practice
- Asst Coach - absence
  - Contact head coach

## **Disciplinary actions**

- Players
  - Verbal warning
  - Written warning, copy of warning submitted to the board and kept in the player's file
  - Game suspension, board notification, written documentation kept in player's file
  - Removal from team, this would need to be a board action, and written documentation kept in the player's file
- Parents
  - Verbal warning
  - Written warning, copy of warning submitted to the board and kept in the player's file
  - Game suspension, board notification, written documentation kept in player's file
  - Removal from team, this would need to be a board action, and written documentation kept in the player's file
- Coaches / Managers
  - Verbal warning
  - Written warning, copy of warning submitted to the board and kept in the coaches' file
  - Game suspension, board notification, written documentation kept in coaches' file
  - Removal from Coaching/Managing, this would need to be a board action, and written documentation kept in the coaches' file
- Reporting
  - Head Coach
  - Mite Director
  - NBAHA President
  - NBAHA Board

## **Other**

- Names on Jerseys
  - Up to parents (added cost)
    - Managers should facilitate
- No treats at practices
  - Food allergies
- End of year party
  - NBAHA provides awards
  - Up to Managers to coordinate
    - Added expense to parents
  - Coaches/Mangers gift optional
    - Added expense to parents