

OMGHA

Coaches Reference Document

Practice Drill references



Scott Medrano
9/3/2010

Coaches References Guide

Contents

OMGHA 2010/2011 Changes.....	2
Coaches Evaluation Process.....	4
New Locker Room Policy.....	4
EuroAmerican/Goalie Instruction Plans.....	5
Coaches Attendance at Skill Clinics.....	5
2010/2011 Training Matrix	5
Squirt/U10.....	5
Squirt/U10 Continued	6
Pee Wee/U12 & Bantam/U14.....	7
Pee Wee/U12 & Bantam/U14 Continued.....	8
Sample Drills for EuroAmerican Skills Clinic.....	9
2010-2011 Coach Registration.....	11
ALL POTENTIAL COACHES FOR THE 2010/2011 HOCKEY SEASON.....	11
OMGHA Contact information	12
OMGHA Contact information Continued.....	13
Practice Plans:.....	13
2010-2011 MINNESOTA HOCKEY DISTRICT 3 CALENDAR	14
2010-2011 MINNESOTA HOCKEY DISTRICT 3 CALENDAR Continued	15
Example Early Season Team Meeting Agenda.....	16
Parents and Players.....	16
Player Rules:.....	16
Team Uniform:	17
Season approach:.....	17
Parents only:	17

OMGHA 2010/2011 Changes

Length of practices

- As everyone can attest, hockey is very time consuming (coaches, players, parents, etc)
- To condense part of this commitment, we will be changing from 1 hour to 1 ½ hr practices (where / when possible)
- Reduce at least one session at the rink per week, yet not reduce the number of hours the players are on the ice
- Aid in the development of our players – additional time to communicate to players
- Change is a result of input received during 09/10 coaches' exit interviews

Skill development

- Change in format - replaced having skill development staff (Cory Laylin) visit multiple team practices in favor of weekly skills clinics on a designated evening.
- Focus of weekly clinic will be fundamental skills development (i.e. skating techniques / shooting techniques / passing skills / etc..)
 - Monday – Bantams / U14
 - Tuesday – Peewees / U12
 - Wednesday – Squirts / U10
- Additional 9+ hours of skills development / training for travel programs
- EuroAmerican Hockey Training will conduct the skaters development
- Prohybrid Training will conduct the goalie specific development
- SweetHockey
 - OMGHA has signed up to use the web video training from SweetHockey
 - Have each of your players sign up via the OMGHA web site

Locker Room Policy

- USA / Minnesota Hockey have adopted a new locker room policy for the upcoming season
- All teams will have at least one responsible adult directly monitoring the locker room during all team events to ensure that only approved participants (coaches and players) are involved
- Any individual meetings between a minor participant and a coach in a locker room shall require a responsible adult be with the coach.

Minnesota Hockey Penalty Rule

- Minnesota hockey will run a pilot program reducing minor penalty times in Youth games to 1:30 minutes instead of the current 2 minute minor penalty time.
- The 1:30 minute penalty time will be in effect for all games (league, exhibition/scrimmage, tournament, etc.) with 15-minute periods or less.
- The USA Hockey Youth Council granted the pilot project for the 2010-11 season to gauge whether this initiative should move forward as a permanent rule change the following year.

Coaches reviews

- There will be 2 coaches reviews this year, Mid-season and end of year

Code of Conduct

- This year the code of conduct will be followed by all within the association, no exceptions
 - If a parent, player or spectator does not follow the code of conduct please inform the level director to take action

MGCC West Arena cat walk

- We are asking coaches to notify their parents that the cat walk is off limits during games this season. OMGHA will be closing the cat walk during the OMGHA tournaments.

Coaches Evaluation Process

This year OMGHA is taking a different approach to coach's evaluations. We will be conducting two different evaluations, one at mid-season and one at the end of the year. The Mid-season evaluation will be an online survey with 5 questions. We will be providing feed back to the coaches during a mid-season meeting. The Mid-year meeting will be to review the mid-season evaluations and to obtain feed on the changes that have been made.

New Locker Room Policy

MINNESOTA HOCKEY

SUGGESTED PROVISIONS FOR ASSOCIATION OR TEAM LOCKER ROOM MONITORING RULES AND POLICIES

Background. In June 2010 the USA Hockey Board of Directors with a nearly unanimous vote adopted a policy mandating locker room monitoring for all USA Hockey youth teams, including teams of all USA Hockey affiliates. The policy originated with the Coaching Section and the Risk Management Committee, and was supported by the Legal Counsel. The rule simply provides that teams "...have at least one responsible adult present directly monitoring the locker room during all team events..." USA Hockey 2010-11 Annual Guide, p. 35. The details of how to implement the rule were left to the affiliates and the teams to determine.

Suggested Policies and Rules. This policy has given rise to numerous questions and possible interpretations. The MN Hockey Board of Directors recommends that the rules adopted by each local association or team include the following provisions:

1. The "responsible adult" can be the coach, but it might be more practical to add the team manger and/or selected team parents. Coaches have many tasks, and are not always in the locker room. Suggest choosing several parents to be certain every team event is covered.
2. "Responsible adults" should be of sufficient maturity (an early twenty- something is not mature enough to supervise a bantam locker room).
3. All locker room monitors must be screened in accordance with the MN Hockey Screening Policy. Screening involves no cost to the affiliate.
4. The locker room monitors should be carefully chosen, and understand that their role is strictly supervision of the locker room. The non-coach locker room monitors are not coaches and should not attempt to be such.
5. The locker room monitors must be gender correct.
6. "All team events" means both games and practices, and monitoring is required whenever players are in the locker room. The staff must come early and stay late.
7. The locker room monitors must be physically in the locker room. One cannot supervise from the hallway. This applies even if other parents are in the locker room to assist a player with his or her equipment.

EuroAmerican/Goalie Instruction Plans

Coaches Attendance at Skill Clinics

It is mandatory that coaches attend and participate in the Skills clinics. These Clinics are for the coaches as well as the kids. This year we will provide the drills that EuroAmerican Hockey will be using during the clinics, so that you can use them during your practices. These drills will be made available after each session as well as online.

2010/2011 Training Matrix

The OMGHA has decided to implement a training & development Matrix. This will be followed by EuroAmerican Hockey in the skills clinic. This Matrix will be on a 5 week rotating schedule for a total of 15 weeks of training. This will also help the coaches with a base line for the training and development of the kids.

Squirt/U10

Week	1	2	3	4	5
Power Skating	Edge Work	Start/Stops	Edge Work	Backwards Start/Stops	Backward Crossovers
	Stride Work	Transitions	Power turns	Backward Stride	Mohawks Forward to Backwards to forward
			Crossovers		
Stickhandling	Pushing (Breakaway & Cornering)	Review	Review	Review	Rhythm Review
	Front Weight Transfers	Diagonal - 1 Hand	Skate to Stick (Inside)	Rhythm Stickhandling	Dekes
	Sides (L&R)	Diagonal - 2 Hands	Skate to Stick (Outside)	*2 Front 2 Side	2 side, 1 diagonal(1 hand)
		Deep Knee Bend		*2 Front, 1 Diagonal (1 hand)	2 side, 1 diagonal(2 hands)
				*2 Front, 1 Diagonal (2 hands)	Bobby Orr Scopes

Squirt/U10 Continued

Week	1	2	3	4	5
Shooting	Wrist Shots	Snap Shot *Straight *Push/Pull *1 timer	Backhand	Flip Shot	Review all four shots
	Quick Release (no dribbles)		*Straight	*Stop & Finish	
	Catch & Release		* Push/Pull	*Follow through to the lights	
	Puck in Shooting position		*Catch/Release	Quick Release	
	* After every shot stop and get rebound		*in tight (Around the Net)	Dekes	
Passing / Receiving	Stationery	Hard Spiral Passes Down Blue line	Post Up Passing Drills	Being a good receiver	Hard Long Passes
	Weight transfer	Accuracy	Always lead receiver	Skating good routes/Angles	Receiving Hard Long Passes
	Moving-short passes	Forehand/Backhand Receiving	Area/Board Passing		
	Both Forehand & Backhand		Receive Board Passing		
	Control Passing				

Pee Wee/U12 & Bantam/U14

Week	1	2	3	4	5
Power Skating	Edge Work	Review	Review	Review	Review
	Stride Work	Start/Stops	Power Turns	Backward Power Stops/Starts	Mohawk *Forward to Back *Backward to Forward
	Under speed	Transitions	Crossovers Under speed then over speed	Backward Straight Agility	
Stickhandling	Under Handling (Breakaway & Cornering)	Review	Review	Review	Rhythm Review
	Front Weight Transfers	Diagonal - 1 Hand	Skate to Stick (Inside)	Rhythm Stickhandling	Dekes
	Sides (L&R)	Diagonal - 2 Hands	Skate to Stick (Outside)	*2 Front 2 Side	2 side, 1 diagonal(1 hand)
		Deep Knee Bend		*2 Front, 1 Diagonal (1 hand)	2 side, 1 diagonal(2 hands)
				*2 Front, 1 Diagonal (2 hands)	Bobby Orr Scopes

Pee Wee/U12 & Bantam/U14 Continued

Week	1	2	3	4	5
Shooting	Wrist Shots	Snap Shot *Straight *Push/Pull *1 timer	Backhand	Flip Shot	Review all four shots
	Quick Release (no dribbles)		*Straight	*Stop & Finish	
	Catch & Release		* Push/Pull	*Follow through to the lights	
	Puck in Shooting position		*Catch/Release	Quick Release	
	* After every shot stop and get rebound		*in tight (Around the Net)	Dekes	
Passing / Receiving	Stationery	Hard Spiral Passes Down Blue line	Post Up Passing Drills	Being a good receiver	Hard Long Passes
	Weight transfer	Accuracy	Always lead receiver	Skating good routes/Angles	Receiving Hard Long Passes
	Moving-short passes	Forehand/Backhand Receiving	Area/Board Passing		Saucer Pass
	Both Forehand & Backhand		Receive Board Passing		
	Control Passing				

Sample Drills for EuroAmerican Skills Clinic

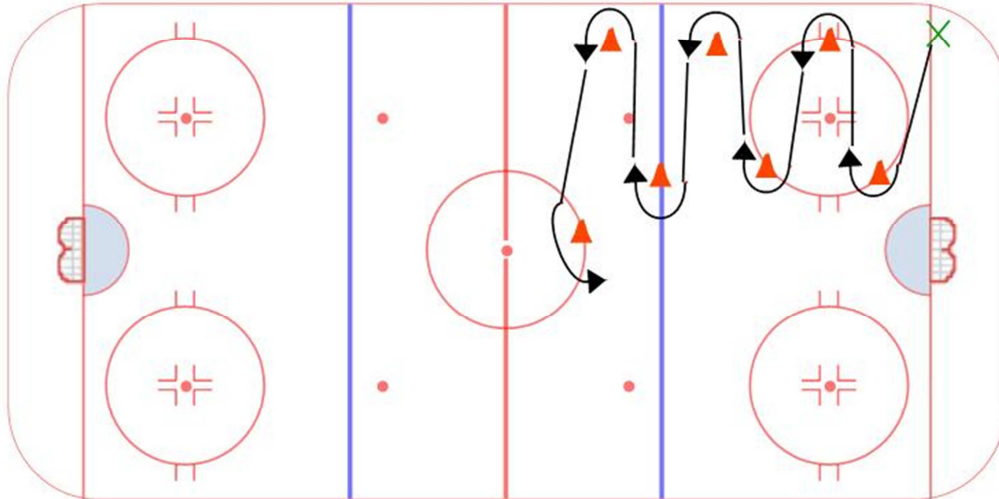
Category #1 : EuroAmerican Hockey

Category #2 : Edges

Title : Inside/Outside Edges

Content elements :

Components :



Key points :

Inside Edges only

Outside Edges Only

2 foot power turns

Description

- Inside Edges
- Outside Edges
- *Touch inside hand as you go around the cones
- Power Turns

Advance Group

*Backwards (incontrol 25% speed)

Variation: Add shot at the end, pass from coach; Catch and Release (no stick handling)

*Teaching Point

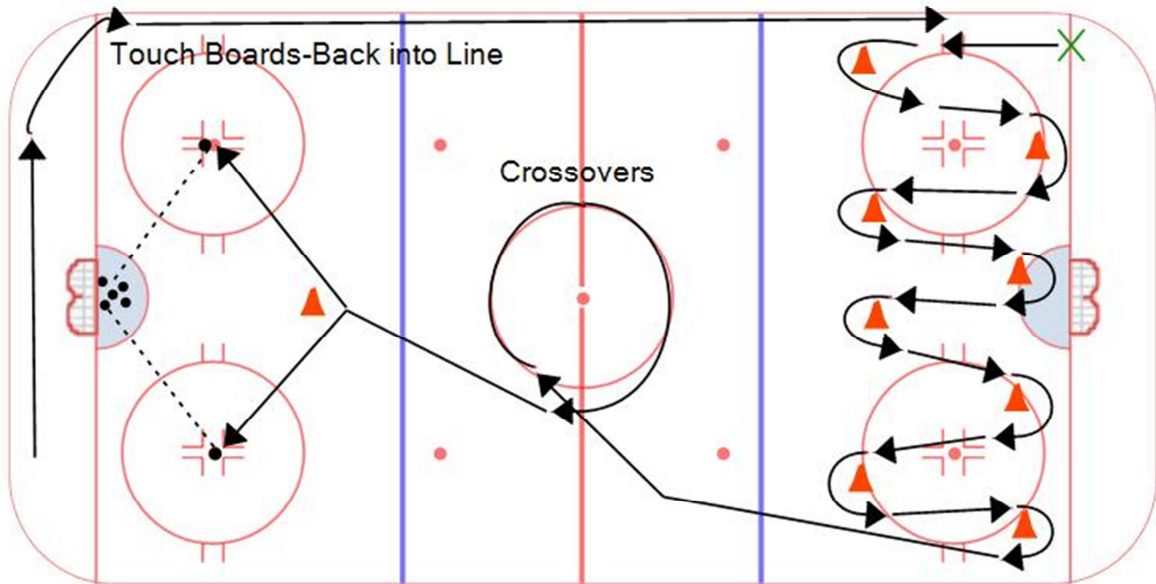
-Power turns-stick always in front of player. (follow your stick)

Category #1 : EuroAmerican Hockey

Title : Edge Work

Category #2 : Edges

Content elements : _____ Components: _____



Key points :

Power Turns
Stick in Front

Description

- Inside Edges 2 Times
- Outside Edges 2 Times (Touch Cone with Inside Hand)
- Inside Out 360 degree around cone
- Power Turns (stick in front)
 - * Weight over front knee
- 360 degree insode-outside Power turns
- *Change Direction Periodically

2010-2011 Coach Registration

ALL POTENTIAL COACHES FOR THE 2010/2011 HOCKEY SEASON

Coaches need to go through several steps before they can be added to a team roster:

1. Register online at USA Hockey to obtain your Confirmation number. Go to USA Hockey's web site to register--this is required EVERY YEAR for both coaches and players.

After you have completed your USA Hockey registration, please click on the gray bar link above to register as a coach with OMGHA.

2. Provide us with a photocopy of your non-expired CEP card at the appropriate level.
3. Turn in a completed background check--this is due EVERY YEAR. This can be found on the OMGHA web site under coaches.
4. For the 2010-2011 season, we will be issuing a \$40 refund voucher when all of the coaching requirements above have been met. This voucher can be used for any OMGHA-related costs (i.e. subsidies, apparel, camps)

Please send all coaching documents to:

OMGHA Registrar

16563-81st PI N

Maple Grove, MN 55311

registrar@omgha.com 612-770-3864

Level required at each level

Mite/supermite/U8 – level 1

Squirt and 10U – level 2

PW/Ban/12U/14U – level 3

OMGHA Contact information

- VP of Boys Traveling
 - Doug Scites
 - 763-443-3683
 - VPTraveling2@OMGHA.COM
 - Tim Clark
 - 763-424-6144
 - VPTraveling1@OMGHA.COM
- VP of Girls Traveling
 - Lance Olson
 - 763-213-7659
 - VPGirls@omgha.com
- Ace Coordinator
 - Scott Medrano
 - 612-817-7162
 - ACE@omgha.com
- Level Directors
 - Bantam
 - Kent Gerloff
 - 612-799-4276
 - Bantam1@omgha.com
 - Jason Hill
 - 763-486-9882
 - Bantam2@omgha.com
 - Pee Wee
 - Mike Hoben
 - 612-220-8447
 - Peewee1@omgha.com
 - Adam Gronlund
 - 612-396-5152
 - Peewee2@omgha.com
 - Squirt
 - Brad Dahl
 - 612-791-5276
 - Squirt1@omgha.com
 - Joe Shoults
 - 763-420-7833
 - Squirt2@omgha.com

OMGHA Contact information Continued

- U14
 - Dan Mclean
 - 612-396-0830
 - U14@omgha.com
- U12
 - John Baldwin
 - 763-528-0852
 - U12@omgha.com
- U10
 - Ken Helvey
 - 763-416-2049
 - U10@omgha.com

Practice Plans:

<http://www.minnesotahockey.org/page/show/84443-practice-plans>

2010-2011 MINNESOTA HOCKEY DISTRICT 3 CALENDAR

- Thur. Sept. 23 District 3 Scheduling, A & B Levels, Ban., PW, 12U's - 5:00 p.m. - Plymouth Ice Center - Center Room
- Sun Sept. 26 Beltline Referee Seminars - Levels 2 - 3- 4 - Brooklyn Park Community Center
- Sun. Oct. Girls League Meeting -
- Sun Oct. 3 Beltline Referee Seminar - Level 1 - Brooklyn Park Community Center
- Wed. Oct. 6 District 3 Association Tournament Directors Meeting - 6:00 p.m. - New Hope Arena, Room 1
- Oct. Girls League Coordinators meeting
- Oct. District 3 C League Kick-Off meeting -
- Wed. Oct. 13 District 3 meeting - 7:00p.m. - Crystal Community Center
- Tue. Oct. 19 District 3 Scheduling, Girls Leagues, Squirt Leagues, C Leagues- 5:00 p.m. - Plymouth Ice Center
- Tue. Oct. 19 Waiver Signing for Travel & C League -
- Oct. D3 Metro Hockey League Meeting -
- Tue. Oct. 26 A & B 12U's, Peewees, Bantams MANDATORY Managers & Coaches Meeting -
7:00 - Brooklyn Park Community Center
- Thur. Oct. 28 Roster Verification Meeting - Bantams, Peewees, 12 U, A & B - Plymouth Ice Center
- Sat. C.E.P. - Level 1 -
- Sun. C.E.P. - Level 2
- Mon. Nov. 1 12U, Peewee, Bantam, A & B League play begins
- Wed. Nov. 10 District 3 meeting - 7:00 p.m. - Crystal Community Center
- Wed. Nov. 10 Roster Verification Meeting - Plymouth ice Center - C teams, 10 U, 14 U, Squirts A & B
- Nov. C League MANDATORY Coaches Meeting -
Metro League Coaches & Managers MANDATORY meeting

2010-2011 MINNESOTA HOCKEY DISTRICT 3 CALENDAR Continued

Nov. C.E.P. - Level 3 -

Mon Nov. 22 Roster Verification & Waivers Meeting - Plymouth Ice Center - 14 U, Mite 3 on 3, waivers for mites, Squirt A, B, C

Mon. Nov. 22 Squirts & Girls (10U's, 14U's,19U's) MANDATORY Managers & Coaches Meeting - 7:00 p.m. - Brooklyn Park Community Center

Nov. Metro League Scheduling -

Tue. Nov. 30 C League play begins

Tue. Nov. 30 League Hearing - Location T.B.A.

Wed. Dec. 1 Roster Verification Meeting - Plymouth Ice Center - Mites, 8 U, Jr. Gold

Sat. Dec. C.E.P. - Level 1 -

Sun. Dec. C.E.P. - Level 2 -

Dec. Metro League play begins

Mon. Dec. 6 Squirt & 10 & U League play begins

Mon. Dec. 6 Advanced Mite Inter-Association play begins

Wed. Dec. 8 District 3 meeting - 7:00p.m. - Crystal Community Center

Tue. Dec. 14 League Hearing - Location T.B.A.

Mon Dec. 20 Roster Verification - Final Meeting - Plymouth Ice Center

Example Early Season Team Meeting Agenda

Parents and Players

- Introduction of Staff:
- Coaching staff Introduction.
- Schedule: Review
- A season to remember (have a theme)
- Hand out season calendar and review
- Coaching Philosophy: (Vision for the team) (Most important part of the meeting)
- Fun: positive environment Good people, good students & good players
- Represent our community with pride
- Transition from recreational to serious hockey (Bantams)
- Individual skill acquisition: Skating; Puck Skills: Concept skills
- Team skill acquisition: Application of concepts
- Special teams: PP/PK
- Control the controllable
- Win, lose or draw together. Always together.

Player Rules:

The four Great E s

1. Great Effort
 2. Great Execution
 3. Great Endurance
 4. Great Enthusiasm
- Always be on time: 45 minutes before ice time.
 - Be respectful to teammates, coaches, opponents, officials, and parents.
 - Learn your role and play it well
 - Be responsible for you actions on and off the ice
 - Team first, me second.
 - Support your teammates on and off the ice.
 - Do not take the coaches criticism personally. We are trying to make you better.
 - Clean up the locker room: Leave it cleaner than we found it.
 - Equipment: Protective gear: Long gloves or slash pads required.
 - Church, Family and team conflicts: Discussion
 - School conflicts and academic performance:
 - If you need to miss a practice or game for academic reasons skip the game and come to practice.
 - Practice is the beginning and end of excellence. Games are the reward for hard work in practice.
 - Academic performance is far more important than athletic performance.

Team Uniform:

- Practices and Games
- Tennis shoes/warm-ups/ jacket
- Clear tape: practice socks

Season approach:

- Marathon: February 15th the real season begins.
- Everything prior is getting ready for the playoffs
- Invitational tournaments/Jamborees (fun, everybody plays all situations)
- District games (Important)
- Scrimmage games (Everybody plays all situations)
- Playoffs (The real season begins)
- Play of Players : Explanation of player utilization.
- Team Goal: Get Better every week.
- Initial line up. A place to start.

Parents only:

- Philosophy expanded:
- Positive environment
- Airplane analogy ** (see below)
- Play of Players; Reiterate
- Coach /Parent discussions; Guidelines (association procedures)
- First year player expectations (no pressure-They need to adjust to the faster level)
- Team Manager
- Business meeting.
- Parent assignments

**** Airplane Analogy**

Draw a horizontal line on a white board that represents the beginning of the season on the left end and the best possible end of the season at the far right end. Then place a mark at the point where the district play concludes, the district play offs conclude, the regional play offs conclude, and the state tournament concludes.

Then discuss with the parents that the beginning of the season is like taking off from the Minneapolis International airport and heading to Los Angeles (LAX). As a passenger you board the plane, read a book, take a nap and as far as you know take a direct route to LAX. In reality what is happening is that the auto pilot on the plane is constantly re adjusting the flight path. The plane is subjected to updrafts and downdrafts (draw these on the board) and the auto pilot must take corrective action and bring the plane back on course. Most hockey teams will usually will have periods of updrafts and down drafts during the season and the coaches (auto pilot) will be required to get the team back on course. This discussion then leads into the role of the parents in the success of the season. As coaches there is value in that a good staff can take the team to point X (wherever you indicate on the line above) but to get the full potential from the team the parents need to help. They need to be supportive of the coaching staff and all of the players on the team. Going back to the airplane analogy, we want to surround the team with positive uplift all the time and keep negative downdrafts away from the team.

Mosquito Analogy:

A parent that criticizes in public is like a mosquito bite on the arm of the team. One bite is not bad, but the second and third bite starts to annoy the team. As the bites add up and they are scratched by other parents joining in the bites begin to bleed and then become infected. Eventually the patient (team) gets sick and dies. The point is that the parents have the ultimate responsibility to create the proper environment for the team (and therefore their child) to have the maximum amount of success their collective talent will allow. There are only a couple coaches on most teams and 35-40 parents. If the coaches and parents are not on the same page the team outcome will be less than it could have been. Parent criticism in the stands, at practice to other parents and in front of their child hurts the team and their own child.

Using analogies to make a point are a fun and effective way to communicate with a group of people. The two analogies above are easy to understand and I have found that parents get the point and they remember. By placing the responsibility on the parents for the final outcome of the season you will find that they will, through peer pressure, eliminate much of the negative energy that can creep into a team during the season.

Good luck.