



1775 Bob Johnson Drive | Colorado Springs, CO 80906-4090  
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## **CEP Materials & Resources**

### **Coaching Materials from USA Hockey**

[http://www.usahockey.com//Template\\_Usahockey.aspx?NAV=CO\\_07&ID=19650](http://www.usahockey.com//Template_Usahockey.aspx?NAV=CO_07&ID=19650)

[http://www.usahockey.com//Template\\_Usahockey.aspx?NAV=CO\\_07\\_02&ID=19686](http://www.usahockey.com//Template_Usahockey.aspx?NAV=CO_07_02&ID=19686)

### ***Materials Distributed at USA Hockey Coaching Clinics:***

*Manuals for level 1,2,3*

*Practice Plan Manuals*

*Heads Up Hockey Kit*

*Responsible Sports Program*

*Official Rules of Ice Hockey*

*Small Area Games Manual and Disk*

*Checking the Right Way Manual*

*Red White and Blue Coaching Plans*

### ***Additional Materials Available On Coaches Website***

[http://www.usahockey.com//Template\\_Usahockey.aspx?NAV=CO\\_07\\_05&ID=275670](http://www.usahockey.com//Template_Usahockey.aspx?NAV=CO_07_05&ID=275670)

#### *6 & under mini-Mites*

Basic Structure for 6U practices

6 sample practices

#### *8 & under Mites*

Basic Structure for 8U Mite practices

Off-ice Mite practice philosophy

Off-ice Mite practice plans



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20 sample (on-ice) practice plans

*10 & under Squirts*

8 Goaltender practice plans

40 sample (on-ice) practice plans

**Goaltending Content**

[http://www.usahockey.com/usahgoalies/default.aspx?NAV=AF\\_11&ID=265716](http://www.usahockey.com/usahgoalies/default.aspx?NAV=AF_11&ID=265716)

Downloadable practice plans with drill explanations and embedded video links  
(Beginner, Intermediate and Advanced levels)

Warren Strelow Goaltender Mentor Program

Articles, drills and related goaltender content

**NTDP Stick Skills**

[http://www.usahockey.com//Template\\_Usahockey.aspx?NAV=CO\\_07\\_03&ID=193748](http://www.usahockey.com//Template_Usahockey.aspx?NAV=CO_07_03&ID=193748)

20 downloadable videos

**Body Contact & Checking Materials**

[http://www.usahockey.com//Template\\_Usahockey.aspx?NAV=CO\\_07\\_04&ID=270654](http://www.usahockey.com//Template_Usahockey.aspx?NAV=CO_07_04&ID=270654)

[http://www.usahockey.com//Template\\_Usahockey.aspx?NAV=ET\\_03&ID=299508](http://www.usahockey.com//Template_Usahockey.aspx?NAV=ET_03&ID=299508)

Introduction to Body Contact

Advanced Body Contact

Checking the Right Way for Youth Hockey

Off-Ice Checking Drills (video)

USA Hockey Magazine podcasts (audio)

On-Ice Clips, PDF files, audio links



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### ***Age Specific Module Content***

[http://www.usahockey.com//Template\\_USAHockey.aspx?USAHockeyType=ICE](http://www.usahockey.com//Template_USAHockey.aspx?USAHockeyType=ICE)

Modules include workbooks for each chapter for the coaches to print and download to assist in season planning and execution. Modules also include practice plans and other materials.

### ***Parent Education Information***

Hockey Parents: Make a Difference (video)

Zero Tolerance Policy (PDF)

How to Turn Difficult Parents into your Best Volunteers (Power Point)

2004 Parent Education Seminar (Power Point)

### ***Disabled Coaching Manual***

#### ***ADM Materials***

[www.admkids.com](http://www.admkids.com)

Printable ADM Guide (PDF)

ADM Stage Breakdown documents (PDF)

ADM 'FAQ' page

Windows of Trainability chart



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