

MINNESOTA HOCKEY COACH DEVELOPMENT PROGRAM

In Minnesota, we take pride in our premier development model for youth hockey players, the community based model. One of the most critical components for success under this model is the knowledge and dedication of volunteer coaches. To continually improve the experience and development opportunities we provide our coaches and players, Minnesota Hockey is excited to offer these free, two-part 90-minute Coach Development Programs*.



Fundamental Skills – This session will cover the benefits of station based practices, small area games, ABC's of athleticism and practice-to-game ratios.

Skills Progression – This clinic will center on long term athlete development (LTAD). Important topics to be included are windows of trainability, the progression of skill development and training intensity over a players' career.

Body Positioning – The classroom training will focus on the role body contact and positioning have in the game, particularly along the boards and in small areas, and how small area training helps develop those skills. On-ice drills will enhance personal safety, proper body contact/checking and increase the chances of winning one-on-one battles in tight spaces.

Off- Ice Training – This clinic will detail dry land training methods including age appropriate drills for building agility, balance, body contact, speed, strength and stick skills. The session doesn't include an on-ice component but will contain a similar demonstration session in a dry land training area.

*Not required for coaches such as CEP. Development team comes to association's location.



Minnesota Hockey salutes all of you for your
commitment and dedication to hockey in Minnesota!

For more information, Call Derek Ricke at 651-312-3415



Minnesota Hockey Coach Development Program

Coach Development Program
Minnesota Hockey
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Questions?
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Name	_____
Association	_____
Phone	_____
Arena Name	_____
Arena Address	_____
_____	_____
City	State Zip

Skills Clinic Registration Form

Sign up for:	Date	Time
<input type="checkbox"/> Fundamental Skills	__/__/__	__:__ am/pm
<input type="checkbox"/> Skills Progression	__/__/__	__:__ am/pm
<input type="checkbox"/> Body Positioning	__/__/__	__:__ am/pm
<input type="checkbox"/> Off-Ice Training	__/__/__	__:__ am/pm

Please provide three potential dates and times for the clinic.

No. Coaches in Association:	_____
Expected Coach Attendance:	_____
Expected Parent Attendance:	_____