



# **CMHA Coach's Meeting**

**September 29<sup>th</sup> 2021**



# Why Are we all Here Tonight?

- *Covid Year – little coach support*
- *Difficulty finding coaches/Assistant coaches*
- *Little direction or cohesiveness among CMHA coaches*
- *Coaches left on an island*
- *Differences in Development of Players*
- ***What is our purpose as a Minor Hockey Association??***



## Meeting Agenda

- **Welcome & Introductions**
- **The Role of an Impactful Coach?**
- **CMHA Player Development Model**
  - *Stages of Development*
  - *CORE Skills & Evaluations*
  - *AP Process for Development of Players*
- **Coach Development & Mentorship**
  - *Coach's Manual*
  - *CMHA Coach Communication*
- **Coach Certifications**
- **Practice Support & Skill Clinics**



# The Role of an “Impactful” Coach

*“To Harness & Develop Human Beings who just happen to play hockey!”*

***HOW?***

*By Asking:*

*“Do I have this player’s best interest at heart?”*



# Coaching the Team VS Coaching the Player

- **“Team” First Coaching for Development**
  - Have roles on a team pre-set
  - Players evaluate based on current skill level for roles on that team that year
  - Fit Players into certain roles on the team
  - Feedback – Winning Team
- **“Player” First Coaching for Development**
  - No Pre-set roles on team
  - Players evaluate based on Skating, Compete, Hockey IQ, & Athleticism
  - Roles on the team change as development occurs and team dynamic changes as this occurs.
  - Feedback – Improvement in Player IPP’s.



# Evaluating “Impactful” Coaches

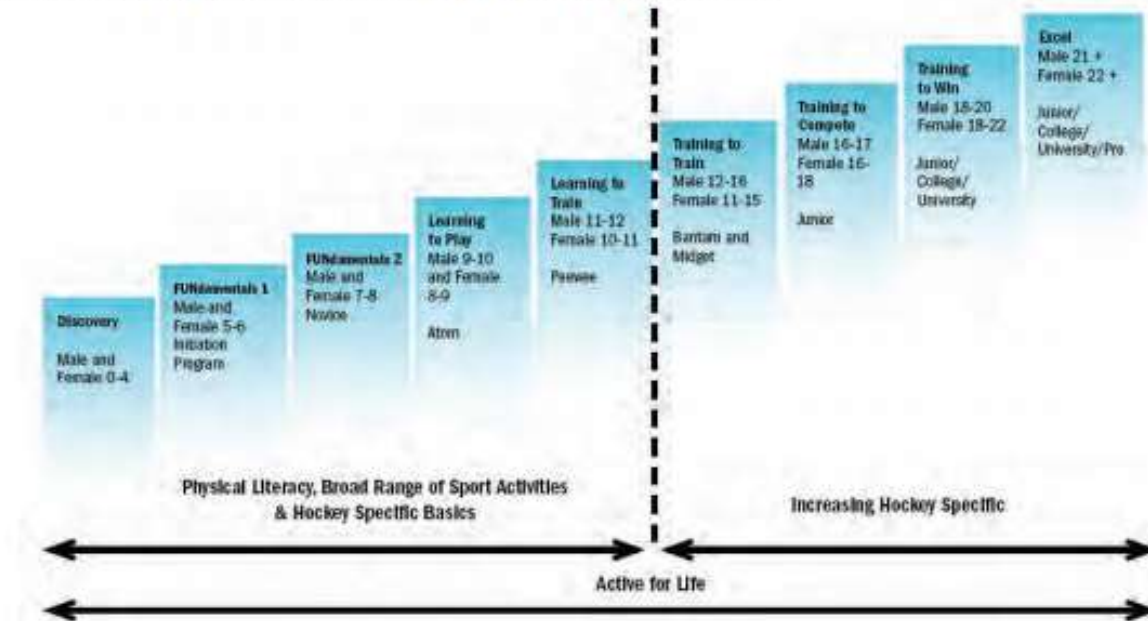
- *The result of Winning is not development*
- *Keeping players engaged and staying in the game.*
- *Players moving successfully to the next level*
- *Growth of our association*



# CMHA Player Development Model

## 9 Stages in Long-Term Player Development

The minor hockey player in Canada needs to experience a wide variety of learning activities that correspond to his or her level of abilities and capacities. Hockey Canada's Long Term Player Development model has 9 stages. This could also be referred to as the Hockey Player pathway or progression. The following diagram outlines this progression in generic terms.



# CORE Skills & Evaluations

- [www.hockeycanada.ca](http://www.hockeycanada.ca)



## U7 SKILLS LTPD STAGE - Fundamentals 1



Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> <li>Basic stance</li> <li>Getting up from the ice</li> <li>Balance on one foot</li> <li>Jumping on 2 feet / 1 foot</li> <li>Gliding on two skates</li> <li>Gliding on one skate – fwd and bwd</li> <li>Lateral Crossovers – step and plant / continuous</li> </ul>	<ul style="list-style-type: none"> <li>Inside edge glide</li> <li>Figure 8's – forward – inside &amp; outside edge</li> <li>Figure 8's – backward – inside &amp; outside edge</li> <li>Slalom</li> </ul>	<ul style="list-style-type: none"> <li>T-start</li> <li>Front v-start</li> <li>Crossover start</li> <li>Backward c-out start</li> <li>One o'clock – eleven o'clock</li> <li>Outside leg stop</li> <li>Two-foot parallel stop</li> <li>One-leg bwd stop</li> <li>Two-leg bwd stop</li> </ul>	<ul style="list-style-type: none"> <li>C-cuts – left foot / right foot /</li> <li>C-cuts alternating</li> <li>T-push</li> <li>forward striding</li> </ul>	<ul style="list-style-type: none"> <li>C-cuts – left foot / right foot /</li> <li>C-cuts alternating</li> <li>Gliding on two skates – backward</li> <li>Gliding on one skate – backward</li> </ul>	<ul style="list-style-type: none"> <li>Glide turns</li> <li>Tight turns</li> <li>C-cuts – around circle – outside foot – forward &amp; backward</li> <li>Crossovers – forward &amp; backward</li> <li>Backward on-foot stop and s-start</li> <li>Pivots – bwd to fwd &amp; fwd to bwd</li> <li>Pivots – open &amp; reverse</li> </ul>
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	
<ul style="list-style-type: none"> <li>Stance</li> <li>Narrow</li> <li>Wide</li> <li>Side – front – side</li> <li>Toe drag – front &amp; side</li> </ul>	<ul style="list-style-type: none"> <li>Narrow</li> <li>Wide</li> <li>Open ice carry – forehand &amp; backhand</li> <li>Weaving with puck</li> <li>Toe drag – front &amp; side</li> </ul>	<ul style="list-style-type: none"> <li>Stationary forehand pass</li> <li>Stationary backhand pass</li> <li>Stationary bank pass</li> </ul>	<ul style="list-style-type: none"> <li>Moving forehand pass</li> <li>Moving backhand pass</li> </ul>	<ul style="list-style-type: none"> <li>Forehand – sweep shot</li> <li>Forehand – wrist shot</li> <li>Backhand – sweep shot</li> <li>Forehand – flip shot</li> </ul>	
Individual Offensive Tactics	Individual Defensive Tactics				
<ul style="list-style-type: none"> <li>Body fakes</li> <li>Stick fakes</li> </ul>	<ul style="list-style-type: none"> <li>Angling</li> </ul>				









# CMHA AP Process For Development

- **Purpose:** *To develop a process of movement to further develop players at the next level while maintaining the principle “putting players in a position to succeed.”*
- *U11 Group and up*
- *Focus is mainly on practices*
- *Coaches of each team discuss the need and which players have “earned” to get called up.*
- *Positive for those players on the “bubble” through evaluations.*



# Coach Development & Mentorship

- *Coach vs Coaching Team*
- *Communication: CMHA Coach Contact Information*
- *Practice Shadowing/Sharing*
- *Coach Mentor*
- *Hockeycanada.ca/Hockey Canada App*
- *Thecoachessite.com*
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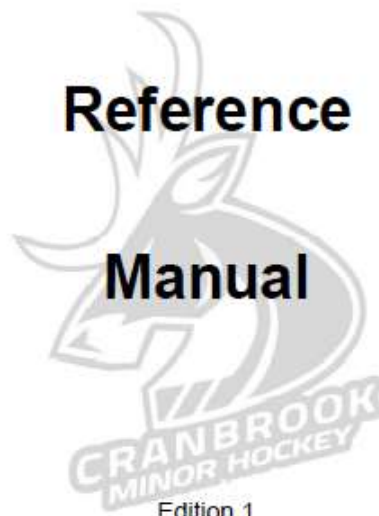


# CMHA Coach's Manual

**Coaching**

**Reference**

**Manual**



Edition 1

July 2021



# Coaching Certifications

- *<https://register.hockeycanada.ca/home>*
- *HCR 3.0 alongside Spordal Inc.*
  
- **These courses are all done Online except for Dev 1 In Class & On Ice Evaluations.**
- **If you do not have any one of these certifications, you must register and attend the course AS SOON AS POSSIBLE**



# Coaching Level & Certifications

## U7 & U9

1. *Respect In Sport*
2. *Concussion Awareness*
3. *Updated Criminal Record Check*
4. *HU Coach 1/2*
5. *Coach 1 Clinic*



# Coaching Level & Certifications

## U11 – U18 Recreational

1. *Respect In Sport*
2. *Concussion Awareness*
3. *Updated Criminal Record Check*
4. *HU Coach 1/2*
5. *Coach 2 Clinic*



# Coaching Level & Certifications

## U11 – U18 Rep

1. *Respect In Sport*
2. *Concussion Awareness*
3. *Updated Criminal Record Check*
4. *HU Coach 1/2*
5. *Dev 1 – Online*
6. *Dev 1 Part 2 – In Class & On Ice Eval*





# Practice Support & Skill Clinics

- *Goalie Clinics*
  - *Nathan Leuwen & Cranbrook Bucks*
- *Skill Clinics*
  - *Scheduled throughout the year through CMHA*
  - *Schedules to be determined yet*
- *Practice Support*



# Coach's & Team Conduct and Responsibilities

- *phones*
- *Bullying*
- *Change rooms*
- *Social media*
- *Dressing room cleanliness*
- *Conduct away from the team*

**Questions??**

