



Coach Resources

OWHA Coach Requirements

[2022-23 OWHA Requirements](#)

All qualifications listed are the MINIMUM REQUIREMENT
All Team Officials Must...

- Anyone 18 and over must have a satisfactory VSS/VSC on file with the association
- Have Respect in Sport (RiS) - Activity Leader or Speak Out!
- Complete Rowan's Law Resource Review & Acknowledgement
- Be registered with the OWHA.
- Be a minimum of two (2) years older than the oldest player in all divisions except for Senior division.
- Be a minimum of 16 years of age.
- Have at least ONE insured female staff.
- All Trainers must a minimum of 16 years of age.

DIVISION	CATEGORY	HEAD COACH	ASSISTANT COACH (RECOMMENDED)	TRAINER
U11	House League / DS	Coach 2 -Coach Level	Coach 2 -Coach Level	HTCP Level 1
U11	Competitive	Development 1 Trained ³	Coach 2 -Coach Level	HTCP Level 1
U13	House League / DS	Coach 2 -Coach Level	Coach 2 -Coach Level	HTCP Level 1
U13	BB, B, C	Development 1 Trained ³	Development 1 Trained ³	HTCP Level 1
U13	AA, A	Development 1 Certified ⁴	Development 1 Trained ³	HTCP Level 1
U15	House League /DS	Coach 2 -Coach Level	Coach 2 -Coach Level	HTCP Level 1
U15	BB, B, C	Development 1 Trained ³	Development 1 Trained ³	HTCP Level 1
U15	A	Development 1 Certified ⁴	Development 1 Trained ³	HTCP Level 1
U15	AA	HP1 Certified ⁵	Development 1 Trained ³	HTCP Level 1
U18	House League / DS	Coach 2 -Coach Level	Coach 2 -Coach Level	HTCP Level 1
U18	BB, B, C	Development 1 Trained ³	Development 1 Trained ³	HTCP Level 1
U18	A	Development 1 Certified ⁴	Development 1 Trained ³	HTCP Level 1
U18	AA	HP1 Certified ⁵	Development 1 Trained ³	HTCP Level 1
U22	House League	Coach 2 -Coach Level	Coach 2 -Coach Level	HTCP Level 1
U22	A, B, C	Development 1 Certified ⁴	Development 1 Trained ³	HTCP Level 1
U22	AA	HP1 Certified ⁵	Development 1 Trained ³	HTCP Level 1
U SPORTS	University	As per U SPORTS	As per U SPORTS	HTCP Level 1
Fundamentals	COACH & ASSISTANT COACHES in these divisions MUST have			HTCP Level 1
U7, U8 & U9	Coach 1 – Intro to Coach. No other qualifications are accepted.			HTCP Level 1
Senior	All	Recommended: If Coach is assigned the individual must have Coach 2 -Coach Level. Respect In Sport for Activity Leaders not required.		HTCP Level 1

COACHING QUALIFICATION LEGEND:

1. Coaches of FUNdamentals, U7, U8 and U9 divisions **must** hold Coach 1-Intro to Coach qualification – **No other qualifications are accepted.**
2. Coach 2-Coach Level or higher: Coach 2-Coach Level or; Development 1 'Trained' or 'Certified'; High Performance 1 & 2 'Trained' or 'Certified.'
3. Development 1 'Trained' or higher: Development 1 'Trained' or 'Certified' or High Performance 1 & 2 'Trained' or 'Certified.'
4. Development 1 'Certified' or higher: Development 1 'Certified' or High Performance 1 & 2 'Trained' or 'Certified.'
5. High Performance 1 'Certified' or higher: High Performance 1 & 2 'Certified.'

Official OWHA Team Rosters

- **All Players** must be listed on the official team roster before they can play any games
- **All Staff** (Coach, assistant coach, trainer, staff) must be listed on the official team roster to be on the bench
- All head coaches should have a copy of their teams official OWHA roster, if you do not have this, please email your convenor as well as the association registrar

Tournaments

When Registering

- Team name must be displayed as North Bay Junior Lakers U(age) Last Name OWHA #
- Example: North Bay Junior Lakers U11 Jefferies #6210
- All teams must register for our Junior Lakers tournament as long as we have a division for your team
- House teams can take part in up to 2 out of town tournaments
- Competitive teams can take part in up to 5 out of town tournaments plus Provincials
- You may ask the executive for permission to take part in additional out of town tournaments

Team Budgets

- If collecting money from players all teams should have a team budget
- Team budgets are to be sent 3 times per year to your convenor and the association treasurer
 - December 15th
 - February 15th
 - April 30th

- If you would like a team budget template to use email vp@nbgha.com

Nipissing Lakers Women's Hockey



Teams have Opportunities for
Events with the Lakers

1. Intermission Game (Free, only cost is tickets to get into the game for parents/supporters)
2. Skills Sessions Included (1-2 times per month during scheduled practices)

Nipissing Lakers Women's Hockey



Intermission Games

- Coaches will receive a list of open intermission game opportunities
- All U7, U9 and U11 teams should take part in at least 1 intermission game during a Lakers Women's Hockey Game at some point during the 2023-24 season
- kcjefferies587@my.nipissingu.ca or vp@nbgha.com to sign up for a game



Hockey Canada Skills Pyramid – U9

- 10% Team Tactics
- 15% Individual Tactics
- 75% Technical Skills

U9 SKILLS

LTPD STAGE - Fundamentals 2



Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> • Basic stance • Balance on one foot • Gliding on two skates • Gliding on one skate – forward and backward • Lateral Crossovers 	<ul style="list-style-type: none"> • Figure 8's – forward – inside & outside edge • Figure 8's – backward – inside & outside edge • Heel to Heel (Mohawk) • 1 leg weaving – fwd / bwd 	<ul style="list-style-type: none"> • Front v-start • Crossover start • Backward c-cut start • One o'clock – eleven o'clock stops • Outside leg stop • Two-foot parallel stop • One-leg backward stop • Two-leg backward stop 	<ul style="list-style-type: none"> • C-cuts – left foot / right foot / alternating • Crossunders • T-push • Forward striding 	<ul style="list-style-type: none"> • C-cuts – left foot / right foot • Gliding on two skates – backward • Gliding on one skate – backward • Backward Striding • 1 Crossover / Reach 	<ul style="list-style-type: none"> • Glide turns / Tight turns • C-cuts – around circle – outside foot – forward & backward • Crossovers – forward & backward • Pivots – bwd to fwd & fwd to bwd • Pivots – open & reverse
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	Individual Offensive Tactics
<ul style="list-style-type: none"> • Stance • Narrow / Wide • Side – front – side • Toe drag – side/front • Attack Triangle 	<ul style="list-style-type: none"> • Narrow / Wide • Open ice carry – forehand & backhand • Weaving with puck • Toe drag – front & side • Attack the Triangle 	<ul style="list-style-type: none"> • Stationary forehand pass • Stationary backhand pass • Stationary bank pass 	<ul style="list-style-type: none"> • Moving forehand pass • Moving backhand pass • Pass and Follow 	<ul style="list-style-type: none"> • Forehand - wrist shot • Backhand - sweep shot • Forehand / backhand shots in motion • Forehand - flip shot • Backhand - flip shot 	<ul style="list-style-type: none"> • Body fakes • Stick fakes • Dekes • Moves in Combination • Net Drives
Individual Defensive Tactics	Team Play				
<ul style="list-style-type: none"> • Angling • Basic 1 on 1's • Escape moves • Puck retrievals 	<ul style="list-style-type: none"> • Basic Positioning – all players should play all positions 				

Hockey Canada Skills Pyramid – U11

- 5% Strategy
- 10% Team Play
- 15% Team Tactics
- 20% Individual Tactics
- 50% Technical Skills

U11 SKILLS

LTPD STAGE – Learn to Play



Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> • All Skating Skills from Initiation and novice • Forward Scissor Skate • Lateral Crossovers • C-cuts toe on puck 	<ul style="list-style-type: none"> • Figure 8's – forward – inside & outside edge • Figure 8's – backward – inside & outside edge • Heel to Heel (Mohawk) • 1 leg weaving – fwd / bwd 	<ul style="list-style-type: none"> • Front v-start • Crossover start • Backward c-cut start • Outside leg stop • Two-foot parallel stop • One-leg backward stop • Two-leg backward stop 	<ul style="list-style-type: none"> • Forward striding • Linear crossovers • Acceleration • Quick Feet • Evasive skating 	<ul style="list-style-type: none"> • C-cuts – left foot / right foot • Backward Scissor skate • 1 Crossover / Reach • Backward Striding 	<ul style="list-style-type: none"> • Glide turns / Tight turns • C-cuts – around circle – outside foot – forward & backward • Crossovers – forward & backward • Pivots – bwd to fwd & fwd to bwd • Pivots – open & reverse
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	Individual Offensive Tactics
<ul style="list-style-type: none"> • Narrow / Wide • Side – front – side • Toe drag – side/front • Attack Triangle 	<ul style="list-style-type: none"> • Narrow / Wide • Open ice carry – forehand & backhand • Weaving with puck • Toe drag – front & side • Attack the Triangle 	<ul style="list-style-type: none"> • Stationary fhd pass • Stationary bhd pass • Forehand saucer pass 	<ul style="list-style-type: none"> • Moving forehand pass • Moving backhand pass • Pass and Follow • Cross and Drop 	<ul style="list-style-type: none"> • Forehand - wrist shot • Backhand - shot • Forehand / backhand shots in motion • Forehand - flip shot • Backhand - flip shot • Tips / Deflections 	<ul style="list-style-type: none"> • Body fakes • Stick fakes • Dekes • Moves in Combination • Net Drives
Individual Defensive Tactics	Team Play				
<ul style="list-style-type: none"> • Angling • Basic 1 on 1's • Escape moves • Puck retrievals • Gap Control • Tracking 	<ul style="list-style-type: none"> • Basic Positioning – D Zone • Basic Breakouts • Basic Entries 				

U13 SKILLS

LTPD STAGE – Learn to Train



Hockey Canada Skills Pyramid – U13

45% Technical Skills
25% Individual Skills
10% Team Tactics
10% Team Play
10% Strategy

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> All Skating Skills from Initiation, novice and atom Fwd / Bwd Scissor Skate Lateral Crossovers C-cuts toe on puck 	<ul style="list-style-type: none"> Figure 8's – forward – inside & outside edge Figure 8's – backward – inside & outside edge Heel to Heel (Mohawk) 1 leg weaving – fwd / bwd 	<ul style="list-style-type: none"> Front v-start Crossover start Backward c-cut start One-leg bwd stop Two-leg bwd stop 	<ul style="list-style-type: none"> Forward striding Linear crossovers Acceleration Quick Feet Evasive skating 	<ul style="list-style-type: none"> C-cuts – left foot / right foot Backward Striding 1 Crossover / Reach 	<ul style="list-style-type: none"> Glide turns / Tight turns C-cuts – around circle – outside foot – forward & backward Crossovers – forward & backward Pivots – bwd to fwd & fwd to bwd Pivots – open & reverse
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	Individual Offensive Tactics
<ul style="list-style-type: none"> Narrow Wide Side – front – side Toe drag – side/front Attack Triangle Quick hands Range of motion 	<ul style="list-style-type: none"> Narrow / Wide Open ice carry – forehand & backhand Weaving with puck Toe drag – front & side Attack the Triangle Quick hands Range of Motion 	<ul style="list-style-type: none"> Stationary forehand pass Stationary backhand pass Forehand saucer pass Backhand saucer pass 	<ul style="list-style-type: none"> Moving forehand pass Moving backhand pass Moving fhd saucer pass Pass and Follow Cross and Drop 	<ul style="list-style-type: none"> Forehand - wrist shot Backhand - shot Forehand / backhand shots in motion Forehand - flip shot Backhand - flip shot Tips / Deflections Snap / Slap shot 	<ul style="list-style-type: none"> Body fakes / shot fakes Stick fakes / fake pass Dekes Moves in Combination Net Drives Change of pace Puck protection Control skating Saving ice
Individual Defensive Tactics	Team Play				
<ul style="list-style-type: none"> Angling Basic 1 on 1's Gap control Escape moves Puck retrievals Tracking 	<ul style="list-style-type: none"> Basic Positioning – D Zone Basic Breakouts Regroups Entries Forechecks 				

Hockey Canada Skills Pyramid – U15

- 40% Technical Skills
- 15% Individual Skills
- 20% Team Tactics
- 15% Team Play
- 10% Strategy

U15 / U18

LTPD STAGE – Train to Train

Skating	Individual Offensive Play Puck Control	Individual Offensive Play Passing / Receiving	Individual Offensive Play Shooting	Team Play / Offensive Skills
<ul style="list-style-type: none"> • Strong On Feet • Stride • Edges • Transition And Pivots • Change Of Direction • Acceleration / Crossovers • Stability • Power • Agility • Quick Feet • Evasive Turns • Escapes • Skate The Game • NZ Speed 	<ul style="list-style-type: none"> • Control • Carry With Speed • Protection/In A Crowd • Driving To The Net • Stick Fakes • Body Fakes • Dekes • Moves In Combination • Creativity • Deception 	<ul style="list-style-type: none"> • Puck Management Skills • Passing • Look Offs • Receive And Control Consistently • Pick up Bad Passes • 1st Pass Threat • Finding Seams 	<ul style="list-style-type: none"> • Being An Option • Quick Release • In Stride • Change Puck Angle • Shot Choice • Shot Mentality • Find Shooting Lane 	<ul style="list-style-type: none"> • Head Up • Puck Protection • Puck Management • Quick Transition • Smart Puck Support Principles (Under Pressure) • Entries • Retrievals • Hinging • Delays • Cycling • Net Drives • Anticipation
Individual Defensive Skills	Team Play / Defensive Skills	Intangibles	Hockey Sense	
<ul style="list-style-type: none"> • Angling • Stick On Puck • Defensive Side Positioning • Shot Blocking • Boxing Out • Fronting • Controlled Skating • Tracking • Transition From Defense To Offense 	<ul style="list-style-type: none"> • Timing And Support - Spatial Awareness • Situational Gap Control • Read and React • Communication 	<ul style="list-style-type: none"> • Dedication To Being An Elite Athlete • Be In Every Battle • Resiliency • Work Ethic • Communication Skills • Emotional Control • Does "Whatever It Takes" 	<ul style="list-style-type: none"> • Ability To Make Decisions That Affect The Play • Ability To Understand The Tactics Necessary To Compete At This Level • Adaptability 	

Hockey Canada Skills Pyramid – U18

- 35% Technical Skills
- 15% Individual Skills
- 20% Team Tactics
- 15% Team Play
- 10% Strategy

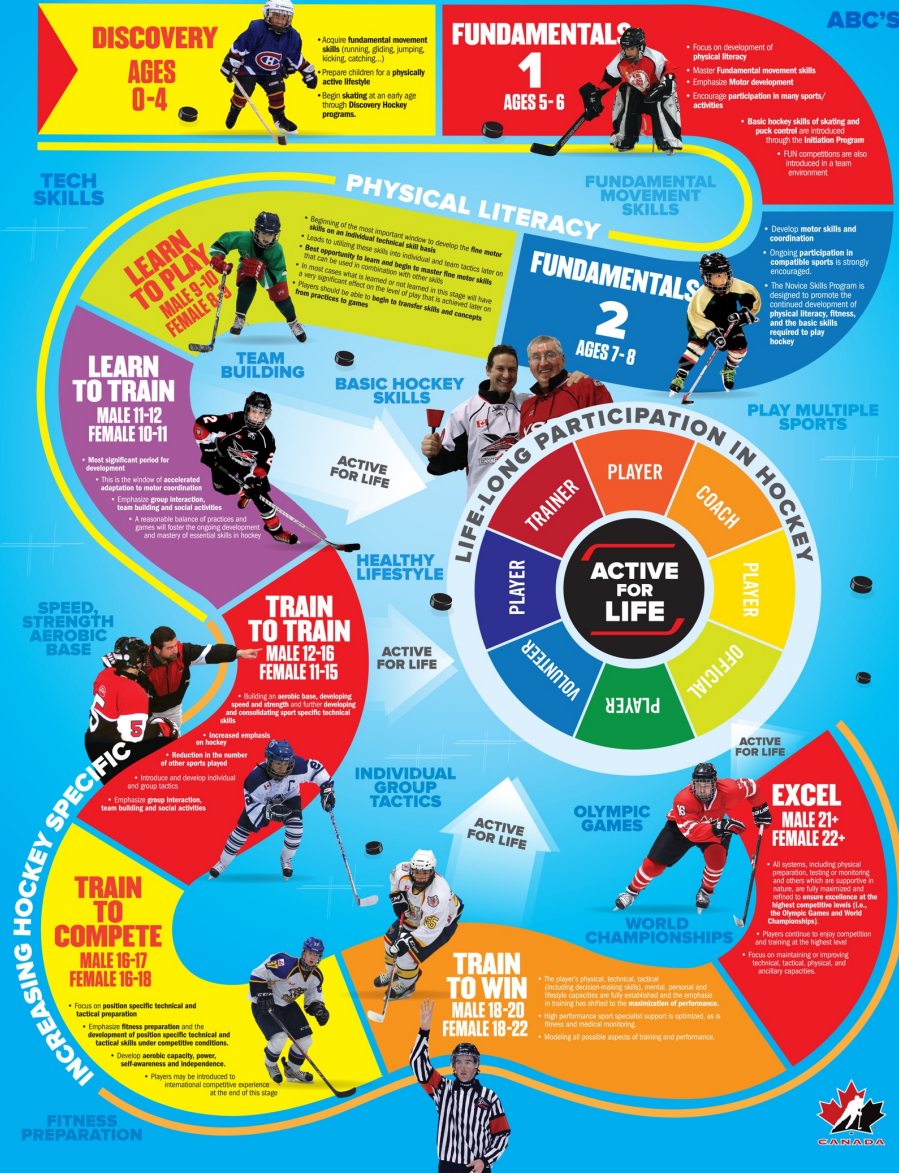
U15 / U18

LTPD STAGE – Train to Train

Skating	Individual Offensive Play Puck Control	Individual Offensive Play Passing / Receiving	Individual Offensive Play Shooting	Team Play / Offensive Skills
<ul style="list-style-type: none"> • Strong On Feet • Stride • Edges • Transition And Pivots • Change Of Direction • Acceleration / Crossovers • Stability • Power • Agility • Quick Feet • Evasive Turns • Escapes • Skate The Game • NZ Speed 	<ul style="list-style-type: none"> • Control • Carry With Speed • Protection/In A Crowd • Driving To The Net • Stick Fakes • Body Fakes • Dekes • Moves In Combination • Creativity • Deception 	<ul style="list-style-type: none"> • Puck Management Skills • Passing • Look Offs • Receive And Control Consistently • Pick up Bad Passes • 1st Pass Threat • Finding Seams 	<ul style="list-style-type: none"> • Being An Option • Quick Release • In Stride • Change Puck Angle • Shot Choice • Shot Mentality • Find Shooting Lane 	<ul style="list-style-type: none"> • Head Up • Puck Protection • Puck Management • Quick Transition • Smart Puck Support Principles (Under Pressure) • Entries • Retrievals • Hinging • Delays • Cycling • Net Drives • Anticipation
Individual Defensive Skills	Team Play / Defensive Skills	Intangibles	Hockey Sense	
<ul style="list-style-type: none"> • Angling • Stick On Puck • Defensive Side Positioning • Shot Blocking • Boxing Out • Fronting • Controlled Skating • Tracking • Transition From Defense To Offense 	<ul style="list-style-type: none"> • Timing And Support - Spatial Awareness • Situational Gap Control • Read and React • Communication 	<ul style="list-style-type: none"> • Dedication To Being An Elite Athlete • Be In Every Battle • Resiliency • Work Ethic • Communication Skills • Emotional Control • Does "Whatever It Takes" 	<ul style="list-style-type: none"> • Ability To Make Decisions That Affect The Play • Ability To Understand The Tactics Necessary To Compete At This Level • Adaptability 	

Each stage reflects a different point in developing the player:

- The first four stages emphasize **physical literacy** and a broad range of sport experiences.
- The next five stages focus on **development and competitive excellence**.
- **Active for Life** encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.



A smooth transition from developing physical literacy to lifelong physical activity and participation in sport, or from the podium pathway to competitive for life, fit for life or engagement as a sport and physical activity leader.

Competitive for Life embodies all sport that functions under a set of rules, with the exception of the podium pathway, which is defined by Train to Train, Train to Compete and Train to Win.

Fit for Life includes all physical activity such as hiking, gardening, yoga, aerobics, skiing and walking, as well as non-organized sport (self-determined rules) such as pick-up games in the school yard or park.

Sport and Physical Activity Leaders includes those individuals who contribute in ways other than being an athlete or participant in the sport or activity itself. This group encompasses coaches and instructors, officials, administrators in either a volunteer or professional capacity, and those involved in sport science and medicine. It is possible that these individuals take part in the Competitive for Life and/or Fit for Life pathways.

Resources

Hockey Canada LTPD

- [U9](#)
- [U11](#)
- [U13](#)
- [FUNdamentals](#)
- [All Ages \(including U15/18\)](#)

Other Resources

- [NHLCA](#)
- [Hockey Canada Coach Resources](#)
- [COACHTHEM](#)
- [Ice Hockey Systems](#)
- [OWHA](#)

Does your team have a female head coach or assistant coach that goes above and beyond? Consider nominating them for BFL and Hockey Canada's Female Coach of the Year.

Please share BFL Coach of the Year Link with your parents.



**NOMINATE
YOUR COACH
TODAY!**

HOCKEYCANADA.CA/BFLCOACH

