



PMHA COACHES MEETING 2019-2020 SEASON

Coach Coordinators, Rod Kenney & Jason Wild

October 6, 2019

AGENDA

- ▶ Coach Coordinator Role
- ▶ Philosophy & Coaching Goals
- ▶ PMHA/OHA Training Agreement
- ▶ Coach Evaluations
- ▶ PMHA Jr Coach Program
- ▶ Mentorship
- ▶ Coach Clinics/Requirements
- ▶ Affiliate Players
- ▶ Resources
- ▶ Long Term Player Development (LTPD)
- ▶ OMAHA updates
- ▶ Player conduct/PMHA dressing room policy
- ▶ Support staff
- ▶ Coach Conduct/Code of Ethics
- ▶ Goalie ice
- ▶ Keys to a good practice
- ▶ Head Check Concussion
- ▶ BC Coaches Conference
- ▶ Divisional meetings
- ▶ Buddy Check For Jesse
- ▶ PMHA Dryland space/Skate w Power
- ▶ Questions



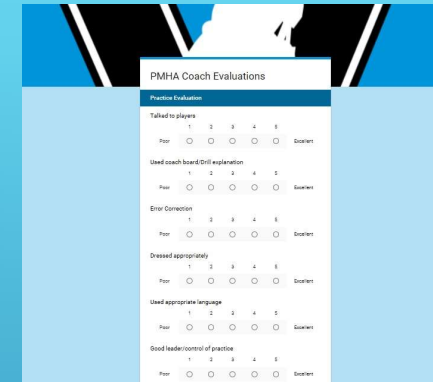
COACH COORDINATOR

- ▶ Rod – Novice, Atom, Bantam. Jason – Initiation, Peewee, Midget.
- ▶ Support coaches – Set-up to succeed
- ▶ Liaise with executive board on behalf of coaches
- ▶ Selection of coaches – Coach Selection Committee
- ▶ Promote coach and player development
- ▶ Oversee evaluation process
- ▶ Evaluate coaches throughout season – Practices & Games
- ▶ Establish consistency year to year and team to team
- ▶ Mentor and introduce new ideas/techniques
- ▶ Fill in for coaches when applicable



COACH EVALUATIONS

- ▶ Practices & Games
- ▶ Identifies strengths and weaknesses.
- ▶ Provides a track record for coaches, which can be used for future coach selection.
- ▶ Holds PMHA and coaches accountable. (Coaches agreement & code of conduct)
- ▶ Open process – Communication.
- ▶ Coach Coordinator – On-ice/bench to assess, assist or lead. Observation.
- ▶ Google Doc



The image shows a screenshot of a 'PMHA Coach Evaluations' form. The form is titled 'Practice Evaluation' and contains several sections for rating a coach's performance. Each section has a 'Poor' rating at the bottom and a 'Excellent' rating at the top, with five circles in between for intermediate ratings. The sections are: 'Talked to players', 'Used coach board/did explanation', 'Error correction', 'Dressed appropriately', 'Used appropriate language', and 'Good leader/control of practice'. The form is set against a background that includes a stylized hockey player in a blue and white uniform.



PHILOSOPHY

- ▶ PMHA's coaching philosophy is to create a positive, safe environment that promotes good sportsmanship and focuses on:
 1. Player development (individual skills & teamwork). Skills vs. systems.
 2. A positive experience for every player.



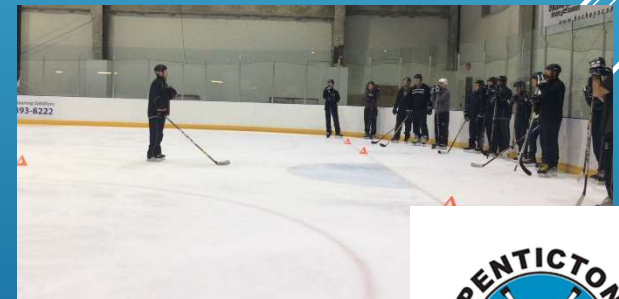
COACHING GOALS

- ▶ Coaches should continuously strive to improve and develop their skill set and offer the best experience to their players.
- ▶ Run a thorough and unbiased evaluation and team selection process.
- ▶ Establish a consistent program from team to team and year to year.
 - ▶ HC Skills checklist/ LTPD
 - ▶ Development over winning
 - ▶ Common goals/approaches



PMHA/OHA TRAINING AGREEMENT

- ▶ WHL Combine Testing (2 dryland training in lieu of off-ice combine)
- ▶ Goalie ice – Wednesdays 4:45pm SOEC
- ▶ Goaltender video analysis – Rep & Development teams
- ▶ Power skating instruction for coaches – Jessica Campbell
- ▶ OHA-led skills sessions for development & rep teams – 7 each
- ▶ Technical Skills – Thomas Pacina
- ▶ Trainer Seminar w/ Heather Perrin
- ▶ Nutrition, Mental health, Mark Fitzgerald Anaheim Ducks.
- ▶ Mentorship
- ▶ Referee – Kozari Development Camp
- ▶ Reserve Fund – Hockey Canada Network App, tablets, etc.



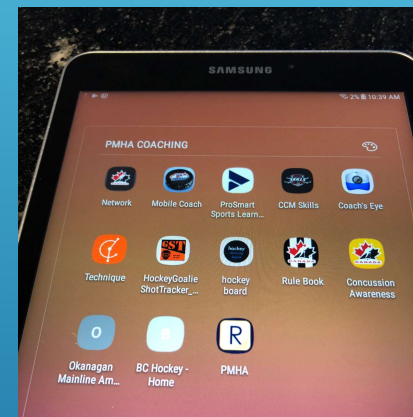
PMHA GOALIE ICE

- ▶ Wednesdays SOEC 4:45-5:45pm
- ▶ One group
- ▶ Open to coaches
- ▶ Jesse Plewis, Tyler Love & Andy Moog



PMHA ON-ICE RESOURCES

- ▶ Boards/ foam dividers
- ▶ Small nets
- ▶ Shared Equipment Locker (Memorial arena)
 - ▶ Attack triangles, parachutes, shooter tutors
- ▶ Radar guns
- ▶ Foam pucks
- ▶ Penticton Vees helpers
- ▶ Tablets / tvs



PMHA JR COACH PROGRAM

- ▶ Registered PMHA & OHA players.
- ▶ On-ice helpers for teams at various levels.
- ▶ Promotes coaching to our future candidates.
- ▶ Establishes conduct standards for our coaches.
- ▶ Last year we had 8 participants.



MENTORSHIP

- ▶ Opt-in program
- ▶ Pairs experienced coaches with new coaches or coaches looking to coach at a higher level
- ▶ Gets conversations started
- ▶ Support
- ▶ OHA staff



COACH CLINICS

- ▶ Coach 1 – October 20, Kelowna, BC
- ▶ Coach 1 – October 26, Kamloops, BC

- ▶ Coach 2 – November 16, Penticton, BC
- ▶ Coach 2 – October 19, Kelowna, BC

- ▶ Development 1 – October 26 & 27, Penticton, BC
- ▶ (Peewee Rep & up need Dev 1 & Instructional Stream – Checking)

- ▶ Respect In Sport (RIS) – 4 year expiry
- ▶ Criminal Record Check (CRC) – 3 year expiry
- ▶ Concussion Awareness Training Tool (CATT) online



AFFILIATE PLAYERS (AP'S)

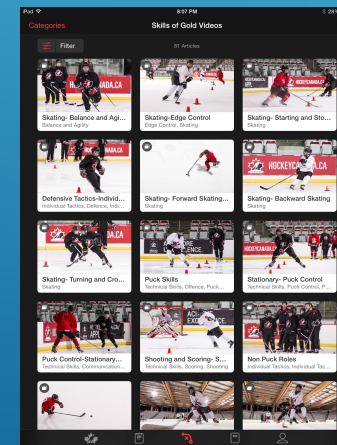
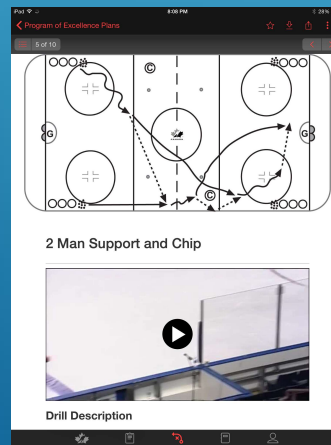
- ▶ Process starts AFTER Sept 28, 2019 for recreation
- ▶ Recommend AP'ing 4 players per team.
- ▶ Process is driven by Division Directors in cooperation with coaches.
- ▶ Review guidelines



RESOURCES

- ▶ PMHA website coaches section
- ▶ Hockey Canada materials
- ▶ Hockey Share
- ▶ Hockey Canada Skills checklist
- ▶ Hockey Canada Network App
- ▶ Instagram/You Tube

Hockey Canada Skills Checklist						
Drill	Initiation	Novice	Atom	PW	Bantam	Midget
	Introduction	Revision	Refine			
Balance & Agility						
1.01 Basic Stance						
1.02 Getting up from the ice						
1.03 Balance on one foot						
1.04 Jumping - one foot						
1.05 Gliding - arm pump						
1.06 Gliding on 2 skates						
1.07 Gliding on 1 skate - FWD						
1.08 Gliding on 1 skate - BWD						
1.09 Gliding with knee bend						
1.10 Gliding - 1 foot - toe on puck						
1.11 Lateral crossovers - Step and plant						
1.12 Lateral crossovers - continuous						
1.13 Lateral crossovers - over stick						
1.14 Shoot the duck - FWD & BWD						
Edge Control						
2.01 Figure 8's - FWD - inside edge						
2.02 Figure 8's - FWD - outside edge						
2.03 Figure 8's - BWD - inside edge						
2.04 Figure 8's - BWD - outside edge						
2.05 1 leg weave - FWD						



DEMONSTRATION

- ▶ PMHA coaches section > Training Sessions
- ▶ Hockey Canada Network App – Binder material, goaltending, skills of gold, add to practice plans, search.



HOCKEY CANADA LONG TERM PLAYER DEVELOPMENT (LTPD)

- ▶ Doing the right thing for the player at the right stage of their development.
- ▶ View development as a long term process.
- ▶ A need to educate parents on hockey development of their children.
- ▶ Using HC drills and manuals ensures appropriate drills and skills for the level.
- ▶ Review your applicable division



BC HOCKEY NOTICES & OMAHA UPDATE

- ▶ **Suspension guidelines**
- ▶ **Atom – playoffs are back. Atom Pathway.**
- ▶ **Novice APs (approx. 6 players identified by division director, play in rotation)**
- ▶ **Electronic scoresheets – Roster info 30 mins before games.**



PLAYER CONDUCT/DRESSING ROOM POLICY

- ▶ Player language, conduct, music
- ▶ Cell phones, social media
- ▶ 2-deep
- ▶ Last to leave
- ▶ Female dressing room peewee & older
- ▶ Vaping, Drugs, Alcohol, Tobacco



SUPPORT STAFF



- Require PMHA approval for assistants, manager, HCSP & on-ice helpers.



COACH CONDUCT & CODE OF ETHICS

- Agree by applying online.



Penticton Minor Hockey Association - Coaches Agreement

I, _____, having been selected to be the head coach of the _____ hockey team operating under the guidelines of Penticton Minor Hockey Association (PMHA) for the 2016/2017 season understand and fully agree to the following conditions:

1. I, the head coach must act with integrity in performing all duties owed to the athletes, the sport, officials, the parents, the community and other members of the coaching profession.
2. I, the head coach must maintain the highest standard of personal conduct and support principals of "fair play".
3. I, the head coach am responsible for the actions and behaviour of all assistant coaches, on-ice helpers, managers and players on my team while they are acting on behalf of PMHA.
4. I, the head coach and my support staff must act in the best interest of the athlete's personal development not just as an athlete but as an individual and proud member of our community.
5. I, the head coach and my staff will become familiar with the available resources from PMHA including the coach mentor program, coach resources, coach seminars/training sessions, player affiliation, player evaluation and selection policy and will take full responsibility to abide by and support all the rules, policies and bylaws of PMHA, BC Hockey and Hockey Canada.
6. I, the head coach agree to take responsibility to submit the names and personal information of all my assistant coaches and team manager to the PMHA Coach Coordinator for approval. This must be submitted prior to the commencement of the regular scheduled season for my team.



HEAD CHECK CONCUSSION

- ▶ Assessment & tracking software - \$5/player
- ▶ Software & baseline testing - \$20/player
- ▶ Profile follows player for years to come.



KEYS TO A GOOD PRACTICE

- ▶ Practice plan w/ times
- ▶ Follows LTDP & Hockey Canada Skills/drills appropriate
- ▶ Keep players moving
- ▶ Correction & player feedback override schedule
- ▶ Progressive drills + SAGs = game implementation (ie. Puck protection)
- ▶ Small area games
- ▶ Consider position-specific drills & station work
- ▶ Keep it fun (SAGs, ask the players, music?)
- ▶ Goalie plan – every practice!
- ▶ Coach for long-term development, not immediate gain (ie. atom/pw def not using boards) Some exceptions.



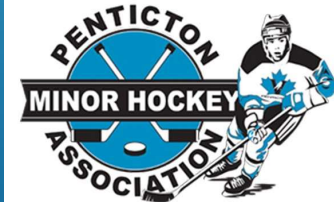
DIVISIONAL MEETINGS

- ▶ Outline practice layout & expectations
- ▶ Discuss common strengths & weaknesses
- ▶ Communicate concerns
- ▶ Work together
- ▶ Benefit to everyone to improve ALL PMHA players



BC COACHES CONFERENCE

- ▶ Kamloops, BC in July
- ▶ Speakers included Ken Hitchcock (Dallas Stars), Corey McNabb (Hockey Canada), Don Hay (Kamloops Blazers), Dan De Palms (Kamloops Blazers), Perry Pearn (Vancouver Canucks), Greg Kozaris, Don Nachbaur (LA Kings) and more.
- ▶ PMHA in partnership with OHA will send up to 4 coaches next summer to the BC Coaches Conference including registration & shared accommodations.



BUDDY CHECK FOR JESSE

DOWNLOADS

Here are a few tools you can print and share:



WALLET CARDS

2 x 3.5"

Print these double-sided cards.

[Download »](#)



PROGRAM POSTER

11 x 17"

Hang this poster at the rink, classroom or community bulletin board.

[Download »](#)



BUDDY POSTER

11 x 17"

Print this information poster with helpful tips on what to look for.

[Download »](#)



COACH'S TALK

8.5 x 11"


Double-sided pre-game talk and social media sheet.

[Download »](#)

Green Tape > Last weekend of October.



SKATE WITH POWER




\$10
Session

Skate With Power

OUR SERVICES:

- A) Dry Land (Weekly): \$10.00/Athlete Per Session (\$200/Athlete/Season)
- B) Dry Land (Weekly) + Power Skating (Monthly): \$10.00/Athlete Per Session (\$250/Athlete/Season)

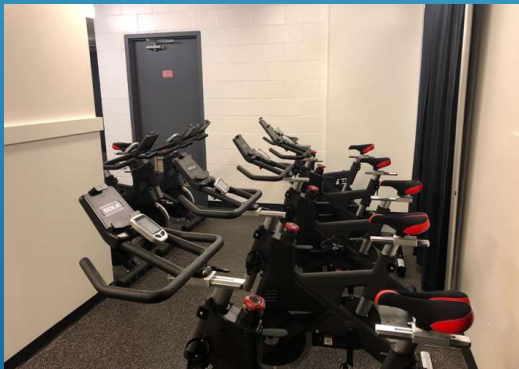
 **SKATE WITH POWER**

Email us admin@skatewithpower.com
Visit us www.skatewithpower.com
1340 Carmi Avenue, Penticton, BC.



PMHA DRYLAND SPACE

- ▶ Work in progress.
- ▶ Dryland, skills and team building.
- ▶ Boscu balls, balance boards, hockey sauce, spin bikes, Yoga mats, resistance bands, shooting tarps, dodge balls, etc.



LETS CELEBRATE!

- ▶ Charitable events
- ▶ Tournament wins
- ▶ Team activities
- ▶ Great sportsmanship/teammates
- ▶ Good Deeds Cup!



QUESTIONS?

- ▶ E-mail: rodkenney@hotmail.com or jasonwild.pmha@gmail.com
- ▶ Cell: 250-770-0989 or 250-809-2633

