



**SSHA**  
STANLEY·STICK·HOCKEY·ASSOCIATION

## 2024-2025 Season Coaches Meeting





# What guides SSHA?

## Our Mission - Why our organization exists

- Positive hockey culture.
- Balanced lifestyle.
- Proudly developing quality people on and off the ice.

## Our Vision – What we aspire to be

- An organization that is creating a lifelong love for sports in an inclusive hockey community where anyone can play.



# Agenda

- Introduction to the SSHA Exec Team
- Coaching and Development
- Power Skating & Goalie Instruction
- Girls Confidence Clinic Feedback
- Game Guidelines
- Super Sport
- Dressing Rooms
- Team Balancing & Player Groupings
- Concussions
- Safety & Reporting
- Referees
- Equipment
- Volunteer Recognition
- Important Dates
- Team App



# Executive Team

<b>Position</b>	<b>Held By</b>	<b>Position</b>	<b>Held By</b>
President	Jeff Moisan	Vice President	Steve Petryschuk
Treasurer	Scott Leduc	Registrar	Kevin Buis
Equipment Manager	Tony Rowlandson	Events Coordinator	Laura Turner
Past President	Jack Turner	Referee In Chief	Marc Parfect
Learn to Skate Convenor	Emily Michael	U8 Convenor	Brian Karkut
U10 Convenor	Travis McMunn	U12 Convenor	Dave Ramsaroop
U14 Convenor	Tom Gibson	U18 Convenor	Stuart Beumer
Digital Content Coordinator	Michael Fullerton	Special Projects	Melanie Taylor
Social Media Coordinator	Bryton Parfect	Confidence & Inclusivity Coordinator	Karen McKay



# Coaching Responsibilities

- Abide by SSHA Coaches Code of Conduct (SSHA Website)
- Vulnerable Sector Check and Criminal Offence Declaration Form provided and verified - **Prior to any coaching activity!**
- Helmets – **ALWAYS worn, ALWAYS done up! (Even at the Family skate this year).**
- **Player Safety - No firing pucks!**
- Timely communication with parents on any team specific items or division specific items passed on by the convenor
  - **No Longer need to BCC when sending emails**
  - League will continue to handle administrative and event specific communications via Constant Contact system
  - Do not rely solely on the RampTEAM app for communication
- Ensure ALL players get Equal ice time, use all coaches on the team
- You have committed to coaching your team, not just your child!



# Certifications (Optional)

- Coaches Certification
  - Hockey Canada Community Sport Level (Coach 1 & Coach 2)
  - **Reimbursed 50% in year one and 50% after second year of coaching**
- Trainer Certification
  - Offered through Hockey Trainers Ontario (HTCP Level 1 & Refresher)
  - **Reimbursed 50% in year one and 50% after second year of coaching**
  - 6 – 8 hours online, done at your own pace
  - Applicable to all sports
  - Test with a pass/fail



# Coaching Goals & Strategies

## All Divisions

1. **Age-appropriate skills and drills (Resources on SSHA Website)**
2. Make hockey fun for everyone involved
3. Plan and be prepared before you arrive
4. Use all of your coaches all of the time
5. Correct movements and skills when they happen

## U8 and U10

- **Come with the plan as if you are running the practice**
- Discuss and optimize a plan with the other coaches
- Focus on skill progression, safety, and fun
- Introduce – Develop – Refine

## U12 to U18

- **Come with the plan for both players and goalies**
- Design practices and drills around core technical skills, individual tactics and team tactics that require improvement
- Introduce – Develop – Refine
- Maximize Ice time and engagement from players – Limit standing around time
- Link Tactics to Technical skills – During games and practices
- Work on developing your knowledge and language specific to core skills and tactics





# Development

## PLAYER DEVELOPMENT PYRAMID








# Coaches Resources

- Resources on SSHA Website - “Coaches Resources”
  - SSHA Coaches Summary for each division:
    - Priorities
    - Both weekly and season planning
    - Skill development & progression
  - Link to Hockey Canada Drill Hub
  - Link to ADM Kids (American Development Model) practice plans
  - Coaches resources for players with exceptionalities
    - Karen McKay - SSHA Confidence & Inclusivity Coordinator



# Weekly Drills / Practice Plans

Hockey Canada Drill Hub (<https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub>)

 HOCKEY CANADA DRILL HUB [PRACTICE PLANS](#) [FAQ](#) [MORE RESOURCES](#)

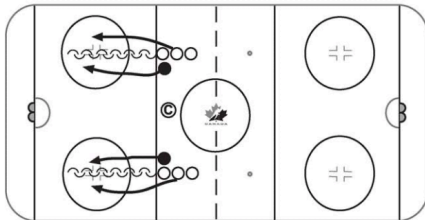
View All Ages  View All Categories  Search Drills   [Reset](#)

Showing 1 - 12 of 125 results

[Login or Create Account](#)

**NEW!**

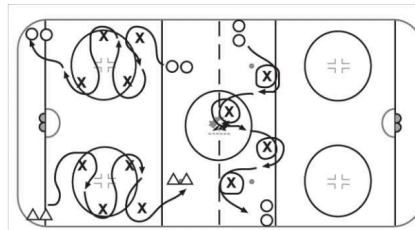
SKATING - SKATING WARM UP – TAG GAME



[VIEW FULL DESCRIPTION](#)

**NEW!**

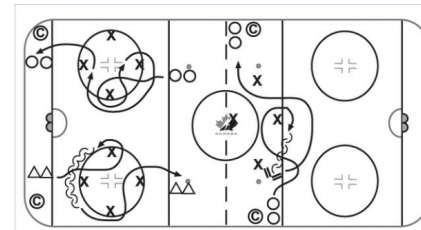
U11 - SKATING AGILITY SKATING STATIONS



[VIEW FULL DESCRIPTION](#)

**NEW!**

U11 - SKATING – AGILITY SKATING STATIONS #2



[VIEW FULL DESCRIPTION](#)



# Weekly Drills / Practice Plans

Hockey Canada Drill Hub (<https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub>)

The screenshot shows the Hockey Canada website interface. At the top is a red navigation bar with the Hockey Canada logo and menu items: OFFICIAL SITE, TEAM CANADA, CHAMPIONSHIPS, HOCKEY DEVELOPMENT, PLAYERS & PARENTS, and CORPORATE. On the right side of the bar are search, login, register, and language (EN) options. Below the navigation bar is a video player. The video title is "Skating - Skating Warm Up - Tag Game" with a subtitle "Sep. 26, 2016 at 2:27 p.m. MDT". Below the title are social media share buttons for Facebook, Twitter, and LinkedIn. The video content shows an indoor ice hockey rink with several players in various colored jerseys (red, white, black) practicing on the ice. The rink has "WING SPORT" branding on the ice surface. The stands are mostly empty.



# Full Year Practice Plans

## ADM Kids - American Development Model

(<https://www.admkids.com/page/show/915460-practice-plans>)

### WARMUP

**Free Play** (5 minutes)  
Let the players play with a variety of objects such as black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc.

### STATIONS

**Station 1: Skating Fundamentals/Sprints** (9 minutes)  
Power skating drills to work on stride technique and mechanics. Drills should incorporate fun into teaching. Work on the following:

- Balance and agility
- C cuts/edges
- Stride length and recovery
- Explosive starts

**Station 2: Puck Skills** (9 minutes)  
Coach gives the player a pass who catches it and shoots without stickhandling. Once the player catches and shoots and looks for an immediate rebound, the player picks up a puck in the corner and stickhandles through the tires with a 360 on the last one. After coming out of the 360, pass to player O. O passes to coach and goes back into line. X who made the pass to O then becomes O. Be sure to switch sides so that players catch pucks from both sides of their bodies.

**Station 3: Ringette Keep-Away** (9 minutes)  
Players play keep-away with rings in odd-numbered situations. You can play 1v1, 2v1, 2v2, etc. Work on stick strength and a strong bottom hand. Use deception and exaggerated movements when in possession of the ring. Encourage them to stay in a tight area so body contact occurs.

**Station 4: Small-Area Game Always 2v1** (9 minutes)  
Players play a small-area game that is always a 2v2 game with the parameter that, when they are on offense, it is always a 2v1. One player from each team is designated to always stay on the offensive side of the midline. When in possession on offense, a 2v1 should always be the case. Have players work on odd-man situations. On the defensive side, have the player who is not allowed back into the defensive zone always ready to get open for a clearing pass. Body contact is allowed and encouraged in tight areas.

### GAME





# Player Exceptionalities

- SSHA is committed to helping coaches provide a welcoming, inclusive and positive environment for all players.
- Confidence and Inclusivity Coordinator is a new role and resource for coaches, players and parents.
- Resources for coaches will include
  - Information guides to help coaches support players who may have unique needs related to:
    - speech, language and hearing
    - neurodiversity
    - medical conditions including diabetes
  - Tips for inclusive coaching for female and female identifying players, members of the LGBTQ+ community,
  - Suggestions to help coaches of younger players manage big feelings.



# Girls Confidence Clinic Feedback

## What can coaches do?

- Develop skills to compete alongside male players
  - Teach skills to play against potentially bigger players
  - Teach moves to get away/get puck away
  - Need encouragement to go get the boys/guys
- Help make the team gel, make it fun
- Give positive tips and options about how to do better
- Team bonding parties
- More team icebreakers - include the girls



# Power Skating

- Power Skating Coach is Brad Barbour
- Scheduling 4-5 sessions per team for U8 - U14
- U18 will have 2 team tactic sessions
- Sessions are as much for coaches as players:
  - Learn how to run the drills and refine skills
  - Participate and help Brad (stay engaged)
  - Help with underdeveloped skaters
  - Reinforce skills during the following weeks practice
- Once booked, schedule will be shared by convenors for each division
- Be prepared to start on time. We pay for this service!



# Goalie Equipment

- Video: SSHA Website under “Coaches Resources” tab
- Thick section running vertically on the goalie pad face (“outer roll”) goes on the outside
- Have kids wear goalie or hockey gloves when laying on ground to protect their fingers / hands
- U8 goalies gear up halfway through practice
- U10 and older goalies start practice with goalie gear on (except on power skating days).
- Goalies take the gear and stick home the week before
- Dedicate one coach to help players/parents in younger divisions with putting on goalie gear.





# Goalie Equipment

- SSHA has spent a significant amount of money on equipment for our programs.
- Please respect the goalie equipment
  - Use only for ice hockey
  - Air out between weeks
  - Notify convener of equipment issues immediately so we can swap out your set and arrange for repairs.
  - DO NOT Remove pieces from equipment!
- Left handed gear available upon request from convenors (Min. 5 days notice)



# Game Guidelines

- U8
  - Cross Ice Games
  - Shared Ice between 4 teams
  - 3 Minute shifts on a timer
  - No score keeping
- U10
  - Full Ice Games
  - 3 Minute shifts on a timer
  - No score keeping

In both divisions, the Home team is responsible for volunteer to run the clock.

\* There may be 1.5 hour ice times, reduce practice duration



# Game Guidelines

- U12, U14, & U18:
  - Full Ice Games
  - Changing on the fly
  - Scorekeeping to start at the scramble
  - Home team responsible for volunteer to run the clock and keep score
  - Game sheet (goals - no player #'s) and penalties required during the scramble. No game sheet for regular season.
  - No more than 3 goal differential shown on scoreboard
- \* There may be 1.5 hour ice times, reduce practice duration



# U18 Game Format

- U18 - Prior to Scramble:
    - 50 min practice, Flood, 3-5 min prep for game, 3 x 15 min run time periods.
  - U18 - After Scramble:
    - 25 min practice, 5 min break, 20 min 1st Period run time, Flood, 20 min 2nd Period run time, Break to switch ends, 20 min 3rd Period run time with potential for late period stop time\*
  - \*NEW:
    - At discretion of Refs, final 2 min of 3rd Period will be stop time.
    - Refs have discretion to extend stop time to last 5 min, or forgo the stop time if they feel there is not adequate time.
    - REF decides with no input from coaches!
- \* Stuart may provide U18 Game & Practice Format Sheet  
- Assumes 2 hour ice. 1 hr ice = no practice, 90 min ice = 25 min practice.



# Super Sport®

- Exclusive to Stanley Stick, presented in younger divisions
  - Will be handed out to U8 & U10 coaches at equipment pickup or within the next couple of weeks
- Supports and encourages hard work, fair play, having fun
- Award ONE prize per game and make a big deal of it.
  - Select carefully and reward the right things
  - Fill out all of the awards with names only and fill in the dates as they are awarded.
- The player then brings their completed prize coupon between October 15th and April 1st to The Hockey Shop on Carden Street



# Dressing Rooms

- Adherence by all coaches to SSHA Dressing Room Policy is expected
  - The policy is in place to protect you as coaches as well as protecting our players, their families, and SSHA
- **No parents in dressing rooms for U14 & U18!**
- U10 & U12 Coaches - encourage players/parents to be self-sufficient
- Provides coaches a forum to discuss the game and its teachable moments
- This also allows players to further develop friendships and experience more camaraderie the dressing room
- Ensure this time is inclusive – For example, complete the post-game talk *before* players undress and/or move to the female dressing room.
- Any issues, direct parents to division Convenor



# Team Balancing

- Assessment over the first four to six weeks
- Changes can be made *at any time* during the season if the convenor feels they are required to improve team balance while being done safely.
- Coaches will have input and need to support any player moves once decisions are made
- Rebalancing is less likely if year end player groupings are accurate



# Player Groupings

- Will be sent out in February for completion by March (or as indicated by Convenor)
- Critical to team balancing the following year
- Creates consistency across teams, divisions and the organization
- Grouped by birth year and not by division
- Head and assistant coaches on the team should consult with each other before submitting.
- The goal is to identify the top and bottom game influencers so that we can distribute them evenly the following year
- This is not a player rating, although skills are a factor; it's a way to group and identify the influencers.





# Suspected Concussions

- Concussion Resources on SSHA Website:
  - SSHA Parent Concussion Code of Conduct
  - SSHA Volunteer Concussion Code of Conduct
  - Rowan's Law info on Gov't of Ontario Website
  - **SSHA Concussion Report Form (Print and keep in team bag or coaches bag)**
- **A participant with a suspected concussion MUST stop participating immediately!**
- **Player MUST not return to ice without Doctor's note.**
- Report any suspected concussions to your convenor **AND** the VP ([vp@stanleystick.ca](mailto:vp@stanleystick.ca)) along with the completed SSHA Concussion Report Form (found on SSHA website) **within 24 hours**





# Injuries, Safety & Reporting

- Incidents to Report:
  - All forms of violence, vandalism, or inappropriate behaviour are unacceptable on properties, in facilities or programs. Incidents involving the following should be reported:
    - Verbal assault, Use of alcohol/drugs, Harassment, Threats/aggression, Vandalism, Theft
- When to Report them:
  - Immediately to rink operators
  - Formal report completed within 24 hours. To be sent to the President of SSHA (president@stanleystick.ca)
- How to Report Them:
  - Medical situation where an ambulance/doctor/nurse is required must be reported to rink operators.
  - There is a separate incident report that needs to be completed within 24 hours and sent to the President of SSHA and to the City of Guelph. Available on SSHA Website under Policies Tab.



# Refereeing

- Referees will be focused on the U18, U14, then U12.
- U10 will get referee's when available.
- Every U10 bag will have 1 referee jersey for games in which no official referee attends
  - No coaches on ice during game when a referee is present.
  - Coaches are to referee games where official referees are not present.
- **100% volunteer, please show respect at all times!**
  - They will not always get the calls right
  - **DO NOT Debate referees during the game**
- **Need more Referees! Sign Up! Learning Session TODAY at Sleeman Centre - 3:30pm**



# U8 Cross Ice System

- SSHA owns the full height rink boards used to divide the ice.
- Significant investment and we need everyone's help looking after it.
- Takes minimum 10 minutes to set-up/take down and requires 4 adults (at least 2 of them coaches)
  - Two coaches on ice (with helmets), two off ice
  - Parents can be used for the off-ice portion
  - **DO NOT rely on City Staff** to help with our boards!  
This is our responsibility.
  - It is the **HOME TEAM's responsibility** to ensure the boards are put away properly



# Cross Ice System

- **U8 Coaches Session TODAY 2pm Sleeman!**
- Coaches need to be aware of what group is on after your ice time and allow time to pack up if another organization or a non U8 SSHA group is on next.
- Check the online schedule or the board at Sleeman prior to your game!





# Coaches Jackets

- **Provided for all 2<sup>nd</sup> year coaches.**
  - Any first-year coach who would like a jacket can purchase one and upon returning for a second season, SSHA will issue back a refund via cheque
- Coaches needing jackets or wishing to purchase jackets / matching pants need to advise your convenor by October 2nd (or another date TBD)
- If you are purchasing pants or a jacket, payment is required up front or your item will not be ordered.
- Form will be emailed to coaches week of September 23



# Volunteer Recognition (5Y)

Thank you to our volunteers who have provided 5 years of service to SSHA!

1. Eric Oh
2. Daniel Wilcox
3. John Roberts
4. Mathias Cawthra
5. Mike Gibbings
6. Jonathan Weigh



# Volunteer Recognition

Thank you to our 10 & 15 year volunteers!

- 10Y - Quarter zip fleece, ordered to size
  1. Stewart Beumer
  
- 15Y – \$100 Gift Certificate (Visa Gift Card)
  1. Josh Shepherd
  2. Bruce Carrick





# Team Parties

- SSHA Executive is working on a new process for booking team parties.
- Please DO NOT book any team parties.
- Once we are ready to announce our process for team parties, coaches will be notified.



# Important Dates

- Equipment Pickup
  - Sat, Sep 14 from 11:30 am - 12:30 pm
  - Sun, Sep 15 from 2:30 pm - 3:30 pm
  - Locker A11 at Clarks Mini Storage on Highway 24 across from UPI Gas bar
- Team schedules available ~ September 18
- Season Starts – September 21-22
- Holiday Scramble Tournament – November 30, December 1
- Player Photos - November 9



# Ramp Team App

- The RAMP Team mobile app will be used again to simplify and aid participants, guardians, coaches, and league Executive in keeping attendance.
- The league will setup each division and team. Coaches and parents need to download the app from the Google Play or Apple App Store, **create an account using the Primary email address you used for registration.**



# THANK YOU

