

VERMILION MINOR HOCKEY ASSOCIATION

Coach's Handbook 2024 - 2025



The **Head Coach** is the most integral component of a successful team experience – both on and off the ice. You serve not only as an instructor, but also as a Mentor, Role Model and Leader during all team activities.

This handbook is intended to be a reference guide and resource for you. If you are a first-time coach, do not hesitate to ask questions – our experienced Coaches, Directors, Manager and seasoned volunteers are happy to help.

“We must meet the challenge rather than wish it were not before us.” – William J. Brennan Jr.



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INTRODUCTION

Welcome, and thank you for coaching a Vermilion Minor Hockey Association (VMHA) hockey team. The Head Coach is responsible for not only the on-ice instruction, but also for providing constructive and positive off-ice assistance in the best development of your team. An organization such as VMHA cannot run without its volunteers and your contributions to the association are one of the cornerstones of our continued success. Because the hockey coach is such a visible and prominent representative of the association, you will be held to higher standard than most. This is primarily due to the responsibility that the position of the hockey coach has to their team and the association (it is very important to remember that the promotion of good behavior will have a very positive effect on those around you and it is equally important to remember that bad behavior will have the opposite effect). This does not mean that the Head Coach must do everything. A good coach will delegate and put trust in their Assistant Coaches, Team Manager, and team level volunteers.

Your goal should be to focus on player development and on-ice instruction to provide the players with rewarding hockey experiences. This handbook provides information to aid VMHA Coaches in the smoother operation of the team, by identifying key topics that the Head Coach may need to address over the course of the season. Numerous appendices including samples, templates and valuable links are included to assist you in pre-planning and organization.

As the hockey coach, you are one of the most important role models that your players and their parents have to measure their actions and themselves to. The example that you set is the one they will emulate – good or bad.



AROUND THE RINK

Coaches Contact

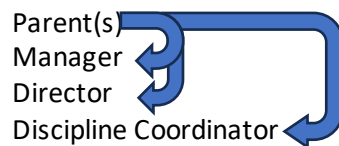
Please contact your Season's Coach Liaison for any questions or concerns.

Association Policies

Please familiarize yourself with our Association's bylaws, policies and guides. These are published and be found on the VMHA website: [VMHA - Handbook and Bylaws](#)

General things to know

- **Parents, unless they are team officials, are not permitted on the bench or the ice at any time!**
- Siblings should not play in the dressing room and hallway or anywhere near the bench. Keep small children away from the dressing room doors.
- **Parents should not discipline or critique other players**; any on-ice or off-ice behavioral issues must be brought to the coaches' or managers' attention and can **only** be dealt with by Reporting to:



- Parents should read and know the Parent's Respect in Sport [VMHA - Parent Resources](#)

VMHA Equipment

- Game socks should not be worn during practices;
- Game jerseys are not to be worn during practices;
- Half ice dividers should be stored and secured as they were found.
- Pils, shooting tools and other equipment should be stored and secured neatly for use by other teams.

Timeliness

- Coaches should arrive at the rink at least **20 minutes** before practice – or earlier.
- If you cannot make a game or practice please let the team manager and assistant coaches know.
- Players are to be **fully dressed and ready at least 5 minutes before ice time**.
- **Players are not to go on the ice without a Coach**.

Dressing Room

- **No cell Phones or cameras** in the dressing room.
- Dressing rooms must be supervised at all times by the team officials or designated parent(s). Players should not enter unsupervised dressing rooms.
- **Coaches should follow the "two-deep" rule**. Not less than two team officials or designated parent supervisors must provide supervision in the dressing room whenever players are present.
- **Hockey Canada requires that all adults coming into contact with the kids never to be alone with any player except their own child**. Please ensure that you understand the Respect in Sport program and abide by it.
- Players should never walk around the dressing room without skates or shoes on.

- Players should not be dressed (hockey equipment) in the lobby, the stands or on the bench.
- Parents (unless they are team officials or supervisors) and siblings are not permitted in the dressing rooms at U13 (Peewee) and above.
- For the younger players, once a child is fully dressed, parents and siblings must leave the dressing rooms and dressing room hallway.
- Co-Ed Dressing Rooms
 - o From U9 and down mixed genders may change in the same dressing room at the same time in the presence of two adults.
 - o Mixed gender U11 and higher are not permitted to change in the same dressing room at the same time.
 - o When both female and male players are utilizing their gender specific dressing rooms, it is the responsibility of the coach to ensure both genders are involved in the pre-game and post-game activities.
 - o When both male and female dressing rooms are available players shall utilize separate facilities.
 - o When both male and female dressing rooms are not available, players shall dress, undress and shower in shifts. It is the responsibility of the team to develop an arrangement that will ensure the safety and privacy of each player.
 - o Teams must keep a written record of any relaxation or deviation from this policy.
 - o No use of cell phones will be permitted in VMHA dressing rooms, this includes camera function. Phones must remain away.

Players' Conduct

- Players shall read the Code of Conduct and abide by it. [VMHA - Parent Resources](#)
- Players are not to go on the ice without a Coach.
- Players shall be respectful of coaches and teammates at all times.
- Players should remember to volunteer to pick-up pucks and equipment at the end of practice.
- Players should be mindful and considerate of the time they have on the ice and with whom is volunteering their time to coach them.

Personal Equipment

- **Neck Guards are mandatory for all ages.** Players may not participate in on-ice activities without a neck guard.
- Skate laces should not be wrapped around the ankles as this inhibits proper movement and blood flow. Extra long laces can be tucked under the hockey socks.
- Helmets are **mandatory** any time a coach is on the ice. Failure to wear a helmet voids the insurance of everyone on the ice.
- Helmets must be CSA approved and should be snug and remain in place when chinstrap is fastened. Facemasks should be fit properly; chin should fit comfortably in cup of facemask.
 - o Helmets should not be more than 5 years old and have date stamped or labeled on the helmet.
- Players should Bring a water bottle to each practice and game with a name clearly marked.
- Player equipment guide – [Equipment checklist](#)

DISCIPLINE & DISPUTE RESOLUTION

Some incidents may warrant a cooling off period and some incidents may warrant disciplinary action. VMHA expects all team officials, players, and parents to exhibit leadership qualities that promote player sportsmanship and decorum, as well as acceptable levels of propriety, towards opponents, games officials, and other spectators.

VMHA recognises that hockey can be an emotional sport and has encouraged parents, players, and other connected with Minor Hockey to abide by the “24 Hour Rule”, meaning that people are asked to wait 24 hours before addressing coaches, managers, other team staff, or VMHA executives and board members regarding a hockey-related concern. Of course, in situations where players safety or other more urgent type of concerns exist, people were asked to sue their best judgement. The “24 Hour Rule” is an important rule as it does two things. First, it moves any emotional and confrontational discussion away from the presence of the players. Second, it allows all parties to “cool off”, compose themselves and put the provoking incident or situation that occurred in perspective before meeting to discuss.

Mobile technologies have changed people’s ability to communicate, and many coaches have embraced email and text messages as a way to communicate with players, parents and other community members. An unfortunate side-effect of these quick and easy connections, is that sometimes, people have access to these same people at a time when the best course of action may be to take a step back, review and assess a situation, and then come back to it 24 hours or so later, when there has been sufficient time to de-escalate a situation, or for the situation to resolve itself.

Everyone involved in the sport does so for the love of the game, and while we know that sports can bring out the best in people, it can sometimes bring out the worst. By having everyone respect the “24-Hour Rule”, their concerns are more likely to be fully addressed in a reasonable discussion. More importantly, the kid’s enjoyment of a game won’t be marred by an ill-timed confrontation.

The Vermilion Minor Hockey Association Handbook does provide a process to ensures that each incident is dealt with consistently as outlined in the Handbook.

Communication chain:

Parent → Manager → Coach → Coach Liaison → V.P. Development → President

VMHA requires that parents and player read and sign the Fair Play Pledge to acknowledge the importance of respect for all participants and what is good for the game. (see [Appendix](#) for form)

COURSES AND BACKGROUND CHECKS

VMHA requires Criminal Record Checks (CRC) for all volunteers that are in close contact with the players. This includes all coaching staff and managers.

All team managers, coaches and safety persons must also complete the Respect in Sport (RIS) – Activity Leader prior to any player stepping on the ice. U7 & U9 require one (1) coach per 10 players. A designated safety person for U11 and above must take the Alberta Hockey Safety course as shown below (*i.e. manager, other parent or other team volunteer who will be at each game*). See below table for coaching requirements, VMHA encourages each coach to take Coach 2 and additional coaching courses to learn and grow their coaching skills and abilities and provide more input to the Head Coach during practice and games.



Be sure to check your current qualifications under your [Hockey Canada eHockey Account](#) (spordle). Note that VMHA covers the cost of all required coach clinic and [Respect in Sport – Activity Leader](#).

RIS Activity Leader is **REQUIRED FOR ALL COACHES** prior to going on the Ice.

To view your current coaching qualifications, login to your [Hockey Canada eHockey Account](#).

2024 Hockey Alberta Coach Qualification Matrix

IMPORTANT INFORMATION	
Respect in Sport (RIS) – Activity Leader	Must be completed prior to registration to a team (cannot be on ice without valid RIS). Must renew every 4 years.
November 15	Deadline for coaches to have qualifications complete (except Respect in Sport – please see above). The team is ineligible to compete after this date if Coach requirements are not fulfilled.
Assistant Coach	Highly recommended to obtain training of what is required for Head Coach at the applicable level.
Checking Skills	Highly recommended training for U9 coaches.
Development 1 & High Performance 1	Coaches must be Trained by November 15 of the current season; and then Certified by November 15 of the following season to remain eligible. Example: Coach takes HP1 in 2023 (Trained). They have until November 15, 2024 to become Certified .
	Trained = attended classroom session Certified = passed all post-task evaluations

Intro to Hockey Qualifications by Age Level

	Who requires qualification	Required Online Clinics	Required In-Person Clinics	Safety Clinic	RIS Activity Leader	Other Notes/ Recommendations
U7	1 Coach per 10 Players	Hockey Canada Coach 1 & U7 Player Pathway	Hockey Alberta – Coach 1 – Intro to Hockey	1 Coach per 10 Players	All Team Officials	
U9	1 Coach per 10 Players	Hockey Canada Coach 1 & U9 Player Pathway	Hockey Alberta – Coach 1 – Intro to Hockey	1 Coach per 10 Players	All Team Officials	Hockey Canada Skills – Checking Hockey Alberta – Intro to Principles of Checking

Minor Leagues Qualifications by Age & Category Level (Including Female)

	Who requires qualification	Required Online Clinics	Required In-Person Clinics	Safety Clinic	RIS Activity Leader	Other Notes/ Recommendations
U11 All Tiers Including U11 AA	Head Coach	1) Hockey Canada Coach 2 & U11 Player Pathway 2) Hockey Canada Skills - Checking	1) Hockey Alberta – Coach 2 – Minor Leagues 2) Hockey Alberta – Intro to Principles of Checking	One Team Official	All Team Officials	
U13 All Tiers	Head Coach	1) Hockey Canada Coach 2 & U13 Player Pathway 2) Hockey Canada Skills - Checking	1) Hockey Alberta – Coach 2 – Minor Leagues 2) Hockey Alberta – Intro to Principles of Checking	One Team Official	All Team Officials	Development 1 if the following criteria have been met 1) Coaching at the U13 Tier 1 level 2) All required clinics have been completed
U15 All Tiers	Head Coach	1) Hockey Canada Coach 2 & U15/18 Player Pathway 2) Hockey Canada Skills - Checking	1) Hockey Alberta – Coach 2 – Minor Leagues 2) Hockey Alberta – Intro to Principles of Checking	One Team Official	All Team Officials	Development 1 if the following criteria have been met 1) Coaching at the U15 Tier 1 level 2) All required clinics have been completed
U18 All Tiers	Head Coach	1) Hockey Canada Coach 2 & U15/18 Player Pathway 2) Hockey Canada Skills - Checking	1) Hockey Alberta – Coach 2 – Minor Leagues 2) Hockey Alberta – Intro to Principles of Checking	One Team Official	All Team Officials	

COACHES RESPONSIBILITIES

The athlete/coach relationship is a privileged one. Coaches play a critical role in the personal as well as athletic development of their athletes. Principles that frame the approach to providing an experience and development throughout the seasons:

1. I understand that I am a representative of Vermilion Minor Hockey Association (VMHA) as well as my team and will act accordingly at all times.
2. Understanding that being a coach is a position of trust and means first and foremost to teach the athlete and player development is a long-term process.
3. The long-term goal is based on the physical, mental, emotional, and cognitive development of children and adolescents. Each stage reflects a different point in the player's development.
4. Open communication with player(s), parent(s), officials, volunteers, other positions in VMHA will provide a greater experience and success during and at the end of the hockey season.
5. Learning and knowing the rules of the game and league will provide a better understanding to effectively coach my players and team to the best of their ability while upholding to the rules established and the spirit of the game.
6. Treating opponents and officials with due respect, both in victory and defeat, and encourage players to act accordingly for the good of the game.
7. Other duties:
 - Serve as the official spokesperson on behalf of the team.
 - Establish rules for the team and oversee the supervision of the players.
 - Effectively communicate with the parents and players
 - Coordinate the delegation of responsibilities to the assistant coach(s) and manager.
 - Identify and delegate coordination of on and off-ice activities and design practice plans in consultation with the assistant coaches.
 - Plan, implement and control pre-game preparation and communication with the team.
 - Provide continuous positive and constructive feedback to the team and coaching staff.
 - Report to the association through the association designate.
 - Provide feedback to the organization at the end of the season or prior to and at the time any concern or issue arises.

Bench Management

The age and ability levels of the players involved dictate to a great degree the bench philosophy of the coach. Factors to be considered when developing a personal bench coaching philosophy may include the seasonal plan and where this particular game fits, the timing of the game (only one this week vs. three games in three days), practice evaluation (effort, attendance), recent results (including vs. this particular opponent), travel, discipline (unnecessary penalties, extended shift lengths). Some of these factors are dynamic and may change during the game and require active coaching decisions. As part of their game preparation, the coaching staff should go through all possible scenarios, discuss alternatives and make some preliminary decisions but always considering the effects of their decisions.

"A hockey Team is like a puzzle. Every piece is vital" - Bob Hartley



Bench Personnel

The Head Coach is ultimately in charge of running the team and may decide to propose that not all coaches go on the bench for every game. This will ultimately vary depending on the age group and division of the team. The number of non-playing personnel on the bench, who they are and what their specific roles are must be clearly understood by all involved. This should be discussed and outlined in a coach meeting at the start of the season, and these details should be shared with the parent group. The obvious areas of concern are clutter and confusion.

Factors for consideration:

- A system for quickly dealing with equipment problems and broken sticks
- Injured players (Who deals with them? Who goes on the ice if necessary?)
- Emergency procedures? Who communicates to the coach about the status of injured players?

Have **“Emergency Action Plan”** ready

- Support staff job descriptions (Who is responsible for what – avoids duplication, hesitation and misunderstanding- Goalie Coach, D Men Coach, and Forwards Coach)
- Who runs the bench doors? Monitors shift times? Takes stats? Communicates to players on the ice (ie. delayed penalty situation)? Has license to talk to the players on the bench, to officials and opponents. The Head Coach needs to clearly define this in the pre-season meeting.

Long-Term Player Development (LPTD)

The Long-Term Player Development meets a need to be educate parents on the hockey development of their child. It is okay for parents to want their kids to get to the highest levels, but they need to know the best way to go about it.

New Age Division Names



Minor hockey age division chart for the 2023-24 Season

Year of Birth	Age on Dec. 31, 2023	Age Division
2017 and earlier	* 6 or under	Under-7 (U7)
2016	7	
2015	8	Under-9 (U9)
2014	9	
2013	10	Under-11 (U11)
2012	11	
2011	12	Under-13 (U13)
2010	13	
2009	14	Under-15 (U15)
2008	15	
2007	16	Under-18 (U18)
2006	17	
2005-2004-2003	18-19-20	Under-21 (U21)

* Athlete must be in this age range on or before December 31 of that hockey season.

The LTPD model for hockey has been developed based on the following principles:

- Doing the right thing for the players at the right stage in their development
- Adopting a player-centered approach and not treating the development of all players the same way
- The broader the foundation of players the more successful the game of hockey will be in Canada
- Viewing player development as a long-term process

- Aligning player resources (skills manuals, mobile apps, online tools) with coach development and education resources so that coaches are doing the right things at the right time
- [Hockey Canada Long-Term-Player Development Plan](#)
- [Hockey Alberta Coaching Resources](#)
- [Hockey Canada Player Development Skill Development Resource](#)
 - o [U7 Development Guidelines](#)
 - o [U9 Development Guidelines](#)
 - o [U11 Development Guidelines](#)
 - o [U13 Development Guidelines](#)
 - o [U15 Development Guidelines](#)
 - o [U18 Development Guidelines](#)

Program Expectations and Outcome for Minor Hockey

VMHA's general expectations for each division and each season of hockey is to be positive, fun and exciting giving young players the opportunity to enjoy hockey for life!

Skill development is a priority over games and competitions to deliver a rewarding experience. Teamwork and how to play as a team is a key development skill VMHA would like to instil in its players to succeed as a team in victory and loss. Playing hockey is not only a recreational activity to keep active, the ability of a player to have the opportunity to development and demonstrate respect towards coaches, parents, and other players. Fair Play is an important component through out the divisions to ensure that players learn respect for the game and their teammates and opponents. The skill development for a player provides the work ethic, develop life and social skills and creates a positive and lasting memories.

Practice Philosophy

There are 10 key ingredients a coach should mix into each practice. Collectively these lead to enjoyment and learning for both players and coaches.

- 1) Coaches should have a minimum of 50 pucks in their bucket.
- 2) Players must be on time, all the time. Coaches set the standard and lead by example. Parents must be encouraged to buy in.
- 3) Don't waste ice time stretching. Stretching should be performed in the dressing room prior to the ice time.
- 4) The use of stations in practices leads to a dynamic practice. Stations keep participants active enabling them to achieve high levels of repetitions. Have players spend 3 - 8 minutes per station before switching. 2 - 3 stations are recommended. (Must be a coach at each station)
- 5) Basic skill development (skating, puck control, passing, shooting) should comprise 90% of your practice time. Remember you can work skills in game-like drills. Skill Development should not be considered boring.
- 6) Positive and specific feedback are imperative. Consider the Head Coach who always stands at center ice and runs drills. How often during the practice is this coach able to effectively teach? Teaching is done in the trenches (corners, lines).
- 7) Routines in practice are dangerous. Players will pace themselves and become bored very quickly. Routine practices develop great practice players. Strive to change things up, create an element of

surprise, utilize variety, and generate enthusiasm. Players also enjoy time on their own. 2 - 5 minutes per practice should be sufficient. This enables players to be creative and try new things.

- 8) “Tell me and I’ll forget, show me and I might remember, involve me and I’ll understand.” **TELL-SHOW-DO**
- 9) Practice execution by coaches is of principle importance. Great drills that aren’t executed properly by coaches are useless. Execution involves using all staff on the ice, having pucks spotted in the proper areas, informing players of the whistle sequence (1st whistle begin, 2nd whistle stop, 3rd whistle begins next group) and providing appropriate feedback. To assist in practice execution, name your drills.
- 10) Relate what you do in practices to games and vice versa. “Players, we are doing this drill because in our last game we were unable to finish around the net.” or “This drill will assist you in keeping your stick and body away from the checker and in an effective scoring position.”

“Hockey is not a one-man show; it’s a team effort. If you don’t work as a team even if one or two players aren’t working – you’re not going to succeed as a team.”

Introduction to Hockey – U7 Division

The first years of hockey need to be a positive experience. A fun and exciting start gives players the opportunity to enjoy hockey for life!

If a beginner has fun, develops basic skills and builds confidence, there is a better chance they will enjoy themselves. But if the early experience is unrewarding, they may never discover all Canada’s game has to offer.

U7 Hockey should be delivered through a progressive, learn-to-play teaching curriculum for 5–6-year-olds. Children learn best through practice drills and skills sessions, as well as informal games like shinny, freeze tag and obstacle courses.

The Skills of skating, puck control, passing and shooting are introduced and refined one step at a time. The focus should always be on fun and skill development, but the early years of hockey also allow youngsters to experience fitness, fair play and cooperation.

To ensure a positive experience, coaching must focus on communication, teaching skills, leadership, skill analysis, lesson organization, and safety and risk management.

- [Coaching requirements and resources for U7 hockey](#)
- [Fundamental skill development of U7 hockey](#)
- [U7 Hockey Practice Plans](#)
- [U7 Core Skills](#)
- [U7 Player Pathway](#)

Quick help guide in addition to Alberta Hockey Information(appendix)

- ½ ice - No Score - No Game Sheet - 4-on-4 with rotating goalie – with goalie stick (no pads)
- 3 – minute warm-up - (2) 27 – minute periods - 3-minute shifts or less

Introduction to Hockey – U9 Division

The first years of hockey need to be a positive experience. A fun and exciting start gives players the opportunity to enjoy hockey for life!

If a beginner has fun, develops basic skills and builds confidence, there is a better chance they will enjoy themselves. But if the early experience is unrewarding, they may never discover all Canada's game has to offer.

U9 Hockey should be delivered through a progressive, learn-to-play teaching curriculum for 7–8-year-olds. Children learn best through practice drills and skills sessions, as well as informal games like shinny, freeze tag and obstacle courses.

The Skills of skating, puck control, passing and shooting are introduced and refined one step at a time. The focus should always be on fun and skill development, but the early years of hockey also allow youngsters to experience fitness, fair play and cooperation.

U9 hockey serves as the foundation upon which the entire hockey experience is built. It is crucial piece in building the skills of players at every level – players benefit from getting the 'right start' in the game.

- [Coaching requirements and resources for U9 hockey](#)
- [Fundamental skill development of U9 hockey](#)
- [U9 Hockey Practice Plans](#)
- [U9 Player Pathway](#)
- [U9 Core Skills](#)

Quick help guide in addition to Alberta Hockey Information [Link](#)

- ¾ ice - No Score - Game Report required - 4-on-4 with rotating dressed goalie (full equipment) - 3 – minute warm-up - (2) 27 – minute periods - 1.5 - minute shifts or less
- Optional Full ice – February to March – if the Association approves

Player Pathway – U11 Division

The U11 Player Pathway is supported by the [Hockey Canada Long-Term Player Development Model](#). This framework provides the guiding principles for age appropriate and skill specific programming for all players in Hockey Canada's youth hockey system.

The U11 Player Pathway provides an environment that helps all players at the U11 age level (9 and 10 years-old) to realize their full potential. Hockey Canada and Hockey Alberta strongly believes that the needs of the player should be at the forefront of the programming. The U11 Player Pathway delivers numerous benefits to participants and their families. The benefits include:

- Creating a positive experience during evaluations with planned pre-evaluations ice sessions;
- Avoiding evaluations, the first week of school; and
- Allowing all U11 players to play actively for 100% of the season.

FAIR AND EQUAL ICE TIME is a key principle of the U11 Player Pathway. Fair and equal ice time is designed to ensure that all players get the same opportunity to contribute to the outcome of games, regardless of skill or ability.

- A coach's responsibility is to develop all players to contribute.
- Shortening the bench is not permitted.
- All players should received as close to equal ice time as possible, including opportunities on special teams (power play and penalty killing).
- All skaters should rotate through all positions to ensure player can try each position. (LW/C/RW/LD/RD)
- Full-time goaltenders are allowed. If a team has two goalies, they should rotate for equal playing time and the goalie not playing should be allowed to play out as a skater.

Provincial Championships

As part of the implementation of the U11 Pathway, Hockey Alberta has decided to remove Provincials from all streams (Minor Boys and Females) at the U11 division. This change will allow for less disruption to the end of the season's league play, will provide more time for teams to celebrate the season with year-end tournaments, and will remove the unnecessary pressures of a 'Provincial Championship' from 9- and 10-year-old players.

- [Coaching requirements and resources for U11 hockey](#)
- [Fundamental skill development of U11 hockey](#)
- [U11 skill evaluation \(excel\)](#)
- [U11 Hockey Practice Plans](#)
- [U11 Core Skills](#)
- [U11 Player Pathway](#)

U13 Division

The U13 division is supported by the [Hockey Canada Long-Term Player Development Model](#). This framework provides the guiding principles for age appropriate and skill specific programming for all players in Hockey Canada's youth hockey system. Goals for U13 division are **fun, refining of individual tactics & introduction to team play**.

The U13 program recommends the following practice time allotment;

45% technical skills | 25% individual tactics | 10% team tactics | 10% team play | 10% strategy

- [Fundamental skill development of U13 hockey](#)
- [U13 skill evaluation \(excel\)](#)
- [U13 Hockey Practice Plans](#)
- [U13 Core Skills](#)
- [U13 Player Pathway](#)

U15 Division

The U15 division is supported by the [Hockey Canada Long-Term Player Development Model](#). This framework provides the guiding principles for age appropriate and skill specific programming for all players in Hockey Canada's youth hockey system. Goals for U15 division are **fun, refining of team play & introduction to team strategy**.

The U15 program recommends the following practice time allotment;

40% technical skills | 15% individual tactics | 20% team tactics | 15% team play | 10% strategy

- [Fundamental skill development of U15 hockey](#)
- [U15 skill evaluation \(excel\)](#)
- [U15 Hockey Practice Plans](#)
- [U15 Core Skills](#)
- [U15 Player Pathway](#)

U18 Division

The U18 division is supported by the [Hockey Canada Long-Term Player Development Model](#). This framework provides the guiding principles for age appropriate and skill specific programming for all players in Hockey Canada's youth hockey system. Goals for U18 division are **fun, refining of team play & team strategy**.

The U18 program recommends the following practice time allotment;

35% technical skills | 15% individual tactics | 20% team tactics | 15% team play | 15% strategy

- [Fundamental skill development of U18 hockey](#)
- [U18 skill evaluation \(excel\)](#)
- [U18 Hockey Practice Plans](#)
- [U18 Core Skills](#)
- [U18 Player Development](#)

Mental Health & Sports Psych

VMHA strongly believes that coaches are much more than just a hockey coach. As a coach you have the ability to make connections and have major influence to each player. Players lives aren't perfect, and they all need mental coaching just as much as physical coaching. We ask that all VMHA coaches intentionally include discussions, teachings and participate in mental health activities and awareness. The website Buddy Check is full of resources and videos and ideas to incorporate this into your season. Buddy check also helps you as a coach on how to deal with the mental health side of your players. We recommend finding a local Sport Psych specialist to come into your team to help if possible and age appropriate.



COACHING RESOURCES

Hockey Canada and Hockey Alberta are excellent resources for player development. Below are information videos and articles to assist coaches during the hockey season:

Hockey Canada Drill Hub

Hockey Canada Drill Hub is a resource for players and coaches of all levels. It has a growing library of drill videos, diagrams and descriptions categorized by skills, age group and other criteria. Coaches can review video as well as create practice plans and share them with their staff, player or parents.

- [DRILL HUB](#)

Ice Hockey Systems

A great drill resource with helpful content and tools for coaches and players

- [Ice Hockey Coaching Tools and Resources | Ice Hockey Systems Inc.](#)

Hockey Canada Player Development

Hockey Canada Player Development resources provides core skills, and player pathways for each division.

- [HC Player Development](#)

Hockey Alberta The Coaches Site

The Coaches Site is a community of like-minded coaches that are focused on sharing innovative tools and resources to build better programs, practice plans, and team dynamics.

- [The Coaches Site](#)

Hockey Alberta Player Pathways Site

Hockey Alberta provides age and developmentally appropriate guidelines, based on Hockey Canada's Long Term Player Development plan, at every step on the development ladder. Hockey Alberta development and training programs for players are based on the components outlined in Hockey Canada's Long Term Player Development plan. Hockey Alberta has policies and procedures that have been implemented to ensure that each player experiences the game at an activity level that is appropriate for the player's age and ability.

- [Player Pathway](#)

Warm up Protocol Hockey Canada General Guidelines [Movement Prep](#)

See below [Pg 20](#) of this Handbook for Pre-game warm up.

10 THINGS THAT REQUIRE ZERO TALENT

Being On Time
Making An Effort
Being High Energy
Having A Positive Attitude
Being Passionate
Using Good Body Language
Being Coachable
Doing A Little Extra
Being Prepared
Having A Strong Work Ethic

HALF-ICE BOARD USAGE PROCEDURES (U7 & U9 ONLY)

The game play format

The game play format used in U7 & U9 hockey is the Two-Team Game Play Model. This model is built on two teams playing one another in two halves. Each U7 & U9 team is divided into two units. To accommodate this, VMHA purchased the Rink Divider system for Stadium and Areen ice surfaces. These board systems require assembly and disassembly by VMHA coaches/volunteers before and after each U7 & U9 game session. Below are the instructions for assembly and disassembly. It is important that all coaches understand the setup and take-down procedures so that the process is safe, efficient and protects the equipment from unnecessary damage.

The Rink Divider, in each rink, consist of the following parts:

- (9) 90" standard panels
- (1) 61" gate panel
- (4) Radius Panels

Each panel has a male and female end to connect.



Assembly

- Connect a radius panel to the Y panel. When doing so, you will see that there is a turnbuckle on each end of the radius (see above photo). Connect the turnbuckle and tighten.
- Next add you gate panel to one the Y panels. This will become the section that is located closest to the player benches.
- Next add your straight panels. The suggestion is to create two (2) halves. Add 5 straight panels to one Y panel, and 4 straight panels to the section with the gate.

- When moving the rink dividers, be sure to have a volunteer on both ends of the panel(s), applying pressure to keep the structure together. Have one or two more volunteers to guide the sections together to set them in the appropriate location.
- Ensure that the sponsor logos are visible to stands for $\frac{3}{4}$ ice set ups.

During Ice Resurfacing

- Split the rink dividers into halves and position so that the Zamboni can make a pass along the boards.
- Once the Zamboni passes, move the rink divider half along the boards. To decrease width, detach one of the radial ends and push towards the boards.
- Once both Zamboni has finished cleaning the ice reconnect the halves to re-form the divider wall.

Disassembly & Storage

- Split the rink divider into halves and move them to the gate nearest the storage area for disassembly.
- Have 2-4 volunteer prepared to receive panels and place in correct order on the cart. Note that the rink dividers should be stored neatly and may be stored on the cart as shown in the pictures above.
- Remove straight panels first and place on cart, follow by radial panels and the gate. The Y panels can be placed on the cart or along the wall neatly and out of the way.
- Always take caution when moving rink panels and be aware of pinch points, sharp edges, and hazards of dropping panels on feet. Children under the age of 18 should not assist with disassembly.
- If the panels are mishandled and want to fall over, let them fall and **DO NOT** try to save them. Move out of its path, let the boards fall over then proceed to have someone assist in standing the fallen boards back up. Use best practices when lifting as the boards are heavy and can cause injury.

TEAM-BUILDING

Importance of Team Building

A team's ability to move as one and work for each other is not always a given. Building chemistry is often a critical step in creating positive experiences for your players. We encourage all VMHA teams to utilize team building activities when possible, to help build team cohesiveness and identity.

Find opportunities for teammates to see each other with different strengths. Give responsibilities to those who are quiet. Give an organizing role to someone who seems unorganized. Leadership can grow from all different types.

Some Starters

1. Name/Sport Game

Players sit in a circle facing into the middle. A ball or ... is passed randomly to each person. As he/she receives the ball they give their name and a sport they like that starts with the same letter as their name. (Carol-curling).

2. Limited Senses

Equipment Required – Blind folds for all participants, hockey socks work well. Create a large clear space with adequate safety precautions. For safety reasons, make sure a number of support people are around. Next give players a number and tell them to keep their number to themselves. Each participant puts on a blindfold. The goal is for the players to arrange themselves in numeric order. Example 1, 2, 5, 8, 13, 15, 19, 27, 89. The participants are not allowed to speak.

Frustration will occur when players use various methods to communicate such as, foot stomping, clapping, tapping, etc. After a length of time some players may give up. If you tell the group that numbers are missing, they may come together quickly. A variation is to have them order themselves by birthdate.

3. Tell a Story

Divide into groups of three. Give the groups about 10 minutes to develop a story line. Each participant tells one section of the story. After each story is told all participants discuss the moral/meaning of the story. Once that is completed the story tellers will reveal what they determined was the moral. Move onto the next group and repeat.

4. Snowball Fight

Everyone writes one interesting thing about themselves on a piece of paper (without their name). Crumple up the pieces of paper and throw them around the room 3 or 4 times. Pick up a “snowball” and open it. The goal is to find the person who belongs to the paper. You must introduce yourself before asking if the paper belongs to them. At the end, once everyone has been found, players introduce each other to the rest of the team.

5. How well do you know your teammates?

This can be used as an initial ice breaker, or at anytime during a season/competition to help teammates to get to know each other. It also can be good to help players to learn a bit about their coaches, trainers, etc.

Each player must give 2 facts about themselves, one true and one false. They cannot be obvious (I play hockey, etc.). The facilitator (coach, team leader, etc) will read out the facts about the player. The team is lined up and can be blindfolded (so they don't look around to see what everyone else thinks). If you think the fact is true step forward, false step backwards. The leader then tells the group if it was true or false. The game can continue through all the facts, and you can keep track of points to appoint winners at the end, or just play for the fun to learn about your teammates. You can also set it up as more of a jeopardy style game.

6. Who Am I?

Create enough characters for each person participating. Tape on e character to the back of each individual, they then need to go around the room and ask yes/no questions until they figure out who they are.

Example of characters: Hannah Montana, Wayne Gretzky, Britney Spears, The Road Runner, Sidney Crosby, Will Smith, Stephen Harper, Barack Obama, Terry Fox, Hayley Wickenheiser, Cassie Campbell, etc.

7. 3-man human statue

(The players will split into groups of 3 and have 3 rounds alternating where one player will be a muse another will be a statue and the last will try to get the muse using only voice commands to replicate the statue. Make sure the players are in a straight line with the muse in the middle facing away from the statue)

8. Memory game

Using (family, hobbies, foods, etc.) 20 players to form a circle and each player, one at a time, will tell the group one personal thing about themselves, then taking turns one (1) player will attempt to repeat that one thing about each player until he gets one wrong. Once a player gets one wrong then it will be the next player's turn starting at the beginning continue until a player has gotten all 19 players right in order or all 19 players have gone.

9. 720 Walking Tag:

This is one of the great original icebreakers for large groups. Have the group form a circle. Naturally, the larger the group the larger the circle. In the center demonstrate with a volunteer how to play the game. One person is "it". The other is trying hard, but not too hard, to avoid being tagged but the "it". The "it" must first spin around twice before walking, not running, after her partner. The partner can only walk, not run, away to avoid becoming "it". Once he is tagged he becomes "it" and must do a 720 (two complete spins) before walking off in hot pursuit of his partner. The object of the game is not to be "it" when time is called, usually after one minute of play. After demonstrating the game have the participant's partner with the person next to them. Let them decide who will start the game as the "it". The more people there are playing the game the more confusion and mayhem and consequently the laughs everyone has chasing each other. Be sure to define the boundaries and keep reminding people to walk – not run.

Team Building Activities

Hockey Alberta has put together an excellent resource filled with Team-Building games and activities. You can access it [HERE](#)

“None of us is as smart as all of us.” – Ken Blanchard, Author

PRE-GAME WARM-UPS

Pre-Game Off-Ice Warmups are an important part of any team's success. Teams should have the players arrive at least 45-60 minutes prior to the start of their game. 45 minutes before the start time for the game the team should warm up as a team for 15 minutes. This provides the players with an opportunity to work on a little bit of conditioning as well as provides more time for team bonding. Stretching off-ice also helps to reduce the chance of injury and it also helps to get players focused.

Below is a warmup that will take approximately 8-10 minutes for the team to complete if they take a rest- to-work ratio of 1:1.

- | | |
|--|--|
| 1. Ankle Hops | 9. Lateral Squat – 8 reps each side |
| 2. A March – 20 reps | 10. Over head Squat – 8 reps |
| 3. Skip in place- 20 secs | 11. Hip Circles – 8 reps per side |
| 4. Butt Kicks – 20 secs | 12. Hip Swings Side – 8 reps per side |
| 5. Arm Swings – Cross and Front – 20 reps | 13. Hip Swings Front – 8 reps per each leg |
| 6. Arms Swings Forwards - 20 reps | 14. Inch worm to push up – 20 reps |
| 7. Arms Swings Front – Bent Over – 20 reps | 15. High Knees – 20 secs |
| 8. Reverse Lung to High Knee – 20 reps | |

[Click Here](#) to watch Gary Roberts Video that shows you the exercises being done.

After the off-ice warm-up players should be given 15 minutes to dress, then the coaches should address the team 15 minutes prior to the game time.

DRYLAND TRAINING

Dryland / Off-ice training is an important part of hockey training, it will help the athlete perform better on ice, prevent injury and help them understand their bodies better. As the athletes get older, the importance of dryland increases. Exercises will vary depending on age, level and commitment. Below are some examples of workouts and suggestions for coaches working with athletes at the various ages and levels.

U9 – Games, focus on having fun, moving, and teamwork.

An example workout might consist of a warm-up, “Simon Says” game (include exercises such as jumping jacks, push-ups, burpees and crunch's), Handball and a stretch.

Equipment could include cones and balls.

Recommended frequency: 1-2x per season with the purpose of team building and providing something different with on-ice benefit.

U11 – Introduction of exercises that focus on balance, mobility, core and speed.

An example workout might consist of a warm-up, station workout (team divided equally into each station) with exercises such as sprints, hockey jumps, planks, balancing exercise and lunges. Finish with a game that keeps everyone moving such as British Bulldog or Tag. Stretch.

Equipment could include agility ladder, plyobox's, hurdles, bands and parachutes.

[Youth In-Season Hockey Workout To Dominate This Season! 🏒 - YouTube](#)

Recommended frequency: Monthly.

U13 – Introduction to exercises that focus on power and strength.

Equipment could include medicine balls, TRX, slam balls, battle rope, sled and kettlebells.

An example workout might consist of a warm-up, station workout with exercises such as Ball Slams, Battle Rope, KB Swings, Sled Push and Pull-Ups. Finish with a game that is a bit more advanced and involves more power movements such as Dr Dodgeball or Basketball. Stretch.

[Circuit - Gary Roberts High Performance Training - YouTube](#)

Recommended frequency: 1-2x per month.

U15 – Introduction to exercises that use Cables, Dumbbells and Barbells to generate strength, power and speed.

An example workout might consist of a warm-up, station workout with exercises such as Power Pulls, Weighted Squats/Lunges and Farmer Walks. Finish with a cardio component such as a Scottish Mile, 1 mile run, stairs or suicides.

Stretch.

Equipment could include free weights (Barbells and Dumbbells).

[Complete Strength Workout for Hockey Players - YouTube](#)

Recommended frequency: 1-2x per week.

U18 – Workouts become periodized and focus on athletes' individual needs.

Any equipment can be used (with proper instruction) at this level.

An example workout might consist of a warm-up, weight training circuit with exercises such as Power Cleans, Bench Press, Deadlifts, and Push-Press. Monitored cardio component (time, speed and distance). Stretch

[Hockey Workout for Shot Power - YouTube](#)

Recommended frequency: 1-3x per week.

Off-Ice training is an important component in an athlete's development in the sport, and as an athlete age increases and improves in the sport, the need for monitored training becomes more important.

“Talent is a gift, but you can only succeed with hard work.” – Jean Beliveau

RELEVANT POLICIES

Affiliation

The executive of VMHA will determine affiliation processes each year as required. Division Directors will coordinate the affiliation process in consultation with the coaches, parents, and the Coach Liaison or VP of Development. Coaches, direct your affiliation requests to the director of your division. Only Division Directors will submit affiliation requests to the Registrar for proper registration with Hockey Alberta. At the beginning of the season, it's imperative that proper communication around the intended use of the affiliation policy be shared with not only parents but Manager and Directors also.

VMHA promotes the opportunity for players to be selected as Affiliated Players (AP) and have the opportunity to practice, and in some instances, play games at a higher Tier or age division. Not every VMHA player will be selected as an AP. While VMHA encourages the AP system there will not be enough AP positions for every player in the Association. Directors, Coaches, and Coach Liaison or VP of Development will select AP for affiliation who are most suited physically (size and skill set) and mentally.

The intent of affiliation is to provide short term¹, temporary assistance for teams for the purpose of drawing from AP to prevent cancelling a league game due to shortage of players. Therefore, teams are allowed to use affiliate players, but only up to the team's registered roster and only for the approved reasons below on a short-term basis. AP players may not take unnecessary ice time away from regular team members in games or practices. An AP may not play or practice with the affiliated team if it will cause the AP to miss a game or practice (or portion of) with his/her regular team unless the coach submits a written exception request to the Division Director and is approved by the regular team's coach and AP parent. Player affiliation protocol will be initiated between coach to coach and/or manager to manager with parent and player approval. Coaches on the player's regular team can only decline participation if the player is under suspension (of any kind) or if the player has a regular season, playoff, or tournament game commitment. Coaches must allow the player to compete with the higher-level team if there is not a practice or exhibition game conflict. Disagreements in participation in the affiliation process shall be escalated to the Division Director for a final decision.

AP are eligible to participate in all exhibitions, tournament, league, playoff and Provincial Championship games. A hockey team may affiliate up to nineteen (19) Players from a lower Division, Category or Tier within their MHA. When an MHA does not have a Minor Female team at the next lowest division or category, the MHA may place a request to the Division Director asking to be permitted to affiliate a player(s) from a lower Division or Category Minor Female team from a nearby MHA. Providing affiliation has been properly filed, an affiliated Player may play with the hockey team to which the player is affiliated up to a maximum of ten (10) games, excluding exhibition and tournament games. Should an affiliated Hockey Player play more than ten (10) games with the Hockey Team to which the player is affiliated, he shall be considered an "Ineligible Player" for the affiliated team. However, if the player's registered team completes its regular season and playoffs before the player's affiliated team, the player may thereafter affiliate an unlimited number of times. Replacing suspended players is NOT an approved reason and accordingly is not allowed.

The three (3) approved reasons for using affiliate players are:

- 1) Injury
- 2) Illness
- 3) Player absent for personal reasons (i.e. away on vacation)

What is not allowed:

- 1) Affiliation of player registered on a team playing in the same level within the tier in the NEAHL
- 2) Replacement of a suspended player with an affiliate
- 3) Aps playing in a tiering game
- 4) Practicing the AP with affiliate team, when team knowingly has a full current roster²
- 5) No affiliating from teams outside of VMHA

What is allowed:

- 1) Affiliate to the registered roster numbers of team (per Hockey Alberta regulations)
- 2) Goalies may be affiliated up to two (2) per roster³

The team official must mark the game sheet with (AP) beside the affiliate player's name and game number(s) played (1 of 10; 2 of 10....etc)

VMHA may suspend the use of affiliates should a team not comply with the above procedures.

Clarification:

1 – Short-term – For the purposes of affiliation is for the duration of leave of a regular roster player and immediately proceeding a regular roster players absence.

- E.g. Player X will be away for 1 week holiday; AP may be used for a maximum of 2 practices preceding AP is to be used in game.
- E.g. Player Y is out with injury for 3 weeks; AP may be used in practice and games until regular roster player returns to game action.

2 – Does not apply to female minor hockey

3 – In the event a team has only one (1) registered goaltender, they will be permitted to use affiliation to have for any League, Playoff or Provincial Championship game to bring their roster up to the maximum of two (2) goaltenders. Special consideration must be given to allowing a goalie affiliate to play on the higher-level team where the lower team has two (2) goalies. In circumstances where the higher level team has no available goalie, then the lower-level team will permit the affiliate to play with the higher-level team, unless there is no other alternative.

Anything outside of this policy needs to be brought to the attention of the executive for approval.

Hockey Alberta - [Bylaws, Regulations & Policies | Hockey Alberta](#)

NEAHL – [Bylaws & Regulations](#)

ECAFHL – [Bylaws & Regulations](#)

COACHING REQUIREMENTS

Coach selection Process

All individuals interested in coaching must complete an application form each year in which they wish to coach. The application process is important for the association to develop its database. All coaches may then participate in an interview process facilitated and determined by the coach selection committee. (The committee will consist of the Vice President Development, Discipline Coordinator & the Coach Liaison OR in the absence of a Coach Liaison a 3rd Executive member appointed by the President with the Coach Liaison OR Vice President Development leading the process and recruitment of all coaching staff. Directors will be consulted for input into final coach selections). Each year as required an advertisement would be placed inviting coaches to apply. All coaches, where possible, will be finalized before the season starts. The intent of VMHA is to seek non-parent coaches at the tiered levels of play.

Certification requirements for Coaches – [See page 6 of this Handbook.](#)

All people on the player's bench need to be carded with the league. Five (5) carded team officials are allowed per team; any team requiring more than five carded officials require permission of the Board of Directors. With the exception of U7 & U9 Level and ALL Female levels, VMHA will pay for & allow Seven (7) carded team officials on their respective team. All Team Officials who will be on the bench are required to have a Criminal Record Check every three years. Letters can be obtained from the team manager to submit to the RCMP to waive cost. The costs associated with training and development of coaching staff and team officials will be reimbursed by VMHA for required courses.

All on-ice participants, which would include coaches and assistants, are required to wear a CSA approved, properly fastened helmets for all on-ice sessions. Under the age of 13, full equipment is mandatory.

Coaching Code of Conduct

The athlete/coach relationship is a privileged one. Coaches play a critical role in the personal as well as athletic development of their athletes. They must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches must also recognize that they are conduits through which the values and goals of a sport organization are channeled. Thus, how an athlete regards his/her sport is often dependent on the behavior of the coach. The following Code of Conduct has been developed to aid coaches in achieving a level of behavior, which will allow their athletes to become well-rounded, self-confident and productive human beings. Although this code is directed toward coaching conduct, it equally applies to other members of the "Team Leadership Staff", i.e. managers, trainers, equipment personnel, etc. It is assumed that these people act in cooperation with one another to construct a suitable environment for the athlete.

Coaches have a responsibility to:

- 1) I understand that I am a representative of Vermilion Minor Hockey Association (VMHA) as well as my team and will act accordingly at all times. Any inappropriate conduct towards the VMHA Executive or Board of Directors, representatives of other organizations, volunteers, parents, players and/or officials will not be tolerated and will be subject to VMHA Bylaw XVIII and VMHA Handbook Section 12 Discipline.



- 2) I understand that being a coach is a position of trust and means I am, first and foremost, a teacher. I will be a positive role model and teach my players basic hockey skills, techniques, and strategies, and will give all my players the opportunity to improve their skills, gain confidence and develop self-esteem.
- 3) I will ensure all athletes receive equal instruction, support and appropriate fair playing time; as per attached Hockey Canada Fair Play Code for Coaches.
- 4) I will respect every athlete's dignity. I will refrain from the use of profane, insulting, harassing or otherwise offensive language in conducting my coaching duties.
- 5) I will maintain open lines of communication. I will communicate with players, parents, officials, volunteers, and administration honestly, generously, fairly and with integrity.
- 6) I will learn and know the rules of the game and the policies of the league and will support and uphold them to the best of my ability.
- 7) I will treat opponents and officials with due respect, both in victory and defeat, and encourage athletes to act accordingly. I will actively encourage athletes to uphold the rules of their sport and the spirit of the game.
- 8) I will demand a sports environment that is free from drugs and alcohol and will refrain from their use at all games, practices and events. I will never coach a game or conduct a practice if I am under the influence of drugs or alcohol.

Fair Play Code for Coaches

- 1) I will be reasonable when scheduling games and practices, remembering that young athletes have other interests and obligations.
- 2) I will teach my athletes to play fairly and to respect the rules, officials and opponents.
- 3) I will ensure that all athletes get equal instruction, support and playing time.
- 4) I will not ridicule or yell at my athletes for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
- 5) I will make sure that equipment and facilities are safe and match the athletes' ages and abilities.
- 6) I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
- 7) I will obtain proper training and continue to upgrade my coaching skills.

Assistant Coaches

Assistant coaches are an extremely valuable asset to the head coach. Some things to look for when choosing assistant coaches:

- Availability. Are they flexible in terms of schedule?
- Philosophical compatibility. Do they share a similar vision for the hockey season as the head coach?
- All members of the coaching staff must have a Police Background Check or Criminal Record Check (CRC) completed prior to **November 15**. Contact your local RCMP detachment.

Coach Liaison

VMHA believes that it is important to provide resources and mentorship to support coaches. Video and online resources are available to all coaches. A mentorship program where experienced coaches will work with new and inexperienced coaches will be implemented. This program will be modeled and designed after the model developed by Hockey Alberta and Hockey Canada. Mentors will be asked to reinforce and encourage coaches to implement VMHA Guidelines and Program Expectations and work under the direction of the Coach Liaison.

VMHA will reimburse any goalie (U11, U13, U15, U18 male/female) up to \$500.00 for player development, with the condition that they commit to the next season as a goalie for VMHA to be paid by January 15th of the current playing season.

Coach Evaluation

All coaches will be evaluated at the end of the season. Details of the evaluations are as follows: Evaluations will be based on Participation Outcomes and Expectations of Coaches. The coach's rating will be set by how well he/she teaches/reinforces the outcomes and meet the coach expectations.

The Vice President Development will coordinate the process and work with the Coach Mentor and Directors to implement:

- Summary of each coach evaluation will be kept on file.
- U11 and above will see players, parents and officials contribute to the evaluation process.
- U9 and below will see parents, officials and executive contribute to the evaluation process.



BLANK FULL ICE PRACTICE PLAN

Full Ice Practice Plan

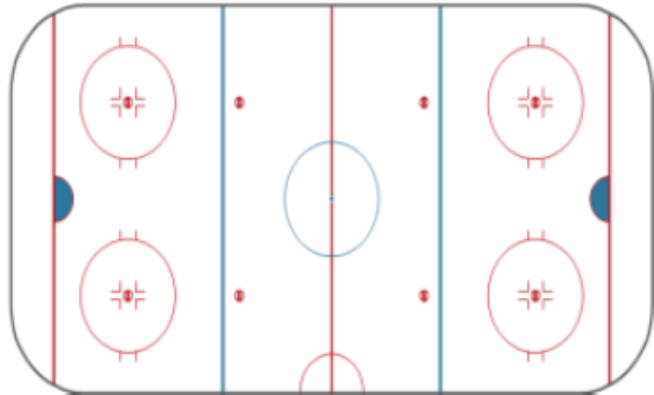
Team: _____



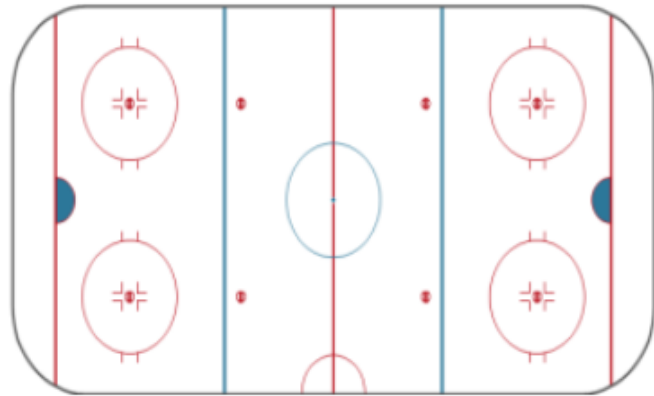
LEGEND

- ⊙ Coach
- ○ Forwards
- ▲ △ Defense
- G Goalie
- || Stop
- X Pylon
- ⊞ Pucks
- ⤴ Puck Carrying
- ➡ Shooting
- ⋯ Pass
- ⤵ Drop Pass
- ↩ Backward Skate
- ||||| Lateral Movement
- | Defensive Pressure

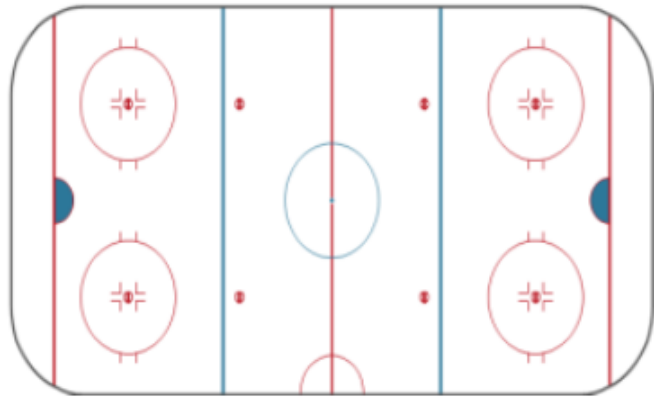
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Date:		Time:	
Description		Key Points	



HOCKEY EQUIPMENT CHECKLIST

FULL EQUIPMENT CHECKLIST FOR KIDS



HELMET

MOUTH GUARD

NECKGUARD

PRACTICE JERSEY

SHOULDER PADS

ELBOW PADS

JOCK

GLOVES

HOCKEY STICKS

HOCKEY PANTS

SHIN PADS

HOCKEY SOCKS

SKATES

HOCKEY BAG

IMPORTANT LINKS

East Central Alberta Female Hockey League (ECAFHL)

[Home Page](#)

[COACHES & MANAGERS](#)

[Bylaws and Regulations](#)

[Operational Regulations](#)

North Eastern Alberta Hockey League (NEAHL)

[Home Page](#)

[NEAHL – MANAGERS HANDBOOK AND WEBSITE GUIDE](#)

[Bylaws and Regulations](#)

[RAMP Gamesheet App – Tutorial](#)

Hockey Alberta

[Home Page](#)

[Intro to Hockey](#)

[Respect in Sport & Activity Leader/Coach/Officials](#)

[Safety Management](#) – Team Safety Person

[Bylaws and Regulations](#)

[Coach/Manager Discipline Handbook](#) – webpage

[Handbook](#) – PDF

[Centre Ice Portal](#) – Log-in (*only for those requesting sanction numbers & travel permits*)

[E-Gamesheet Submission](#) - webpage

[E-Gamesheet user guide](#) - PDF

Hockey Canada

[Home Page](#)

[Minor Hockey Team Manager's Manual](#)

OTHER LINKS

[Hockey Canada Officiating Downloads | Rule Book and Case Book](#)[Hockey Canada Coaching Downloads](#)[Hockey Alberta Coaching Resources | Hockey Alberta](#)[Coaches - Hockey Calgary](#)[Ice Hockey Practice Plans | All Age Levels | Full Ice, Half Ice, Stations
\(icehockeysystems.com\)](#)[Practice Planner Guides \(usahockey.com\)](#)[Practice Plans \(usahockey.com\)](#)[Practice Plan Manual – U14 to U18 – USA Hockey](#)[Free Hockey Drills \(hockeyshare.com\)](#)[The Ultimate Resource Guide for Hockey Coaches – How To Hockey](#)[COACH & PLAYER RESOURCES \(omha.net\)](#)[Ice Hockey Wiki | Fandom](#)

This one is online drill maker ---- digital whiteboard (screenshot or clip if you want to save)

[Draw Hockey Drills Online for Free | Easy to Use Drill Drawing Tool
\(icehockeysystems.com\)](#)