

**WELCOME TO THE
2020 WHITEHORSE
MINOR HOCKEY
COACH ORIENTATION
SESSION**



AGENDA

Introductions

WMHA COVID-19 Return to Play Document

Return to Play Resources

Changes at the CGC

The On Ice plan

Important Hockey Canada Links

Coaches Support System

Dealing with Parent Concerns

Q and A

Conclusion



INTRODUCTIONS



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U9 Convenor	Ainsley Coates	ainsleycoates@gmail.com	867 334 4864
U11 Convenor	Laura Whitty	lwhitty22@yahoo.com	867 334 7222
U13 Convenor	Desiree Martsinkiw	dez_20@hotmail.com	867 689 1922
U15 Convenor	Tamara Bingham	tamarah@mail.com	867 334 5976
U18 Convenor	Annette King	sa.kings1422@gmail.com	867 333 0985

CONVENORS CONTACTS



A NOTE OF APPRECIATION

WMHA can NOT thank you enough for stepping up, taking on coaching positions especially in a time of such uncertainty as we are seeing now. We are extremely thankful for your contribution!!!



WMHA COVID-19 RETURN TO PLAY PLAN



- <https://cloud.rampinteractive.com/whitehorseminorhockey/files/WMHA%20Return%20to%20Play%20Document-Updated.pdf>



COVID-19 RETURN TO PLAY RESOURCES

- [Hockey Canada Safety Guidelines](#)
- [Hockey Canada Framework](#)
- [BC Hockey](#)
- [CMOH/SPORT YUKON](#)
- Look to the WMHA website and your email for updated info



THE RINK

Check out the pictograph found here to see some of the changes at the CGC

<http://whitehorseminorhockey.ca/article/60994>



THE PLAN

September 8 start date

3/4 weeks of skills session

Skills transition to practices

Practices transition to game play and “near” normal season structure

ATTENDANCE TAKING -



SEPTEMBER U7-U11...

- To start the year, we will have two on-ice skills sessions per week with skills groups of up to 15 athletes
- These skills groups are not within the eventual cohorts that will allow game play, so safe 6 Covid – 19 precautions must be maintained on and off the ice
- During the pre-season in September you will be focusing on skill and drills and hockey FUNdamentals. We are hoping that as our return to play progresses to more normal programming (including games and cohort formation) in October, we will for the most part have the same coach groupings but there may need to be a couple of changes as final details are developed.
- The skills groupings you will lead to start the year will of course include your child (if applicable) and for many coaches at the U7, U9 and U11 level, their skills groups are made up of players that they have previously coached, to ease the return to hockey.



SEPTEMBER U13-U18...



END OF SEPTEMBER EARLY OCTOBER

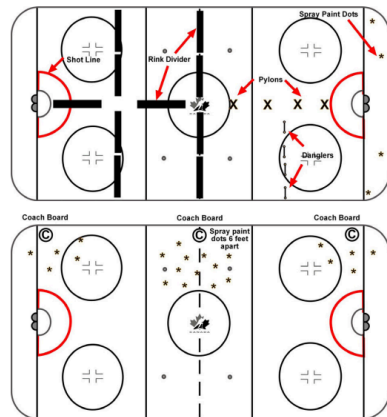
- We are expecting that we will follow a team drafting process following evaluations later in September
- Meaning your team will be different than your skills group based on the draft outcome but your child (if applicable) would remain on your team of course.
- Please ensure that you have an up to date criminal records check including vulnerable sectors check, or have at least that you have started the process (the RCMP are asking that this be done on line currently during COVID-19); a link has been emailed separately.



ON ICE DELIVERY

On-Ice Set-Up

Equipment Needed



OPTION 1 – All players come to coach board – kneel by dot six feet apart and six feet from coach.

OPTION 2 – Use two coach boards at different location on the ice where each coach has smaller group of players – kneel by dot six feet apart and six feet from coach.

- Ideally, coaches should spend as little time at the board as possible to alleviate opportunities for players to come together.
- All of the drills found on the subsequent pages of this resource can be found free of charge on the [Hockey Canada Network](#).
- Utilizing online video calls can also be a great way to pre-ice players.

Description:

The use of equipment such as pylons, rink dividers, dangles and spray paint can be effective to split the ice into zones and also ensure proper physical distancing for players.

PYLONS

- To divide ice into zones
- To mark proper spacing distances
- Indicator of where players not in activity should wait for their turn
- Use as obstacles for stickhandling

SPRAY PAINT

- To divide ice into zones (water-based spray paint to be used after getting permission from facility)
- To mark proper spacing distances
- Indicator of where players not in activity should wait for their turn

MARKERS

- To mark proper spacing distances
- To show skating paths or directions within drills

SHOT LINE

- Line spray painted six feet in front of crease for skaters to avoid
- Ensure proper distance between player and goaltender

RINK DIVIDERS

- To divide ice into zones
- To mark proper spacing distances
- Indicator of where players not in activity should wait for their turn
- Can be used to sit on

DANGLERS

- To divide ice into zones
- Ensure proper zone rotation
- Use as stickhandling obstacles

SIGNAGE FOR ZONES

- Tape to glass to indicate zone number
- Ensure proper zone rotation

POSSIBLE ON-ICE GAME-PLAY ADAPTATIONS

Additional adaptations to game-play may be required in some jurisdictions to limit player contact and maintain maximum physical distancing. These options may also be beneficial if an outbreak occurs and on-ice safety measures must be implemented quickly.

1

Continuous Play

- Limit or remove face-offs during the game (see [U9 pathway](#))
- Incorporate simple change of possession for:
 - Start of periods
 - Offsides and icings
 - Goal or stoppage of play

2

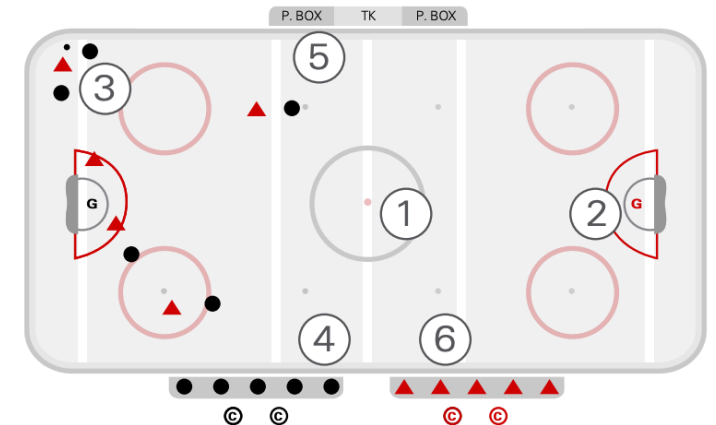
Crease

- Extend by spray painting a line six feet in front of each regular crease.
- Can be used as “shot line” in warm-up and practice for skaters to avoid contact and ensure proper distance between the player(s) and goaltender.
- Used as a reminder to avoid prolonged contact in the area during game play.
- Potential violation for entering the regular crease at any time.

3

Play the Puck

- Players must always play the puck, not the opponent (no contact, stick checks only).
- May result in change of possession if not followed.



4

Shift Changes

- Create age-appropriate protocols for entering and leaving the bench during game play that limits prolonged contact.

5

Penalty Shots

- Penalties served through penalty shots.
- May also be applied only if team already has a player in penalty box.

6

Bench Awareness

- Players and coaches adhere to physical-distancing requirements on the bench at all times, except for brief exchanges or in case of injury (benches marked).
- Coaches recommended to wear cloth masks.
- Limit number of coaching staff on the bench (others in stands).

See the Hockey Canada [Safety Guidelines](#) for additional information.

Mask

Hand sanitizer, first aid kit with extra masks should a player fall ill, player emergency contact list

Pucks, pylons, markers, spray paint and other on ice tools

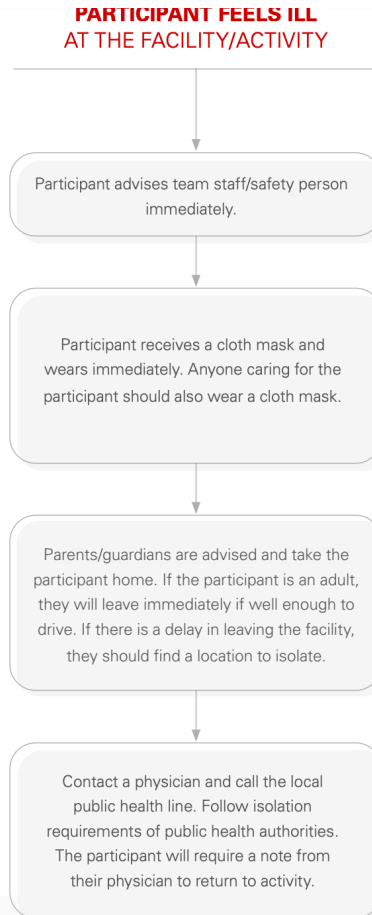
Personal whistle, coaching boards (consider 1 for each coach so groups can be further split and no sharing of the boards)

COACHING TOOLS AND TOOLS FOR ADAPTATION

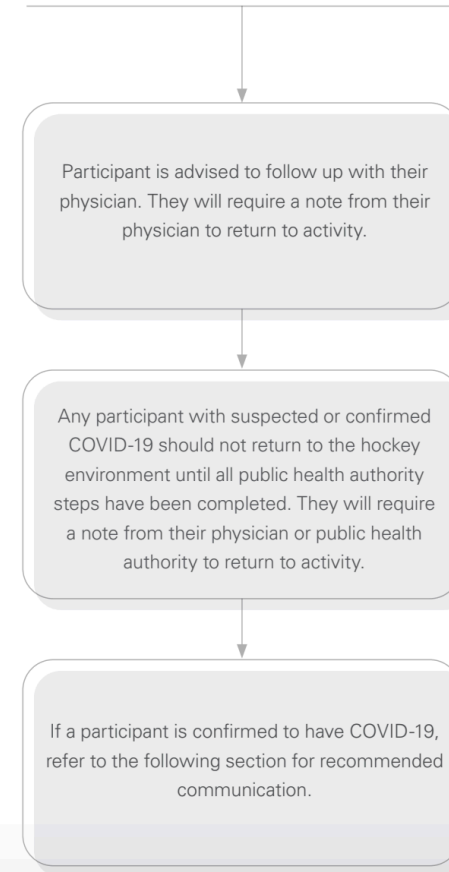


Recommended Return to Hockey Procedures

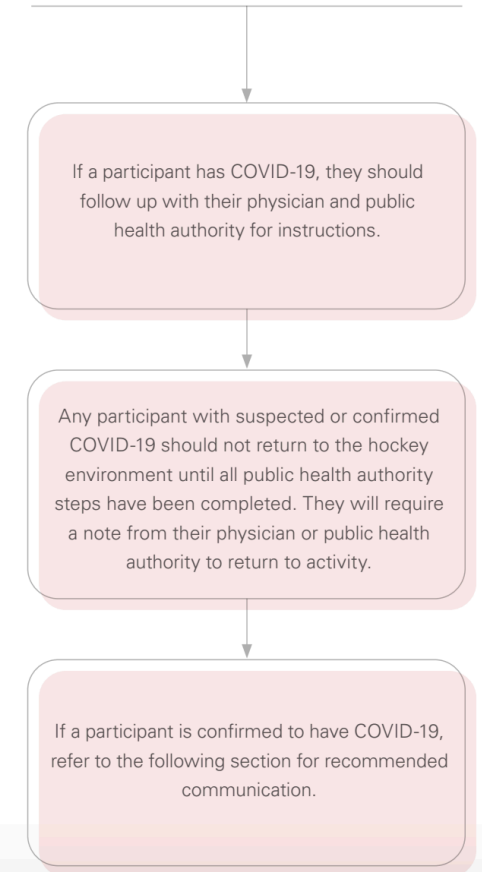
The following are recommended guidelines for team staff, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick.



PARTICIPANT ADVISES TEAM STAFF THEY ARE NOT FEELING WELL AND WILL NOT BE ATTENDING



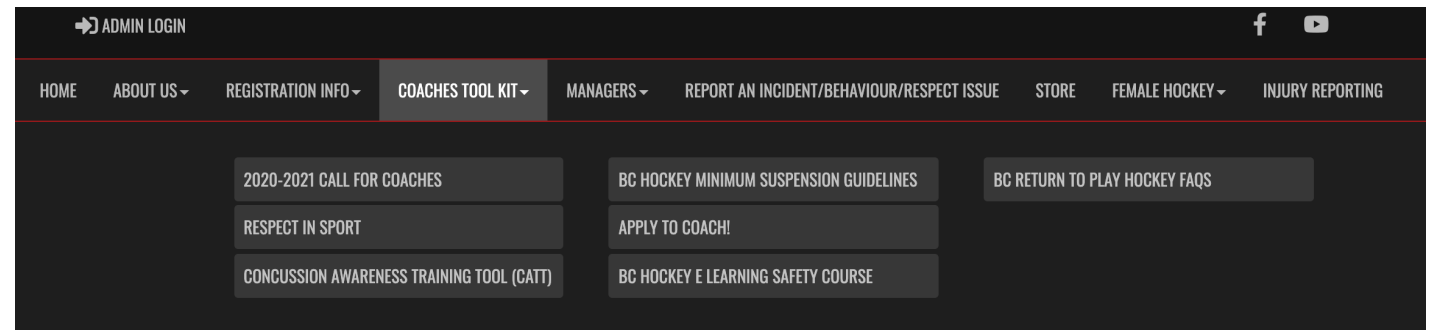
PARTICIPANT ADVISES THEY HAVE SYMPTOMS OF COVID-19 AND WILL NOT BE ATTENDING



Hockey Canada Safety Guidelines Document

https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf

WMHA WEBSITE RESOURCES.....



BC HOCKEY & HOCKEY CANADA

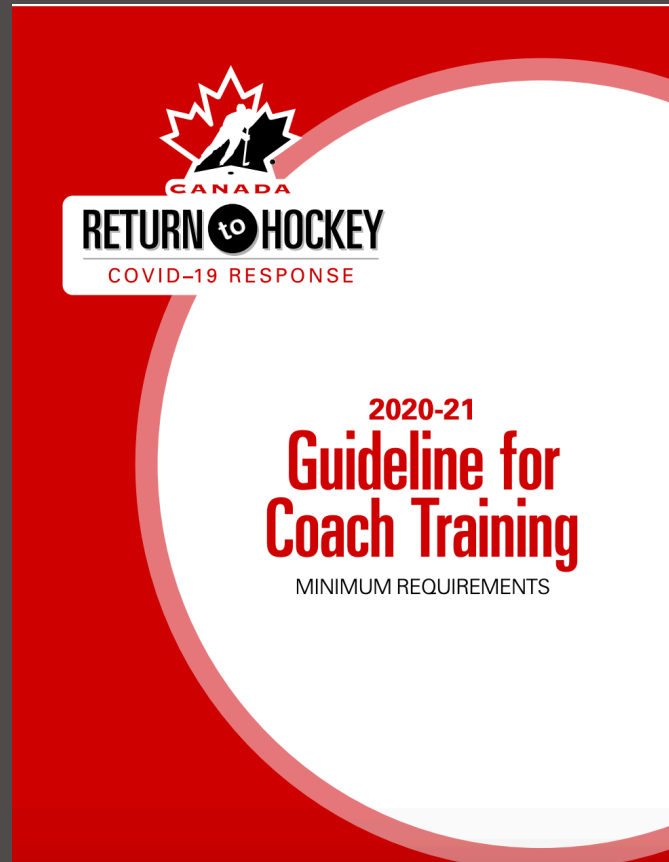


BC HOCKEY WEBSITE



<https://www.bchockey.net/>





2020 HOCKEY CANADA GUIDELINE FOR COACH TRAINING

https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_CoachGuidelines_EN.pdf



E-HOCKEY ACCOUNT

To access your Ehockey Account go to

<https://ehockey.hockeycanada.ca/ehockey/account/login.aspx>

NEWS, OFFERS, TICKETS

Welcome to Hockey Canada's eHockey website.

Sign in using your existing eHockey account below.

If you do not have an existing eHockey account, [click here to create an account](#).

Sign in here

Email:

Password:

Login

HOCKEY CANADA WEBSITE

<https://www.hockeycanada.ca/en-ca>

- Rule book
- Drill ideas
- Player pathway details



You are going to require the support of others to be successful. Please reach out to the following people for assistance anytime

Coach Coordinator Mary Quaile

Division Convenor

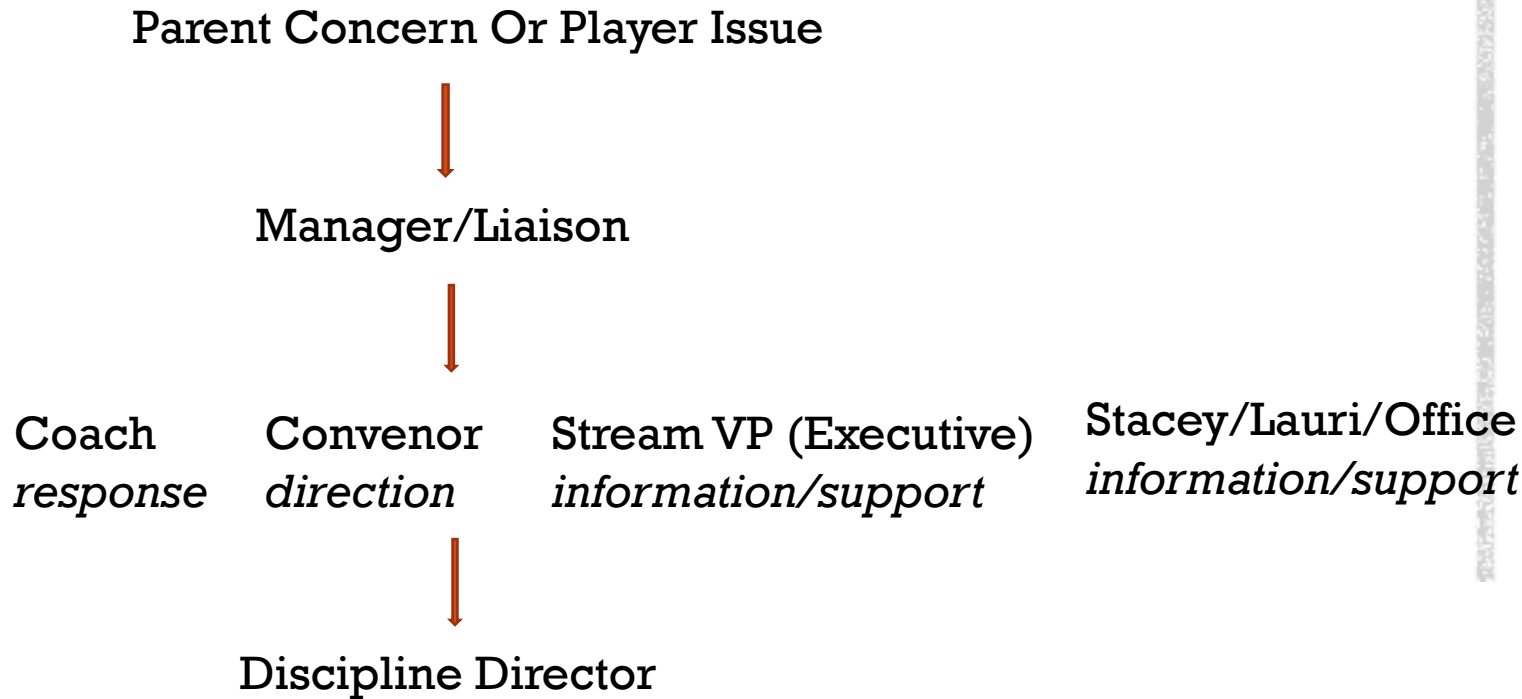
WMHA Executive and Board of Directors

Executive Director/Office/Lauri

Coach Mentor (if you would like to be introduced to a coach mentor, WMHA is happy to help find you someone to support you on and off the ice when required)



It is recommended that each team appoint a team or group appoint a manager/parent liaison. This person can be in place to ensure coaches COACH and others deal with off ice issues and communication.



**QUESTIONS on Hockey
Canada Resources??**

THE RULE OF ONE

- ONE PERSON, ONE COMMENT, ONE TIME CAN CHANGE A LIFE FOREVER.
- “The Rule of One,” a comment that can stick with a person for the rest of his or her life. Everyday is an opportunity to empower and inspire an athlete. Our words can be affirming and life changing, or demeaning and depressing. We don’t get to pick and choose which ones stick, and which ones our kids forget.....



A COACHES INFLUENCE IS NEVER NEUTRAL

- **Be Aware.** Your influence is never neutral, and we must be aware of the impact of our words and actions. Don't ever think that you do not make an impact, especially once you are in a position of authority such as a coach or parent. There are certain times that are highly emotional (end of games, after a mistake, after a great play) where your words can be a bit *stickier*.
- Timing is everything! Catching an athlete doing something great after overcoming adversity, or a word of encouragement after a disappointing outcome can be very powerful. Similarly, the opposite can be true. A harsh word after a major disappointment rarely helps, nor does strong criticism right after a player just did something very well. **People tend to remember the things they learn right after they have a strong emotional response to an event, so understand that there are certain times to teach, certain times to inspire, and certain times to leave it unsaid for now.**
- **Be Intentional:** Whenever I substitute a player, I am at midfield to shake every athlete's hand as he or she steps off, regardless of how they played. If they are doing well, it's a smile, a high five and a "well done." If they are struggling or upset, it's a smile, a high five, and a "keep your head up, get a drink, I have an idea that might help and I will be right over." **This takes a bit more effort than many coaches care to exert, but the difference it can make in the life of your athlete can be huge.** Everyone gets acknowledged. Everyone gets a reminder to focus on the process. Every time.
- **Be Transformational:** Coach the person, not the sport. Some kids need a hug, and some need a metaphorical kick in the rear. Some need a quiet word, and others will respond to a shout across the field or court. It is up to you to realize what every individual needs, and do your best to deliver it to him. If you shout at the athlete who responds best to the quiet word on the side, you will not inspire. If you fail to show caring and love to the athlete who never gets them at home, you will not connect. Your delivery must match the needs of the recipient.
- **A transformational coach values the things that are hard to measure.** It's easy to recognize athletes when you count points, goals, saves, and rebounds, but that is insufficient. Athletes need you to validate the things that are much harder to measure, but mean far more. Was she fearless? Was he a hustler? Did she bring positive energy? Did he improve in the area you worked so hard on in practice? **A life changing "Rule of One" comment will rarely be about something easily measured such as "nice goal out there." But when you say to an athlete "I'm so proud of you, look at what you have become when you play with such energy and courage" you can change a life.**
- -JOHN O'SULLIVAN CHANGING THE GAME PROJECT
- <https://changingthegameproject.com/the-rule-of-one/>





THANK YOU AGAIN!!

WMHA IS LOOKING FORWARD TO AN EXCITING YET CHALLENGING SEASON, WHERE OUR COACHES ARE VALUED AND LOOK TO AS THE MAIN CONTRIBUTORS IN THE SUCCESS OF OUR SEASON.

THANK YOU FOR STEPPING UP, WE ARE HERE TO HELP WHEN AND WHERE YOU NEED IT.