



MIDDLETON YOUTH HOCKEY

STUDENT COACH GUIDANCE

Be the player coach you wish you had when you were little.

HELP OTHERS. SHARE THE GAME.

Why Be a Student Coach?

- Give hockey back—and become the older player younger kids look up to.
- Build leadership, communication and confidence.
- Understand your own game better by seeing ice hockey as a teacher.
- Make hockey more fun for someone younger than you.

Student Coaching Should be Simple

- Help our adult coaches—you're not meant to carry a heavy burden.
- Demonstrate skating, skills and drills.
- Encourage, explain and help younger players.
- Help run stations and small-area games.
- Look for ways to make practices better or more fun!

YOU ARE A HELPER + ROLE MODEL, NOT A HEAD COACH.

YOU'RE PART OF THE COACHING TEAM.

You're an important part of the coaching team—but our adult coaches are responsible for practice plans, team decisions, and anything else you're not sure about. Follow their lead, ask good questions, and help wherever you can!

Who Can You Coach?

- Student Coaches must be 13–17 and properly registered with USA Hockey.
- You may only work with players at least one full playing-age level below you.
- 14U → 12U and younger
- 16U → 14U and younger
- 18U → 16U and younger

When in doubt, ask your MYH coach or Hockey Development Committee.

Before You Start

- Carefully read through this Student Coach training—or audit the appropriate USA Hockey 6U/8U or Level 1 clinic.
- Always work under a certified and screened adult coach.
- Complete the required Student Coach documentation.
- At age 18, normal adult screening and Coaching Education Program requirements apply.

Be the Coach Kids Love

- POSITIVE — Notice effort and improvement. Be a cheerleader.
- PATIENT — Everyone learns differently. Find someone who needs a boost.
- ENERGETIC — Your energy is contagious. Be focused as soon as you step onto the ice.
- RESPECTFUL — Never embarrass or tease. Be an ally.
- ROLE MODEL — Little kids are watching you. Be present and pay attention.

Talk to Kids, Not at Them

- Use simple language. Keep explanations short.
- Ask kids questions instead of giving lectures.
- “What do you think you should do here?”
- “Where should your stick go?”
- “Want to try it again?”

How to Teach a Skill

1

EXPLAIN

Keep it short.

2

SHOW

Demonstrate clearly.

3

TRY

Let them do it.

4

WATCH

See what happens.

5

CORRECT

One useful thing.

Then let them try again.

KEEP IT USEFUL

Give Better Feedback

NOT THIS

“Keep your head up.”

TRY THIS

**“Look up before you
receive the puck.”**

SPECIFIC + POSITIVE + USEFUL

One useful correction is usually better than five.

“I DON'T KNOW. LET'S ASK COACH.”

That's a great answer. You're a Student Coach—you are learning, too. We don't need you to have all of the answers :)

Be Active on the Ice

- BEFORE: Find out your job. Help organize and pull practice gear. Greet kids.
- DURING: Demonstrate. Help. Encourage. Keep moving. Watch for safety.
- BETWEEN DRILLS: Reset quickly. Listen. Ask what you can do next.
- Be proactive. Don't stand around waiting for someone to find you a job.

Small-Area Games Are Our Friend

- We want our skaters to play on small surfaces:
 - More puck touches, skating and decisions.
 - More competition and game-like situations.
 - You can help: pass, create space, encourage.
 - *Coaches can't play during scrimmages or drills - we don't want anyone to get injured.*

Safety Comes First

- See an injured player? Tell the adult coach immediately.
- Don't diagnose injuries or decide whether someone should continue.
- Watch for unsafe behavior, equipment problems and players who need help.
- When something doesn't look right: TELL A COACH.

Know the Boundaries

- On ice: helmet with full face protection, neck laceration protection, gloves and skates; otherwise fully equipped.
- You may help at practices, off-ice, clinics and development assessments.
- You may NOT act as a head or assistant coach.
- You may NOT participate as a player in scrimmages or games while acting as a Student Coach.

Games & the Bench

- You may be on the bench during games with an adult coach.
- For your protection, Student Coaches have no coaching authority.
- You count as one of the maximum four Team Officials on the bench.
- You must wear a helmet with full face protection on the bench.
- At your own hockey games, be a player (not a Student Coach—don't try to be both).

Locker Room + Families

- Always follow required adult supervision in the locker room.
- Respect privacy and keep conversations appropriate.
- Never embarrass, tease or single out a player.
- Be friendly with families—but send questions about playing time, assessments, discipline, injuries or team decisions to the adult coach.

The MYH Student Coach Standard

- HELPFUL • POSITIVE • PATIENT • ENERGETIC
- RESPECTFUL • SAFE • COACHABLE
- Act like the player coach you wanted to be around when you were little.

Little kids are watching us and learning.

READY?

Your First Practice

- 1. Find the adult coach: “What can I help with today?”
- 2. Find your drill, station or group.
- 3. Get your gear on and be ready. Help with practice gear (cones, tires, barriers, nets, etc).
- 4. Get involved—don't wait around.
- 5. Ask questions.
- 6. Have fun. You're helping kids fall in love with hockey!

**WOULD I WANT AN OLDER PLAYER TO TREAT ME THIS
WAY?**

If the answer is no, don't do it.

Help a kid. Share the game. Be someone important in their hockey journey!