

PRE-SEASON COACHES
MEETING
AUGUST 13, 2026



THANK YOU!!!

While coaching young folks is a privilege and can be extremely rewarding, most people don't recognize the time, effort, and commitment required...

Thank you in advance!



What is Hockey Operations (Ops)?

Work collaboratively with and through the Board to promote organization of logistics associated with hockey operations

Examples:

- Acts as a liaison between coaches, parents, & Board
- Placement process
- Coach recruitment/coordination
- Triage/Address disciplinary concerns
- Resource for coaches

Who? Chad Laliberte, Mike Whiting, Mike McLaughlin...but really all of us!



Head Coaches

Team

Mite 1

Mite 2

Mite 3

Squirt 1

Peewee 1

Peewee 2

Peewee 3

Bantam 1

Bantam 2

Midget 1

Midget 2

Head Coach

Brendon Lyver

Ryan Hawley

Ian Darisse

Christian Biagetti

Chad Laliberte

Aaron Fialkow

Pete Galdi

Mike Whiting

Pete Jose

Rob Richards

Mike Hoemann



Organizational Philosophy for Success

- Feel welcomed, comfortable, and supported = confidence in organization/team and increases likelihood of engagement & success
- Creates a sense of belonging to the Revs Community
- Part of something bigger than themselves – all have role/responsibility to contribute
- Obligation to Pay It Forward to the next group of players & families



How do we do that?

CM Revs Coaching Philosophy

- *What kind of experience do we want to provide for our players/families?*
- *What are our responsibilities/goals for our players?*
- *What motivates players?*
- *What intimidates or shuts a player off?*
- *How will we meet these responsibilities/goals?*



CM Revs Coaching Philosophy

We are a USAH & Mass Hockey town program:

- CM Revs *do not* cut players. There is a place for any player to play.
- CM Revs Coaches will do our best to ***provide equal ice time*** to ALL players.
- CM Revs are coaching and teaching hockey, but we are ALSO teaching **LIFE LESSONS** to all players at each level.
 - ✓ ***Teamwork, Resilience, Hard Work, Respect, Accountability, and more!***



CM Revs Coaching Philosophy

- Each coach is working to grow the game of hockey. This means:
 - ✓ Create an atmosphere where kids want to come to the rink, work hard, and do their best
 - ✓ Put hockey development ***ahead of winning***
 - ✓ Try to create a passion for the game
- Mistakes will happen AND are a critical learning component for both players AND coaches. Players can learn through other players. Coaches can learn through other coaches.
- When working with individual players, (constructively) criticize in private, and praise in public.
- Players should have chances to play all positions. But we want players to be comfortable as well.

Revs adheres to the USA Hockey [American Development Model](#) (ADM)

- ADM station-based practices, particularly at the younger age levels.
- Follow SafeSport to promote a fun and safe environment for kids.



Coaching Requirements/Certifications

Visit [Resources for Coaches Tab on CM Revs Website - HERE](#)

OR - [Coaching Certification \(usahockey.com\)](#)

- Register as a member of USA Hockey.
- Complete the background screening. [Click here](#).
- Complete the USA Hockey Safe Sport Training. (Required every year and cannot be added to a roster until completed).
- Complete the Foundations of Player Development Pre-requisite.
- Complete the online age-specific module(s) for the age level of play you are coaching.
- Find, register and attend the required certification clinic. **(These fill up FAST!)**



Locker Room Protocol/Conduct

- A Coach or Locker Room Monitor must be present at all times for all levels.
- NO PHONE USE IN LOCKER ROOM
- Lock rooms when possible, during practice/games. Team Manager can hold key.
- Keep Clean -The Head Coach is responsible for the condition of the locker room upon leaving the room.
- If no coach is in the room, one should be posted outside the room. The door(s) should be as open as possible while providing adequate privacy.



General Conduct – Hold Ourselves to a Higher Standard

- NO player will criticize a teammate for ANY play on the ice, either during the game or off the ice. We expect all our players to focus their energy on being a good teammates and working to improve their own play. Coaching and constructive criticism MUST be left to the coaching staff. We do encourage our players to offer teammates POSITIVE feedback and support. That is what builds a team.
- NO player will talk back to our coaches, opposing coaches, parents or referees. We expect all of our players to show respect to anyone that is volunteering their time to support youth hockey.
- PROFANITY will NOT be tolerated at any time during any hockey session. Players should consider the hockey rink to be no different than school.
- Minimum Attire Policy: All players should be required to arrive at the rink wearing their hockey base layers. All members of the team must have this minimum attire before entering a locker room.



Concern/Problem Escalation

- Each level (Mite, Squirt, Peewee, Bantams and Midgets) is assigned a Divisional Director.
- The Divisional Director assigned to your level will help triage next steps and/or assist with addressing the matter.
- The Divisional Director will enlist the help of the CM Revs Hockey Operations and/or player's representative(s) depending on the issue.
- When in doubt contact Hockey Ops (contact.revshockey@gmail.com).



USA Hockey Updates

Neck Guard Reminder

- Effective 8/1/24 all players are required to wear neck laceration protectors (NLPs) for all games and practices.

Tag Up Offsides & Shorthanded Icing (both permitted now)

- Applicable at the bantam level and up.



Valley Hockey League Call-Up Policy

Just one of the many reasons it's important to know the other coaches at your level!

- Coaches who need players will reach out to coaches on lower teams.
- Coach(es) from the lower team will recommend players based on attendance, work ethic, ability etc.
- Not all players are required for selection, but the process should be fair.
- Please make Division Director aware of any additional needs.

Examples:

- Mite 3 to 2 to 1
- Squirt 4 to 3 to 2 to 1
- PW 3 to 2 or 1



Practice Guidelines

“Failing to plan is planning to fail”.

Design practice with a focus and goals that meet the needs of your players & team.

Don't forget...it's supposed to be FUN 😊

- ❖ Skating, edgework, and conditioning are key (I recommend incorporating at every practice)
- ❖ Strategically plan drills that most effectively utilize the space and players (will goalies be attending?, multiple nets, utilize neutral zone, run drills concurrently by splitting zone in half)
- ❖ Build players up but teach/correct things that will result in bad habits or improper techniques that may inhibit the player's development and/or potential for success in the future.
- ❖ Pro Tip - Practice jerseys can be turned inside out to differentiate players at practice (white on the inside)



Practice Guidelines – Other

Considerations:

- Are there skills/areas the team needs to improve on? How do your practices accommodate this?
- How much did the players skate? When is their next game (or how long since their last)?
- How much did they stand around in line?
- Can the drill be cut down to a smaller area or run on both sides simultaneously?
- Can you combine with other coach and run stations or some full ice for a portion of practice?
- Scrimmaging vs small area games



Practice Guidelines

Ages 5-9

- Build a strong passion for the game.
- Solid foundation of all the skating skills in ALL directions.
- Solid foundation of all passing and stick-handling skills.
- Some basic shooting skills, wrist shot, and backhand.
- Good grasp of play without the puck. (support)
- Coach what all the positions do to ALL players. No assigned positions. Playing all positions is better for development.
- Permanent goalies are NOT preferred. Interested goalies should develop as a player as well.

Ages 10-12

- Continue working on skating, passing and stick handling.
- Teach proper technique of all shots.
- Continue working on play without the puck.
- Do positional skill practices that are specific to all positions.
- Start to get more serious with the goaltenders.
- Introduce body contact, checking skills, angling and body positioning.

Ages 12-15

- Continue to work on the big three: Skating, passing and stick handling.
- Continue to work on play without the puck (support).
- Continue specific positional skill work.
- Teach how to check and how to take a check properly.
- Be aware and intentional to the specific needs and skills development of goaltenders.



Getting Off To A Good Start

Pre-Season/First Month

- Find a team manager (DONE!)
 - Help with communication
 - Coordinate off-ice activities
 - Help organize tournaments, Providence Bruins/Worcester Railers, scrimmages, etc.
- Team Coaches Meeting
 - Discuss coaching philosophy and expectations with coaching staff.
 - Practice expectations.
 - Preferred method of communication.
- Parent Meeting (get to know them!)
 - USA Hockey & Revs Coaching Philosophy
 - Escalation procedure
 - Codes of Conduct: Coach, Parent, and Player
 - Tournament options

Second Month...

- Settle on tournament(s)
- Submit conflict forms to Valley (so they don't schedule games when you're away in a tournament)



Additional Tips

- Consider creating team-only time protocol 5-7 minutes before and after each game.
- [Use this template for your roster stickers](#) (they're required in triplicate, and this'll make it much easier/quicker)
- Consider putting together a Bench Bag (laces, tape, first aid, helmet repair, etc.)
- Being early to practice and games allows you to greet and get to know players
 - Also allows you to get drill necessities ready (look for extra pucks too 😊)
- Use your whiteboard to post a question/task of the week in the locker room (to encourage players to get to know each other)
- Use Crossbar to communicate locker rooms, traffic issues, skills, etc.
- A few practice tools can be found in our job box but must be returned after each use!
- **When you see/hear of a minor issue, address it ASAP so it doesn't become a real problem!**



Other Requirements

- ✓ Communicate w/ Hockey Ops and/or division directors so we know how things are going
- ✓ Complete mid-season eval for players
 - Helpful for you and them!
- ✓ Participation in the placement process is required.
 - Roles for on ice facilitation or evaluators
 - Process is super important and truly key to building teams for next season!
- ✓ Help with our Learn To Play Program!





Goalie Program Philosophy

To create more goalies who love the position,
and more players who love their goalies.

1. All goalies feel competent, confident, and supported.
2. Anyone can try goalie and continue playing at no extra cost.
3. Kids become better hockey players, better athletes, and *better humans* by playing goalie.

What We Offer

1. Weekly goalie clinics
2. Practice attendance upon request
3. Loaner gear library (ALL SIZES)
4. “Try Goalie” at Learn to Play; QC pads at Mites
5. Mentorship program
6. Coaching & player education





What We Ask

- All teams with 2+ goalies *MUST* rotate. If you pay, you play.
 - Recommend rotating halfway through. “Starter” & “Closer” roles.
 - Mites using quick-change should change at the halfway intermission. Change takes <1 min.
- No full-time goaltenders before 12U.
 - Goalies must build skating skills and game IQ.
 - May play a full game/consecutive games if they’re the only goalie available. *HOWEVER*, please reach out so we can resource and ensure they get skating time too.
- Quick-change gear *MUST* be returned to the locker between games.
 - **Absolutely no one** may take QC pads out of the rink without prior approval (e.g. tournaments).
 - Please report any unauthorized use by other associations.

Building Our Culture



1. **PLEASE** ask me questions!
2. Attend a goalie clinic.
3. Have your players attend a goalie clinic.
4. Design practice for *everyone*.
 - a. What should my goalie get out of this?
 - b. Create *environments*, not drills.
5. **Talk** to your goalies.
 - a. Remove the pressure. Check in. Ask questions.
 - b. We're not weird, *we're part of the team!*



**A How-To Guide
for Team
Coaches**



Available Resources

Drills & Planning

- [Revs Goalie Drill Library](#)
- [Ice Hockey Systems](#)
- [GoalieGen.com](#) — Goalie Development Planning

Coaching Education

- USAH Goaltending Bronze CEP
- USAH Online Goalie Module
- Mass Goaltending "Coach the Coaches"
- Mass Goaltending Monthly Call

More opportunities & resources TBA

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Final Thoughts/Q&A

Let's make this an unforgettable season for our players!

THANK YOU *(again) for volunteering to coach these great kids in this great game!*

Questions?

