



RFYHA Coach's Handbook

Table of Contents

- 1) RFYHA Policies
- 2) Parent Meeting
- 3) RFYHA 10U Level Development
- 4) RFYHA 12U Level Development
- 5) RFYHA 14U+ Level Development
- 6) RFYHA Skill Competency by Level
- 7) RFYHA Concepts
- 8) RFYHA Practice Planning
- 9) Off-Ice Development
- 10) RFYHA Coach Contract



Section 1: RFYHA Policies: Refer to the RFHYA Policy Handbook for all policies pertinent to coaching at RFYHA

- Scheduling—Outlines number of games, practices, and days off per week
- Practices—Outlines requirements and resources
- Tryouts—Outlines the structure and requirements
- Player Movement—Outlines movement up or down a level & rostering
- Managers—Outlines basic manager roles and responsibilities
- Player Code of Conduct—Outlines expectations and discipline**
- Member Code of Conduct—Outlines expectations and discipline
- Coach's Code of Conduct—Outlines expectations and discipline
- Coach's Handbook—Discusses expectations of this Handbook
- Spectator Code of Conduct—Outlines expectations and discipline

** All player conduct issues should be brought to the attention of the Board Member Team Liaison

Section 2: Parent Meeting: One of the most important meetings to have with your team's parents, coaches and managers to set expectations for the season and get to know everyone. Below are some tools to help facilitate that meeting and start the season off on the right path.

Parent Meeting Agenda- discuss with team manager regarding their template

- Board liaison—Each team has a board member liaison to support them in their season—invite your board liaison to the meeting for introductions and they can explain their responsibilities
- Team coaches—Introduce your staff
- Head Coach's philosophy—Share your style and your expectations for parents, skaters, and the coaching staff
- Team Manager—Introduce potentially the most important member of the team

LETTER TO PARENTS

Please accept this letter in the spirit intended. We do not know how to raise your child, but we have learned a few guidelines over the years that can help towards a good player-coach-parent relationship.



- The parent's role should be one of support and not criticism. Each of our skaters will have bad practices and bad games at times. They usually know when this occurs and do not need you to remind them.
- When your child cannot attend a game or practice, we should be told or called in advance. Please have your child make the call.
- Parents do not belong on the player's bench or in the locker room.
- Parents need to act in an appropriate manner while representing RFYHA.
- Please support all coaching philosophies. Do not "coach" against the coaches. This will confuse your skater (e.g. stand in front of the net or give incentives for goals).
- (Squirts): Your child will play multiple positions as a Squirt. One of the goals of Squirt is leaving with an awareness of how to play all positions.
- If your child is unhappy for any reason, please talk to us about it. We want your child to be happy and perhaps can solve the problem before it gets out of hand. If we don't know there is a problem, we can't fix it.
- If you are unhappy with a decision made by one of the coaches, please make an attempt to follow the "wait a day rule" and call the next day. Many situations become less volatile after a twenty-four-hour cool down period.
- Ice-time or how much a child plays in a given game is up to the coaches, not the parents. It is impossible to give everyone equal time in every game, but our coaches will do their best to make it fair and equal.
- Try to keep this activity in perspective. It is supposed to be a fun game for the KIDS!
- If your child has a medical condition, we should know about it. Please provide this information to your teams' coaches and manager.
- Each family will need to participate in game activity during games (penalty box, clock and score). We share this responsibility with the other team.

Team Rules

- Team Goals
 - HAVE FUN!!
 - Learn and develop skills
 - Learn and develop team play concepts
 - Show excellent sportsmanship on and off the ice
 - Support coaches, parents and other teammates
- Family, school and church are more important than hockey. They come first. If you must miss a practice or a game, contact a coach in advance. It is recommended that the skater should make the call not the parent, it teaches discipline.
 - Attendance
 - Excused absences



- Family matters (Death, etc.)
 - Sickness or injury
 - School work or school performances
 - Church functions
 - Other situations, Coaching staff discretion
- o Unexcused absences
 - First unexcused, warning
 - Second unexcused, sit out 10 minutes
 - Third unexcused, sit out 1 period
 - Fourth unexcused, coach, player, parent talk
- Practice/Game Arrival
 - o Be ready to go on the ice 5 to 7 minutes before practices and 45 minutes before games.
- Coach will set hotel rules and curfew (including pool curfew) based on away game schedule.
- Locker Room: No one allowed in or around the player's locker rooms (other than players and coaches) 20 minutes before and 10 minutes after a game. All players are responsible for locker room clean up after every event.
- Please remember that as RFYHA players, parents and coaches we are representing our association and community at both home and away events. Always be on your best behavior and leave places better than you found them: respect your opponents, your coaches, the referees, arena staff as well as picking up your trash and refraining from using inappropriate language.

Player Game Day Expectations

- Be at rink 45 minutes prior to game (in locker room)
- Begin warm ups as team. (10 minutes)
 - o Push-ups
 - o High knees
 - o Walking lunges
 - o Karaoke
 - o Sprints
 - o Backwards shuffle with low knee-bend
 - o Stationary side to side...one foot to the other foot
 - o Jumping jacks
 - o Stick handle with golf balls (10 minutes)
 - o Goalies should have tennis balls and toss against wall
- Get dressed (15 minutes)



- Chalk Talk (5 minutes)
 - Having FUN!
 - Reinforce PASSING, puck control, reduce turnovers
 - Effort and Team work
- Having a pre-game warm is a great way to build team unity and helps prevent injury as well as help with development of our players. All league games and tournaments may start 15 minutes early. Please make sure we are ready!

Coach Game Day Expectations

WINNING IS A RESULT OF WHAT WE ACCOMPLISH IN PRACTICE--NOT A GOAL ON GAME DAY.

- Practice/s leading up to game day
 - Do not lose sight of RFYHA & USA Hockey practice guidelines
 - Working on skills and skating is always the main priority
 - Squirts: 60 min practice = 15 edgework/conditioning, 35 skills, 10 concepts
 - Pee Wees: 60 min practice = 15 edgework/conditioning, 30 skills, 15 concepts
 - Bantams: 60 min practice = 15 edgework/conditioning, 25 skills, 20 concepts
- Game Day (Things for the Head Coach to consider for game day)
 - Preparation for games (before, during, after)
 - Outline game-day responsibilities
 - Coaches roles / duties
 - Locker Room / Bench Management
 - Arrival time
 - Jobs at the rink (roster, water bottles, locker room location)
 - Locker room policies pre/post-game
 - End of game guidelines
 - Know the game situations and the rules
 - Line rotations
 - Tone on the bench
 - Do not yell instructions to players on the ice
 - Let them play, react and enjoy the game
 - Discuss what happened on the bench with them between shifts
 - Do not swear in front of the kids
 - Do not yell at the referees



- ALL COACHES: Be professional, act & dress appropriately. No tobacco or alcohol use
- Post-game Speech (No parents in locker room)
 - Short and sweet
 - Focus on positives, did we have fun?
 - Discuss number of good passes and reducing turnovers
 - Did we give 100% effort?
 - Did we show good sportsmanship? (win or lose)
- Practice/s after game day
 - Do not lose sight of RFYHA & USA Hockey practice guidelines

Section 3: Squirt Level Development

- **Long Term Development Stage**
 - Speed: constant stopping, starting, changing direction, and puck races in small areas
 - Suppleness and Flexibility: perform a variety of activities and exercises through a full range of motion
 - Skill Acquisition and Development: Science has shown this is the prime age for skaters to acquire and develop sport skills, therefore it's known as the Golden Age of Skill Development
- **Squirt Coaching Priorities**
 - Allow the players to have fun and want to return next season
 - Enhance and refine skill techniques in skating, puck control, puck movement, and shooting
 - Prepare players to advance to the next level (Squirt B to A; Squirt to Peewee)
 - Increased understanding and appreciation of a full ice game (teamwork, position play, specialty, situations)
- **Level Goals**
 - **Player Development:** Develop habits of successful team character, value for puck possession (puck protection and winning battles to puck without throwing it away), players learning all positions with goalies skating out when not in net, basic defensive player and offensive player skills.
 - **Skating Development/Individual Skill Development:** Emphasis on edge work (linear forward/backward skating uses inside edge; turning and changing directions uses outside edge)
 - **Player Concept/Team Play Development:** Basic Defensive Zone, Neutral Zone and Offensive Zone



- o **Body Contact/Body Checking:** Introduction to body contact through stick checking, proper skating skills, defensive and offensive side positioning, covering lanes, strong and weak side positioning, angling-steering-driving and Gap control
- o **Off-Ice Development:** Introduction to off-ice development that might include stick handling, shooting, chalk talk or speed & strength
- o **Character**
 - Have respect for teammates, coaches, opponents, officials and parents
 - Demonstrate an ability to balance school and outside activities
 - Be on time for games and practices
 - Understand and take responsibilities for their performance at games, practices and school
 - Not be influenced by the negative behavior or actions of teammates
- o **Value for Puck Possession**
 - Puck Possession is a mental skill of developing habits that keep opponents away from the puck
 - Winning races to the puck (win races, win battles, win games)
 - Understand stickhandling, passing and shooting possesses the puck
 - Individual puck possession requires stickhandling and shooting skills; team puck possessions requires passing skills and team play
- o **Skating**
 - Edge control, inside and outside
 - Ready position
 - Forward start right/left
 - Forward stride
 - One-foot stop
 - Backward skating
 - Forward/Backwards crossovers
 - Mohawk
 - Lateral skating
- o **Puck Handling/Puck Control**
 - Proper Placement of Hands (finesse hand on top, bottom hand is power hand)
 - Eyes looking up
 - Forehand shift
 - Backhand shift
 - Puck off the boards
 - Puck protection
 - Give and take (go)
 - Backward puck control
 - Open ice carry
- o **Passing and Receiving**



Coaching Points: stick on ice, strong stick presence when giving and receiving passes, present a target, head up; passing and receiving is foundation to team play

- Headman the puck
- Calling for pass
- Forehand
- Backhand
- Receiving with the stick
- One-touch pass
- Area pass
- Breakout

o Shooting

Coaching Points: Shoot off the inside foot; head up and look at target, follow-through with shot, follow shot to net

- Wrist
- Backhand
- Rebounding
- Screen and Tip

o Player Concept/Team Play Development—More specifics on these concepts can be found in the Key Concepts Document

Defensive Player Concepts

- Gap control
- Clearing the opponents from in front of our net
- Proper technique for playing 1 on 1, 2 on 1, 3 on 1, 2 on 2, 3 on 2

Offensive Player Concepts

- o Puck possession skills
- o Making breakout pass
- o Headman the puck
- o Support player responsibilities in 2 on 1, 3 on 1, 2 on 2, 3 on 2
- o Becoming an effective goal scorer:
- o Be first to the puck
- o Shoot the puck!
- o Crash the net
- o If goalie is out, deke. If goalie is back in net, shoot.
- o Always follow your shot to the net – look for a rebound – no “fly by”!
- o Accuracy is more important than a hard shot

Team Concepts/Team Play Offense Concepts

- o Offense in the defensive zone
- o Breakout: Breakout the puck
- o Transition: Support players transition quickly in breaking out and creating momentum in leaving the zone



- o Offense in the neutral zone
- o Utilize weak side options
- o Basic regrouping
- o Offense in the offensive zone
- o First offensive player is taking the body; with stick-on-puck
- o 2-1-2 fore-check
- o Power play systems
- o Breakout
- o Offensive zone set up
- o Face-offs
- o Proper setup of the face off man
- o Proper positioning and coverage responsibilities of all other players
- o Entering the zone
- o Puck carrier goes wide, second person goes to net and third person creates triangle as a trailer.

Team Concepts/Team Play Defensive Concepts

Coaching Points: protect the center of the ice, protect the front of net at all costs, sticks in passing lanes, sometimes the best defense is stopping feet and being in position,

- o Territorial defense
- o One-man fore-checking
- o Two-man fore-checking
- o Back checking
- o Center-on-point defensive strategy
- o Wing-on-point defensive strategy
- o Man-short
- o One-on-one confrontations
- o Shot blocking

Body Contact/Body Checking: Emphasis on Stick Checking & Angling

- o Lift the stick check
- o Poke check
- o Stick check
- o Protecting the puck
- o Understanding of Offensive and Defensive sides of the play
- o Understanding strong and weak side of play
- o Angling – steering – driving a player
- o Gap control

Off-Ice Development



- o Duration: 1 off-ice session per week
- o Pre-Game Warm-up and stretching Introduction
- o Introduction to speed and strength training
- o Stickhandling skill development
- o Mental toughness

Section 4: Pee wee Level Development

● Long Term Development Stage

- o Skill Acquisition and Development: Science has shown this is the prime age for skaters to acquire and develop sport skills, there it is known as the Golden Age for Skill Development
- o Speed: This is the prime time to increase speed by improving the stride length and stride frequency through drills requiring high velocity for shorter intervals of time.
- o Hockey skills and activities 65%; hockey sense 25%; concepts 10%

● Pee wee Coaching Priorities

- o Provide “game-like” conditions in practice as often as possible
- o Teach shooters to finish the drills by following the shot to the net
- o Back-checking, back-checking, back-checking (2-way hockey players)
- o Body contact - develop body contact skills that lead to puck possession

● Level Goals

- o **Player Development:** defensemen, scorer’s and body contact
- o **Skating Development/Individual Skill Development:** emphasis on skating speed - forward and backward; backwards skating with emphasis on rip C starts with backwards cross-unders and reach; transition from forward to backward to forwards, and forward crossovers and push-unders
- o **Shooting:** ability to shoot wrist shots and backhanders, shoot off of inside skate
- o **Scoring:** crashing net, reading goalie, puck support around net
- o **Player Concepts/Team Play Development:** develop strong forehand and backhand passes while maintaining the head up: understand importance of tape to tape passes; be able to control the passes, one touch passing; emphasis on creating passing options and utilizing support players effectively
- o **Body Contact/Body Checking:** Become experts on difference between body contact and body checking for puck possession. *Focus is on body contact.*
- o **Off-Ice Development:** Regular off-ice develop that includes stick handling, shooting, chalk-talk and speed & strength (limited to body weight maneuvers)

● Player Development:

Defensemen



o Defensive skills

- Gap control
- Controlling the offensive player in the defensive corners and on the walls
- Controlling the opponent's sticks
- Clearing the opponent from in front of our net
- Blocking shots
- Diagonal (staggered) support
- Proper technique for playing 1 on 1, 2 on 1, 3 on 1, 2 on 2, 3 on 2
- How to use back-checkers
- Handing off offensive player to partner

o Offensive Skills

- Making breakout passes
- Using Defensive partner
- Skating the puck
- Joining the offensive attack
- Pinching in offensive zone; in correct situations

o Scorers

- Playing without the puck
- Finding open ice
- Crashing the net
- Handling the puck in crowded areas
- Shooting angles
- Screen, tip and rebound
- Controlling rebounds
- Shooting off inside foot
- One timer
- Head up and looking at the target with feet moving

o Skating Development/Individual Skill Development

Skating

- Lateral skating
- Forward crossovers and push-unders
- Backward cross-under start
- Backward two-skate stop
- Backward power stop (one skate) to a quick start

Puck Control

- Change of pace
- Slip through



- slip across
- Backhand pull back
- Backward puck control
- Accelerating with puck

Passing and Receiving

- One touch
- Receiving with the stick
- Receiving with the skate
- Receiving with the hand
- Surround the puck
- Flip – saucer pass (forehand and backhand)

o Shooting

- Backhand
- Snap
- Flip
- Slap
- One timer

- **Player Concepts/Team Play Development—More specifics on these concepts can be found in the Key Concepts Document**

Player Concepts

- Develop strong forehand and backhand passes while maintaining the head up
- Understand importance of tape to tape passes
- Be able to control the passes, one touch passing
- Utilizing support players effectively

Team Play

- Zone Entry
- Neutral Zone Regrouping
- Fore-checking
- Defensive zone coverage
- Face-offs
- Special Team

Body Contact/Body Checking: Emphasis on Body Contact

- Coaching Points: the difference between body contact and body checking is the following: *body contact* is taking away space from an opponent while going to the puck and *body checking* is body contact with a thrust of hip, shoulder or hands (and stick) towards an opponent.



- Receiving by the Boards - Stay tight to the boards and use the arms to brace yourself
- Receiving in Open Ice - Contact with the hip and shoulder, and unload the closest foot
- Receiving from Behind - Get stick and hands up against the glass
- Rubbing Out - cut off the opponent's line of travel as you are moving parallel
- Screen Out - hold your ground to prevent the opponent from continuing
- Pinning - control the opponent against the boards
- Box Out - Move the opponent away from an area
- USA Hockey Body Contact/Body Checking Materials:
<http://www.usahockey.com/page/show/893675-checking-materials>

o Off-Ice Development

- Duration: 2 off-ice sessions per week
- Pre-Game Warmup and stretching introduced for the year
- Increased conditioning without weights
- Increased stickhandling skills
- Mental toughness

Section 5: Bantam Level Development

- **Long Term Development Stage:**
 - o Skill Acquisition and Development: Science has shown this is the prime age for skaters to acquire and develop sport skills, there it is known as the Golden Age for Skill Development
 - o Speed: This is the prime time to increase speed by improving the stride length and stride frequency through drills requiring high velocity for shorter intervals of time
 - o 50% Individual skills (hockey skills and activities); 35% Hockey Sense (teaching concepts through small area games); 15% Concepts & Systems (team play training).
- **Bantam Coaching Priorities:**
 - o Develop defensemen as top priority
 - o Establish team discipline in executing a system of play
 - o Provide "game-like" conditions in drills as often as possible
 - o Teach shooters to finish the drills by following the shot to the net
 - o Back-check, back-check, back-check (2-way hockey players)
 - o Short Shifts (45 seconds to 1 min)
 - o Body contact - teach proper body checking that leads to puck possession
 - o Reinforce player communication on the ice
- **Level Goals:**
- **Player Development:** mentality for creating scoring opportunities, offensive and defensive skills for defensemen



- **Skating Development/Individual Skill Development:** quickness, speed, agility training;
- development of power and enhanced change of direction
- **Stick Handling/Puck Control:** ability to control the puck in traffic and open ice for puck possession
- **Puck Movement:** headman the puck
- **Shooting:** wrist, snap and slap shots
- **Player Concepts/Team Play Development:** zone entry, neutral zone regrouping, fore-checking, defensive zone coverage, face-offs, special teams
- **Body Contact/Body Checking:** body checking safety and skill that leads to puck possession.
- **Off-Ice Development:** Regular off-ice develop that includes stick handling, shooting, chalk-talk and speed & strength (body weight and weighted maneuvers)
- **Player Development:**

o Mentally Creating Scoring Opportunities

- Driving to and stopping at the net
- Creating odd man situations
- Finding open ice
- Creating traffic in front of the net
- Tipping skills
- Finding the back door
- Handling rebounds
- Shooting angles

o Defensive Skills for Defensemen

- Gap Control
- Controlling/Containment - moving players to the least dangerous area
- Body
- Stick
- Shot Blocking
- Diagonal (staggered) support
- Playing 1 on 1, 2 on 1, 2 on 2, 3 on 1 and 3 on 2 situations
- Pinching in the offensive zone; in correct situations
- Handing off offensive player to partner

o Offensive Skills for Defensemen

- Making breakout passes
- Using defensive partner
- Joining the offensive rush
- Shooting the puck with eyes on the net
- Shoot to create
- Reading the fore-check
- Escapes



- Reverses
- D to D

o Skating Development/Individual Skill Development

Skating

- Lateral skating
- Forward crossovers and pushunders
- Backward cross-under start
- Backward two-skate stop
- Backward power stop (one skate) to a quick start

Puck Control

- Change of pace
- Slip through
- Slip across
- Backhand pull back
- Backward puck control
- Accelerating with puck

Passing and Receiving

- One touch
- Receiving with the stick
- Receiving with the skate
- Receiving with the hand
- Surround the puck
- Flip – saucer pass (forehand and backhand)

Shooting

- Backhand
- Snap
- Slap
- One- timers

- **Player Concepts/Team Play Development—More specifics on these concepts can be found in the Key Concepts Document**

Team Play

- Fore-checking
- Neutral Zone
- Situation Play



- Defensive zone coverage
- Face-offs
- Special Team

Body Contact/Body Checking: Emphasis on Body Checking

- Coaching Points: the difference between body contact and body checking is the following: *body contact* is taking away space from an opponent while going to the puck and *body checking* is body contact with a thrust of hip, shoulder or hands (and stick) towards an opponent.

Checking Concepts

- Balance and Generating Power
- The Respect Zone
- Taking and Applying the Check
- Front Check: Lean forward and connect with the top of shoulder
- Side Check: Extend the outside knee and connect with shoulder and hip
- Side Check in Open Ice: Unload the weight of the closest skate
- Side Check Along boards: Aim to control the opponent's arms
- Hip Check Pinching: Turn sideways and connect with shoulder and hip
- The Danger Zone: Receiver checks both shoulders and checker only contains
- Hip Check: Maintain a solid tripod position
- USA Hockey Body Contact/Body Checking Materials:
<http://www.usahockey.com/page/show/893675-checking-materials>

Off-Ice Development

- Duration: 2-3 times per week
- Conditioning: speed and strength training to include body weight and introduction to weight
- training and stretching for hockey players
- Stickhandling/Shooting: high repetition of stickhandling skills and Shooting Skills
- Mental toughness



Section 6: RFYHA Skill Development & Competency by Level

This document can be found in the Coach's Corner as a supplement to Squirt, Peewee, and Bantam level development on www.rfhockey.com

Section 7: RFYHA On-Ice Key Concepts

We will run our Penalty Kill, Face-offs, Power Play, Fore-check and Defensive Zone coverage consistently within the youth program.

These key concepts along with diagrams to review with your players and staff can be found in the Coach's Corner on www.rfhockey.com.

Section 8: Practice Planning

Below you will find a general practice plan outline. It is imperative that our coaches are prepared, knowledgeable, passionate and most importantly engaged.

Here is a good planning/teaching sequence to follow:

1. Explain the skill - name the skill and describe it - emphasize why it's important and when it's used. Highlight the key teaching points (words or phrases used in instructing and giving feedback to your players)
2. Show how it is done (demonstrate/explain/practice/correction method) – demonstrate & state key points again
3. Give time to practice - instruct players to practice the skill right away (imitation/self-discovery method) - ensure everyone is involved
4. Tell them how they're doing - move around to each player - provide individual feedback - ask assistants to help

SQUIRTS: 60 MINUTE PRACTICE.

- 5 mins: warm up skate
- 15 mins: skating-all aspects (including goalie specific station at this time)
- 40 mins: stations (vary stations weekly to include some areas that run the length of the ice)
 - Skills – examples include skating, stick handling and shooting; relays
 - Concepts (small games) – odd man situations, extra man situations, team play, angling....competition!!!



PEEWEEES: 60 MINUTE PRACTICE.

- 5 mins: warm up skate
- 20 mins: edges/skill work/stations (including goalie specific station)
- 15 mins: flow/skating
- 15 mins: small games - work on concepts
- 5 mins: conditioning

BANTAMS: 60 MINUTE PRACTICE

- 5 mins: warm up skate
- 20 mins: edges/skill work (including goalie specific station)
- 15-20 mins: flow/skating
- 15-20 mins: small games - work on concepts
- 5 mins: conditioning

Section 9: Off-Ice Development

Additional training can be found at

<http://www.usahockey.com/page/show/893673-age-specifictraining>

Team Conditioning Workout Examples for PeeWees

- 3 ROUNDS OF WORKOUTS (5 EXERCISES – 10 SECOND WORK / 10 SECOND REST)
 - PUSH UPS BACKWARD LUNGES
 - SIT UPS BURPEES
 - SKATE JUMPS FLUTTER KICKS
 - LEG SWINGS OVERHEAD PLATE SQUAT
 - SQUAT JUMPS SKATE LUNGES
- USA HOCKEY TRAINING CIRCUIT (15 SECONDS WORK-30 SECONDS REST – FINISH 90 SECONDS REST)
 - 1 OR 2 ROUNDS (Choose 1 group of 5 exercises)
 - SQUAT JUMP SCISSOR JUMPS
 - PUSH UP SITUPS
 - ALTERNATING LUNGES MOUNTAIN CLIMBERS
 - SITUPS CLAP PUSH UPS
 - BACKWARD LUNGES BURPEES
 - LEG SWING
 - BURPEES
 - FLUTTER KICKS
 - BODY WEIGHT SQUATS
 - SKATE JUMPS

Stick-handling circuit

- Warm-up:
 - Perform all skills with a partner.



- One rests while the other works, 30-second rotation.
- Resting player can help his/her partner retrieve a ball that is mishandled
- Exaggerate rolling the wrists for these skills
 - Quick touches (3 times): Move the ball in front of you as quickly as you can
 - Quick touches around body (2): quick touches from one side of the body to the other
 - Quick touches (2); reach out in front of you as far as you can and back in to the toes
 - Short, short, wide (2): two quick touches in front of you and then extend the ball out as far as possible to one side, pull it back in and do the same thing in the other direction
 - Quick touches while jogging in place (2)
 - Karaoke's while handling the ball (3) (move laterally crossing feet over then under and back)
 - Bring stick handling ball used in warm-ups to the stations
- Stations
 - Groups of 4 are ideal; 5 stations x 4 per group = 20 players.
 - If there are more than 20 make a 6th group and station for rest
 - 8 minutes per station, rotate on a whistle
 - Leave all equipment at each station
- Cool down
 - Perform all skills with a partner.
 - One rests while the other works, 30-second rotation.
 - Resting player can help his/her partner retrieve a ball that is mishandled
- Expansion of Reach / wide movement
 - Players on each end of pucks so there is less time standing in lines
 - Walk down the middle
 - Extend ball around pucks
 - Release bottom hand when necessary
- Quick Stick
 - Players on each end of pucks so there is less time standing in lines
 - Straddle pucks while walking
 - Stickhandle through as quickly as possible
 - Keep the ball as close to the pucks as possible
- Figure 8's (horizontal and vertical)
 - 2 Players on each set of pucks
 - Move the ball around the pucks in a figure 8 pattern
 - 2nd time through move the ball in the opposite direction so the figure 8 pattern is performed in reverse
 - After performing the pattern once each direction horizontally performs the figure 8
 - vertically



- o Keep the ball as close to the pucks as possible
- Toe pulls (give, take away, go around)
 - o 2 Players on each group of pucks
 - o Push the ball out, pull it back and slide it across as quickly as possible
 - o ___Forehand and backhand side

Section 10: River Falls Youth Hockey Association Coach Contract

Coach Code of Conduct, Excerpt RFYHA Policy Handbook

- Winning is a consideration, but not the only one, nor the most important one. Care more about the player than winning the game.
- Be a positive role model to your players, display emotional maturity and be alert to the physical safety of players.
- Be generous with your praise when it is deserved, be consistent, honest, fair and just. Do not criticize players publicly or yell at them; learn to be a more effective communicator and coach.
- Adjust to personal needs and problems of players, be a good listener, and never verbally or physically abuse a player or official.
- Give all players the opportunity to improve their skills, gain confidence and develop self-esteem.
- Provide fair opportunity to earn equal playing time for all players at every game and practice.
- Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.
- Maintain an open line of communication with your players' parents. Explain the goals and objectives of our association.
- Be concerned with the overall development of your players. Stress good health habits and clean living.
- Failure to follow or enforce the player, coach, or parent code of conduct may result in loss of the ability to coach at RFYHA, as determined by recommendations from the Coach and Player Development Committee, Hockey Director(s), and RFYHA Board oversight.
- The RFYHA Board supports the player's discipline policy and expects all coaches to enforce the policy.

Play of Players

The three goals of the youth travel program are: to develop the skills of individual players, to teach teamwork and proper position play.

At times these goals may seem to conflict. We do not condone a coaching attitude of "win at all costs." We do recognize that winning is important and sometimes requires discretionary deployment of players



in critical situations where winning is in the balance. What the children want from their playing experience is a balance of team wins and individual accomplishments, a balance of “us” and “me”. The following guidelines will attempt to provide both.

At all times we demand that coaches be considerate of the players’ feelings and that tradeoffs be employed if a player has been shortchanged in a certain situation.

The following guidelines are to be used by coaches

Each player should play in every game, and over the season all players should have *approximately* equal playing time in all situations. Goalies should be rotated, but in critical situations the coach may use his discretion, and over the course of the season, we expect the goalies to play approximately the same amount of time. In tournaments each goalie must play at least one game, barring injury, including district, region and state play.

Guideline - All players are expected to demonstrate the following behaviors:

A. Positive team-oriented attitude

B. Strong work ethic at practices and games

C. Coachability

Coaches may reduce playing time for players who do not demonstrate these three qualities and *will* communicate with the player in order to correct the problem. To be clear: effort/attendance/adherence to team rules are all grounds for more or less playing time. However, the goal should be to help the weakest player(s) have every opportunity to not be the weakest player(s) by the end of the season.

Line Play

All players will play on an equal line rotation basis. Equal line rotation means that lines are skated on a regular shift basis, not necessarily minute for minute. In critical situations coaches may selectively rotate lines or players. Yes, power play units are allowed. However, over the course of the season, it is the responsibility of the head coach to assure that approximate equal playing time is given to all players, including special team play (PP and PK), end of game situations and the various other game situations hockey provides. This goes for all levels of play.

Coach’s Handbook

All coaches are required to understand and follow this Coach’s Handbook. This handbook contains the following for their specific level: foundational skills required, concepts, and suggested practices plans. Coaches are encouraged to build on the foundational skills once the entire team has mastered those skills for their level. If the team has not mastered the foundational skills, and concepts outside of those



skills are taught, this is viewed as a violation of the RFYHA policy and addressed in a similar nature as other violations.

Coaching Evaluations:

Coaches will not be evaluated based on win-loss records, but rather on the degree of progress and advancement of individual and team skills.

In addition, please see the current season RFYHA Handbook for review of Coach Code of Conduct, violations, and consequences.

- **I agree to follow the River Falls Youth Hockey Coach's Handbook Plan**
- **I agree to follow the USA Hockey Coach Code of Conduct**
<https://www.usahockeyrulebook.com/page/show/1015129-codes-of-conduct>
- **I agree to utilize stick handling and skating drills – as outlined in the RFYHA Coach's Handbook per ADM framework, to help improve the pace of practice and to add hundreds of additional skill reps over the course of the season.**
- **I agree to teach “each player to compete to win” instead of trying to “coach a win at the expense of a few players.”**
- **I agree to provide/designate a coach to work with goalies consistently throughout the season.**
- **I agree to have at least one coach/MGR be first to the rink and last to leave at team practices and games.**

[RFYHA Policy Handbook](#)

By my electronic signature in the coach's registration on www.rfhockey.com, I acknowledge that I have read, understand, and agree to the policies, procedures, and practices of RFYHA.