
Welcome to

USA Hockey's

Coaching Education Program

Student Coach Clinic

Conducted by ACE Director



Student Coach Clinic Agenda

- Welcome/Introductions
- Expectations
- Intro to USA Hockey CEP & ACE Director
 - Organization
 - Mission
 - Values
- District Organization
- Survey of Student Coaches experience here today



Student Coach

Why do YOU want to Coach?



USA Hockey Student Coach Requirements

(Requirements from the 2020/21 USA Hockey Annual Guide)

- Student Coach
 - Age 13 through 17 currently properly registered with USAH
- Qualifications
 - Must attend training session
 - Always under supervision of CEP carded, screened adult coach during all practices, clinics, try-outs and in the locker room.
 - May help out at practices, clinics, try-outs only. May NOT PARTICIPATE as Player in scrimmages when acting as a student coach
 - May not act as a head coach or assistant coach during practices or games
 - May be on bench during games with an adult. Student Coach will count as one of the maximum of four Team Officials allowed on the bench



USA Hockey Student Coach Requirements

(Requirements from the 2020/21 USA Hockey Annual Guide)

- Must wear a helmet with full face shield, gloves and skates while on the ice. Must wear helmet during games while on the bench.
- May only work with players at least one full playing age level down (e.g., a Pee Wee age player may act as a STUDENT COACH at eh Squirt or Mite Level).
- The organization that is using the STUDENT COACH must provide a form indicating on what team he/she is participating as a STUDENT COACH, and, if applicable what Team he/she is properly registered/rostered as a player. A model form is available on the www.usahockey.com website.



USA Hockey Student Coach Requirements

(Requirements from the 2020/21 USA Hockey Annual Guide)

- If the Student Coach reaches the age of 18 during the season he/she is coaching they must complete Safesport and Background Screening.



Clinic Goals

- Student Coaching Objectives and Behavior
 - Knowledge and skills of practices and games
 - Skills Progressions
 - Protect the young athletes and other participants in youth ice hockey

Role of the Student Coach

– Interaction with Players

- Locker room
- On ice
- Dryland
- Bench

– Interaction with Coaches

– Interaction with Parents



Coaching Education Program

- Purpose Statement
 - Educating coaches in pursuit of excellence in ice hockey
- Mission Statement
 - ...committed to developing coaches who will be effective instructors and role models through a comprehensive education program at all levels
 - ...emphasis on teaching the fundamental skills, conceptual development, sportsmanship, and respect for the dignity of the individual athlete

Skill Development Program Agenda

1. Leadership
2. Communication
3. Teaching Skills
4. Skill Analysis
5. Lesson Organization
6. Principles of Safety

The Program is to Provide:

- A fair and equal opportunity to participate
- The opportunity for children to learn the basic skills without the distractions associated with an over emphasis on winning
- A safe and healthy environment for all

Skill Development Program

Definition :

Every player starts as a beginner. Skill programs are the foundation of the entire hockey structure.

Objective:

Attract new players to the sport and provide a fun introductory experience.

Emphasis:

Fun, enjoyment and skill.

Recommendations for Skill Development Hockey

- Participation for fun
- Participants compete equally in cross ice , and small area games
- Assist in the participants physical development
- Develop the participants athleticism

LEADERSHIP



Qualities of the Ideal Coach

- Patient
- Communicates well
- Good listener
- Allows for individual differences
- Good motivator
- A good role model

COMMUNICATION



Principles of Effective Communication

- Enthusiasm
- Be positive
- Demanding but considerate
- Consistent
- Individual differences
- Give equal time to all players
- Be patient

Effective Listening Techniques

- Attentive Listening
- Bridging
- Restating
- Inviting

Effective Feed Back

- Specific not general
- Constructive not destructive
- Check for clarity leave nothing misunderstood
- Positive and informative
- Directed to change behavior and not to discourage

TEACHING SKILLS



The Teaching Process

- Development- Implementation- Review
- Planning and implementing
- Observing and interpreting
- Evaluating and Modifying

Simple Skills

- Demonstration explanation
- Practice
- Confirm/correct
- Identify errors

Three Teaching Approaches

- Explanation
- Demonstration
- Explanation again

Teaching Organization

- Planning and preparation
- Teaching stations
- Small Area Games
- Cross Ice Games
- Team teaching
- Equipment and space
- Grouping of players by size and age
- Drills and games

SKILL ANALYSIS



Skill Analysis Three Important Steps

- Step #1
Break a skill into separate parts
- Step #2
Separate the good points of technique from the bad.
 - a) Starting position
 - b) Action
 - c) Follow-through
- Step #3 Find a way to correct the technique

LESSON ORGANIZATION



Key Elements of an Effective Practice

Each of your practices should . . .

- 1) Be based upon previous planning and seasonal organization
- 2) List the objectives and key points which will be the focus of instruction for that practice
- 3) Show the amount of time allotted to each objective during the practice
- 4) Identify the activities (instructional, drill or scrimmage) which will be used to teach or practice the objectives

Key Elements Cont . . .

Each of your practices should . . .

- 5) Identify equipment and/or special organizational needs
- 6) Apply the guidelines for effective instruction
- 7) Include an evaluation of practice strengths and weaknesses

Teaching Stations

- Divide the rink into stations based on the number of coaches and players you have
- Cover different skills and games at each station
- Rotate the players through all the stations
- The rink can be divided up into three to six stations to accommodate large or small numbers

Cross Ice Concepts

- FUN
- More puck touches
- Skill development in traffic (confined spaces)
- Game like competition

Small Area Games

- Teaching concepts vs. drills
- Game like competition in confined spaces
- Accelerated Skills Development
- FUN

PRINCIPLES OF SAFETY



Principles of safety

- Responsibilities
 - If See injured player notify the Coach
 - Protective equipment worn properly
 - Injury prevention
 - Warm up/cool down

Equipment Check List

Head to toe

- Helmet with face shield, mouth-guard
- Shoulder pads, elbow pads, gloves
- Hockey pants, suspenders
- Shin pads, socks, skates

Closing Comments and Questions



Congratulations

You have now completed your Student Coaching Clinic

Thank you for taking the time to become a better coach by improving your knowledge of the game and methods to instruct young athletes

