

**PRE-SEASON COACHES  
MEETING  
AUGUST 14, 2025**



# **THANK YOU!!!**

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

**Thank you in advance!**



# Agenda

- Hockey Operations Overview
  - New Members/Structure
- Importance of Communication
- Organizational & Coaching Philosophy, Goals,& Expectations
- USA, MA, Northstar League/Valley League Updates
- Practice Guidelines
- Practice Schedule
- Start of Season
- Additional Tips
- Final Rosters
- How You Can Help
- Goaltending Program
- Q & A



# What is Hockey Operations (Ops)?

Works 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



# Hockey Ops

**Chad Laliberte, Mike McLaughlin, Mike Whiting**

- Advisor: Anthony Chiaradonna
- Goalie Director: Nick D'Errico
- Midget Director: John Vereker
- Bantam Director: Pete Jose
- Pee wee Director: Mike Whiting
- Squirt Director: Aaron Fialkow
- Mite Directors: Vicki Cote & Karen Shrayner



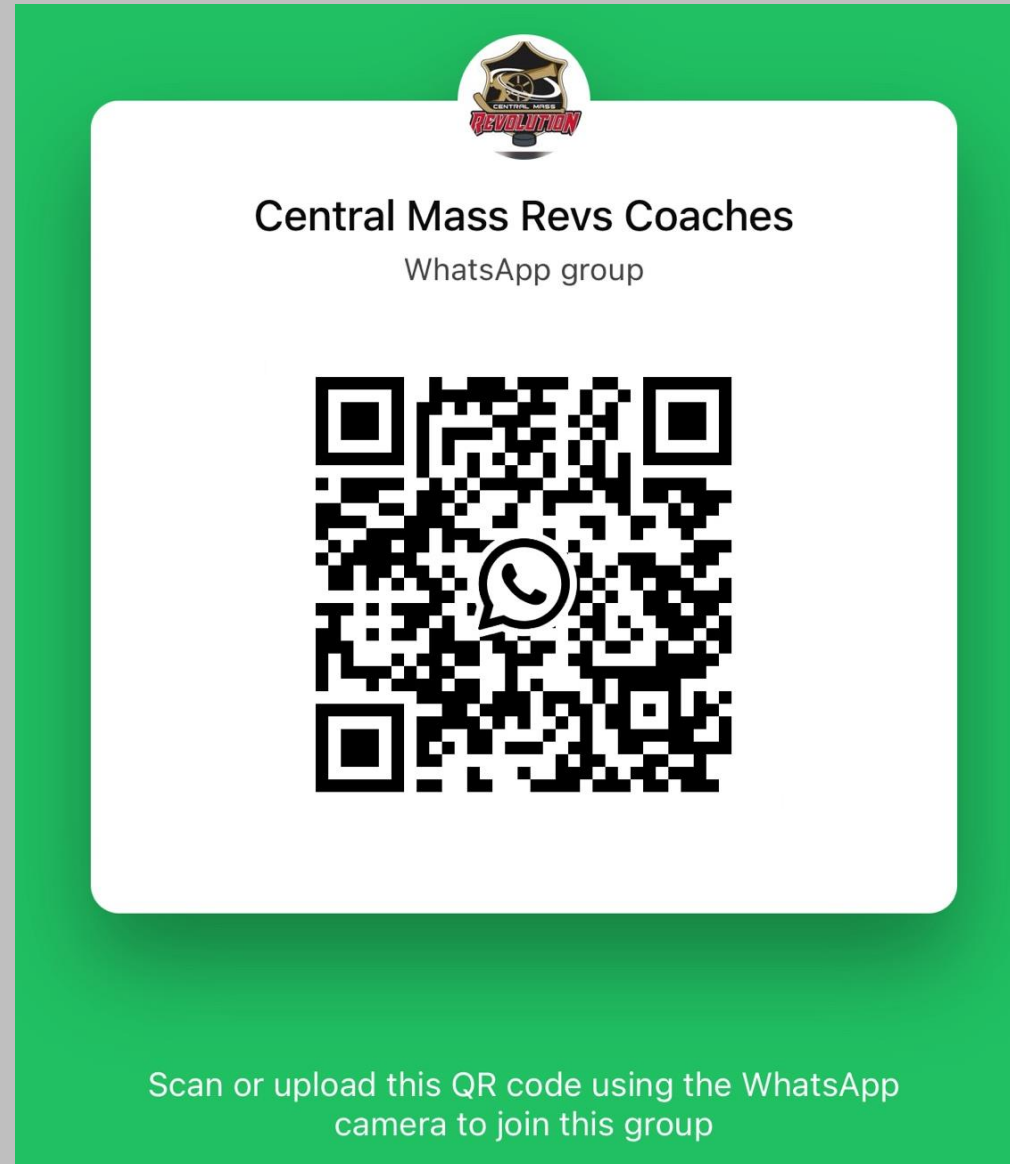
# Head Coaches

Team	Head Coach
Mite Gold	Greg Tatnall
Mite Grey	Eric Shrayner
Mite Red	Kevin Doherty
Mite Black	Brendon Lyver
Squirt Gold	Chad Laliberte & Mike DiPiazza
Squirt Grey	Aaron Fialkow
Peewee Gold	Mike Whiting
Peewee Grey	Graham Pappenfort
Peewee Red	Mike McLaughlin
Bantam Gold	Pete Jose
Midget Blue	Mike Hoemann
Midget Green	Rob Richards



# WhatsApp Community

Your fellow  
coaches are  
your best  
resource!



# 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

*Revs is 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 shall 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 Representatives depending on the issue.
- When in doubt contact the Registrar or Revs President.



# 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 (bot permitted now)**

- Applicable at the batam level and up.





# Valley Hockey League updates

## Call Ups

- 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 the start of 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:

- How many minutes for each drill?
- 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 can be useful but there is typically very little puck-touch per player so doing sparingly may be best



# 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
  - 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
  - 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 Northstar/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 prior to and after each game.
- [Use this template for your roster stickers](#) (they're required in triplicate, and this'll make it much easier/quicker)
- 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!**



# Final Rosters - Work In Progress

- Why?
  - Even out team numbers when needed
  - Ensure accurate placement (as much as possible) based on skill
  - Players added or no longer w/ the org
  - Players who couldn't/didn't attend placement
  - Players who've improved dramatically over summer
- Hockey Ops will communicate with coaches and may attend practice to evaluate players for potential moves, as necessary.



# How Can You Help?

- ✓ 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!
- ✓ Complete end of season eval for players
- ✓ Plan to participate in the placement process as much as possible.
  - roles for on ice facilitation or evaluators
  - Process is super important and truly key to building teams for next season!





# Central Mass Revolution

Goaltending Program  
Coaches' Meeting - 08.22.24



# Goalie Coaches



**Nick D'Errico**  
Goaltending Director

12 years coaching goalies, 9 with Revs  
Mass Hockey GDC  
USAH Level 4  
USAH Goaltending Gold-Level  
Played Stevens Tech (ACHA III)



**Thomas Armstrong**  
Goalie & Shooting Coach

4 years coaching with Revs  
USAH Level 3  
Played Westborough HS (Forward)  
Played youth hockey in Revs org



**Mike Lowd**  
Goalie Coach

First year with Revs  
Former Ashland HS Assistant & GC  
Played Ashland HS



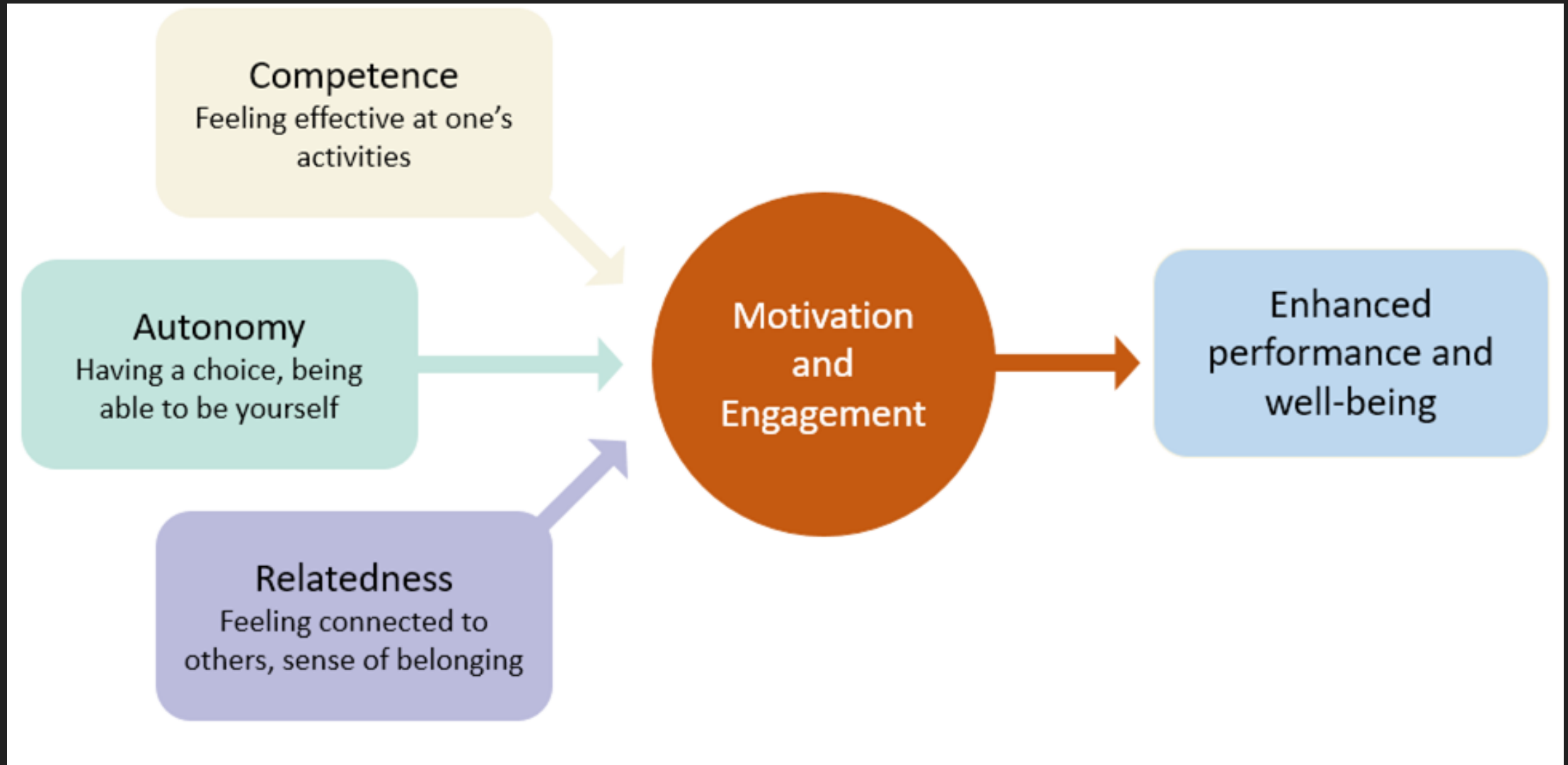
# Program Philosophy

**Mission:** To make the goaltending position and specialized coaching accessible to all.

## **Objectives:**

1. Create an environment where goalies feel confident and supported.
2. Lower the barrier to entry and reduce cost to maintain engagement.
3. Provide development opportunities that extend beyond the ice.

# Autonomous Supportive Coaching



# Program Overview



## Obj 1: Supportive environment that builds confidence

- Weekly goalie clinic - one per skill level (Beginner, Intermediate, Advanced)
- Practice attendance (if requested)
- Mentorship program
- Coaching education (Mass Goaltending)
- Shooters at goalie clinic
- Event participation ([October Saves](#), [Lift the Mask](#))





# Program Overview

## Obj 2: Lower the barrier to entry

### Loaner Pad Program:

#### Learn to Play & House League

- Quick-change pads at each session
- Rotate through as many goalies as possible to give everyone the experience

#### 8U

- Quick-change pads for all teams, rotated weekly
- Full pads available for those interested, once everyone has tried

#### 10U+

- Full, loaner pads available for committed players
- May be borrowed for the season, or until you build your set
- May temporarily replace outgrown gear

#### ⚠ Note for Quick Change pads:

Please ensure pads are returned to the locker EVERY weekend after games. These pads are a shared resource.



# Program Overview

**Obj 3:** Development opportunities extending beyond practice.

- Off-ice training (mental skills, conditioning, vision)
- Video coaching
- Mentorship program
- Mass Goaltending events (Women in Hockey Day, Town Hockey Day, etc.)



# Skill-Based Progression



## Beginner (0-2 years)

Open to all newbies/those trying.

- Essential skating skills
- Skating as a goalie
- Fundamental saves & rebound control
- Tracking the puck

## Intermediate (1-3 years)

- Fundamental skating & tracking skills
- Efficient movement through edgework
- Blocking vs save selection
- Reading players and threats
- Building your Goalie Toolkit

## Advanced (~3+ years)

- Fundamental skating & tracking skills
- More advanced game reads & threat assessment
- Nuanced development of *your* style





# Goaltending Program Guidelines

- 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.



# Helping your Goalies

1. Teach the game, not the position.
2. Every drill can be a goalie drill.
  - a. Allow them to *reset*.
  - b. How does this reflect the game? They are not targets.
  - c. Try starting with puck touches for the goalie. Make them work/play the puck.
  - d. Goalies should be the best skaters on the team. *Have them skate*.
3. Talk to your goalies.
  - a. Check in, ask questions, provide feedback.
  - b. Ensure they understand the point of the drill *for them*.



# Helping your Goalies

## Available resources:

### Drills & Planning

- [Coach Nick's Drill Library](#)
- [Coach Nick's Goaltending Eval Toolkit](#)
- [USA Goaltending](#) and [Mass Goaltending](#)
- [Ice Hockey Systems](#)
- [Hockey Canada Drill Hub](#)

### Attend Goalie Clinic!

- Learn some of the nuance
- Understand what we're teaching
- Collaborate
- Send shooters to give them an appreciation of the position

### Coaching Education

- Mass Goaltending Development Coaching Seminars (held here!)
- USA Goaltending Continuing Education
- USA Hockey online module
- Mass Goaltending Monthly Call

### ASK YOUR GOALIE COACH!

Nick D'Errico  
Goaltending Director

nicholasjderrico@gmail.com  
508-361-4997



# Requests this Season

## 1. Ask questions

- a. Reach out in WhatsApp or via email with questions.
- b. Ask for a goalie coach to attend practice.

## 1. Develop your understanding

- a. Attend a goalie clinic
- b. Attend our Mass Goaltending clinic specifically for coaches (date TBD)

## 1. Embrace your goalies

- a. Include your goalie as a full part of the team.
- b. Build a culture of support for your goalie.
- c. Help your goalie speak up, both on and off the ice.
  - i. Encourage use of mental health resources (e.g. Lift the Mask). This is a *lonely* position.

# Thank you!

Nick D'Errico  
Goaltending Director

[nicholasjderrico@gmail.com](mailto:nicholasjderrico@gmail.com)  
508-361-4997



# 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?**

