



Coach Stream

Pre-Task Workbook

Coaches Name:_____

Team:_____



National Coaching Certification Program Coach Pre-Task



Dear Coach;

Welcome to the first stream of Hockey Canada's National Coach Certification Program. This program is designed to give you, the coach, the tools to effectively coach a team. To complete this program you will be required to complete 3 core components to be fully certified as a Coach Level Coach;

- Seminar Pre-task
- In-class course work
- Post-class course work

Before attending the in-class portion of this course you will be required to **complete this pre-clinic task**. These tasks are designed to kick-start your learning experience by making you think about some of the key issues facing the hockey coach. There are no right or wrong answers, this task will be reviewed in the classroom session.

Your growth as a coach depends solely on your willingness to learn more about coaching and pursue the opportunities that are made available to you. This learning log should be used not only to prepare for this seminar but can also be used to guide your coaching in the future.

We sincerely hope that you enjoy the learning experience and that the tools provided to you make you a more proficient and knowledgeable coach.

Sincerely,

Dean McIntosh,
Manager of Coaching, Hockey Canada



Communication Style

Good communication skills require a high level of self-awareness. Understanding your personal style of communicating will go a long way toward helping you to create good and lasting impressions on others including players, parents, officials and league organizers.

Do you have specific tools that you use to more effectively communicate with the people around you? Check those that you find improve your communication.

- Face to Face Meetings
- Phone tree
- Non-verbal cues
- Team e-mail list
- Dressing Room message board

Use the area below to describe your personal communication strategy and how you plan to effectively communicate with your players, parents and officials. What are some other ways you communicate with your group of players?



Creating a Coaching Philosophy

Our beliefs and values anchor our philosophy of life. Our values and beliefs are influenced by;

- People we respect in the environment around us
- Parents, siblings and other family
- Peers

Through our experiences with these groups we gradually build our own internal values and beliefs. It is key to remember that our values and beliefs are **our own conscious choice. We must take personal responsibility for them.**

What are your values?

Base on these values you as a coach should be able to create a set of goals for yourself and your team;

What are your goals?

To create your coaching philosophy use your personal beliefs and values and add what you feel are key traits of successful coaches. Then, in your own words, develop a few philosophical beliefs that will guide you as a coach.

Examples of beliefs and values statements may include;

- Always stress the importance of hard work and perseverance
- Be honest, fair and open with all involved with your team. Build trust and respect

What is your coaching philosophy?



Responsibilities and Delegation

In the minor hockey setting, one of the largest challenges to coaches doing a good job of coaching is responsibility overload and the retention of coaches is often affected by burn out from taking on too many responsibilities over the course of a season. Below, list the types of jobs, roles and responsibilities that are identifiable at the start of each season. Who can these tasks be delegated to and what type of person may you search for to fill these roles?

| # | Task | Possible Person | Carded Person |
|----|------|-----------------|---------------|
| 1 | | | Yes / No |
| 2 | | | Yes / No |
| 3 | | | Yes / No |
| 4 | | | Yes / No |
| 5 | | | Yes / No |
| 6 | | | Yes / No |
| 7 | | | Yes / No |
| 8 | | | Yes / No |
| 9 | | | Yes / No |
| 10 | | | Yes / No |
| 11 | | | Yes / No |
| 12 | | | Yes / No |
| 13 | | | Yes / No |
| 14 | | | Yes / No |
| 15 | | | Yes / No |
| 16 | | | Yes / No |
| 17 | | | Yes / No |
| 18 | | | Yes / No |
| 19 | | | Yes / No |
| 20 | | | Yes / No |



Skill Development

As a coach, one of your most important tasks is teaching players skills and telling your players whether or not they are performing a skill using the correct techniques. You should be able to tell them specific correction technique which will in turn improve their skills.

Below is a list of the core technical hockey skill groups. Identify which skills you will teach and then rank these in order of importance for the age group you are coaching.

| Skill | Type of Teaching | | | Ranking |
|---------------------|--------------------------|--------------------------|--------------------------|---------|
| | Introduce | Develop | Apply | |
| Balance and Agility | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Skating | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Puck Control | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Passing/Receiving | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Shooting | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Checking | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |

Now take the skill of skating and write down any of the components that you feel are keys to players becoming high quality skaters.



Coaching in the Game Environment

Describe in a couple of words your philosophy on winning.

Minor hockey teams are encouraged to increase the number of practices they have so they are having at least one practice for every game. However, the playing of games is still a vital component of a young player's growth and enjoyment of hockey. As the coach you must be as prepared for a game as your are a practice. There are many items that coaches must consider when preparing himself and his team for a game.

Take the time before the in class part of this program to contact a coach who has been coaching at least 2 years. Discuss with the coach the various concerns that they consider before, during and after the game. Write down 2 main preparation considerations that this coach undertakes that you may not have thought of or known before you talked to them.

1.

2.
