



MYHA COACH GUIDE

- Hold a parent and player meeting at the beginning of the season to **clearly communicate** expectations for players, parents, and coaches.
- Create an environment where players learn to be good teammates and students of the game. Positive team dynamic and positive overall experience for each player is the goal. Bring positive energy. A coach's **love for the game** is contagious.
- Host at least one **individual player meeting** where one player and a minimum of 2 coaches can address individual goals &/or questions. Help each player take ownership of their development & role on team.
- Respect Referees - Assistant coaches and players are not allowed to talk to refs. Set culture of respect.
- Respect rinks and facilities – leave spaces better than we found them. Be good stewards.
- **Establish Attendance Policy** and be **firm and fair** with consequences.
Player **sits a period** in the next game for being late or for any unexcused absence.
Practice - players must be in full gear 10 minutes before ice. / Games - arrive 45 minutes early.
Excused absence = unavoidable and priority over hockey - like wedding, funeral, religion, school event.
Unexcused absence = avoidable – like other sport game or practice, family ski trip, Wild game, etc. **Sit players (shift or period) during games for any behavior that hurts the team.** Like long shifts, poor effort, poor body language, criticizing teammates, complaining to refs or coaches. Going “palms up”.
- Have at least one coach/manager be first to the rink and last to leave the rink for all team events.
- Focus on **Controllables – Effort and Attitude.**
Coach the players on the bench and **DO NOT yell instructions to the players on the ice.**
Hockey is a game of anticipation and read/react.
Players on the ice need to think for themselves and communicate with teammates.
- **Practice Model** is:
15-20 min Skill Development Warm-up (skating or passing), 20-25 min Coaches Choice (situation competition/drills/concepts), 20 min Small Area Games.
- Pay close attention to **PACE in PRACTICE** (20, 30, or 40 second max shift length depending on the drill/game) and run competition at a pace faster than will happen in a full-ice game. Set scoreboard clock to monitor shift lengths. Set clear parameters on how team wins game. First to score 1,2, or 3 wins. Losing team does push ups or quick skate. Work-to-rest ratio should be 1-to-1 or 1-to-2.
Keep the heart rate up for the entire practice.
Players should be moving, watching, &/or thinking. No standing around.
- Pay close attention to **SHORT SHIFTS in GAMES (30-50 seconds)** and hold each player to the same standard. Coach that runs forwards times shifts with a stopwatch. If whistle at 30+ seconds then change forwards. If no whistle and players staying longer than 1 minute then call them off by name.
- Teach “**each player to compete to win**” instead trying to “coach a win at the expense of a few players.”
- Think of each player as a work in progress, a 3-5-year project.
- Play all players evenly throughout every game. Skill/talent will not be grounds for more-or-less play. However, effort/attendance/adherence to team rules will be grounds for more/less playtime, as outlined above. I understand that my goal should be to help my weakest player(s) have every opportunity to not be the weakest player(s) by the end of the season.
- Exception for equal play – BTMAA/15UA/PWAA/12UA after January 1.

- Teams with two goalies - play an equal number of games throughout the season.
- Designate a coach to work with goalies consistently throughout the season.
- **Player Positions** follow this model:
- SQ/10U – play 2/3 of season at preferred (F or D), and the other 1/3 of season at other position (F or D).
- PW/12U play 3/4 of season at preferred (F or D), and the other 1/4 of season at other position (F or D).
- BTM/15U- encourage changing positions – find where players are best suited to help team succeed.
- Act and speak responsibly in front of the players. No alcohol before practices or games.
- I agree to complete all the MYHA, Minnesota Hockey and USAH coaching requirements, which include but are not limited to: (i) background screening; (ii) SafeSport certification; (iii) CEP.
- On behalf of MYHA – **THANK YOU** for teaching hockey skills and life skills to each player!