



# **“PLANNING YOUR HOCKEY SEASON”**

## **“Nothing Left for Chance”**

**Markham Waxers Coach Mentorship  
Markham, ON**

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Ryerson University**

### **1) ESTABLISHING A “TEAM” IDENTITY**

- overall “vision” of the coaching staff, on the same page?
- coaches roles & responsibilities to the team
- coaches knowledge and experience creates BELIEF
- athletes age, skill and commitment level

### **2) PLAYER PERSONNEL SELECTION**

- communicate criteria for selection
- be fair and objective as possible
- convey your expectations and “vision” to parents
- Veterans - expectations as role models

### **3) DEVELOP A GOAL SETTING PROCESS**

- what is your criteria for SUCCESS?
  - ULTIMATE TEAM goal
  - LONG RANGE goal
  - INTERMEDIATE goal
  - SHORT RANGE goals
  - BEHAVIORAL goals
  - INDIVIDUAL goals
- requires player involvement, helps get consensus, motivates and establishes a Mission Statement.

## 4) YOU AS A COACH

- game coach
- practice coach
- complete coach

### a) GAME COACH - GAME PREPARATION

- advance scouting opposition
- knowledge of your systems, strengths, weaknesses, adjustments
- the arena
- the rink
- the dressing room
- the bench
- bench management
- after each period
- after the game

### b) PRACTICE COACH

- basic skill development
- individual tactics
- group tactics
- team tactics (total coordinated movement)
- CONCEPTS (offensively and defensively)
- Periodize monthly practices
- conditioning

### c) TYPICAL PRACTICE (intensity level determines duration)

- 1) 3 minutes free time with pucks
- 2) general warm-up
  - dynamic skating stretch
  - $\frac{3}{4}$  to full speed with pucks
  - skill development
- 3) goalie warm-up
- 4) individual/small group tactics
- 5) team play
- 6) conditioning

## 5) SUCCESSFUL TEAM BUILDING

### SCHEDULE CONCEPTS

- exhibition games
- tournaments
- games/week

### PERFORMANCE CONCEPTS

- “seeing” the game, awareness
- playing with or without the puck
- support
- transition
- pressure
- overload

### BEHAVIORAL CONCEPTS

- enthusiasm
- TEAM “sharing”
- cooperation
- confidence
- discipline

## 6) CONCERNS

- player vs coach perceptions
- player’s evaluation
- what it takes to win
- advantages of adversity
- officials
- parents

## COMPLETE COACH

(right) **PURPOSE** + (good) **ATTITUDE**

**= SUCCESS**

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# HOCKEY ADVANCED SCOUTING

Date: \_\_\_\_\_ Coach: \_\_\_\_\_

\_\_\_\_\_ ( ) at \_\_\_\_\_ ( )

Overall Record:

GP: \_\_\_\_\_ W: \_\_\_\_\_ L: \_\_\_\_\_ OTL: \_\_\_\_\_ Pts: \_\_\_\_\_

SCORE				SHOTS				
Period	1	2	3	Total	1	2	3	Total

### Opposition Line-up

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

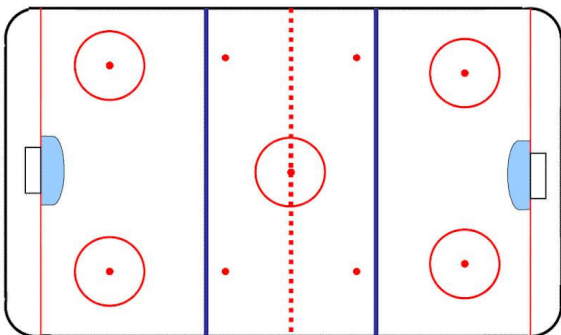
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### DCZ COVERAGE: (5on 5)

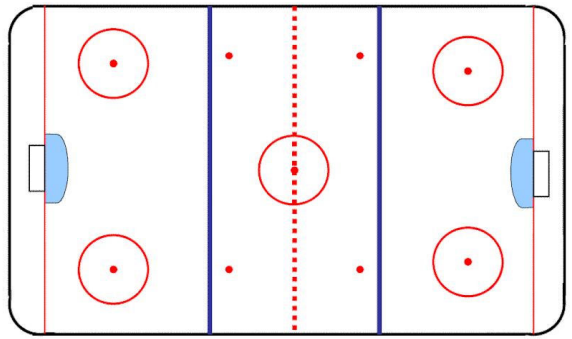
### FACE-OFFS:



Designed by: Lawrence Smith

FC SYSTEMS:

BO



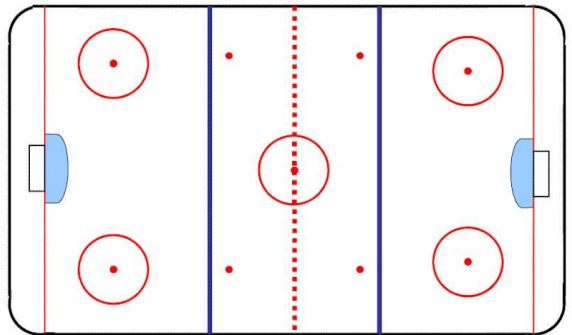
### POWER PLAY: Units:

\_\_\_\_\_

\_\_\_\_\_

### Zone Set-up

### Break-out



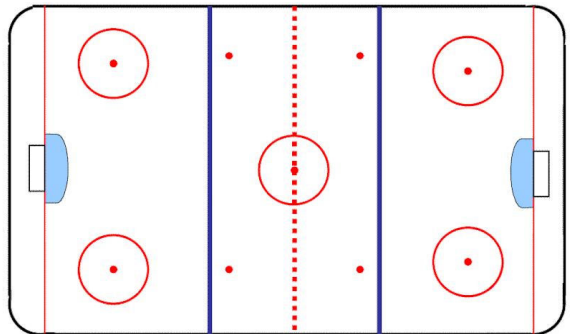
### PENALTY KILLING: Units:

\_\_\_\_\_

\_\_\_\_\_

### Forecheck:

### Zone Set-up



### GENERAL COMMENTS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Referee: \_\_\_\_\_

Linesmen: \_\_\_\_\_