

NO CONES



MORE GAME



COACH GUIDE

WELCOME

Thank you for volunteering your time, energy, and passion. As a coach, your influence extends far beyond hockey. Every interaction is an opportunity to build confidence, character, and a lifelong love of the game for all our players.

OUR VISION

We strive to grow the game of ice hockey in the southern regions of the country while creating transformational experiences for all players and their families in a fun, safe, and positive learning environment.

OUR MISSION

We are committed to providing beginners to experienced players with age appropriate, elite programming that allows all players the opportunity to reach their potential and pursue their dreams. Through discovery, learning, and guidance we will develop better athletes and better people while creating lifelong memories, friendships, and fans of the game.

CORE VALUES

ENJOYMENT

Every day we will have fun and enjoy the game we all love playing while fostering a deep sense of passion and purpose for the game of hockey.

FAMILY

We feel love and compassion for our hockey family, teammates, coaches, and the game, and we use hockey to bring families and people closer together.

COMMITMENT

We are committed to giving our best effort in all situations and meeting the challenges and opportunities the game provides us.

TRANSFORMATION

We believe that our ability to grow and learn from our success and failures ultimately shapes who we are and how we impact ourselves, teammates, the game, and our community.

YOUR ROLE

AS A COACH

Bring our mission and vision to life through positive coaching, clear communication, meaningful relationships, and living our values on a daily basis as a leader and role model.

COACHING PHILOSOPHY

All coaches will be a Double Goal Coach, who strives to win (one goal), while pursuing the more important goal of teaching life lessons through sports.

We believe that a unified coaching staff all working together for the betterment of all the players is the healthiest and maximizes players' experiences. We will use a group of coaches to work with all the teams and players during practice and games.

We are completely against the win at all costs mentality and are fully committed to developing all players utilizing long term athlete development principles and age appropriate practices.

We are dedicated to developing the whole athlete and focused on an athlete centered approach to learning. The coach is the guide in the player's journey with the focus on developing the physical, cognitive, social, and emotional components of the athlete.

We believe game like learning is the most fun, best retained, and ultimately has the most transfer to the real game of hockey. Learning through play will be a key aspect of the players' experience.

WHY OUR MODEL MATTERS

Our development model is one of the biggest differentiators in our program. The consistency of every player's experience depends on every coach being aligned with our mission, vision, values, and coaching philosophy.

Our goal is to create a positive, player centered learning environment where every athlete can develop confidence, character, and a lifelong love of the game.

ONE PROGRAM. ONE DEVELOPMENT MODEL.

A key part of our model is that our full time hockey staff designs the season long development plan for every team. This includes practice curriculum, player development objectives, league schedules, tournaments, and age specific priorities.

All our coaches bring that plan to life by creating a positive learning environment and delivering the curriculum with consistency across the organization.

Practices are collaborative. Work closely with the lead coaches on the ice, ask questions, share ideas, and continue developing your own coaching skills. We are committed to continuous improvement, because the better we become as coaches, the better experience we create for every player.

ONE UNIFIED PROGRAM

When every coach teaches the same philosophy, uses the same player centered approach, and delivers a consistent development model, we create something much bigger than individual teams. We build one unified program where every player has the opportunity to reach their full potential.

TRAINING PHILOSOPHY

Our goal is to create the most fun, challenging, and engaging learning environment possible through game based learning. Players learn and retain skills best by learning through doing. When practice is enjoyable, representative of the game, and requires players to think while executing skills, learning becomes deeper, more adaptable, and transfers more effectively to real game performance.

PRACTICE STRUCTURE

Our practices frequently use multiple teams practicing together rather than the traditional single team format. By using the entire ice surface and creating more small area games and station based activities, players receive more puck touches, more decision making opportunities, higher activity levels, and more game like repetitions. As players mature, more full ice, single team practices are incorporated when appropriate. Our practices align with the USA Hockey American Development Model (ADM) to maximize long term player development.

THE FIVE ESSENTIAL ELEMENTS

Every activity should intentionally include these five elements.

- 1 Fun and Engagement**
- 2 High Activity**
Repetition without repetitiveness.
- 3 Game Like Environment**
Representative of real game situations.
- 4 Decision Making and Problem Solving**
- 5 Challenge and Competition**

PERCEPTION PLUS ACTION EQUALS PERFORMANCE

One of the foundational principles of our development model is perception action coupling. In hockey, players must constantly perceive information, such as teammates, opponents, space, pressure, and timing, and immediately act by skating, passing, shooting, defending, or protecting the puck. Because the game requires players to think and execute simultaneously, our practices should do the same.

When perception and action are trained together in representative game environments, learning transfers directly to competition. When physical skills and cognitive skills are trained separately, much of that learning is lost because it occurs outside the context of the game.

TRAIN THE BRAIN AND THE BODY TOGETHER, NOT SEPARATELY

When learning, context is king. Autopilot is the enemy. The closer our practice environment resembles the game, the greater the transfer to real performance.

THE COACH'S ROLE

The coach's primary responsibility is to bring the program's development model to life by creating and managing an effective learning environment, not simply running drills.

Practices are designed around representative game environments that allow players to learn through play. During each activity, the coach observes, teaches, and makes adjustments that maximize learning while keeping the game flowing.

THE COACH'S ROLE IS TO

- Execute the practice design and overall player development plan.
- Manipulate constraints to guide learning and influence player behavior.
- Provide concise, individual coaching feedback while play continues whenever possible.
- Observe, adapt, and make adjustments to maximize player engagement, decision making, and development.

COMMON CONSTRAINTS INCLUDE

- Playing area
- Number of players
- Number and location of nets
- Number of pucks
- Rules or scoring conditions
- Time and space available
- Specific player roles, tasks, or objectives

Small changes to these constraints naturally change player behaviors while keeping learning within the context of the game.

START OF THE SEASON

TEAM PREPARATION

- Head Coach, meet with your coaching staff.
- Make sure you have all coaching certifications and education complete.
- Review and assign volunteer roles if needed. Confirm with hockey director.
- Review season plan, schedules, practices, and tournaments.
- Report scheduling concerns to your Hockey Director.

COACH PREPARATION

- Join coach communication groups. Text group will be sent.
- Review weekly practice plans. These will be sent out by staff.
- Attend the preseason coaches meeting. We will do a monthly Zawyer meeting this year.
- Review Program Guides, Parts 1, 2, and 3.

PARENT COMMUNICATION

- Use TeamSnap for all team communication with parents and players.
- Send your TeamSnap welcome message via the chat.
- Schedule a preseason parent meeting, in person or Zoom.

FIRST TEAM MEETING

- Introduce coaches and volunteers, and discuss any open volunteer spots.
- Welcome families and allow brief family introductions.
- Talk about your why. Why you coach.
- Review the code of conduct and ensure all complete it, including locker rooms and the 24 hour rule.

THE CLUB WILL HOST A CLUB INTRODUCTION ZOOM

It covers our Development Model, Club and Team Standards, and Coaching Philosophy, including playing time and positional play.

THROUGHOUT THE SEASON

- Review weekly practice plans.
- Attend coaches meetings.
- Stay connected with your Hockey Director.
- Use your location's live coach schedule.
- Build relationships with players, families, and other coaches.
- Keep practices positive, challenging, and fun.
- Put player development first.

COACH RESOURCES

Throughout the season, you will receive practice plans, coaching materials, and development resources from our full time hockey staff.

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PLAYER EXPERIENCE

COACH GUIDE