

CSLMHA

COACHES MEETING

- 1. WELCOME
- 1. THANK YOU
- 1. INTRODUCTION
- 1. PLAN – HOCKEY CANADA GUIDE FOR AGE GROUP
- 1. MY EXPECTATIONS

CHANGES:

LEADERS

I NEED A LEADER...

WE NEED THEM, THAT'S YOU

ATTITUDE

CHANGE

LAISSEZ-FAIRE

GO THROUGH THE MOTIONS

ON TIME

LOUSY TEAM, LOUSY ATTITUDE

QUIT, DON'T SHOW UP, ETC...

WHEN YOUR DOWN, STEP UP

COMMUNICATION

MOST IMPORTANT COACHING

TOOL

WRITTEN, ORAL, DEMINSTRATION

7-38-55% RULE

7% WHAT YOU SAY

38% TONE OF VOICE

55% BODY LANGUAGE

93% IS WHAT YOU SAY

COMMITMENT

TIME

EFFORT

PLANNING

NEED HELP?

CULTURE

ATTITUDE

ACCOUNTABILITY

COMMITMENT

DEVELOPMENT

EXPECTATIONS

EXCELLENCE

WORK ETHIC

PRIDE

DEVELOPMENT

HOCKEY QUEBEC COURSES

LONEWOLF COACHING CLINICS

PRACTICES

AVALANCHE CLINICS

GAMES

EXPECTATIONS

JUST SHOWING UP DOESN'T CUT
IT!

TO BE THE BEST WE CAN BE
100% EFFORT PLAYERS
IMPROVEMENT

WORK ETHIC

100% EFFORT ALWAYS
GIVE IT YOUR ALL
BEST TODAY, IMPROVE

TOMORROW

PRACTICE AND GAMES

EXCELLENCE

STRIVE FOR EXCELLENCE
EVERY DRILL, EVERY SHIFT
DO YOUR BEST

1. COACHES SUPPORT

PLAN:

ACCOUNTABILITY, YOU & PLAYERS

PRACTICE SUPPORT

PRACTICE EVALUATION

GAME EVALUATION

FOLLOW-UP

TECH SUPPORT

7. PRACTICE

STRUCTURED

EACH DRILL HAS A PURPOSE

PROGRESSION

TIME MANAGEMENT

SKILLS, INDIVIDUAL AND TEAM

EVALUATE YOURSELVES AND YOUR

PLAN

5 PRACTICE, 4 GAME EVALS

MID SEASON EVALUATIONS

HOW IS IT GOING, CHANGES, ETC....

REVISE YOUR PLAN

8. GAMES

GAME PLAN – STARTS IN PRACTICE

LINES, STRONG, EVEN, BALANCED,

ETC...

PERIOD BY PERIOD, ADJUSTMENTS

GAME EVALUATIONS – THE GOOD &

BAD

WHAT NEEDS WORK IN PRACTICE

9. DEVELOPMENT

PRACTICE– SKILLS, POSITIONING

EXTRA WORK

ON THEIR OWN

CLINICS

OFF ICE PRACTICES

SCHOOL YARDS

DO THE THINGS NO ONE WILL SEE

10. FOLLOW-UP

I WILL FOLLOW- UP WITH YOU

PRACTICES -GAMES

PRACTICAL AND TECHNICAL

11. COACHES EVALUATIONS

I WILL GIVE YOU COACHES EVALS

HOW ARE YOU DOING,

STRENGTHS AND WEAKNESSES

12. PARENTS

MEETING

COMMUNICATE

KIDS LISTEN TO PARENTS (HEAR YOU)

PROBLEMS

24 HOUR RULE

NEED HELP? SEEK IT!

13. PLAYERS

“THERE ARE 3 TYPES OF PLAYERS”

TYPE 1: A IN TALENT, A IN MINDSET

BEST PLAYER, VERY FEW OF THESE

TYPE 2: A IN TALENT, B IN MINDSET

COACH KILLERS, THEY DON'T LEARN

TYPE 3: B IN TALENT, A IN MINDSET

THEY WORK HARDER, GET BETTER AND

PASS TYPE 2 PLAYERS.

1ST LINE PLAYERS ARE THE HARDEST TO KEEP
MOTIVATED.

2ND LINE PLAYERS WANT TO BE 1ST LINERS.

3RD LINE PLAYERS WANT TO BE 1ST AND 2ND
LINERS.

4TH LINE PLAYERS HATE BEING 4TH LINERS.

THEY WORK THE HARDEST AND WANT
TO MOVE UP THE LINES.

“LAME”

LAZY, ADEQUATE, MEDIOCRE, ENTITLED

+

“LOSER”

13. LAST PLACE IS UNACCEPTABLE

14. RESULTS

POSITIVE GROWTH, FROM EVERYONE

IMPROVEMENT IS KEY, STEP BY STEP

INDIVIDUAL AND TEAM GROWTH

YOUR A TEAM (FAMILY) FOR 6

MONTHS

15. OPEN QUESTIONS

16. LONEWOLF CLOSING

There are 3 Types of Players:

Type 1: A in talent

A in mindset

Best player, very few of these

Type 2: A in talent

B in mindset

Coach killers, don't learn



Type 3: B in talent

A in mindset

**They work harder and get better and
pass type 2 players**

Which type are you?

Leave your mark

