



## IHWC RANGERS YOUTH HOCKEY COACH EXPECTATIONS

A Youth Coach plays an important role in the development of the team and as leader within the IHWC community. As such, s/he must embody the values of IHWC and be committed to the program's success.

### IHWC Guiding Principles

- Adhere to and embrace the USA Hockey's Coaching Ethics Code
- Take full advantage of USA Hockey and IHWC youth hockey resources to teach & develop players effectively
- Support & embrace IHWC Youth Hockey Mission:
  - Promote a "fun and learning" environment for the growth of youth hockey and all its participants and enthusiasts by encouraging, educating, developing, and administering all aspects of the sport*
- Support & embrace USA Hockey & IHWC Youth Hockey Core Values:
  - Sportsmanship – most important is to learn a sense of fair play, be humble in victory and gracious in defeat, foster friendship with teammates and opponents alike.
  - Respect – treat all others as you expect to be treated.
  - Integrity – foster honesty and fair play beyond mere strict interpretation of the rules and regulations of the game.
  - Excellence – will be pursued at the individual, team and organizational levels – each member of the organization, whether player, volunteer or staff, should seek to perform each aspect of the game to the highest level of his or her ability.
  - Enjoyment – it is important for the hockey experience to be fun, satisfying and rewarding for all participants.
  - Loyalty – we aspire to teach loyalty to the ideals and fellow members of the sport of hockey.
  - Teamwork – Value the strength of learning to work together by rewarding & disciplining as necessary for accountability
- Meet the time requirements for as many practices & games as possible; recognize that the players and team need consistent coaches presence for individual and team development
- Assemble a coaching staff that shares these IHWC Guiding Principles, vision and commitment
- Assign a team manager for all administrative duties allowing focus on team and player development
- Maintain positive, constructive approach with the players
- Communicate thoroughly with players / parents throughout the season
- Commit to skating development, strength & technique
- Provide formal / specific individual player assessments at begging, throughout and at end of season
- Promote additional IHWC skill development available (power skating, skating techniques, clinics, etc.)
- Commit to scheduled coaches meetings to assess development & opportunities for improvement
- Be a visible, active member of the IHWC community

- Generate enthusiasm for upcoming program by engaging & encouraging players to tryout
- Obtain required / current USA Hockey Coaches Certification

### Practices

- Maximize on-ice time with prepared practice plan & review in locker room before practice (consider sending to players / parents in advance)
- Have your players arrive a MINIMUM of 30 minutes before practice begins
- Leverage off-ice resources (locker room, white boards) for drill / concepts at least one 15-minute post-practice meeting per week
- Utilizes all the allotted space available (Full/Half ice)
- Organized players into teams / different colors (light / dark) to better execute small area drills
- Plan practices with the correct Fundamental drills to system / tactical drills ratios

Mites: 90/10	Squirts: 80/20	Peewees: 70/30
Bantams: 60/40		Midget / High School: 50/50

- Leverage drills that achieve the following categories:

High tempo	Competition
Creativity	Game Specifics

### Pre-Game

- Players arrive well in advance (45 mins to 1 hour) of game time
- Run your team through the standard IHWC pre-game off-ice warmup
- Ensure sure players have their skates sharpened before arriving for a game
- Meet with the team 15 minutes before face-off to review systems and plays

### In-Game

- Keep player's shift length between 40-60 seconds
- Use your players/roster effectively; give players roles and tasks
- Communicate with players on their positioning **leveraging tools such as grease board**
- Positive/Negative feedback to each line returning after coming off the ice
- Use period breaks to regroup the team and provide a plan going forward

### Post-Game

- Spend time debriefing the game with the team in the locker room
- Identify positives and negatives from the game
- Identify a plan for the next game/future games
- Communicate / meet with all players
  - What worked well / areas for improvement
  - Special attention to players with may have received limited ice time letting them know they are valued and that they should remain positive (perhaps outside of the locker room)

### Other

- Be present in locker rooms per USA Hockey Locker room requirements
- Assistant coaches should manage bench door opposite of player's position