



Active Coaching

Feedback is essential for players to learning. In the early shifts of a game coaches can see if the players are executing the system. Forechecking is a key Team tactic to observe and influence. Immediate Recognition and Communication is necessary for players on the bench and ice. Players on the bench hear the coach and see what is happening and are prepared to execute for their shift. Players coming to the bench are immediately reminded and team play will be more effective.

Coaches must recognize and respond to cardinal errors immediately and consistently. Cardinal errors are things, which are unacceptable and have a dangerous effect on the TEAM play and attitude.

Examples of Cardinal Errors:

1. Long shifts
2. Poor (lazy) changes
3. Over reactions
4. Selfish play
5. Red Zone turnovers
6. Lack of Effort
7. Repeated errors of team play that they understand and do not execute.

Mistakes are an opportunity to learn. Players may turn the puck over under pressure, not move the puck quickly, have a shot blocked etc. Improvement of skill will increase or take away the time and space. Skill reduces the number of mistakes. Coaches and players must appreciate that mistakes are OK. They are opportunities to learn in the short and long term. The most important thing is that the effort is there.

Specific feedback:

Coaches who provide specific feedback teach their players the necessary tactical habits that will lead to improved execution. General positive feedback is helpful Positive specific feedback is more effective.

In terms of head coaching:

1. Coach parents, staff, and then athletes
2. Address stick length/skating/passing before any tactics/systems...if they are lacking in individual skill then tactical and systems will be negatively affected (pyramid, and use this at any level)
3. In between periods
4. With staff go over things they did positively and build off that
5. Then talk about what they can improve on
6. Bench management
7. As assistant – shift length, gifts of players, feedback
8. As head – decide who is out in which situations. Roll vs best players etc
9. MAKE SURE I'm positive – find something great about every kid – never get to the point that I don't
10. believe in the kids
11. SMILE

In Terms of assistant coaching:

- Prepare a list of key phrases for the Forwards or Defensemen to reinforce cardinal performance expectations:

Ex. General words: to be said loud enough for the players to hear on the bench as the points are happening on the ice;

1. Be first to the puck
2. Pressure – hard
3. Quick changes – hard off
4. F1 Pressure
5. F2 and F3 width and depth
6. F3 high
7. Support
8. Skate to win the race

Forwards

9. Speed on attack
10. Support, talk, call for it
11. Pucks to the net
12. Smart shots
13. Back hard
14. Exaggerate the target.
15. Sticks on the ice
16. Face the puck
17. Drive Go to the net.

Defense

18. Angle, steer
19. Use stick, active stick, lead with the stick
20. Pressure /contain
21. Man on / BODY ON
22. Deep, use the boards, chip
23. Protect the House
24. Go to the net
25. Stop and Start > St line skate

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