

Greater Boston Vipers 2008



**Coaches
Guide Book**

[Chelios on Coaches - low.wmv](#)

Overview

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- Coaching Pledge / Ice Time
- Evaluations / Check points
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Mission Statement

As former players, current coaches and most importantly parents to our children, some of our primary objectives as a coaching staff this year for the 1997 Vipers hockey club will be to:

- Be a positive role model to players, display emotional maturity and be alert to the physical safety of players.
- Be generous with praise when deserved; be consistent, honest; be fair and just; do not criticize or yell @ players publicly; always striving to be a good communicator
- Be aware/adjust to personal needs & problems of players, be a good listener, never verbally/physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence & develop self esteem; teach them the basics.
 - ★ Organize practices to that are fun, unique & challenging and for the players
 - ★ Continue to change-up coaching techniques / game strategies to fine tune style
 - ★ Maintain and open line of communication with player's parents. (See slide 7)
 - ★ Coaching staff will refer frequently to **USA Hockey Zero Tolerance Policy!**
- Be concerned with the overall development of your players. Stress good health habits, fair & team play for all participants.

Creating A Balance

Realizing that we are coaching Pee Wee hockey players! We will remain extremely aware of the “burnout factor” that has taken place in the past with other programs within the sport of ice hockey. We as coaches will continuously monitor the development and mindset of our player’s and will determine when and how much practice, games, ice time we will be playing on a regular basis. If identified and viewed as “Too Much”, we will immediately communicate and alter our format to ensure our player’s remain focused and motivated to participate!

- The 97 Vipers team is a full time hockey program in 2008-09 and will be expecting a full time commitment from the players / parents once the season begins & develops.
(See Rules/ Regulations)
- We will be asking that respect, communication and honesty be the key components for this program to develop and prosper.
(See Communication)
- **What will determine “Success”?**
 - ★ Teaching the fundamental skills of ice hockey
 - ★ Educating and enforcing the team to abide by the rules
 - ★ Directing the team to grow and mature within a system
 - ★ Developing the progress of individual players skills sets
 - ★ Schooling players to develop confidence and build self esteem
 - ★ Stressing to players the importance of responsibility and accountability

“Success will not be determined and measured by the number of Wins & Losses.”

Season Goals

Our overall goal will be to create an environment where our players can learn the basic skills necessary to understand and play the game of ice hockey at a competitive level. In doing so, we will consistently challenge our players to maximize their skills and expect more from themselves to perform at higher levels. This consistent process will help to eliminate the **"Comfort Zone"** that many young hockey players develop at an early age.

- **Skating Skills**
Constant repetition through high energy fast pace practices and weekly skills
- **Puck control**
Build confidence and comfort through continuous Shooting, Stickhandling and Passing
- **Hockey Knowledge**
Basic Rules, Fundamentals, Quick Line Changes, Vision
- **Positional Play**
Position experimentation and declaration
Learning how to play specific positions
- **Systems & Concepts**
 - ★ Forechecking (1-2-2 / 2-1-2 / 3 man conservative)
 - ★ Neutral zone (3 man trap / lane coverage)
 - ★ Backchecking (man to man, full speed)
 - ★ Powerplay (positional play)
 - ★ Penalty killing (4 man box / 3 man slide)

Teach it... Learn it... Live It...

LOVE IT...

Ice Time

- **“Coaching Pledge”**
 - ★ All players will be given an opportunity to play / start games
 - ★ Consistent line up changes to maintain = balance (45-60 second shifts)
 - ★ Frequent position / player rotation will be based on skill set development
 - ★ Each player will have the ability to learn, practice and experience playing positions
- **Ice Time Exceptions**
 - ★ Coaching Staff will have the ability to select individual players to maintain or improve the current condition or outcome of any particular game situation.
 - ★ Players will be assigned a variety of roles and positions throughout the season which will help well-round their skills and enhance self confidence
 - ★ Players will be expected to accept position assignments with a positive attitude and give 100% at all times to improve their skill sets on a regular basis.
- **Power Play and Penalty Kill**
 - ★ Players will earn the right to play on these two specific units by individual skill set level, work ethic, dedication to learning and commitment to the overall success of the team

All game & ice time decisions will be determined jointly by Vipers Coaching Staff!

Check Points

It will be critical for everyone from the coaching staff , players and parent's to be 100% in sync and have faith in the system that is being implemented to improve the overall performance of the team as well as the individual players skill set development. There is no magic pill for success and all players will continue to develop at a significantly different pace and we will ask you to exercise patience during this process!

- **Format**

- ★ E-mail / Team meeting Yearly outline
- ★ Player / Parent goals & expectations questionnaire
- ★ Homework assignments / classroom discussions
- ★ Individual player / parent briefings
- ★ Player mid / end year progress reports

- **Additional**

- ★ Tournament / Playoff formats
- ★ Fundraising, Social activities
- ★ Health, Allergies, Medical awareness
- ★ Vacation, Holiday, Personal, Academics, etc.

Coming Together Is The Beginning...

Keeping Together Is Progress...

Working Together Is SUCCESS...

☺ Communication ☹

- **Time Periods**
 - ★ Individual parent / player evaluations
 - ★ Parental requested meetings (Verbal, Phone, E-mail)
 - ★ Coaches recommendation after time of occurrences
- **Positive Approach = Positive Results**
 - ★ Clarify exactly what concern is and whom involved
 - ★ Confirm topic of discussion through consistent practices
 - ★ Communicate to Coaching Staff for round table discussion
- **Negative Approach = Negative Results**

Communication would be much appreciated after a minimum of '24 hours' upon absorbing the situation and or circumstances!
- **Important Reminders**
 - ★ Utilize common sense when determining time lines for +/- communication
 - ★ Reminder to be always thinking and acting in best interest of children
 - ★ Understand that coaching staff has many priorities during practice/games
 - ★ Always recognize the coaches time/commitment/obligation to the team
- **Coaching Staff reserves the right to select a GBV board member to be present during any individual parent and player meetings!**
 - ★ If above action is required to resolve any negative discrepancies, disciplinary action will be reviewed by the GBV board and may result in requested termination from hockey program

Communication is the key ingredient when turning perceived PROBLEMS into OPPORTUNITIES!

Viper Regulations

- **Locker Room:** No swearing or yelling at other players or coaches. When coaches are speaking it is imperative that everyone pay attention and listen carefully. If any player continues to interrupt and/or distract the meeting or discussion, he/she will be removed from the room to wait until the conclusion.
- **Practice Time:** Players misbehaving will be sent to the penalty box for time out. If misbehavior continues the parent will be immediately notified and asked to remove child from ice surface. Each child will pay attention at all times during practice and will have 5 seconds to report to each station during drill transition.
- **Attendance:** All players are required to attend practices and games regularly. Attendance will be taken at each game and practice. Each player will be allowed a combined total of 6 absences which will include practices and/or games or skills throughout the season. After such time, for each practice, game or skills missed he/she will notified verbally and may be disciplined by benching during the next regular season hockey game.
 - A) 1 Period B) 2 Periods C) 3 Periods D) Suspension (TBD)
 - ★ Exceptions will be made accordingly dependent upon the situation and circumstance.
 - ★ Vipers games will take precedence over any other town, select or independent games or practices. Each player participating on any other team will be expected to notify Vipers coaching staff and provide name and number of coach along with upcoming season practice and game schedule!
- **Preparation:** Players will be encouraged to arrive to the rink 20 minutes before practice & 30 minutes prior to games. It is mandatory that they do an equipment inventory before each session and be responsible to carry their own bags, jerseys and tie their own skates. Parents will be requested to refrain from entering the locker room and surrounding area at all times and trust that their child will be responsible and accountable to prepare mentally and physically for the upcoming practices or games. Viper hockey players will be expected always to dress neatly and appropriately and represent the Vipers organization in a very respectful manner both on and off the ice.

Consistent Approach... Constantly Applied...
NO NONSENSE Philosophy!

Parental Suggestions

Suggestions for parents of young athletes on how they should respond to their kids and games they play:

- **Cheer all you want, but quit yelling** instructions or criticism from the stands. Chances are they can't hear you anyway-and if they can, they're probably just embarrassed for you.
- **Find something positive to say** to your child after a game. Talk specifically about the things your child did well-not what he or she did wrong.
- **Encourage teamwork.** Don't be one of those dads/moms whom tells their star child that they have to score all the goals; encourage talented kids to use their skills to make their teammates better.
- **Seek out coaches and administrators** who understand that youth sports should be about kids having fun, developing as players, and learning important life lessons like camaraderie, good sportsmanship, discipline and work ethic-and not just a team's won-loss record.
- **Don't ever forget** that the results of games involving children really don't mean anything. Let the kids be kids. Let them have fun. It's about them, NOT US!
- **Remember a player does not develop** his/her full potential as an athlete until at least 18-21 years of age.
- **A player learns the game of ice hockey** by influential coaching, skill set development, repetition drills, and learning and experiencing diverse situations during game play
- **If we do not allow are players to take chances** and learn from their mistakes, they will never grow and mature as well rounded balanced hockey players...