

Taos Youth Hockey | Coaching Guide 2009

Definition of a Coach:

Coach: Instructor and trainer for athletes

Basic Coaching responsibilities:

- Look like a coach.
- Attend and be prepared for practices, games and tournaments.
- Control activities of your team on the ice, bench and locker room.
- Organize with and delegate to assistant coaches.
- Have specific and realistic goals for your team with consideration for USA Hockey Guidelines.
- Keep informed of new rules and regulations.
- Coach the team you have, not the one you wish you had.
- Discuss, demonstrate and implement: the more players see from your demonstration and try it themselves the sooner they will pick up new techniques. Lecture in the locker room, not on the ice. Ice time is valuable and teams need to keep their feet moving.
- Encourage enthusiasm, effort and endurance.
- Develop one-on-one relationships with each player to encourage development of strengths and weaknesses.
- Articulate and implement the three “A’s”
 - ATTITUDE – conduct on and off ice.
 - ATTENDANCE – practice and games.
 - ABILITY – skills.
- Insure equal ice time, with exception to the last five minutes of a game if you can affect the outcome of the game.
- Reward your team equally...hockey is a *team* sport.
- A smile and words of encouragement are your most effective tools.
- Implement or initiate behavior to pump the kids up, such as a team song played in the locker room or a special ice cheer.
- Encourage sportsmanship at all times. Set a good example by thanking teams, coaches and referees after games. The post game handshake is special to hockey and should be encouraged, win or lose.
- Communicate regularly with the team manager.

Remember to have fun on the ice and in the locker room. Your attitude, if positive, can influence your team in a big way. The Youth Hockey board is available with any questions or help you may need.

Thanks for volunteering with our hockey program. We couldn't do it without you!