

Hockey Made Easy

Canada's Best Hockey Instruction Manual

Presents

A Full Season Hockey Instructional Plan

from

**Tryout/Training Camp
Through the Regular Season
and
Concluding with Playoff Tips and Strategy**

for all

Head and Assistant Coaches

instructing

Young Players; Boys or Girls

**5 to 12 years of age
playing in
House League to "AAA" Travel Programs**

including

Beginners/Initiation

Novice/Mite

Atom/Squirt

and

Pewee

Hockey Programs

by

Hockey Canada Award Winner

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A Seasonal Instruction Plan for Minor/Youth Hockey Coaches

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Hockey Made Easy - A Seasonal Instruction Plan for Minor/Youth Hockey Coaches

Coaches of Minor and Youth Hockey Teams instructing young players; boys or girls between 5 and 12 years of age are encouraged to consider using this or a similar Seasonal Instruction Plan for teaching your players how to play hockey correctly, safely and quickly. Your personal Seasonal Instruction Plan should be based on the ages and skill level of your players, and the competitive Division and Category of the Hockey League you play in. The beginning sections of this basic plan can be used for Novice & Mite House League Teams, but the entire plan can be used, as a reference for Beginner/Initiation programs up to Major Peewee “AAA” Travel Teams.

If you have a copy of the *Hockey Made Easy Instruction Manual* it will be much easier for you to follow my hockey rational and terminology as I have included specific Hockey Made Easy reference **page numbers in bold** in this Seasonal Plan with additional hockey information.

If you are a veteran Youth/Minor Hockey coach it may not be necessary to purchase a copy of the manual to follow or understand the plan. However, after you have reviewed the content of this plan you may want to reconsider getting a copy. Please feel free to amend the plan for your specific Team, age group of your players and the League you play in be it Novice /Mite House League to a “AAA” Peewee Travel League.

Beginning in mid September in Canada, and perhaps a little later in the USA, but over the first 2 to 3 week period, Tryout Camps are held to select or draft players for your Team.

Tryout/Training Camp - Evaluation system and player selection process

A hockey team is made up of a variety of very skilled to lesser skilled players, all with different personalities and learning abilities. You as the Head coach along with your Assistants should be trying to select the best and most skilled players for your team based on the following criteria.

Note: “AAA” teams are selected first then “AA”, “A”, “B”, “C” and House League Teams.

Selecting a Goaltender

Many coaches believe the goaltender is the most important player on their team.

Take your time in selecting or drafting your goalie. He or she will be very important for the success of your team during the regular season, but particularly in the playoffs.

At the tryout camp **study all** the goaltenders: during the warm up, when players are shooting at them during shooting drills and finally during scrimmages, inter squad or exhibition games.

Write down on a pad of paper, their name or sweater number and put comments about what you liked or didn't like about their size, skills, speed, style and where shots were scored and stopped.

Look for the goalies that display the following skills and have these personal qualities:
A winning attitude, courage and confidence, hockey intelligence, makes himself look big in net, quickness, good hands, availability to attend every game and practice, etc.

Write down other possible criteria you will be looking for

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Sample Goaltending Tryout Evaluation Form

Possible 10 Point Scoring System 1 = Below Average, 5 = Average, 10 = Excellent

Name: _____ Sweater Number: _____

Evaluate the Goaltenders at your tryout camp based on similar skills as listed below:

- stops the puck the majority of the time, shows “consistency”
- displays courage, is not afraid of the puck or worried about getting hurt
- is physically big, or makes himself big, to cover more of the net than a smaller goalie
- has overall quickness, in hands, feet, up and down, and moving in and out, and side to side from post to post, also going behind net to stop dumped in puck for defencemen
- plays/cuts the angles correctly and is always positioned square to the shooter
- controls or clears/directs any rebound into the corner
- has a good quick catching hand, catches almost every shot on net preventing rebounds
- is quick with his feet and stick at blocking low shots
- uses the butterfly on screen shots and other stances, stand up and crouch at proper times
- can recover quickly when down on the ice to an up right standing and squared position
- has a positive and winning attitude
- is a team player, doesn't blame others for goals against
- displays confidence in his/her ability to stop the puck
- doesn't blame team mates for goals against him
- rarely gives up bad or soft goals
- will listen to and learn from the coach, wants to improve his puck stopping skills

List other skills or traits you are looking for in Goaltenders

