

# WARROAD YOUTH HOCKEY HANDBOOK 2005-06

**“A PROUD PAST, A BRIGHT FUTURE”**

<b>Revision</b>	<b>Date</b>	<b>Originator</b>	<b>Description of Change</b>
<b>1.0</b>	<b>November 2005</b>	<b>2005 WYHB</b>	<b>Update format to MSWord</b>

**All revisions made to the original document are in bold and italic print.**

## **PURPOSE OF HANDBOOK**

The purpose of this handbook is to communicate the goals, expectations and responsibilities of everyone associated with Warroad Youth Hockey (WYH). Most problems can be headed off or diminished by good communication, and we hope this handbook is a step in that direction. Please note that this is the 2nd year we've devised this booklet and that the Warroad Youth Hockey Board will probably have to make some changes or alterations as we go along.

## **WARROAD YOUTH HOCKEY VISION**

The goal of Warroad Youth Hockey is to provide a positive and competitive hockey opportunity for all boys and girls with the expressed result to be a tradition of excellence at the High School level. There will be an emphasis on developing hockey and life skills for all players. The needs of all players will be met whenever possible, but the focus and priority of Warroad Youth Hockey will be to develop competitive players in a competitive environment.

## **WARROAD YOUTH HOCKEY ASSOCIATION**

Warroad Youth Hockey Association is a nonprofit organization, governed by the rules of District 16, Minnesota Hockey and USA Hockey.

## **WARROAD YOUTH HOCKEY BOARD MISSION**

The Warroad Youth Hockey Board's (WYHB) mission is to lead and manage the Warroad Youth Hockey Association by planning, organizing, implementing, and maintaining policies/guidelines that support Warroad's youth hockey vision.

## **WYHB DUTIES AND RESPONSIBILITIES**

Members of the Warroad Youth Hockey Board are ***Mark Hebel, Varsity Boys Coach (Dennis Fermoye and Albert Hasbargen), Varsity Girls Coach (Scott Knutson), Tim Mack, Darrell "Son" Shaugabay, Dale Wallace, Steve Anderson, Kathy Lovelace and Brian King.*** WYHB meetings are held during the hockey season on the last Sunday of the month at \*7:00 or 8:00 p.m. in the meeting room at the Gardens. \*Please check the arena schedule for meeting date and times.

## **\*WYH WEB PAGE/ E-MAIL**

For info about WYH, including arena and team schedules, please refer to our web site:  
**[www.warroadhockey.com](http://www.warroadhockey.com)**

To contact WYH by e-mail use **[www.warroadhockey.com](http://www.warroadhockey.com)**

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## GENERAL YOUTH HOCKEY INFORMATION

**A. REGISTRATION** - Registration for WYH is held on the 3rd or 4th Sunday in September in the lobby of the Gardens Arena. Registration continues for 2-3 days afterward, usually after school at the Gardens. Parents and players need to sign forms. "New players" need to bring a certified copy of their birth certificate (not a hospital copy). Please make an effort to register on time, as a "late fee" of \$ 20 will be assessed to all returning players who do not sign up by October 1.

**B. COSTS**--In Warroad, registration and ice time is basically free for the kids, but it does have costs. These costs are met partly by the hard work of volunteers. **Parents are expected to volunteer.** Volunteers are vital to our program's continuation, and to its success. Parents, coaches, others, are not compensated for their time. We need to be mindful of that, and that all persons within our program will be treated with dignity and respect, from players and concession workers, to coaches and players. We strongly encourage any players who have the opportunity, to seek summer ice time whenever and wherever available.

Warroad Youth Hockey is an organization operated by the volunteering of all parents. Parents volunteer to take donations at the door; work canteen for youth and High School games; be minor officials in the penalty box; and each team is to host a tournament. All this is to help offset the cost of registering coaches, players, referees, teams and tournaments. It also offsets the cost for away tournament entry fees, referee costs, and ice time cost for games and practices.

**C. Fund Raising**--We depend on a variety of fund raising methods/events throughout the year to help keep the arena and our program running. These events are essential to our continuing the traditions of Hockey Town USA. The two main fundraisers that support the operation of the arena are the **Hockeytown Hockey School** and the **Hockey Extravaganza**. Parents are strongly urged to support these events.

Hosting of local youth tournaments and gate receipts/donations also support Youth Hockey.

**\*\*Another fundraiser for WYH is the game program that is available for all youth tournaments. Please make an effort to patronize the businesses that advertise in our program. *Teams should be mindful that merchandise should be purchased locally if the same quality, pricing, and timely delivery can be obtained.***

We are always looking for ideas on how to raise funds. If you have ideas, please make them known to the WYHB or to the coaches. New fundraisers must have prior approval of WYHB.

**D. Communication**--Polite and direct communications is essential to our program. In the event of questions or concerns, the procedures to follow are:

1. Take the concern directly and privately to the party (coach, parent, official, etc.). If the issue cannot be satisfactorily resolved, then:
2. Take the concern to the WYHB.
3. If you are still not satisfied, you may contact Minnesota Hockey District 16 Director (Mark Elliott), then representatives at the State and National levels. Mr. Elliott wants to remind everyone to follow the chain of command listed above, and not skip levels in your communication.

**E. Rink Rat philosophy**-The WYHB feels that the most important factor in the development of a hockey player is ice time. Hockey Teams are made in practices and games. Hockey Players are made in open hockey; open skating, the outdoor rink, and private rinks at home and during the off-season. **The commitment by the parent bringing their son/daughter to the arena is a key component in the child's hockey development.** Take full advantage of all the opportunities available in Hockeytown, USA. "Rink Rats" make good hockey players!

**F. Ice Schedule** - The Warroad High School teams get priority ice time followed by district games. Bantams, PeeWees, 14U/ 16U, and 12U all play within a district and have district playoffs. Squirts, mites, and 10U play games with other towns and have in-house games. The number of games is regulated and determined by MAHA, WYHB, the scheduler and the coaches. Practice times are divided among the teams according to a pecking order, and also the availability of the coaches.

For info about arena and team schedules, please refer to our WYH web site:  
**[www.warroadhockey.com](http://www.warroadhockey.com)**

**G. Tryouts** - Teams have tryouts at the beginning of the season. The WYHB, with the help of the coaches determine the number of players on each team. However, the coaches determine which players are on the team. Final rosters are signed in mid December.

**H. USA Hockey Rosters** - The MN Hockey District 16 Director sets the "try-out date deadline" that all organizations must abide by. Players must be on a USA HOCKEY TEAM ROSTER to play in a game or scrimmage. All rostered players must play on their team and their team only. They cannot sign a roster with another team until their season is done. This includes any All-Star teams.

### **PARENT'S CODE OF CONDUCT AND RESPONSIBILITIES**

Parents are the heart and soul of our program and parental involvement is vital-to the players, the coaches, the arenas, and the community. We offer the following in the spirit of good community:

#### **A. Parents must:**

1. Ensure players are on time to practices/games--ice time is valuable.
2. Remember and appreciate that our program depends on volunteers, at all levels. All parents must volunteer to run concessions, take ticket donations, run the clock, and penalty box, etc.
3. Promptly report any unlawful behavior by the players to the coach.
4. Remember that youth are involved in organized sports for their enjoyment, not yours.
5. Encourage players to abide by the rules of the game.
6. Teach children that an honest effort is as important as winning.
7. Try to turn defeat into victory by helping your child work towards skill development and sportsmanship.
8. Recognize the value and importance of our volunteer coaches.
9. Contribute to the cost of coaches' rooms on overnight trips.
10. If your child has the last practice at night, someone must be there to pick up the child no later than 1 1/4 hours after practice starts.
- 11. Ensure all Jerseys and WYH equipment is turned in at the end of the season.**

**B. Parents should not:**

1. Confront a coach during a game or publicly after the game.
2. Publicly question a game official's judgment or honesty.
3. Ridicule or criticize a player-on either team.
4. Condone physical or verbal abuse of players.
5. Conduct themselves in a manner so as to embarrass Warroad or Warroad Youth Hockey.
6. Be in locker room during or after a game (unless specifically invited by the coach)

C. If any parent/guardian is verbally or physically abusive to a coach, game official, or player, their child may be suspended from the program or other action may be taken. The decision will be made by the WYHB after reviewing the situation.

**PLAYER'S CODE OF CONDUCT, RESPONSIBILITIES, EQUIPMENT, etc.**

**A.** Realizing that they are representatives of the City of Warroad and the Warroad Youth Hockey Association, all players will conduct themselves in a manner so as not to embarrass our community.  
**All players will:**

1. Follow Minnesota Hockey rules and guidelines.
2. Follow Warroad Youth Hockey Association's Handbook.
3. Learn the rules/regulations of the game.
4. Respect other players, coaches and officials.
5. Be a team player by working as hard for the team as you work for yourself-your team will benefit, and so will you.
6. Recognize that coaches are the primary source of instruction.
7. Be prompt for all practices and games. If a player is habitually late, the coach may discipline the player as appropriate.
8. Be properly equipped. The following chart shows the equipment required for each level of play, boys and girls:

	T. MITES	10 U/MITES	12 U/Sqts.	14 U/P.WEES	<u>16U /BANTAM</u>
Approved Helmet/Mask	R	R	R	R	R
Approved Mouth guard		SS	R	R	R
Shin pads	R	R	R	R	R
Elbow pads	R	R	R	R	R
Breezers/Pants	SS	R	R	R	R
Cup Supporter/ Pelvic Protector	SS	R	R	R	R
Shoulder Pads	SS	SS	R	R	R

Hockey Gloves	SS	R	R	R	R
Throat Protector	SS	SS	SS	SS	SS

R = REQUIRED

SS = STRONGLY SUGGESTED

NOTE: Throat protector collar is required for goalies and recommended for others. All standard goalie equipment will be worn when practicing or playing (except Tiny Mites). For open hockey at all levels of play, helmets must be worn.

**B. Ways to get Equipment:**

1. Skate / Equipment Exchange - A type of “garage sale” of hockey equipment held at WYH registration in September. Look for an ad in the Pioneer for whom to contact.
2. WYH “Starters Kit” - designed to help alleviate start up costs for ice hockey. A limited amount of Skates and equipment is available to be checked out for a season for players 3-8 years old. Contact Tim Mack at 442-7521 for more info. For those of you that still have equipment from last year, please return them to Tim or drop them off at the arena (with your name on them).
3. Area Sporting Good Stores or over the Internet.

**C.** Warroad Youth Hockey Association believes the growth and development of players can best take place in an environment, which promotes safety, fairness, courtesy, and respect for one another.

The following actions by players will not be tolerated:

1. Hazing: committing an act against a player or coercing a player into committing an act that creates a substantial risk of harm to a person in order for the player to be initiated into or affiliated with any WYHA team.

2. Disorderly Conduct: engaging in offensive, obscene or abusive language or in boisterous, noisy or offensive conduct tending to arouse alarm, anger or resentment in others.

3. Harassment: participating in or conspiring with others to engage in harassing acts that injure, degrade, or disgrace other individuals. Harassment whether willful or otherwise, includes offensive behavior relating to gender, religion, culture, disability, race, and/or age.

Any concern regarding conduct of players relating to the above, must be reported directly to the coach by the player or by the parent of the player that the behavior is impacting.

**C.** Any unlawful behavior by a player may result in a suspension of the player and must be reported to the coach. Chronic discipline problems will be brought before the WYHB for consideration of suspension for the remainder of the season.

## **COACH'S CODE OF CONDUCT AND RESPONSIBILITIES**

In Warroad, coaches are not compensated. They are volunteer who spent countless hours on the ice working with the kids. We are lucky to have so many fine individuals donate so much time out of their lives to help our program. Our coaches are our strength.

### **A. Coaches will:**

1. Have a parent meeting prior to the season.
2. Keep in mind the player is the most important part of the program and that learning, developing and effort are as important as winning.
3. Know and understand the rules of the game and share that understanding with the players.
4. Treat players fairly and honestly.
5. Be prompt and be well prepared for practices-ice time is valuable.
6. Display consideration and understanding towards the players.
7. Share ideas and techniques with other coaches for the betterment of the entire program.
8. Be considerate of other teams.
9. Have a positive attitude at all times.
10. Teach players to respect game official's decisions.
11. Be in locker room for a reasonable time prior to/after games/practices (or assign a parent).
12. Lead by example and set a standard of conduct so high that the community and Warroad Youth Hockey, including all coaches, players, parents and fans, will be proud.
13. Inform the WYHB, in writing, of any violations of player conduct.
14. Participate in periodic coaches meetings (3 yearly).
15. Appoint a team manager and tournament director.
16. Follow player development map.
17. Get all jerseys and goalie equipment at end of the year.
- 18. It is suggested that the coach collect all of the jerseys at the team's final game.**

### **B. Coaches will not:**

1. Offer players monetary rewards for performance.
2. Use offensive language.
3. Show favoritism to players or families.
4. Physically or verbally abuse players.
5. Use tobacco or alcohol while supervising players during practice/games.

**C.** Any unlawful behavior by a player will result in an immediate suspension of the player and must be reported to the WYHB by the coach.

**D.** Any disciplinary action involving suspension of a player must be reported by the coach to the WYHB.

## TEAM MANAGER DUTIES

A. Team managers are appointed by the coaches, and typically are parents of a player. The team manager and the coach should work together as a team within the team.

**Team manager's duties include:**

1. Lineup/confirm ticket takers to be ready 1.5 hours prior to games. Post list in Garden's office, with telephone numbers.
2. Lineup/confirm canteen workers at least 1.5 hours prior to game start. Post list in office, with telephone numbers.
3. Lineup/confirm workers for clock, penalty box, and scorer book for home games.
4. Lineup/confirm home tournament workers.
5. Lineup/confirm workers for highs school games. Post list in office.
6. Confirm referees for home games with the Referee Coordinator. Post list in office, with telephone numbers.
7. Confirm away games (time and place).
8. Reserve hotels/motels for away trips.
9. Collect money from parents for coach's room. (Warroad Youth Hockey Association will pay this cost at Region/State levels of play).
10. Collect \$10 hot dog fund per family.
11. Collect \$25/player for Extravaganza hockey tickets. Okayed by board 2-24-02.
12. Take care of book with team roster and birth certificates. Ensure players and coaches have their paperwork completed.
- 13. Report all District 16 game scores to the District 16 Statistician, Jeff Solheim (Bemidji). All scores must be e-mailed to [solheim@charter.net](mailto:solheim@charter.net) no later than Monday at 3:00pm. Jeff can be reached at 218-444-0954 (w), 218-243-3191 (h), or 218-766-1022 (cell).**
- 14. See that all district score sheets are turned into the office so that they can be mailed to Mr. Elliot on Monday mornings.**
15. Be a "go between" for parents and coaches (No parent will be allowed to confront a coach before, during, or after a game-a private meeting should be set up at a later time).
16. Assist coaches in getting all jerseys and goalie equipment at end of year.
17. Help find teams for home tournaments.

## PLAYER DEVELOPMENT ROAD MAP

We realize there is "no one way" to develop a player, and much of our rich tradition is based on sharing of experiences by a variety of coaches, former players, and enthusiasts. We feel it may help all of us if we capture some basic player development philosophies within this handbook. Our aim is to have a program where each level builds on the next, and where coaches can have an expectation of what skills an incoming player will have or will have been exposed to. As in any road map, there may be other routes to a destination, but it is this map that we have chosen to follow.

The following "progression pyramid", is our broad approach to player development. What follows, is a more detailed (not total or complete) picture of where we want to go in developing our players. These "maps" are published here so as to give all, parents, players, coaches, enthusiasts, an idea of where we want to go, and a vehicle to measure individual players' progression along that journey.

## WARROAD BOYS HOCKEY-PYRAMID OF PROGRESSION

### **High School**

Highest competition level - Warrior Varsity and J.V.

### **Bantam**

*Player age – refer to [www.minnesotahockey.org](http://www.minnesotahockey.org) Click on players and then age chart & participation levels.*

- \*District and VFW leagues and playoffs.
- \*Full development of individual skills and team systems.
- \*Special teams - some will be on P.P, some on P.K., some both.
- \*2nd year Bantams (A & B) can practice some with H.S.
- \*Max. 5 tournaments--3 away/2 home// \* approx. 55 games.

### **Pee Wee**

*Player age – refer to [www.minnesotahockey.org](http://www.minnesotahockey.org) Click on players and then age chart & participation levels.*

- \*1st level of District league and playoff games.
- \*Continued development of individual skills and team systems.
- \*Kids begin to specialize at a position.
- \*Introduction of specialty teams to all players.
- \*Max. 5 tournaments - 3 away/2 home// \*approx 45 games.

### **Squirts**

*Player age – refer to [www.minnesotahockey.org](http://www.minnesotahockey.org) Click on players and then age chart & participation levels.*

- \* “Late” entry level - development of skills.
- \*Expansion of travel hockey - select A & B teams.
- \*Complete understanding of rules.
- \*Early development of team systems.
- \*Kids play some at different positions.
- \*In house games one night per week, when possible.
- \*Max. 35 games for travel teams.// Max. 4 tournaments - 3 away /1 home.

### **Mites**

*Player age – refer to [www.minnesotahockey.org](http://www.minnesotahockey.org) Click on players and then age chart & participation levels.*

- \* “Medium” entry level - introduce skills with emphasis on skating. Rule of games.
- \*Equal participation, emphasize fun and development.
- \*Have kids play and learn all positions.
- \*Begin competition thru in-house teams (Sun. league). Keep score/standings.
- \*Introduce limited travel, with mite white and blue teams.
- \*Attendance in practice will be taken into account when teams are being divided up in December.
- \*Usually 3 ice sessions / week (min. 1 practice).

### **Tiny Mites**

*Player age – refer to [www.minnesotahockey.org](http://www.minnesotahockey.org) Click on players and then age chart & participation levels.*

- \* “Recommended” entry level - Introduction of skills thru fun and games. Keep things very simple.
- \*Boys and girls skate together / Emphasis is on skating development.
- \*Non competitive level -divide up teams and play across ice -2 on 2, 3 on 3, 4 on 4,etc.
- \*Equal participation by all. \*Should not use score board, kids will keep track.
- \*Usually 2 ice sessions / week-1 practice +1 in-house, (+open hockey on weekends).

## **TRAVEL TEAMS:**

- Bantam, Pee Wee and Squirt levels have travel A & B team tryouts at the start of the season with rosters being finalized by Dec. 20.
- Travel teams should have from 12-15 skaters and 1-2 goalies on their roster. (can get WYHB permission for more or less).
- Bantam and PeeWee Ice time will be at the discretion of the coach, with equal emphasis on winning and team/individual development (i.e. "playing all lines" until crunch time). Squirt ice time will be on rotation system.
- Ice time can be reduced from a player for repeated behavioral (all levels) or poor play. (Pee Wee and Bantam levels only).

All teams will have one day per week in which no practice or game will be held, except playoffs.

**The Broader the base, the higher the pyramid. (POTENTIALLY)**

## TINY MITE DEVELOPMENT OVERVIEW

### **Overall goals:**

Learn to skate (forward, backward, cross-overs).

Stick handling - basics of puck control.

- stationary and while skating.

### **1. Individual Skills:**

- a. Skating--hockey stance, posture, proper stride, balance, forward and backward strides, stopping, forward crossovers, control turns.
- b. Puck handling--stationary, straight ahead "puck push", side to side control while skating, control around cones.
- c. Passing and receiving passes--little or none at this level. Focus is on skating and skating with puck.
- d. Shooting--forehand, backhand, no slap shots.

### **2. Team Skills:**

- a. None. Essential to learn skating and stick handling fundamentals.

### **3. Playing time during games:**

- a. As equal as possible. Try to have 1:1 work to rest ratio.

### **4. Tiny Mite coaching priorities/philosophy:**

- a. Keep players moving--no waiting at end of long lines.
- b. Lots of fun, lots of encouragement.
- c. No goalie equipment--everyone learns to skate.
- d. Use a skater or Mite/10 U goalies or shooter-tootors in net (for older T-Mites).
- e. Need a dedicated coach to work with newcomers/non-skaters to teach them how to skate and get off the skating bar.

## MITE DEVELOPMENT OVERVIEW

### **Overall Goals:**

Skating--continue to work on skating, front and back crossovers.

Stick handling--puck control.

Puck movement--introduce passing and receiving, keep working on skating with puck.

Understand basic rules of the game.

Find and identify goalies to enter the squirt program.

### **1. Individual Skills:**

- a. Skating--stick on ice, forward, backward, crossovers/unders, variety of stops, starts, speed and quickness drills, mohawk turns.
- b. Stick handling--lateral, forward, backward, forward to backward, cupping, pushing puck on the fly, techniques and speed drills (cones, etc.) lateral / deke moves.
- c. Passing/receiving--forehand, backhand, fundamental techniques of passing and receiving with accuracy (stationary and moving), look up and pass.
- d. Shooting--wrist shot, backhand, how to create "quality" shots (emphasize slot area, discourage wide-angle shots), goalie dekes.
- e. Face-offs--introduce fundamental technique (draw back to defense/taking man or go for puck/open). Positional line-up at a face-off.

### **2. Team Skills:**

- a. Rules of the game--understand zones, lanes, positions, faceoffs in zones, penalties, what to do when your team or other team has the puck.
- b. Appropriate passes (offensive and defensive), game flow awareness, defensive angling of the puck carrier.

### **3. Playing time during games:**

- a. As equal as possible.

### **4. Mite Coaching Priorities/Philosophy:**

- a. Skill development has priority over winning games.
- b. Develop defensemen--all players play defense 1/2 of the time.
- c. Encourage players to skate with puck.
- d. Back checking--importance of.
- e. Use cross-ice opportunities to develop skills in tight areas.
- f. Encourage all players to try playing in the goal.
- g. Teach to an objective--stay focused, keep kids focused on skill being taught.

## SQUIRT DEVELOPMENT OVERVIEW

### **Overall Goals:**

Achieve sound skating ability. Stick handle while skating with head up. Pass and receive puck with accuracy while skating. Know the rules of the game and understand basic game strategies.

### **1. Individual Skills:**

- a. Skating--powerful stride, deep knee extension drills, edges, balance drills, control turns, agility and acceleration drills with and without the puck.
- b. Stick handling--lateral, forward, and backward, forward to backward cupping, pushing puck on the fly, technique and speed drills, one on one moves, attacking the triangle, wide separation, use of feet.
- c. Passing/receiving--continue with fundamental techniques, forehand and backhand, on the move accuracy, drop pass, bank pass (use of boards), break to "open" / angles.
- d. Shooting--wrist shot, backhand, goalie dekes, rebounds, tips, shooting on the fly (keep feet moving), strength and quickness drills, finishing around the net.
- e. Faceoffs--Continue fundamental techniques, positions.
- f. Communication--on ice, verbal communication between players, positional awareness.

### **2. Team Skills:**

- a. Forwards and Defenseman:
  - i. Neutral zone--move and pass puck, headman or carry it, move to get open, create good passing angles, basic regroup, try to create 2 on 1 (odd man situations).
  - ii. Faceoff plays--positioning and coverage.
  - iii. Aggressive forecheck system, i.e. (2-1-2).
- b. Forwards:
  - i. Offensive--zone entries, introduce offensive plays, center trail, center break, attack wide, stay on-side, support puck carrier, control / movement of the puck, puck rotation, use of defensemen.
  - ii. Defensive--Zone coverage system (2-1-2), positions, coverage, transitions (offensive to defensive and vice versa), man-to-man angling, breakouts basics.
- c. Defensemen:
  - i. Offensive--breakout basics, rushing the puck, following the play, holding the blue line, point-shooting decisions/angles, diagonal support, D to D passes, pinching decisions.
  - ii. Defensive--net coverage, corners, D to D passes, diagonal support, 1-1,2-1 and 3-2 rushes/situations, know goalie responsibilities.

### **3. Playing time during games:**

- a. Does not have to be equal, but each skater should play at least once every 3 shifts.

### **4. Squirt Coaching Priorities/Philosophy:**

- a. Develop defensemen--top players play defense "1/2" the season.
- b. Establish discipline on passing, positional play, and teamwork.
- c. Back checking--develop two-way players.
- d. Timed shifts--emphasis on development, not winning games.
- e. Encourage team play.
- f. Teach to an objective—focus on skill being taught.

## PEE WEE DEVELOPMENT OVERVIEW

**Overall Goals:** Continue emphasis on skating. Refinement of passing/shooting-wrist shots, snap shots, slap shots. Develop defensemen. Ice awareness and positional play. Encourage creativity and aggressive puck handling.

### **1. Individual Skills:**

- a. Skating--Continue emphasis on basics, turns, stops, pivots, edges, look for and work on individual player's skating weaknesses. Full speed drills, acceleration drills, lengthen stride drills.
- b. Stick handling--expansion of reach, cupping the puck, backwards skating with head up, puck protection, dekes, escape moves, handling puck in feet.
- c. Passing/receiving--forehand, backhand, on the move--full speed drills, accuracy techniques, drop pass, bank pass, break to open, angles, flip pass, passing before challenged, vacating/filling lanes.
- d. Shooting--wrist shot, introduce snap shots and slap shots, shooting on the fly (ft. moving), shot selection, accuracy, quick release, shoot to score, creating screens, goalie dekes.
- e. Defensive skills--techniques for delivering/receiving checks, finishing and holding checks, body blocking vs. attacking, containment. Forechecking, proper angling, finishing, creating turnovers. Playing 1 on 1, 2 on 2. Back checking responsibilities-first man, second man, third man.
- f. Offensive skills--1 on 1 attacks, creating odd man situations, attacking wide with speed, driving to the net, "seeing" the ice, face-offs.
- g. Defensemen--board to board vision, diagonal support, escapes with puck, reverse escapes, reversing the puck, board passes, using the net.
- h. Communication on ice.

### **2. Team Skills:**

- a. Forwards and Defenseman
  - i. Intro to team systems-offensive/defensive, neutral zone strategies, and creating/filling passing lanes, appropriate passes, lugging the puck.
- b. Forwards:
  - i. Offensive--cycling, face-offs, positions, zone attack options, screening/tipping, breakouts, forechecking, power play.
  - ii. Defensive--forecheck systems, back checking, defensive zone coverage, faceoffs, penalty kill, covering for rushing defenseman.
- c. Defensemen:
  - i. Offensive--breakout options, rushing, follow the play, regrouping, holding the offensive blue line, diagonal support, play making decisions, power play.
  - ii. Defensive--penalty kill, diagonal support, net coverage, pinching, odd man rushes, defensive zone coverage, gap control, holding defensive blue line.

### **3. Pee Wee Coaching Priorities/philosophy:**

- a. Develop defensemen.
- b. Establish team discipline on passing and teamwork.
- c. Teach "safety valves" --some actions are never wrong.
- d. Develop creativity with puck--encourage puck handling.
- e. Individual puck protection/individual attack the puck.
- f. Maximize "game like" conditions in practice.
- g. Teach shooters to finish drills with speed and following shots to net.
- h. Develop two-way players--back check.
- i. Teach rink safety--for self and others.
- j. Teach to an objective.

## **BANTAM DEVELOPMENT OVERVIEW**

### **Overall Goals:**

Develop scorers, puck handlers/playmakers and defensemen.

#### **1. Individual Skills:**

- a. Skating--build on previous fundamentals (maintenance). Identify weak skaters-focus on improving shortfalls, stress-muscle strength, speed, power, and endurance.
- b. Stick handling--maintenance/improvement. Stress quickness.
- c. Passing--maintenance/improvement, touch pass, tape-to-tape passing, speed, and anticipation-pass to spot.
- d. Shooting--maintenance, quick release, shooting on the fly, goalie dekes, screens, tips. Identify weak shooters-focus on improving.
- e. Offensive skills--control puck (use of body/boards), faceoffs-positioning, strategies.
- f. Defensive skilled--holding/finishing checks, not allowing give and goes, always face the puck.

#### **2. Team Skills:**

- a. Forwards:
  - i. Offensive--breakouts/danger zones, regrouping, puck control in danger zones/critical areas, creating offense behind opponents net, 3rd man high in scoring zone for scoring opportunities plus good defensive position, no turnovers, and puck cycling.
  - ii. Defensive--shot blocking, backchecking-pickup man, not puck carrier, 2 man short penalty kill, covering defensemen rushes, counter-attacks, offensive insertions, pressuring puck carrier, odd man defenses.
- b. Defensemen:
  - i. Offensive--breakouts, breakout danger zones, rushing puck, when to gamble on offensive blue line, shooting-on net, tips, height, screens, D to D passes.
  - ii. Defensive--reading odd man rushes with and without back checkers, holding defensive blue line, always pressure puck carrier, and backs to the net.

#### **3. Bantam coaching priorities/philosophy**

- a. Respect for others--self-control, behavior on/off ice.
- b. Develop/refine defensemen.
- c. Establish team discipline in executing systems of play.
- d. Practice like you play--game-like conditions during practice.
- e. Shooters--finish at the net, quick release, on net shots.
- f. Encourage creativity with the puck.
- g. Reinforce player in-ice communication.
- h. Back check, back check!
- i. Teach to an objective in every drill you do.

## GOALIE DEVELOPMENT OVERVIEW

### **Overall Goals:**

Encourage top athletes to try out for goalie.

Provide/have available goalie training tapes, materials, literature.

Encourage/facilitate attendance at goalie schools/clinics/camps.

Appoint an individual to take "ownership" of goalie development/monitoring.

**Tiny Mite:** No equipment, rotate kids through the positions, use cross-ice play. Work hard on skating.

**Mite:** Continue to rotate kids through the position, take turns wearing the equipment. WYH should supply the equipment.

➤ **SKILLS:**

- Basic stance, Parallel shuffle, Lateral T-guide, forward and backward movement, stick saves, body saves, glove saves, leg saves, stacking pads, "V" drop , and Rebounds.

### **Squirt:**

Start "settling into" goalies. Pick best athletes and those who express an interest in the position. Specialized coaching introduced. WYH provide the equipment.

➤ **SKILLS:**

- Parallel shuffle, lateral T-glide, forward/backward moves, stick saves, body saves, glove saves, leg saves, skate saves, stacking pads, "V" drop, playing angles, rebounds, team situations.

### **Pee Wee:**

Settle on goalies. Focus on good athletes. Increase specialized coaching. Encourage attendance at goalie clinics/camps. Candidates can purchase own equipment if desired.

➤ **SKILLS:**

- Parallel shuffle, lateral T-glide, forward/backward moves, stick saves, glove saves, leg saves, skate saves, stacking pads, "V"-drop, playing angles, rebounds, and team situations.

### **Bantam:**

Focused, intense development, specialized coaching. Seek goalie clinics/camps-- encourage attendance. WYH pay for some of these if able. Work out at high school/seniors practices as able. Identify local experienced goalies (high school, college, former goalies) to act as mentors for the Bantam goalies.

➤ **SKILLS :**

- Skate saves
- Stacking pads
- V drops
- Rebounds
- Team situations

# WARROAD GIRLS HOCKEY

## 10 & UNDER SKILLED PROGRESSION CHART

Player age – refer to [www.minnesotahockey.org](http://www.minnesotahockey.org) Click on players and then age chart & participation levels.

### 1. Individual Skills:

- a. Skating—Develop forward skating drills. Use drills of the following nature (stroke/recovery, stride, X-overs, pivots F/B, turns (180, 270, 360), stops (control stops and hockey stops).
  - i. Stress deep knee bends, chest/head up, arms moving in the direction you are skating, no head bobbing, staying low on turns and stops. Use balance and agility drills of this nature glides on 1 and 2 feet with good stance, balance w/inside and outside edges, deep squats, unlocking the hips (toe in/toe out) knee touches/belly & seat drops w/rolls, jumps over lines/sticks/cones with good technique, push and pull games to develop skill and communication.
- b. Backward skating—start developing.
  - i. Stress chest/eyes up, deep knee bends/full extension, pretend to sit on a chair, limit excessive swinging of arms, and teach the “cut a C touch your knee technique”.
- c. Stick handling—develop stick handling techniques. Use drills of the following nature stationary stick handling (wide/smooth, quick/narrow, diagonal).
  - i. Stress grip/wrist roll, stance, eyes up/down, and weight transfer.
    - Develop stick handling in traffic skills. Use drills including circle/zone jams, turns/flakes on gloves, and circles/lines w/ pucks.
  - ii. Stress tow hands on the stick; keep puck in front of body, eyes up and down, stance, and a soft feel for the puck.
    - Develop open ice carry - one hand.
  - iii. Stress keeping the puck, using both forehand/backhand.
    - Introduce moving the puck w/feet. Utilize drills like stationary puck movement, carry puck w/feet x-ice, and drop puck into skates/kick it up.
  - iv. Encourage carrying the puck in traffic during drills/scrimmages.
- d. Shooting—Develop forehand wrist shot drills. Common drills include stationary shots against boards, moving against goalies, etc.
  - i. Stress proper technique, knees bent, staying low, hand position, sweep the puck, transfer your weight, and discuss follow through.
    - Develop the backhand shot. Common drills include stationary shots against boards or shooting on goalies in small areas.
- e. Passing—Develop forehand passing. Use stationary passing, stationary to moving target passing, and follow you pass drills.
  - i. Stress staying low and relaxing. Start the puck near the heel, look at target, slide the puck firmly, weight transfer, and follow through.
    - Develop backhand passing. Use stationary passing drills.
  - ii. Stress body position. Keeping the hands/elbows away from body and weight transfer.

### 2. Team Skills. (Spend limited time teaching these and review from time to time throughout season).

- a. Introduce hockey basics.
  - i. Name and explain the three rink zones.

- ii. Name and explain the six hockey positions.
  - iii. Allow kids to experiment and play different positions.
  - iv. Discuss basic game rules...Icing, Off-sides, Basic penalties i.e. trip, slash. **Stress safety and respect for your opponent.**
- b. Introduce game basics.
- i. Teach simple hockey offensive/defensive concepts.
  - ii. Develop basic game situations to teach game strategy.
  - iii. Name player positions at face-off spots.
  - iv. Teach players where to stand for face-offs.
  - v. Explain "the draw"...how it is done.
- c. Plan for cross-ice games often.
- i. Play 1-1,2-2,3-3, small area games.
  - ii. Encourage aggressiveness and carrying the puck in traffic.

**3. Playing time during games:**

- a. Does not have to be equal, but each skater should play at least once every 3 shifts.

**4. 10U Points of emphasis:**

- a. Skating should be the #1 priority.
- b. Puck carrying and stick handling should be #2 priority.
- c. Never have long lines of players standing waiting their turns.
- d. Try to group players by ability and use teaching stations during practice drills and scrimmages.
- e. Coaches must have their practices well organized and planned.
- f. Emphasize fun and encourage others to join.

## 12 & UNDER SKILLS PROGRESSION CHART

Player age – refer to [www.minnesotahockey.org](http://www.minnesotahockey.org) Click on players and then age chart & participation levels.

### 1. Individual Skills:

- a. Skating.
  - i. Develop a mastery of skills in 10 & under level.
    - Stress improving technique and quickness.
  - ii. Develop forward starts. Utilize the 10/2 position technique, stops & starts w/ open & go start, X-overs/X-unders, changing direction w/o stopping F to B.
    - Stress deep knees, leg extension, eyes up/down, and shoulders parallel w/ice on circle drills.
  - iii. Develop backward skating. Drills should include going straight back, X unders, backward starts & stops, changing directions w/o stopping B to F, 90-steps outs.
    - Stress good hockey posture, confidence on edges, and limited arm motion.
- b. Stick handling.
  - i. Develop stationary moves with the puck. Use drills that incorporate the wide/smooth, quick/narrow, diagonals, and puck in the feet techniques.
    - Stress good extension, quickness, eyes up/down, and rolling the wrists.
  - ii. Develop puck carrying in traffic and in open ice. Drills of the following nature should be utilized hockey/control stops w/pucks to both sides, control turns (180s, 270s, and 360s) to both sides' w/pucks, and side pulls to forehand/backhand sides.
    - Stress good technique on turns, stops, and side pulls. Encourage using and creating open ice. Encourage aggressiveness and build confidence.
  - iii. Introduce ways of moving with and without the puck. Address ways to attack the triangle and use of the "slip through" move.
    - Stress creativity, having fun, and that practice makes perfect.
- c. Shooting.
  - i. Develop wrist shots and backhand shots.
    - Stress technique, using quickness for rebounds, and following your shot.
  - ii. Introduce slap shots, tips, screens, one timers in the slot, and dekes.
    - Stress technique, where & when to use, stick/body position.
    - Note: use weighted pucks to help develop wrist shots and backhand shots against boards or into empty nets.
- d. Passing.
  - i. Develop stationary forehand/backhand passes.
    - Stress technique, look-slide-glide, soft hands, and show a target.
  - ii. Develop stationary passing to a moving target and moving passer to a moving target.
    - Stress communication, look before passing, lead when passing to a moving target.
  - iii. Introduce wall/bank passes.
    - Stress the angle of rebound, timing, and communication.
    - Note: use weighted pucks in stationary passing drills.

## 2. Team Skills.

### a. Forwards.

- i. Develop simple breakouts.
  - Stress head up & look, accurate passes, begin at half speed.
- ii. Develop positions/coverage areas in both zones.
  - Stress rink areas: slot, red zone, and safe areas.
- iii. Develop basic offensive and defensive face-off positions and strategies.
  - Stress coverage areas, understanding where to go, drawing the puck.
- iv. Develop a 2-man forechecking system with angling technique.
  - Stress tracking the puck, anticipation, and separating the player & the puck.
- v. Introduce...offensive attack options...center trail/center break.
  - Stress using speed and width, creating an open man, reading and reacting.
- vi. Introduce hot to play 1-1, 2-1, 3-1 situations.
  - Stress using speed and width, creating an open man, reading and reacting.
- vii. Introduce basic penalty kill unit in the defensive zone.
  - Stress playing the box, facing the puck, and making yourself BIG.

### b. Defenseman.

- i. Develop breakout options in defensive zone.
  - Stress reading and reacting to situations, making good passes, and following the play.
- ii. Develop positional play in both the offensive/defensive zones.
  - Stress understanding zones, walk through coverage, move slowly.
- iii. Develop and understanding of what to do on faceoffs in both ends.
  - Stress getting to the puck quickly; think about options when getting to puck.
- iv. Develop ideas of how to play 1-1, 2-1, 3-1.
  - Stress not backing into the goalie, forcing forwards into age areas.
- v. Introduce how to kill penalties.
- vi. Introduce gap control.
- vii. Introduce the theory of defensive support.

## 3. 12 U Points of Emphasis.

- a. Emphasize fun practices with strong skill development.
- b. Teams to be small in number (13 skaters/2 goalies) if possible.
- c. Continue teaching positional play throughout the year. Go with a little at a time.
- d. Try to find a good balance between winning and how much everyone plays.
- e. Begin using stations for specialized positions.

## 14 U/ 16U SKILLS PROGRESSION CHART

Player age – refer to [www.minnesotahockey.org](http://www.minnesotahockey.org) Click on players and then age chart & participation levels.

### 1. Individual Skills.

- a. Skating.
  - i. Develop and maintain skills from the previous level.
    - Stress power, quickness, strength in skating, and overspeed skating.
- b. Stick handling.
  - i. Develop all stick handling moves identified in 12U section.
    - Stress improving quickness, extension, and feel for the puck.
  - ii. Develop escape and reverse escape moves.
    - Stress keeping the body low and elbows away from body.
  - iii. Develop pivots F to B and B to F with pucks,
    - Stress handling puck while moving backwards.
  - iv. Introduce handling puck while gliding on 1/2 knees.
    - Stress keeping the hands/elbows away from body.
  - v. Introduce attacking the triangle, "the slip around" and "the slip across."
    - Stress starting slow, and developing quick hands/quick puck.
- c. Shooting.
  - i. Develop wrist shot, backhand, slap shot, screens, tips, dekes, one-timers from off-wing/proper wing, and playing 2-0 breakaways.
  - ii. Introduce the snap shot and flip shot.
- d. Passing.
  - i. Develop and improve on all passes mentioned in 12U section.
    - Stress improving on accuracy, timing, quick release, and communication
  - ii. Develop better receiving skills, using feet, stick position, etc.
    - Stress give a target, communicate, and timing.
  - iii. Introduce drop passes, back passes, and flip passes.

### 2. Team Skills

- a. Forwards.
  - i. Develop breakout options, offensive attack options, and plays.
    - Stress read and react skills in both ends of rink, forechecking systems, and penalty kill units.
  - ii. Introduce simple power play basics, the concept of regrouping, and the concept of transition.
- b. Defensemen.
  - i. Develop concepts of how to play odd man rushes, understanding of gap control, and offensive/defensive support.
    - Stress understanding how to use the body w/o checking, face-offs in zones, breakout options, and penalty kill units.
  - ii. Introduce simple power play basic, concept of regrouping, and concept of transition.

## YOUTH HOCKEY “MOVE UP” POLICY

1. Definition- the term “moving up” refers to a player playing up from his/her Minnesota Hockey age group.
2. Requests to move up must be submitted in writing to the WYHB.
3. The decision to allow a player to play for an “up” team will be made by the WYH after coordination with the player’s parents and the coaches at the levels involved.
4. Factors to be considered are:
  - a. The player must be an “A” caliber player.
    - i. Players moving up should be “elite” or advanced.
    - ii. If they are not good enough to make the “A” level team at the next level, they should stay at their assigned level.
  - b. The best interests of the program.
    - i. How does it affect numbers in each age group?
    - ii. This factor could allow a player to move up and play for the “B” team, if there is a shortage of numbers at that level.
  - c. The decision is in the best interests of the player.
    - i. Is the player not being challenged at current level?
    - ii. Is the player mature enough physically and mentally to fraternize with older players?

\*\* Note - The request to move from your assigned MN hockey group to another must be made in writing to the WYH Board President (Mark Hebel) PRIOR TO OCTOBER 1st. Please note that this is only a request, and requests must be approved by the WYHB in conjunction with the coaches involved. Moves made after October 1st will only be done in “extremely special circumstances” by the WYHB.

*For individual player age participation level refer to [www.minnesotahockey.org](http://www.minnesotahockey.org) Click on players and then age chart & participation levels.*

## OPEN HOCKEY RULES

In Warroad, we are very privileged in having an abundance of ice time that is designated as “open hockey”. This time is to be respected - use it properly to work on your skills in a “creative environment”.

When “open hockey” is designated to an age group (ex - Squirt open hockey), only that aged skater or younger should be on the ice. Older players should not, unless they have permission from the rink attendant to do so. HELMETS MUST BE WORN AT ALL TIMES DURING OPEN HOCKEY, as per Arena Board Rules.

## **TOURNAMENT HOSTING GUIDELINES/DUTIES**

**GENERAL:** Approximately one month prior to a tournament, a parent's meeting should be held to review tournament details. The following is a tournament-planning guide:

### **TOURNAMENT DIRECTOR:**

1. Call tournament meeting
2. Talk to WYH Board (Mark Hebel) about trophies. Championship trophy only, and medals for 1,2,3 place & consolation winner.
3. Hand out jobs - solicit volunteers for chair responsibilities.
4. Talk to Youth Hockey Board before doing any fund raisers/raffles.

### **CONCESSIONS CHAIR:**

1. Line up workers for games (No persons under 15).
2. Post list of workers in concessions.

### **ADMISSIONS CHAIR:**

1. Line up ticket takers for games.
2. Post list of workers in concessions.
3. Use set prices.

### **TIME CLOCK CHAIR:**

1. Line up clock attendant for all games.
2. Have game pucks in penalty box.
3. Line up announcer for all games.
4. Have National Anthems for start of tourney and the start of each day Remember Canadian Anthem.

### **REFEREE CHAIR:**

1. Referees schedule themselves-confirm they have games covered.

### **TEAM HOSTS CHAIR:**

2. Identify host for each team in tournament and make sure they know their responsibilities.
3. Post list of team hosts in the concessions.

### **TEAM HOST RESPONSIBILITIES:**

1. Have locker room key for your team. Ensure room is clean.
2. Have team fill out game sheet. Make sure it is returned to scorer's table. Have referees sign.
3. Give copy of game sheet to coaches. If there is a game misconduct, one copy goes to the referee in charge.
4. We supply mark less pucks for warm-ups. Collect pucks after warm-ups; return them to penalty box.
5. Run the gate in penalty box during game.

### **PUBLICITY CHAIR:**

1. Submit article to papers prior to tournament- list teams participating, games times, etc.
2. Radio advertising/public service. Give tourney draw to radio stations for them to follow.
3. Phone radio stations with scores.
4. Follow up with a tournament results article.

DECORATIONS CHAIR:

1. Pins for parents
2. Tournament passes
3. Tournament draw board/tourney application posted.
4. Locker room assignments posted.
5. Team posters/banners.
6. Table decorations for lobby.

PROGRAMS CHAIR:

1. Insert team rosters, tourney rules, etc., into programs. Give to printer. Programs are free for fans.
2. After tourney, give a completed program to the office with all scores filled in.

EMT CHAIR:

1. Sign up an EMT for each game.
2. List phone numbers in the office.

TEAM CHECK-IN PERSON:

1. Get proof of insurance and USA Hockey registration (red card).
2. USA hockey roster, sign by all participants and approved by USA hockey registrar.
3. IMR for each player and coach if needed.
4. Check birth certificates for proper age classification.
5. Cross-check birth date with one on USA hockey roster.
6. Confirm that each player and each coach have signed the proper waivers.

## PARENTS MEETING AGENDA (Beginning of season)

- Introduction of coaches.
- Introduction of parents.
- Introduction of Team Manager.
- Warroad Youth Hockey background/philosophy/operation.
- Hand out schedule.
- Select a Tournament Director.
- Tournaments. **The WYHA will pay up to \$750 a year for tournament entry fees anything above and beyond this amount will be a “team” responsibility.**
- Explain Arena Manager’s role/duties in youth hockey.
- Questions.
- Team/parent communications - Who,how, when
- Volunteering Needed by Parents:
  - Concession workers
  - Time Keepers
  - Score Keepers
  - Parent Parties
  - Scrapbooks
  - Calling Tree
  - End of Season Banquet
  - Tournament Coordinators
  - Other
- Ice as scheduled by arena scheduler.
- Publicity.
- Team Photographer.
- Budget.
  - Review Expenses
  - Assessment Fees
- Tournaments.
  - Hotel Reservations
  - Volunteering
- Information/Other.