

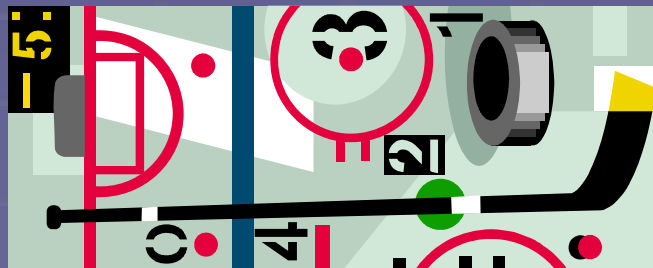
Tips For More Effective On-Ice Coaching



Tips For More Effective On-Ice Coaching

Be Prepared!

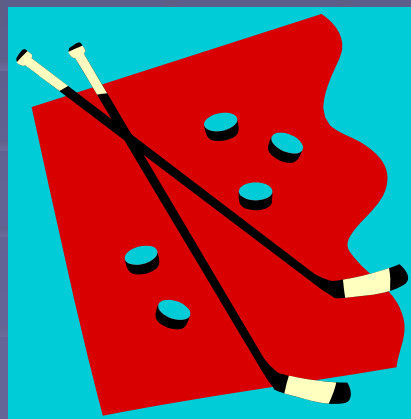
- Have your material ready before you get to the arena
- Get it down on paper or bristol board. Try not to bring your workbook down to the ice.



Tips For More Effective On-Ice Coaching

The Assistant Coaches' Role is to:

- Set up the equipment
- Be familiar with the material to be covered
- Know what points to look out for



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Necessary Equipment:

- Should be integrated in each context
- Set up while the head coach gives instructions
- Cleared away once the context is over



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Moving on to the Ice:

- Head coach or assistant leads the group (introduction & welcome)
- Prepared warm-up (5 minutes)
- No time is wasted



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Discussions with the Players:

- Code
- Location
- Minimize distractions
- Keep their attention
- Make it brief



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Where should the on-ice coaching exercise be?

- Out of the players' way
- A location that provides an unobstructed view



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Play-by-Play of How to Conduct a Exercise:

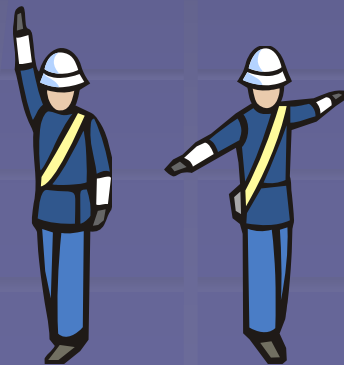
- Introduction (one minute max)
- Give the players a chance to explore
- Call the players together, provide clarifications, answer questions (one minute max)
- Let the players try it again with a better understanding
- Conclusion (30 seconds max)



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When to Intervene:

- In the first part of the exercise, intervene on how the exercise is being completed and elements that have already been taught
- In the second part of the exercise, intervene on how the points you just taught are being applied. Correct as necessary.



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Points to Look Out For:

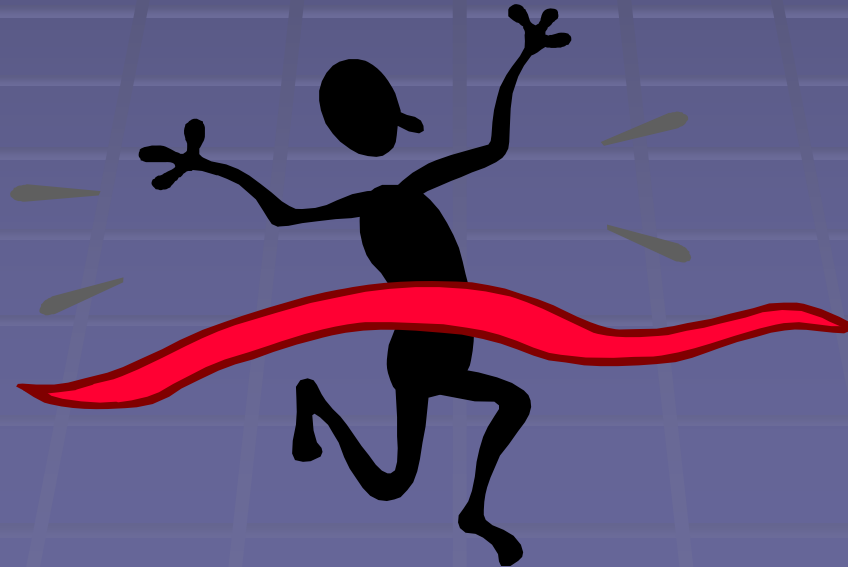
- Don't change the order of presentation
- Progression



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Wrap-Up Time:

- Summarize
- Emphasize what they have just learned



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Leaving the Ice:

- Once the signal is given
- In an orderly fashion
- Have an assistant stand by the door



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- To view an online, printable version of this presentation, visit Hockey Benoit Barbeau's Download Centre at <http://www.hockeybbarbeau.com/download.htm> and look under the heading ***Tips of the Month.***