



ROLLER HOCKEY ALLIANCE

To grow and develop roller hockey through unity and education

EST. 2009

KEYS TO COACHING OVERVIEW

ROLE OF COACH

What are you good at? Where do you need to improve?
Why do you coach? Different types of coaches...
What type of coach are you? Roles a coach plays?

COMMUNICATION

Creating rules + expectations
A better way to coach...do this...

PRE-SEASON MEETING

Make life easier and more fun for everyone

- Goals of the program / team
- Schedule (practices, games, tournaments...)
- Player expectations...position contract
- Parents expectations...position contract
- Coaches expectations...position contract
- Financial obligations + understanding
- Safety and equipment
- Process for communicating: phone, email, text...
- Questions and answers

Handout: Sample Letter/Position Contract

BECOMING A BETTER COACH

Where do you start?

CONNECT WITH THE PLAYERS

How do you connect?

SELL YOURSELF: Est Trust and Believability

How do you sell yourself?

4 MAJOR CHARACTERISTICS:

- 1) Expertise / Credentials
- 2) Self Confidence: knowledge/ability to connect
- 3) Communication Skills:
Connect with Diff Personalities, Diverse background
- 4) Make it about the Players

*The younger the kids, the easier the sell

*The older the kids, the more chips you need

NOW YOU HAVE SOLD YOURSELF & ESTABLISHED TRUST

HAVE TO KNOW WHAT TO TEACH & HOW TO TEACH IT

What do you teach?

3 MAJOR COMPONENTS:

- 1) Ind Skills: skating, stickhandling, shooting, passing
- 2) Ind Team Skills: Off & Def skills & positioning
- 3) Team Systems:
 - Off: break outs, odd man rushes, off zone play
 - Def: forechecking, backchecking, def coverage
 - S.T.: powerplay, penalty kill, face offs

WHERE DO YOU START?

Depends on age and skill level of players
House league, select teams, etc...

Handout: General Coaching Objective Guidelines

YOU KNOW WHAT TO TEACH. HOW DO YOU TEACH IT?

First, have to understand HOW kids/players Learn

3 WAYS PEOPLE LEARN:

- 1) Verbal Programming: What you hear
- 2) Modeling: What you see
- 3) Specific Incidents: What you experience

YOU NOW KNOW HOW THEY LEARN...

Understand baggage they bring with them

YOU HAVE TO NOW RE-PROGRAM / UN-LEARN BAD HABITS

How?

POSITIVE PROGRAMMING: Hearing the right things, Seeing the right things, Experiencing the right things

WHERE DO YOU START?

Get everyone on the same page

THE TEAM IS THE SUM OF IT'S PART

Understand the Building Blocks of a team

Handout: Team Building Blocks, S+W Sheet, Playbook

EXECUTION

Your biggest impact is Practices + Games

PRACTICES:

- Common mistakes, what makes good practice
- How to run best practice: format & teaching model
- 3 Step Learning Process
 - 1) Form/Tech: right way to do something
 - 2) Drilling: create habits through repetition
 - 3) Fun:

* Say it, Show it, Do it...3 ways people learn

Handout: Practice Sheet

GAMES:

- Pre-game talk: inspire/motivate, not too much info
- Pre-game Warm Up: have a plan, break a sweat, skate, handle the puck, pass, shoot and stretch
- Game Play: bench management
 - verbal commands, quick praises & reprimands
- Post Game: Review positives, things to work on...OVER

Handout: Verbal Commands

QUESTIONS & ANSWERS: