



Hockey Canada Skills Development Program

Hockey Canada Skills Development Coaching Manuals





Hockey Canada Skills Development Manuals

The Hockey Canada Skills Manuals are part of the Skills Development Series – The Official Hockey Instructional Curriculum of Hockey Canada

The Hockey Canada Skills Development Coaching Manuals are a user friendly teaching curriculum for the whole season's practices!

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The Hockey Canada Skills Development Coaching Manuals were developed under the guidance of the Hockey Canada Coaching Committee. They are a curriculum based coaching manual, providing coaches with an easy to follow guide for teaching the fundamental skills.

The manuals are available in Initiation, Novice, Atom, Pee Wee Bantam, Midget and Goaltender editions.

“ The Hockey Canada Skills Development Coaching Manual provides the volunteer coach with an effective, easy to follow recipe for designing practices for Novice, Atom, Pee Wee, Bantam, and Midget players. Coaches and players alike will benefit from this development tool.”

Dave King, Head Coach, Columbus Blue Jackets;
Former Head Coach, Canada's National Team

By providing coaches with a curriculum based coaching manual, Hockey Canada is striving to make coaching more enjoyable and rewarding. The Hockey Canada Skills Development Coaching Manuals are user friendly, providing coaches with a teaching curriculum for practices throughout the hockey season. The objective behind the creation of the manuals was to ensure coaches had more time to focus on other areas of the player's development.

The Hockey Canada Skills Development Coaching Manuals are meant to be a guide for the coach, allowing them the flexibility to make adjustments, if necessary, to meet the demands of their players and team. Eventually, from the direction provided in the manuals, coaches will gain the confidence and creativity to begin designing their own lesson plans.

Each coaching manual comes complete with four sets of six lesson plans, each with its own goals and objectives. The lesson plans provide the coach with a progressive, fun-based approach to teaching fundamental skills.

All drills are professionally illustrated and carefully detailed to assist the coach in understanding the concepts for each lesson. Included with the manual is a see through folder, which allows the coach to only take the appropriate lesson plan on the ice.



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How to Use The Manuals

The manuals are meant to be a guide for the coach, and although most teams have more than 24 practices, not all practices have to be done in order.

A good guide is to follow the first 4-5 practices as laid out, then determine if the drills are too easy or too difficult for your players, then pick and choose drills from the lesson plans to develop your practice plans.

Another way in which to use the manuals is to do Lesson plans in the following order:

1, 2, 3, 2, 3, 4, 5, 4, 5, 6, 7 etc... This way the kids get used to the drills and can more easily perform the drills because they know what they are. The coach can also spend more time **teaching the skill, rather than coaching the drill.**

The drills are laid out so that they are taught in progressions, and the kids should be able to perform the skills in each lesson before moving on to more advanced plans.

Each manual contains a chart explaining what skills are taught in lesson plans 1 - thru 24. This way a coach go through and get an overview of what is being taught and decide where the practices should be focused. As stated earlier, the plans do not need to be followed as laid out, thus giving the coach some flexibility in what is being taught in practice.

“ It is imperative in Canada that we focus on our youth development programs to ensure that every player gains a skill base and enjoys the game. The Hockey Canada Skills Development Coaching Manuals have provided coaches with a valuable device which will aid them in running excellent practices. The results of these programs will definitely be noticeable in the players of tomorrow.”

Mike Johnston, Assistant Coach, Vancouver Canucks. Former Head Coach, Canadian National Men's Team

For More Information please contact:

Corey McNabb
Mgr. Player Development
Hockey Canada
2424 University Dr NW
Calgary, AB, T2N 3Y9
(P) 403-777-4593
(F) 403-777-3635
e-mail: cmcnabb@hockeycanada.ca
www.hockeycanada.ca