

As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.

The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

Designing A Yearly Plan



Do you have a plan for this season?

Whether you coach a house league or competitive team, planning is an important part of your role as a coach. Designing a yearly plan at the start of the season allows you to organize games, practices, training and socials, and establish and monitor long and short-term goals.

- Start by organizing pre-season meetings with players, parents and support staff.
- Gain an understanding of each group's expectations for the season and seek their input regarding issues like tournament and practice schedules. It is especially important to consider what your players want out of the season when you establish team goals.

Here are some suggestions:

- Establish long and short-term goals around major events like playoffs and tournaments: depending on the age and skill level of your players, you can establish goals such as skill development, wins and losses, goals for and against and penalty minutes.
- Divide your plan into three sections: pre-season, in-season and post-season.
- Depending on the age and skill level of your players, establish training goals, including physical, mental and tactical preparation and technical development.
- The planning process never ends: be flexible and make appropriate adjustments throughout the season, giving players the chance to evaluate their own performance and development.
- Ensure that fun and fair play are always part of your plan.
- Use your plan to motivate and evaluate your team and provide players with specific feedback on their progress.

A yearly plan prepares and organizes you for the season, which enhances the hockey experience for all involved.

