

**Lakeville Hockey Association
Coaches meetings 2005**

Welcome Coaches

Lakeville Hockey Association

Coaches meetings 2005

- Parent/Player/coaches meeting
- Practice preparation
- Ice Arena
- Coaches Communication
- Typical ice hour breakdown
- Skating
- Edges
- Stride
- Drills

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- Parent/Player Coaches Meeting

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- Establish the objectives of the season
- Establish direct personal contact between the parents and coaches
- Meeting can be at the rink or a gathering at team mates home.
- Understand the parents concerns.
- Establish specific duties and responsibilities for parents during the upcoming season (concessions, clock, and music) Being parents not coaches.
- Introduce your staff and their responsibilities.
- Discuss coaching Philosophy
- Present a written tournament schedule.
- Discuss necessary equipment (neck guards)

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- Discuss the team budget and when payments are due.
- What the travel arrangements are for your out of town tournament.
- Arrival time at ice arena for games and practices.
- Warm- ups prior to taking to ice.
- First Aid, or special needs of players.
- Proper Nutrition before games and practices
- Off ice training program at home.
- Present team roster with all data

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- Code of ethics for parents
- Fair and equal playing time.
- Disciplinary actions during the season.
- 24 hour cool down period before parents are able to communicate with coaches.
- Make sure Goalies get to LHA's goalie clinic's, get the parents committed to the extra time and effort.

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»Practice Planner

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- Take 30 minutes before you get to the rink
- Organize on paper
- Organize several options
 - Drills should include
 - » Stations
 - » Ice split long ways
 - » Goalie drills
 - » Drills shared with other teams

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- Practice Planner

- Where can I get help?

- » USA Hockey Practice Manuals from certification programs

- » Lakeville Public Library

- » Watch other Associations when your at other rinks

- » Watch other coaches within our Association

- » Lakeville Hockey Association Coaches meeting

- » www.minnesotahockey.org – Coaches Resource center

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»Ice Arena

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- Ice Arena

- Have a designated area for your team to warm-up

Stretch certain muscle groups

Strength training?

Make sure the locker room is under control

Go over practice plan with your team prior to stepping on the ice.

Speak the children's language, not yours

Make sure coaches are the last to leave the rink.

Pucks and cones will be a Arena already

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- Coaches Communication

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- Coaches Communication
 - A complete list of all coaches e-mail and numbers will be provided by mid October.
 - Shared ice skating drills will be run by one coach, determine before pre-meeting with your team.
 - Determine if you both need full ice shared drills, before locker room team meeting.

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- Typical Ice Hour Breakdown

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- Typical Ice Hour breakdown
 - Breakdowns will vary as the season progress
 - 15-20 minutes skating drills (with pucks w/out pucks)
 - 20-30 minutes development of skills
 - 15 minutes systems (work with coaches of shared ice to see if you are able to work the same full ice system drills.
- don't forget to leave time for games, make it fun.