

About This Coach's Guide

This Guide is intended to help coaches better implement Sports Esteem's Hockey Workbook for Mini-Mites, Mites and Squirts. Although the Hockey Workbook can be worked sequentially, the concepts are better presented out of order to help younger players gain an overall mastery and appreciation of the sport.

This Guide contains the following items which can help coaches utilize the Workbook as a team training tool. It includes:

- Worksheet Reference Chart - Use the Worksheet Reference Chart to choose and assign worksheets based on practice objectives and drills. Use this worksheet if you want to drive worksheet usage based on practices.
- Suggested Schedule of Worksheets - Use the Suggested Schedule to design practice objectives and drills based on worksheets. Adapt as necessary to better accommodate the skills and interests of your players. Use this chart as a starting point if you want to drive practices based on worksheets.
- Player Evaluation Form - Use this Player Evaluation Form to mark the progress of your players. Three columns for ratings are provided for evaluation on three different dates.

Use the Hockey Workbook and this Guide to help you better organize your season and ensure that all your players are developing across the many areas of the sport.



Worksheet Reference

#	Worksheet Name	#	Worksheet Name
1.	Lessons From Hockey		Skills
2.	Coach & Team Selection	32.	Stance
3.	Trying out for Select Teams	33.	Skating
4.	Game Time (for Parents)	34.	Falling
	Preparation	35.	Heads Up Hockey
5.	Equipment Selection	36.	Gripping the Stick
6.	Taping the Stick	37.	Shooting
7.	Equipment Maintenance	38.	Face-offs
8.	Rules Overview	39.	Stick Handling
9.	Penalties	40.	Passing
10.	Hockey Rinks	41.	Special Passes
11.	Nutrition	42.	Defensive Stick Usage
12.	Warm Ups and Stretching	43.	Goalie Saves
13.	Off-Ice Conditioning & Stamina	44.	Goalie Skating
	Position		Strategies
14.	Center - Overview	45.	Communicating on the Ice
15.	Center – Defense	46.	Face-off Planning
16.	Center – Offensive Responsibilities	47.	Dumping and Chasing
17.	Winger - Overview	48.	Crashing the Net
18.	Winger – Defensive Responsibilities	49.	Setting up the Offensive Formation
19.	Winger – Offensive Responsibilities	50.	Defending Against Rushes
20.	Defense - Overview	51.	Setting up the Defensive Formation
21.	Defense – Defensive Responsibilities	52.	Clearing the Puck
22.	Defense – Offensive Responsibilities	53.	Breakout to Breakaway
23.	Goalie	54.	Neutral Zone Coverage
24.	Team Position Exercises	55.	Playing a Breakaway for Goalies
	Attitude		Post Game
25.	Team Play	56.	Post Game Conversations
26.	Listening		
27.	Leadership		
28.	Goal Setting		
29.	Practices		
30.	Handling the Scoreboard		
31.	Handling the Officials		



Hockey Workbook Suggested Schedule

The following schedule is an example of how a season can be structured around the Hockey Workbook. By week, a selected set of worksheet numbers (see the Worksheet Reference) is recommended. Coaches will want to change this schedule to suit the level of their team.

Week	Mini-Mites	Mites	Squirts	Goalie Extra	Parent	Activity / Theme
1	1, 11, 26	1, 11, 12	1, 11, 12		4	Player Evaluation
2	32, 33	32, 33, 34	32, 33, 34		11	Getting Acquainted Event Preparation/Skills
3	36, 40	35, 36, 40	35, 36, 40	23	56	Preparation/Skills
4	37, 39	37, 41, 42	37, 41, 42	43, 44	7	Parent Meeting Preparation/Skills
5	20, 52	20, 17, 14	20, 17, 14	43, 44		Position
6	14	21, 18, 15	21, 18, 15	43, 44		Position
7	17	22, 19, 16, 52	22, 19, 16, 52	55		Position/Strategies
8	25, 27	24, 45, 51	24, 45, 51			Attitude/Strategies
9	29, 28	25, 27, 28, 29	25, 27, 28, 29			Attitude
10	30, 31	25, 30, 31	25, 30, 31			Attitude
11		13	13			Parent Meeting Player Evaluation
12	32, 33	32, 42, 38, 39	32, 42, 38, 39			Mid-Season Event Preparation/Skills
13	36, 40	32, 33, 40	32, 33, 40			Preparation/Skills
14	14, 17, 20	20, 17, 14	20, 17, 14			Position/Strategies
15	21	14-22, 45	14-22, 45			Position/Strategies
16	15, 18	47, 48	47, 48			Position/Strategies
17	25	25, 27	25, 27			Attitude
18	48	50, 51, 53	50, 51, 53			Strategies
19	47	49	49			Strategies
20	50	54	54			Parent Meeting Strategies
Opt.	2, 3, 5, 6, 8, 9, 10, 12, 13, 16, 19, 22, 23, 24, 34, 35, 38, 41, 42, 43, 44, 45, 46, 49, 51, 53, 54, 55, 56	1, 2, 3, 5, 6, 8, 9, 10, 23, 26, 43, 44, 46, 55, 56	1, 2, 3, 5, 6, 8, 9, 10, 23, 26, 43, 44, 46, 55, 56			End-of-Season Event



Player Evaluation Form

Player Name:	Date:	/ /	/ /	/ /
Position				
Center - Defensive Responsibilities				
Center - Offensive Responsibilities				
Winger – Defensive Responsibilities				
Winger – Offensive Responsibilities				
Defense – Defensive Responsibilities				
Defense – Offensive Responsibilities				
Goalie				
Attitude				
Team Play				
Listening				
Leadership				
Goal Setting				
Practices				
Handling the Scoreboard				
Handling the Officials				
Skills				
Stance				
Skating				
Falling				
Heads Up Hockey				
Gripping the Stick				
Shooting				
Face-offs				
Stick Handling				
Passing				
Special Passes				
Defensive Stick Usage				
Goalie Saves				
Goalie Skating				
Strategies				
Communicating on the Ice				
Face-off Planning				
Dumping and Chasing				
Crashing the Net				
Setting up the Offensive Formation				
Defending Against Rushes				
Setting up the Defensive Formation				
Clearing the Puck				
Breakout to Breakaway				
Neutral Zone Coverage				
Playing a Breakaway for Goalies				

Key: A = Mastered, B = Almost There, C= Needs Work, Blank = Not Applicable
 For guidance only. Results may vary across teams and levels.

