Abbotsford Minor Hockey

Mentorship Program – Supporting Coaches

Manager of AMHA Development
Peter Hay
C: (778) 549-3973
E: development@abbotsfordminorhockey.com

Program Objective: To intentionally support AMHA coaches with discussions, meetings, and resources. Peter will be setting up time to talk to every Head Coach from U13 to U8. Peter will be available for all coaches U15 and U18 as needed in collaboration with A1 Head Coaches. We are here to help, communicate, share, collaborate together to ultimately help each player on our teams have the best experience possible.

Program Support Check Boxes To Discuss…

- ☐ **Registered to online resources Coach Vision & Coaches Site. How to use these resources.**
- ☐ **Parent meeting plan to discuss season, expectations, processes ect.**
- ☐ **Season plan outlining the year into weeks/months/skills/tactics/off-ice/team building.**
- ☐ **Team meetings, player meetings, goal setting, mental prep, guest speakers.**
- ☐ **Lesson plan template and how to create a practice with the end goal in mind. Habit building.**
- ☐ **Practice routines and expectations. Keeping the players moving, learning and having fun.**
- ☐ **Teaching. Say it, show it, model it, do it, correct it, do it right, add to it, test it in competition.**
- ☐ **Safety plan in case of emergency at a game/practice/team session.**
- ☐ **Dryland plan. How to utilize off ice training into season plan at every age.**
- ☐ **Staff plan. How do you plan to use your assistant coaches, managers, parent volunteers?**
- ☐ **Goalie development. How do you develop your goalies every ice time / game?**
- ☐ **Team Structure / Positioning. How and when do you plan to teach team structure / positioning?**
- ☐ **Video Analysis. Using video to show players and the team video to help teach.**
- ☐ **Game preparation routines and process. Feedback and learning. Identifying next practice.**
- ☐ **Coach strengths and weaknesses. How can you grow? How can AMHA support you?**
- ☐ **Practice / Game feedback:**