Best Practices: Manitoba

NCMP Clinics and Activities

HOCKEY MANITOBA

COACHES HELPING COACHES

Implementation Strategies for NCMP Clinics

"Weekend at Bernie's"

Coaches Day in regions

Breakfast Club

Fairford Project

Hometown Hockey School

1.Weekend at Bernie's

- Coaches weekend in Winnipeg where we sponsored 4 clinics in 2 days
- Here, our NCMP funded the whole weekend. Bernie coordinated and we delivered
- Over 50 coaches attended the weekend; some all sessions, some select ones

2. Coaches Day in a Region

- We have challenged each of our 9 regions to host one day this year
- Two clinics in one day: NCMP topic choices are up to coaches in the area
- They pay for ice and set up the classroom; we do the rest

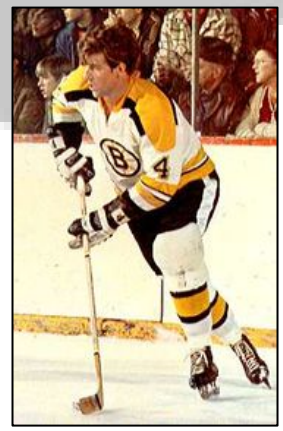
3. Breakfast Club

Philosophy of the Breakfast Club

- Make use of idle ice where possible
- Provide an opportunity for players to get **"extra ice"** time in a structured way and thus improve their skills. Voluntary for kids
- Repetition improves game confidence
- Mentor coaches and introduce them to drills, progression, teaching etc.

Long Term Athlete Development

- Experts say it takes close to 10,000 repetitions to master a skill
- “Windows” for development occur and age 9-12 is very important for acquiring skills. We try to provide this opportunity for interested players at all ages



Focus: Puck Control and Skating

Deloraine Breakfast Club

- We started “officially” this winter
- Helmet, mask, mouth guard and neck guards
- Sessions are 2 days a week at 7:30 am -8:00 am and then players have free ice to be creative, but you **must** be at school on time
- Breakfast of juice, toast, fruit etc. provided by Olson Agencies
- Free: no charge for anyone

Breakfast Club Agenda

- Skill drills, 3-4 a practice
- Numerous **“puck touches”**
- Age specific but we don’t underestimate players
- Progressions and stations
- We had 4 volunteer coaches who ran the program this winter

Feedback

- Players tell us they have improved their skating and puck handling skills
- They appreciate coaches taking time to correct errors and suggesting ways to improve their game
- Players tell us they have more **confidence** in games to be creative with the puck

Breakfast Club: What's Needed ?

- Volunteer coaches
- Interested players
- Coordinator/ planner
- Access to ice
- Support of councils
- A "development attitude"

Word Gets Around !!

- We have had requests from several neighboring associations and our NCMP will help them begin a program
- We shot footage of several of our drills to help them get started and we will sequence these for them as a start

4. Fairford Project

- We were contacted by Sport Manitoba to help mentor coaches on First Nations reservations and help prepare a template for implementation
- NCMP specialty clinics seem to address the challenge

5. Hometown Hockey School

- We developed a hockey school by planning with local coaches; big saving to families
- We set goals, looked at a skills matrix, utilized resources and people with the coaches
- We have our school….you are welcome to it although value is also in planning and mentoring the event

HOME TOWN Hockey Schools

Committed to Hockey Excellence

Best Practices: Manitoba

Planning Meeting May 4-6 for 2007-08

Leave Your Footprints