



Chevrolet Safe & Fun Hockey Jamboree

Instructor's Manual



Chevrolet Safe & Fun Hockey



MESSAGE TO INSTRUCTORS..... 4

PROGRAM MESSAGES5

 Hockey Canada.....5

 General Motors of Canada Limited6

INTRODUCTION.....7

PARENT to PLAYER RELATIONSHIP8

 Motives of Young Athletes.....10

 Common Problem Areas for Hockey Parents10

 Parental Roles and Responsibilities10

 Key Issues for Hockey Parents10

PARENT / COACH RELATIONSHIP11

 Your Child’s Coach and You14

 Shared Issues in Hockey14

 Value-Based Coaching14

PARENT / PARENT RELATIONSHIP.....15

 Affecting Change in Parents16

 Keeping In Touch16

 Fostering Parental Respect and Responsibility16

 How We Help Parents16

PARENTS and OFFICIALS17

 The Role of the Official19

 Relationship of Parent and Officials19

 Understanding the Role of the Official.....19

 How Parents Can Help the System.....19

PARENT / MHA RELATIONSHIP21

PLAYER DEVELOPMENT22

 Suggested Development Guidelines.....23

 Why Player Development23

 Practice by the Numbers.....23

FAIR PLAY CODE - FOR THE PARENT27

REFLECTION.....28



Chevrolet Safe & Fun Hockey



Chevrolet Safe & Fun Hockey seeks to inform parents, coaches and players of the values in developing a positive attitude toward healthy competition, cooperative teamwork, fair play and grace under pressure.

As instructors, Chevrolet and Hockey Canada depend on you to bring the message of Safe and Fun Hockey home to all of our parents. In today's hockey climate, the importance of this message cannot be understated. This manual will serve as a reference piece for your instruction, with points, handy teaching tips, and even suggested answers to parental questions and concerns. If you have any further questions, please feel free to contact Hockey Canada.

The goal of Chevrolet Safe and Fun Hockey is not only to help develop fundamental hockey skills but to promote and develop the values of respect and responsibility in the game of hockey. Helping parents to effectively communicate the philosophy of a game that is truly "Safe and Fun" is the mandate of this manual. Co-written by Dr. K. Vern Stenlund, Professor of Education at the University of Windsor, Dr. Stenlund has over 30 years of hockey experience as a former NHL player, minor league coach, and now as a university educator.

Along with Dr. Stenlund, Chevrolet Safe and Fun Hockey is endorsed by some of the game's greatest ambassadors. Safe and Fun Hockey has earned the support of Hall of Famers Bobby Orr and Mike Bossy. Joining Orr and Bossy in support of the program is Cassie Campbell two time Olympic Gold medalist. Along with Chevrolet, they're all committed to promoting the philosophies of Chevrolet Safe and Fun Hockey and the great game itself.





Chevrolet Safe & Fun Hockey



MESSAGE TO INSTRUCTORS

As instructors of the Chevrolet Safe and Fun Hockey program, you have before you a unique opportunity to influence the game of hockey. By reaching out to parents, Hockey Canada and Chevrolet hope to, with this grassroots initiative, strengthen and improve the foundations of Canada's game.

Parents are an integral part of the game of hockey. Any improvement we hope to achieve systemically must necessarily start with them. This particular phase of the Safe and Fun program was developed and directed at them, in an effort to gain their support. Instructors need to take time and care when delivering the message of respect and responsibility, as these core values can only be instilled in our children by those who influence them the most.

When giving a presentation, often the method in which the message is delivered is nearly as important as the message itself. With helpful tips, reminders, and emphasis on key points, we want to make sure the theme of respect and responsibility hits home with our member parents.

Make your best effort to be open, honest, and communicative when taking the program out to parents. One of the first efforts of its kind, this phase of the Safe and Fun program takes adults to the roots of hockey, making them examine their own relationships within the game. And while self-reflection may not be easy, it has become necessary to show our parents just how large their role is to both their children, as well as the game itself.

As part of Hockey Canada's approach to being proactive in spiriting a vision of communication and taking charge of our game's image, we hope that this program is a success. Public awareness of our game's changing nature is growing, and it is the responsibility of both Hockey Canada and its members to embrace this strategic vision and direction for the future of hockey. We thank the instructors in advance for showing the courage and support needed to strengthen the greatest game in the world!



PROGRAM MESSAGES

Ask that the parent's quickly look through this section, in order to give them an understanding of the philosophies of Hockey Canada & Chevrolet in undertaking the Safe and Fun Hockey program.

Hockey Canada Program Message

"To lead, develop and promote positive hockey experiences"

The Hockey Canada mission statement reflects the commitment and dedication of Hockey Canada and the hundreds of thousands of volunteers in Canada, ensuring that hockey provides quality opportunities that are both positive and fun for all participants.

Hockey Canada is very pleased to team up with General Motors of Canada Limited in the Chevrolet Safe & Fun Hockey Program. This program is designed to assist with enhancing the basic skills of hockey for all levels of participants, while at the same time, enhancing the "fun" aspect of our game. In addition, there is an education component for those thousands of parents and coaches who dedicate so much of their time to helping youngsters play the game of hockey.

Thank you for participating in this great program, and thank you to all of the volunteers that make hockey our passion in Canada.

Sincerely,

Bob Nicholson
President
Hockey Canada



Chevrolet Safe & Fun Hockey



General Motors of Canada Limited Program Message

On behalf of General Motors of Canada Limited, we are very pleased to present this program to you. We feel that it outlines some important concepts and beliefs, and hope these will continue to make a positive contribution to our national game.

Through our ongoing partnership with Hockey Canada, the Chevrolet Safe and Fun Hockey parent education program has now become part of Hockey Canada's curriculum and is part of their national development programming for amateur hockey across Canada. We feel that the main role of Chevrolet Safe and Fun Hockey is to talk to parents, coaches and players about the values of respect and responsibility in the game of hockey. It is designed to help participants develop fundamental hockey skills, to enhance the fun aspects of the game and, to provide parents with key information about their role in guiding their young player's hockey experience.

Allow me to say a few words about Bobby Orr, Cassie Campbell and Mike Bossy. They all represent the Chevrolet Safe and Fun Hockey program as our major spokespeople, and we at General Motors know how much they've put into its success to date. With their guidance and expertise, in combination with our partners at Hockey Canada, there is little doubt that the Chevrolet Safe and Fun Hockey initiative will continue to grow.

On behalf of General Motors and all our Chevrolet Dealers we hope that you will find this program to be useful and of interest. This program is presented to more than 100,000 parents across Canada annually and with your support we expect that it will continue to grow.

Best wishes to all of you who will be participating with us in this program. Together, we can make sure that hockey continues to grow and flourish for generations to come.

Kindest regards,

Marc Comeau
Vice President, Sales, Services & Marketing
General Motors of Canada Limited



Chevrolet Safe & Fun Hockey



INTRODUCTION

This section is designed to speak directly to the parent's feelings of responsibility and character.

The important themes to get across here are:

- That the parents are not alone, as Chevrolet and Hockey Canada want to help.
- That the principles of respect and responsibility are run throughout this program.
- That the onus is upon parents to change and, in turn, effect change so that the attributes of respect and responsibility can be brought back into hockey.

Do your best to be clear, and let this section describing the Safe and Fun Hockey relationship with parents flow into the relationship description sections.

The intent of Chevrolet Safe and Fun Hockey is to promote respect and responsibility within the game of hockey at all levels. In conjunction with Hockey Canada, Chevrolet believes that Safe and Fun Hockey opportunities should be a reality for all players. While no single manual can cover all of the necessary concepts for becoming an effective hockey parent, it is the hope of Chevrolet and Hockey Canada that the ideals of respect and responsibility will be reinforced and encouraged.

While the theme of Safe and Fun Hockey remains respect and responsibility, this manual has been designed to provide as much information as possible for parents. Hockey Canada listens to the needs of its member parents, and through clinics and programs, gathers information on parental interests and requests. This manual will examine many relationships in hockey, further the motto of respect and responsibility within the game, and provide valuable information and resources intended to help parents facilitate the message of Safe and Fun Hockey.

For this program to be effective, it becomes the responsibility of the parent to take the message of respect and responsibility to the arenas of Canada. Hockey Canada's mission statement reflects a commitment to the hockey youth of our nation, and Chevrolet supports this position with programs such as Safe and Fun Hockey. Now, with your help and leadership, Safe and Fun hockey can become a message that resounds from coast to coast.



Chevrolet Safe & Fun Hockey



PARENT to PLAYER RELATIONSHIP

This section is key to getting the parents to relate to our message. The initial part of the Safe and Fun presentation will be key, as grabbing and holding parents' attention is important!

The first half of the section deals with positive aspects as to why children enjoy and continue to play hockey. A constructive "first" hockey experience is important, and the parents of new or first-time players are our focus here. To help understand why a child enjoys participating, the reasoning behind why children participate in hockey has been included for parents. For emphasis, how a child needs the "four human needs" to be met by the parents within our context has also been included for illustration.

Research has shown that most children participate in sports for the following reasons:

- To have fun
- To do something they can excel at
- To learn new skills and improve upon existing ones
- For thrills and excitement
- To be with friends or to make new friends
- To get exercise and become fit
- To learn to become a team player
- To win
- For moral development

Take time to explore your child's interests and preferences and keep these motives in mind when discussing your child's involvement in hockey. Remember that hockey should be about the child's needs, not the parent's.

Also, consider these four human needs:

1. Acceptance
2. Enjoyment
3. Success
4. Choice



Chevrolet Safe & Fun Hockey



From this point, the section moves on to the common problem areas parents' face when involving their child in sports. This is a crucial area of discussion, as it will force parents into self-examination of their own behavior. The main focus points here center around things that parents often don't realize have residual effects on their children such as expressing emotions in a proper way in front of children, and providing opportunity without pressure or guilt for the child. Other points include not making children fulfill parental dreams and expectations, as well as keeping parental visions of "greatness" in context. Parents cognizant of their own frailties will often focus on them, and overcome them. While this is a subject that needs to be addressed, try to stay positive and make this part of the section a learning experience. Parents must put the child's development and enjoyment to the forefront!

Parental role and responsibilities are discussed next, with there being two main centers of attention. The first, getting your child to participate, free of any emotional encumbrances from parents. The second, the enjoyment and support a parent must provide for the child to have a healthy experience in sports. A positive tone is necessary here. Parents will not always approve of others giving them advice on their children, so ensure that the parents perceive the direction of the program as the child's best interests coming first. The central focus here is the child being supported in a positive way emotionally during participation.

The final piece to the chapter deals with stressing the importance of balance - parents must reinforce positive feelings within their child, win or lose. Reaffirming feelings of acceptance, love and self-worth within the child during these times is essential for personal growth, regardless of the game or tryout results. Focus on parents encouraging and respecting a player's feelings during potentially vulnerable times. Get parents looking at their relationship with their player in an instructive and supportive way. If parents try to assume a role other than mentor or facilitator, they may confuse the child's learning process. Try to encourage good communication between the player and parent at all times, with improvement and fun as the main focus.



Chevrolet Safe & Fun Hockey



PARENT to PLAYER RELATIONSHIP

Motives of Young Athletes

Key topics to address:

- ✓ A constructive first hockey experience
- ✓ Reasoning behind why children participate in hockey

Common Problem Areas for Hockey Parents

Key topics to address:

- ✓ Expressing emotions in a proper way in front of children
- ✓ Providing opportunity without pressure or guilt for the child
- ✓ Putting the development & enjoyment of the child to the forefront

Parental Roles and Responsibilities

Key topics to address:

- ✓ Focusing on your child's enjoyment during participation
- ✓ Support of the child emotionally during sports competition

Key Issues for Hockey Parents

Key topics to address:

- ✓ Reaffirm your child's self confidence and worth during tryouts and games
- ✓ Keeping your player focused on the participation aspect, rather than the result
- ✓ Parents need to understand - be positive, be understanding, be responsible!

Remember:

"Unless you try to do something beyond what you have already mastered, you will never grow ..."



PARENT / COACH RELATIONSHIP

Section two deals with a subject few parents realize has such far-reaching effects on their child. Children are often overcome by information as parents often try to help by providing input without regard to a coach's goal or objectives, and this section hopes to assist our parents, in a number of ways.

A big key to effective parent/coach relationships is an understanding of what is involved in running an organized team through the season. Communication is key!

There are two major areas that can be conveyed by team officials to parents that should create a cooperative relationship that will ultimately benefit the team.

The first is clearly outlining the responsibilities of the team and the delegation of those tasks. The attached chart provides an overview of possible duties a team may have throughout a season and what tasks parents and coaches will be responsible for:

Roles and Responsibilities

Task	Head Coach	Assistant Coach	Manager	Trainer	Parent
Registration Fees					
Carding, Paperwork					
Ice Booking, Scheduling					
On-ice Equipment					
Team Jerseys and Equipment					
Off-ice Equipment					
Stats and Game Sheets					
Accommodations					
Off-ice Programs					
On-ice Drills and Practice Plans					
Team Rules					
Goaltenders					
Tournaments					
Dressing Room Supervision					
Risk Management					
Fund Raising					
Game Officials					
Game Dispute Mechanism					
Seasonal Plan					
Skills to be Taught					
Systems to be Taught					



Chevrolet Safe & Fun Hockey



The second area is team meetings. Meetings should be done as often as necessary but as a general rule they should be done during pre-season, mid-season, end of season and for special meetings.

Pre-Season Meeting

Purpose:

- Introduce coaching staff and outline their qualifications and responsibilities
- Outline coaching philosophy
- Provide an overview of the seasonal plan along with skills to be taught
- Enlist the support of parents to handle a number of team duties
- Outline basic team rules and expectations of players, parents and coaches

Mid-Season Meeting

Purpose:

- To touch base with parents
- Reinforce the key points of your program
- Introduce new ideas for the second part of the season
- Allow opportunity to discuss player development
- Seek parent involvement for any specific projects that may have arisen

End of Season Meeting

Purpose:

- Allow parents and players to evaluate the year specific to program and player development
- Provide coaches feedback on the season and plans for the upcoming season
- Provide opportunities for the players to seek further development in the off season
- Celebrate the season with an end of year party
- Giving out of ribbons and trophies, end the year on a positive note

Special Meeting

Purpose:

- Organizing tournaments
- Fundraising projects
- Special events like a team building activity



Chevrolet Safe & Fun Hockey



Knowing the responsibilities of a team and understanding clearly what the goals and objectives are will alleviate misunderstanding and foster open communication between parents and coaches. Understanding is a big part of communication.

Parental respect for the coaches' job needs to be stressed in this section. Get the parents to realize the coaches' duties, goals, and responsibilities. Point out that more effective and positive communication with coaches is necessary, and that the coaching should be left to those empowered to do just that. Coaches try to develop and instruct all of the children they coach. Parents, however, center their attention on the development and instruction on their child for the most part. This begins the confusion in communication between parent and child, coach and child, but, most potentially harmful – parent and coach.

Often adults relate to one another in ways other than the way they relate to their child – make sure the parents realize their children are under their influence at all times! Expecting parents to model expected behavior for children helps to bring the feeling of responsibility home. Each hockey parent must accept this responsibility with a sense of opportunity – this is their chance to make a lasting impression on both the game of hockey and their child.

The value-based coaching part of this section helps to give a small overview of what can potentially be accomplished between parents and coaches. The amount of communication in this area needs to be greatly increased, as once both parties see what the other is trying to accomplish; it removes most of the doubt and uncertainty between the two. The trust and respect factor needs to be built up between parents and coaches to an acceptable level. Both must make an effort to change the relationship in a positive manner. And while some may say trust is built over time, courtesy and respect should be given by all involved, regardless of the context or situation. Above all, make sure that parents understand that coaches are there to reinforce positive values to their children – let's give them the chance to do so!

During this part of the presentation, nearly everyone will have a story or instance to relate. Naturally, examples of parental problems are sure to cause debate. Again, make an effort to keep things on track, but one can use this opportunity to answer constructive questions. Return to the overriding themes of respect and responsibility at the end of the chapter to reinforce the program's message.



Chevrolet Safe & Fun Hockey



PARENT / COACH RELATIONSHIP

Your Child's Coach and You

Key topics to address:

- ✓ Parental respect for the coaches' duties, goals and responsibilities
- ✓ Effective and positive communication with coaches is necessary
- ✓ The coaching should be left to those empowered to do just that

Shared Issues in Hockey

Key topics to address:

- ✓ Parents are required to adhere to respect and responsible behavior
- ✓ Modeling expected behavior for children is key
- ✓ Parental interference in coaching is unacceptable and confusing to players
- ✓ Parents are accountable for keeping the lines of communication open
- ✓ The only bad question is the one never asked...

Value-Based Coaching

Key topics to address:

- ✓ Parents must work with coaches to reinforce learned values
- ✓ Children constantly look to coaches for instruction and approval
- ✓ Most coaches are volunteers, giving to your child freely
- ✓ Courtesy must be practiced toward all parties involved, all the time!

As hockey great Bobby Orr says:

"Coaching is not a dress rehearsal."

Remember:

"Nothing can stop the person with the right attitude from achieving his or her goals, but nothing on earth can help the person with the wrong attitude..."



Chevrolet Safe & Fun Hockey



PARENT / PARENT RELATIONSHIP

The parent to parent section is very important, as this deals with how parents interact. An increasingly problematic area in hockey, a more direct tone may be required here to emphasize its importance. Focus parents toward modeling respect and responsibility at all times – they are part of our foundation!

The beginning of this section deals with troublesome parents. They need to be influenced in a positive direction, so as to push their energy and emotions in a healthy direction when around the game. Getting the majority of parents involved in key areas of hockey, such as program planning, administration, and coaching, will remove the parents with other agendas from the game, keeping their negative influence to a minimum.

Another area of concern for the parents will likely be conflict resolution. Parents want to know how to react, what steps they can take, and who should take them whenever difficult or tumultuous situations arise. Solving a situation quickly is not necessarily as important as finding a good resolution for all of the parties involved. Effective solutions are often achieved in these circumstances by using both common sense and discretion. It is important to stress that even as children grow older, parental influence is strong. It is for this reason that when we come to an impasse or conflict, we take time to exemplify good problem solving behavior.

While the competition aspect with regards to parents is handled later on, the theme of responsibility for one's actions is at the center of attention here. Parents need to understand their actions have consequence, and work to help those who don't. It needs to be stressed that one of the largest black eyes the game of hockey is getting today revolves around the actions of some parents at the amateur level. Situations such as hitting other parents, confronting and abusing referees (both verbally and physically), or badgering of administrators are completely unacceptable anywhere in society, let alone a hockey setting filled with impressionable children. Other issues will involve keeping rivalries on the ice, and the onus parents have in governing unacceptable behavior in the rink from fans and parents alike.

To bring the presentation back to a fun and positive note, remind the parents of the camaraderie and communication shared over the "hot stove" in between periods. Hockey games have long been key social events in communities in Canada, and we should play upon this, as most remember talking with other parents and fans during breaks in the action. We consider hockey to be "our game", so let us treat "our people" with the respect they deserve.



Chevrolet Safe & Fun Hockey



PARENT to PARENT

Affecting Change in Parents

Key topics to address:

- ✓ The “silent majority” - group dynamics and effective problem solving
- ✓ Interacting respectfully and responsibly with other parents
- ✓ Let communication and common sense help during difficult times

Keeping In Touch

Key topics to address:

- ✓ Communicate season objectives with coaches & other parents
- ✓ Parents meeting and reps: Lets all be on the same page
- ✓ Keeping hockey a fun social event for parents

Fostering Parental Respect and Responsibility

Key topics to address:

- ✓ In the heat of the moment - respect and responsible behavior first!
- ✓ Model expected behavior for your player at all times
- ✓ To onus is on ALL parents to act in preventing unacceptable conduct
- ✓ Keeping rivalries in perspective: Safe and Fun starts with you!

How We Help Parents

Key topics to address:

- ✓ Communication is key - videos, initiatives, pamphlets, other information

Remember:

“Can you look in the mirror and tell the person you see that you have done your best?”



Chevrolet Safe & Fun Hockey



PARENTS and OFFICIALS

This section of the manual is not only much overdue, but likely to cause some interesting communication with the parents. Reducing the amount of uncertainty is key here. Parents need to look at officials in a different light, so appealing to their understanding nature may work here.

A sympathetic parent will be able to relate to a young referee's dilemma here. Most of the time, these young referees have few allies, and are not deserving of the harassment they receive. Call attention to keys such as the Fair Play policy, and urge parents to be positive at all times with any referee (young or old). This is another opportunity for change within parents, so let's make sure the message of respect and responsibility gets through!

During discussion, illustrate that at lower levels of minor hockey, officials are encouraged to call penalties as they happen. Judgment should not be a major factor for young officials, and a penalty that is deserved should be called regardless of the game situation. Penalties should be applied to the "letter of the law". In higher levels of competitive hockey, officials need to practice more judgment and game management skills. In these games, the "spirit of the rule" can take precedence over the "letter of the law" scenario described previously.

Also, parents should make an effort to understand basic rules. Many parents do not know the rules and or basic signals that indicate what is happening on the ice. Take time after a game to ask your child about a call or rule if you do not understand. If you are really motivated, refereeing clinics are held in most areas of Canada on a consistent basis, and rulebooks are available for purchase through your local minor hockey association.

There is also an opportunity to educate parents here as to the "chain of command", as it relates to officiating. If they are dissatisfied, they need to voice any concerns through the proper channels - a sentiment that applies to not just officials, but coaches, administrators, and off ice personnel as well. Try to impress upon parents here the need to watch their tone and manner when they address their concerns, and insure any criticisms are undertaken properly. A good rule of thumb here is the "twenty-four hour rule" that is mentioned earlier in the Safe and Fun Hockey program. To refresh, this 24-hour ideal revolves around the premise that if a parent does not agree with a coach, referee, or other administrator, that they take a day to think over their actions before reacting.



Chevrolet Safe & Fun Hockey



Often officials at the lower levels are young and just learning the “art of officiating”, so be very clear - mistakes will be made. But is it acceptable to yell at officials when these mistakes inevitably occur? Do they yell at their children every time they make a mistake? Why is it that nowhere else in the country except a hockey arena is it considered somewhat acceptable to yell at other peoples’ children? Ask parents to consider their actions, be respectful and responsible, and give the officials a chance to learn the skills needed to officiate.

PARENTS and OFFICIALS

The Role of the Official

Key points to address:

- ✓ Official turnover rate is largely due to abuse and harassment
- ✓ Officials are humans – and often times, they are young themselves
- ✓ Parents need to look at officials in a different, more respectful light

Relationship of Parent and Officials

Key points to address:

- ✓ Parents concern is their child; a referees concern is everyone's child
- ✓ Understanding the role of an official can improve focus

Understanding the Role of the Official

Key points to address:

- ✓ Officials see the “big picture”, parents tend to focus on their child
- ✓ It is not your responsibility to address referee concerns directly!

How Parents Can Help the System

Key points to address:

- ✓ All parents should take the time to understand the game and rules better
- ✓ Officials deserve respect, courtesy, and appreciation at all times!





Chevrolet Safe & Fun Hockey



Remember: “Be a champion on and off the ice”



Chevrolet Safe & Fun Hockey



PARENT / MHA RELATIONSHIP

This section of the manual will help to explain to parents the role of the Minor Hockey Association and how parents can get involved with hockey locally.

In the first section talk to the parents about registration, general meetings, and how an association operates. This is a great time to give examples of how parents can become involved as volunteers in minor hockey as team managers, score keepers, time keepers, tournament organizers and executive members. Be positive and emphasize the benefits of becoming a volunteer.

The next part of this section discusses the implementing of various educational programs including parent education programs locally. Describe some of the programs offered and ask the group to encourage these programs to the MHA Executive.

As with all aspects of the game it is important to communicate effectively with both the coach and the MHA executive members. Quite often issues are simply a misunderstanding and can be easily solved with effective communication.

Becoming Involved with the Minor Hockey Association

Key point to address:

- ✓ Registration, general meetings and how an association operates
- ✓ How to become involved as a volunteer
- ✓ The benefits of being a volunteer

Implementation of Educational Programs

Key points to address:

- ✓ Educational Programs available for coaches, officials and trainers
- ✓ Parent education and awareness programs available
- ✓ The importance of encouraging these programs locally



PLAYER DEVELOPMENT

This is one of the main focus points that emerged from the Open Ice Summit. The emphasis on practice times versus games is vital to development, and parents can associate this to “getting their money’s worth”. Once more, Safe and Fun Hockey should be just that, as children can get a lot more fun out of practices than they do from games.

Again, these are facts and informative notes to reinforce skill development. Parents will likely address this, and ask how they can ensure the progression of their own player. These guidelines should not be interpreted as specific rules which have been set in stone; they merely give a point of reference from which to start. One point to try and relay here is that each child will naturally develop at his or her own rate. The key is to not try and force a child to develop faster, but to give them the opportunity and self-worth to do their best, at their own rate.

Illustrating the numbers behind practices vs. game time will show parents how important practices really are. The focus on competition for children needs to be diverted, with the fun and enjoyment of the game being stressed more often. Get the parents to ask their player’s questions about what parts of the game they personally enjoy, and what they like most about hockey in general. Motivating kids is not hard; we just need to take the time to do it in the right fashion!

In moving to the section about guidelines for practices, remind parents that they should not panic if their coaches do not follow these suggestions to the letter. Communication between the coaches and themselves should help this, but parents need to understand that a coach has different priorities and objectives than they do – which is not unhealthy, just different! Encourage them to speak to their parent rep or coach, and try to keep abreast of what part of the game their child may be working on.

Finally, stressing the importance of learning the fundamentals of hockey will only be part of our challenge. Parents do, at times, have a tough time focusing in on the big picture when relating to their child. We still need to convince parents that practice time is more helpful developmentally to their child. Encourage discussion between parents on this issue, as the relationships they have with their peers will be both influential as well as persuasive to those not already on board...



Chevrolet Safe & Fun Hockey



PLAYER DEVELOPMENT

Suggested Development Guidelines

Key points to address:

- ✓ Emphasis on practice times versus games is vital to development
- ✓ Suggested 2 to 1 practice to game ratio
- ✓ There is no “better or worse”, merely different – progression rates will differ!

Why Player Development

Key point to address:

- ✓ Practice time allows for far more progression than games
- ✓ Your child’s potential for fun and development is increased in practice

Practice by the Numbers

Key point to address:

- ✓ Parents should recognize what constitutes effective skills development
- ✓ Developing fundamentals is invaluable to your child’s hockey enjoyment
- ✓ The foundation for future hockey enjoyment and success starts here!



SUGGESTED DEVELOPMENT GUIDELINES

Skill Development is a key component of developing sound hockey players. Before looking at skills to be learned, it is important to review the “big picture” of skill development. Learning the basic skills at a young age will set the foundation for any and all future success and enjoyment they will find in the game of hockey. By learning the basic skills, kids will be able to participate and contribute, thus having more fun. The following information is the suggested Hockey Canada guidelines regarding amount of time spent during practice on various aspects of the game. Hockey Canada recommends a 2 to 1 practice to game ratio in order to follow the guidelines below -

The Initiation Program recommends player development be built on practicing technical skills 85% and individual tactics 15%.

Hockey Canada Development Program for Novice hockey recommends 75% on technical skills, 15% on individual tactics, and 10% on team tactics.

The Atom program recommends 50% technical skills, 20% individual tactics, 15% team tactics, 10% team play, and 5% strategy.

The Peewee program recommends 45% technical skills, 25% individual tactics, 10% team tactics, 10% team play, and 10% strategy.

The Bantam program recommends 40% technical skills, 15% individual tactics, 20% team tactics, 15% team play, and 10% strategy.

The Midget program recommends 40% technical skills, 15% individual tactics, 20% team tactics, 15% team play, and 10% strategy.

Technical skills represent player fundamentals, individual tactics refers to how a player utilizes technical skills in a game setting, and team play involves the player using individual tactics in concert with his teammates, while strategy is proactive and reactive team play within the game setting.

Keep in mind when dealing with young players that each one will progress at a different rate. This does not make them “better” or “worse”, merely different. Allow a child to progress at their own rate and the true spirit behind Chevrolet Safe and Fun Hockey will make them do you proud!



Chevrolet Safe & Fun Hockey



SAFE AND FUN HOCKEY: BY THE NUMBERS

Statistics taken from a Peewee level hockey game
Statistics provided by Calgary Hockey Development

- Players will have the puck on their stick for an average of 8 seconds per game.
- Players will take an average of 1 - 2 shots per game.
- Players will take an average of 18 shifts per game.
- 99% of the feedback coaches give players is when they have the puck. Ironically players only have the puck on their stick for 0.2% of the game.

When you consider these statistics, is your child really having fun? In addition, is your child really developing sufficient skills to be successful? Safe and Fun Hockey depends on both child development and fun.

When asked, the majority of kids will say the best part about hockey is scoring goals, handling the puck, passing and skating. We know that players are more active, have the puck on their stick more often, take more shots, and give more passes during practice than during a game. Therefore, with properly structured practices it all adds up to more fun for the ones that count - THE PLAYERS.

PRACTICE - BY THE NUMBERS

When watching a practice, parents should be aware of what constitutes effective skill development. To that end, look to see if the following guidelines are being followed for your child's practice time. Remember - it is your responsibility to also respect the coach, and his or her decisions regarding times, drills, and instruction.

- Players have a puck on their stick an average of 8-12 minutes each practice.
- Players usually have a minimum of 30 shots on goal.
- Coaches should try to run 4 - 5 different drills/games/activities each practice. More is not necessarily better; execution of what they do represents development.
- No more than 2-3 minutes should be spent in front of a teaching board each practice.
- If there are 10 players on the ice, 2 - 3 players should be moving at all times.
- If there are 15 players on the ice, 3 - 4 players should be moving at all times.
- If there are 20 players on the ice, 4 - 5 players should be moving at all times.

Remember:

...1 practice will provide a player with more skill time than the equivalent of 11 games!!!

*** The preceding facts and figures relate to a 1 hour practice session.**



Chevrolet Safe & Fun Hockey



If you want your child to have fun playing hockey, make lasting friendships, develop skills and participate in the game for years to come, it all begins with developing the fundamentals. At Chevrolet Safe and Fun Hockey events, we make every effort to ensure development for all.

If you want your child to play competitive, rep, junior, college or even professional hockey it also begins with fundamental skill development. Learning and refining fundamental skills will provide a solid foundation for all future enjoyment, success and participation in the sport of hockey. As parents, we all need to remember this important fact as our children move through the various levels of play.

Remember:

"The difference between good and great is a little extra effort"



Are they drawn by the risk, the excitement or the lack of yelling from the stands?

Listen to yourself next time you're at the rink. Hockey's too important to take too seriously.





FAIR PLAY CODE – FOR THE PARENT

Allow the parents to read through the Fair Play Code. There will be a PowerPoint slide provided to you with the Code on it, and encourage parents to think about the approach set forth in it. This is an extremely important focus of this manual.

Fair Play Code

... for PARENTS



I will not force my child to participate in hockey.



I will remember that my child plays hockey for his or her enjoyment, not mine.



I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.



I will teach my child that doing one’s best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.



I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.



I will never ridicule or yell at my child for making a mistake or losing a competition.



I will remember that children learn best by example. I will applaud good plays/performances by both my child’s team and their opponents.



I will never question the official’s judgment or honesty in public.



I will support all efforts to remove verbal and physical abuse from children’s hockey activities.



I will respect and show appreciation for the volunteer coaches who give their time to provide hockey experiences for my child.



Chevrolet Safe & Fun Hockey



REFLECTION

As you wrap up the session ask the parents to evaluate themselves using the following questions. Stress that they don't have to share their results and that this is simply a self reflection exercise.

- The safety of the participants in the game is more important than the final score.
- I value the contribution of the coach in developing the player's talents, even though I may not always agree with their methods.
- I understand that officials do not make the hockey rules, they only apply them.
- I understand that children learn from adults, and my behavior reflects what I want children to learn.
- I understand that officials are responsible to ensure that the game is played in a safe and fair manner for all participants.
- I understand that players, coaches and officials are learning the game, and mistakes will be made in the learning process.
- I may not cheer for the opposition team, but I will also not cheer against them or verbally abuse them.
- I understand that the biggest reason for players and officials quitting the game is abuse and harassment.

How did you rate? If you checked off:

0-2 Step back and check your motives for being involved in the game

3-4 You're on your way

5-6 You're almost there

7-8 Outstanding

When players, coaches, parents and officials recognize the value of each person's contribution to the game, the game is better for everyone.

When respect is shared, we all win!