

**Capital Hockey needs great  
youth coaches.....**

*do you have what it takes?*



# Capital Youth Coaching Skills Quiz

- Do I allow open communication among coaches, players, parents and administrators? Coaches who have the “my way or the highway” approach should not be a youth coach. While the Head Coach has the right for final decisions, the approach must always remain inclusive and respectful to all stakeholders involved.
- Do I value inclusive participation? Coaches who share around game time, playing positions and team roles and who can remain as objective and fair as possible will cultivate a positive and enjoyable team-first environment.
- Do I stay positive when things do not go my way? It is easy to be upbeat and positive when things are going well, but keeping the same attitude when things get tough is the key.



# Capital Youth Coaching Skills Quiz

- Do I display enthusiasm when I am teaching? Teams often take on the attitude of their coach and an unenthusiastic coach turns into an unenthusiastic team. Role modelling positive behaviours is critical to sustaining functional team dynamics.
- Do I look for opportunities to teach fair play? This should be a consistent coaching philosophy with coaches always on the look out for sportsmanship or lack of it on their team, the opposition team, officials, coaches etc.
- Are kids comfortable being themselves around me? Fun is always the key – youth sport is fundamentally all about having fun.
- Do I look for opportunities to build players' self esteem? Nothing is more important in coaching, at any level, than this.



# Capital Youth Coaching Skills Quiz

- Do I engage a coaching style that stimulates learning, creativity and mastery? Questioning, guiding & positively challenging athletes results in athletes that can problem solve and make sound decisions. Over-coaching such as telling/instructing/dictating and yelling instructions can occasionally result in some short-term gains but is ultimately destructive in the long-term development of both the athlete and the person
- Do I have the proper perspective for the age of player and the level being played? This varies for every age and level. A win at all costs is never acceptable at any level.

*If you answered yes to the above, you are already on the pathway to becoming a great coach! Coaching is much more than just having a background in the sport you have chosen to coach. Far more important are the interpersonal skills you bring that will influence youth in a positive and meaningful way for the rest of their lives.*





# CAPITAL HOCKEY: Our Coaching Philosophy



- GROWING PEOPLE TO REACH THEIR POTENTIAL
- HOCKEY IS SIMPLY THE VEHICLE
- POSITIVE AND MEANINGFUL RELATIONSHIPS ARE AT THE CORE OF WHAT WE BELIEVE
- CULTIVATING AUTHENTIC EXPERIENCES DRIVES OUR CULTURE AND MAKES US DIFFERENT
- ELEVATING THOSE AROUND US



# CAPITAL HOCKEY: Our Coaching Model

## COACHING EFFECTIVENESS:

### Coaches Knowledge:

*Professional (hockey specific)*  
*Interpersonal (connecting with others)*  
*Intrapersonal (awareness of oneself)*

4 C'S

### Athlete's Outcomes:

*Competence (sport specific skills)*  
*Confidence (internal sense of positive self-worth)*  
*Connection (positive & authentic relationships)*  
*Character (defining attributes)*





# CAPITAL HOCKEY: Our Coaches

## Person-Centred:

- Ask questions and help athletes to find their own solutions  
*vs – tells athletes what to do (Coach-Centred)*
- Facilitate athletes and team to set their own goals  
*vs – determines the direction and goals for the team (Coach-Centred)*
- Focuses on development and the achievement of athlete and team goals  
*vs – focuses on winning and the achievement of results (Coach-Centred)*
- Develops athletes that are self-aware, capable of making decisions and able to correct themselves  
*vs – expects athletes to comply with their instructions during games (Coach-Centred)*
- Tries to develop the whole athlete: technically, physically, mentally and socially  
*vs – has a 'win at all costs attitude' (Coach-Centred)*
- Views athletes as a collection of individuals with individual needs  
*vs – views athletes as a collective with the same needs (Coach-Centred)*
- Values the person holding the stick, not the hockey player  
*vs – values the hockey playing ability of the person (Coach-Centred)*





# CAPITAL HOCKEY: How We Play



- S.P.A.C

- SCAN – (pre-scan, scan, post-scan) let your eyes make good decisions

- PASS – trust your team-mates & play smart hockey  
and

- CONNECT – Be a passing option/support player





# CAPITAL HOCKEY: Our Athletes



## Character Attributes:

- A POSITIVE and OPTIMISITIC outlook
- A TEAM-FIRST attitude
- Always eager to learn, improve and push themselves – Never Ending Improvement N.E.I
- Able to take on feedback and make changes – COACHABILITY
- An ability to bounce back after set-backs/mistakes – RESILIENCE
- RESPECT for oneself and those around them
- GRATITUDE and a desire to Give Back to others





# CAPITAL HOCKEY: Our Athletes

## Technical Attributes – Ability to:

- Pass accurately, efficiently & consistently.
  - Demonstrates:
    - Vision (pre-scan, scan, post-scan)
    - Ball Speed
    - Ability to push and hit the ball static, on the move and off both feet
- Receive the ball tight on the stick consistently (soft hands)
- Carry the ball with control, at speed, in different directions and with vision
- Eliminate when a passing option is not available
- Dispossess opposition by channeling, tackling & intercepting
- Score goals
  - Demonstrates:
    - Goal & GK awareness,
    - Circle priority positions & shooting zones
    - Correct shot selection
    - An understanding of when their role changes from deflector to rebounder





# CAPITAL HOCKEY: Our Athletes



## Physical Attributes:

- Aerobic Capacity – able to run for periods of time at high intensities
- Speed & Acceleration – Change of pace
- Agility – Ability to change direction quickly and come to a stop
- Strength – Body strong enough to handle load and prevent injuries – body weight resistance exercises – heavy emphasis on core strengthening.





# CAPITAL HOCKEY: Our Athletes



## Tactical Attributes:

- Spatial Awareness & Vision
- Proactive Decision Makers
- Can play multiple positions
- Understands the principles of what to do With the Ball and Without the Ball and the concepts of Ball Side and Help Side
- Can identify and manipulate a “2 on 1” to eliminate a player
- Demonstrates an understanding of basic attacking and defensive structures (how to press, how to outlet)
- Can operate to a SIMPLE Game Plan
- Can identify opportunities when to be creative and try new things.





# CAPITAL HOCKEY: Our Athletes



## Goal Keepers:

- Fast & Agile
- Proficient with both the left and right foot
- Ability to judge and close down shooting angles
- Ability to make aerial saves with the glove (left) and the stick (right)
- Ability to go down correctly at defensive PC's and/or remain standing depending on circumstances (hit/flick)
- Good communicator and organizer of the defence.
- Main requirements of the position:
  - To save straight shots at goal
  - To clear the ball wide of the goal
  - To organise the defence so that the attacking team's ability to score is minimised





# CAPITAL HOCKEY: Our Vision



*New Zealand's leading hockey brand demonstrating sustained success on the national and international stage underpinned by a connected and fully aligned Capital community.*