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The beginning of a new hockey season is upon us and that means new players, new parents, and it is a great time to think about what the players and you want to accomplish this year, as individuals and a team.

New Players

An important aspect of being an effective coach is how well you can build connections both with your athletes and amongst your athletes. To connect however, you need to make the time to get to know them: what they like, what they dislike, what motivates them, what their goals and expectations for the season are.

Every athlete is an individual. A coach should never assume an athlete's motivations, goals or what they need from you as their coach. While it is hard to find the time to get to know each and every athlete in your team, an effective way to build up knowledge about your athletes is through a questionnaire.

The purpose of the questionnaire is for you to get a better understanding of both the person and the player. You can then use this information to help you adapt your coaching style, session content, player:coach expectations, etc.

New Parents

Another important aspect of being an effective coach is how well you can build connections with parents. Athletes, particularly younger ones, sometimes struggle to find their voice or haven't developed enough self awareness to provide you the information needed to effectively coach them. This is where parents can assist by filling in the gaps including providing information about the type of learning their child is better to respond to, see below for more information.

Here we also look for the level of involvement you will have from the parents and discover if additional training and out of town tournaments are something they would be interested in.



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Three Learning Styles

Everyone processes and learns new information in different ways. There are three main cognitive learning styles: Visual, Auditory, And Kinesthetic.

The common characteristics of each learning style listed below can help you understand how your athletes learn. Understanding how they learn can help maximize the time you spend teaching them by incorporating different techniques in your practices.

<p>Visual</p> <ul style="list-style-type: none"> • Uses visual objects such as graphs, charts, pictures, and seeing information • Can read body language well and has a good perception of aesthetics • Able to memorize and recall various information • Tends to remember things that are written down • Learns better by watching 	<p>Tips For Visual Learner</p> <ul style="list-style-type: none"> • Draw on white board, use an iPad - show pictures and videos • Avoid distractions - don't face athletes with the stands behind you or another drill taking place behind you • Explain the big picture first and then focus on the details • Color code parts of the drills
<p>Auditory</p> <ul style="list-style-type: none"> • Retains information through hearing and speaking • Often prefers to be told how to do things and then summarizes the main points out loud to help with memorization • Notices different aspects of speaking 	<p>Tips For Auditory Learner</p> <ul style="list-style-type: none"> • Use loud and clear voice, pay attention to your tone • Repeat drills out loud • Ask the athlete to repeat the drill back to you in their own words
<p>Kinesthetic</p> <ul style="list-style-type: none"> • Likes to use the hands-on approach to learn • Would rather demonstrate how to do something rather than verbally explain it • Usually prefers group work more than others 	<p>Tips For Kinesthetic Learner</p> <ul style="list-style-type: none"> • Demonstrate the drill • Ask the athlete to be part of the demonstration • FIO - Allow them to Figure It Out



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Goal Setting

Goals are a crucial mental training technique that, when the process is done properly, provide motivation, focus, confidence, the ability to overcome setbacks and the will to work hard day in and day out.

There is an enormous amount of scientific proof that athletes who set goals achieve more throughout their careers. Setting goals will help you determine where you currently are and create a plan to get you where you want to be. Goals allow you to set an outcome, make a plan, continually check your progress, and make the appropriate adjustments to stay on course. A clear example of the process of goal setting is using a GPS (or Google Maps) to help you find a location. You input your destination into your GPS, as you begin to drive it keeps you on course, but when you take a wrong turn the GPS will re-calculate your route and set you back on the right course to reach your destination. Goal setting does the same thing. As long as you know your desired destination you can keep recalculating to ensure you reach it.

To accomplish this you have to be aware of the three types of goals you need to set: Process Goals, Performance Goals and Outcome Goals.

Process Goals

Of the three types of goals, your process goals are the most important. In hockey, they are strategically focused on the skills, techniques, strategies and behaviors (mental training) that will help you reach your performance and outcome goals. This is taking the time to choose skills (whether mental or physical) that you would like to see an improvement in, devise a plan that will allow you to work on that area and a scheduled time to work on these skills. This is the hard work area of goal setting. This is when you get down and dirty by taking 100 draws a day, working on your footwork, trying to increase your speed or whatever skill you are trying to attain. Performance goals and outcome goals allow you to measure your work in this area and see the final results of your hard work. This is the area when the rubber hits the road. This is why your focus and energy must go into this area. You will create the habits that will raise the level of your game. By setting your process goals your self-confidence will increase, your anxiety will decrease, your concentration will improve and you will approach the daily grind with enthusiasm. It has been proven time and time again that your individual performance will improve quicker if you focus on the process rather than the performance and outcome.



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Performance Goals

Performance goals are what set the standard for what you are trying to achieve. These can be statistically based and measured. They can be used to monitor your achievement. When you have a series of measurements related to a certain part of your performance, you can go back and compare your numbers to previous results. Make sure your performance goals are realistic, challenging and appropriate to your outcome goals. These types of goals are semi-controllable and are not solely based on outcomes. You may not win the game, but the fact that you performed well can give you satisfaction. Performance goals are the building blocks to achieve your outcome goals.

Outcome Goals

Traditionally, the goals you set will look at a final outcome, for example you may want to make a certain team, lead the team in scoring and the ultimate goal of winning a championship. All of these objectives are based on an end result. These are called outcome goals. Setting outcome goals is crucial, but you also have to know how to get to that point. When you reach an elite level in sport; skill, desire and effort need to be focused. If this is done properly in the process and performance goal stages then your chance of success at the outcome goal stage is much higher. Outcome goals create the big picture and are necessary for you to set, they will give you focus during the other stages.

Process	Performance	Outcome
<ul style="list-style-type: none">• Do quick feet agility drills everyday after practice.• Work in the gym 3 times per week to strengthen my legs.• Work on angling drills everyday at practice.• Watch videos and study my shifts after every game.	<ul style="list-style-type: none">• Win 100% of 50/50 loose pucks.• Hit the forecheck as soon as the puck is dumped in.• Be on my player within two seconds of them getting the puck.	<ul style="list-style-type: none">• Be the league's best defensive forward.



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AVAILABLE FOR FREE PICK UP FROM ATOMIC

PLAYER GOAL SETTING

NAME _____ POSITION _____

SIBLINGS _____ YEARS PLAYING _____

WHAT I DO WELL _____

WHAT I NEED TO WORK ON _____

DO YOU DO OTHER CAMPS OR TRAIN AT HOME _____

GOALS FOR MYSELF THIS YEAR _____

GOALS FOR THE TEAM THIS YEAR _____

WHAT MAKES A GOOD TEAMMATE _____

♥ TEAM _____ ♥ PLAYER _____

♥ SUBJECTS IN SCHOOL _____

OTHER SPORTS/HOBBIES _____

PARENT GOAL SETTING

NAME(S) _____ CHILD _____

WHAT YOUR CHILD DOES WELL _____

WHAT THEY NEED TO WORK ON _____

TYPE OF LEARNER VISUAL AUDITORY KINESTHETIC

GOALS FOR MY CHILD THIS YEAR _____

GOALS FOR THE TEAM THIS YEAR _____

BUDGET FOR ADDITIONAL TRAINING _____

OPEN TO OUT OF TOWN TOURNAMENTS _____

ARE YOU WILLING TO VOLUNTEER _____ HRS/WK _____

PREFERRED VOLUNTEER ROLE _____