



# CEP

## Coaching Education Program

**2021 AHAI AFFILIATE LEADERSHIP CONFERENCE**

# Panelists



## **JIM CLARE**

Illinois Coach-in-Chief

## **DAN JABLONIC**

USA Hockey

ADM Regional Manager



# USA Hockey Requirements

*Must be completed before participating in any team activities!*

- USA Hockey Requirements (Must be completed before participating in any team activities)
- **Register as a member of USA Hockey.** (Cost is \$46 plus any affiliate fees if applicable).
- **Complete the background screening.**
- **Complete the USA Hockey Safe Sport Training.**
- **Complete the online age-specific module(s) for the age level of play you are coaching.** (Cost is \$10 per module and only needs to be completed once per age level. Must be completed PRIOR to participating in any team activities and cannot be added to a roster until completed)
- Coaching Education Program Certification Clinic Requirements (Must be completed by Dec. 31, 2021)



# New Coaching Certification Requirements

- All coaches must enter USA Hockey's Coaching Education Program at Level 1 and must continue their education with a coaching clinic each year until, at a minimum, they achieve Level 4. Coaches of only 8 and Under players should remain at Level 1 until such time as they are coaching any older age level of play.
- A coach may attend only (1) certification clinic per year.



# New Coaching Certification Requirements

- **Once Level 4 is achieved, coaches will need to complete 5 credit hours of continuing education within each subsequent three-year period.**
- **Effective in the 2021-22 season, certification at Levels 4 and 5 is valid for three (3) seasons, as indicated by the expiration date. Before the expiration of their level, coaches must accumulate 5 credit hours of continuing education (CE) by either taking Level 5, or by attending other USA Hockey continuing education clinics. USA Hockey will decide what is considered CE.**

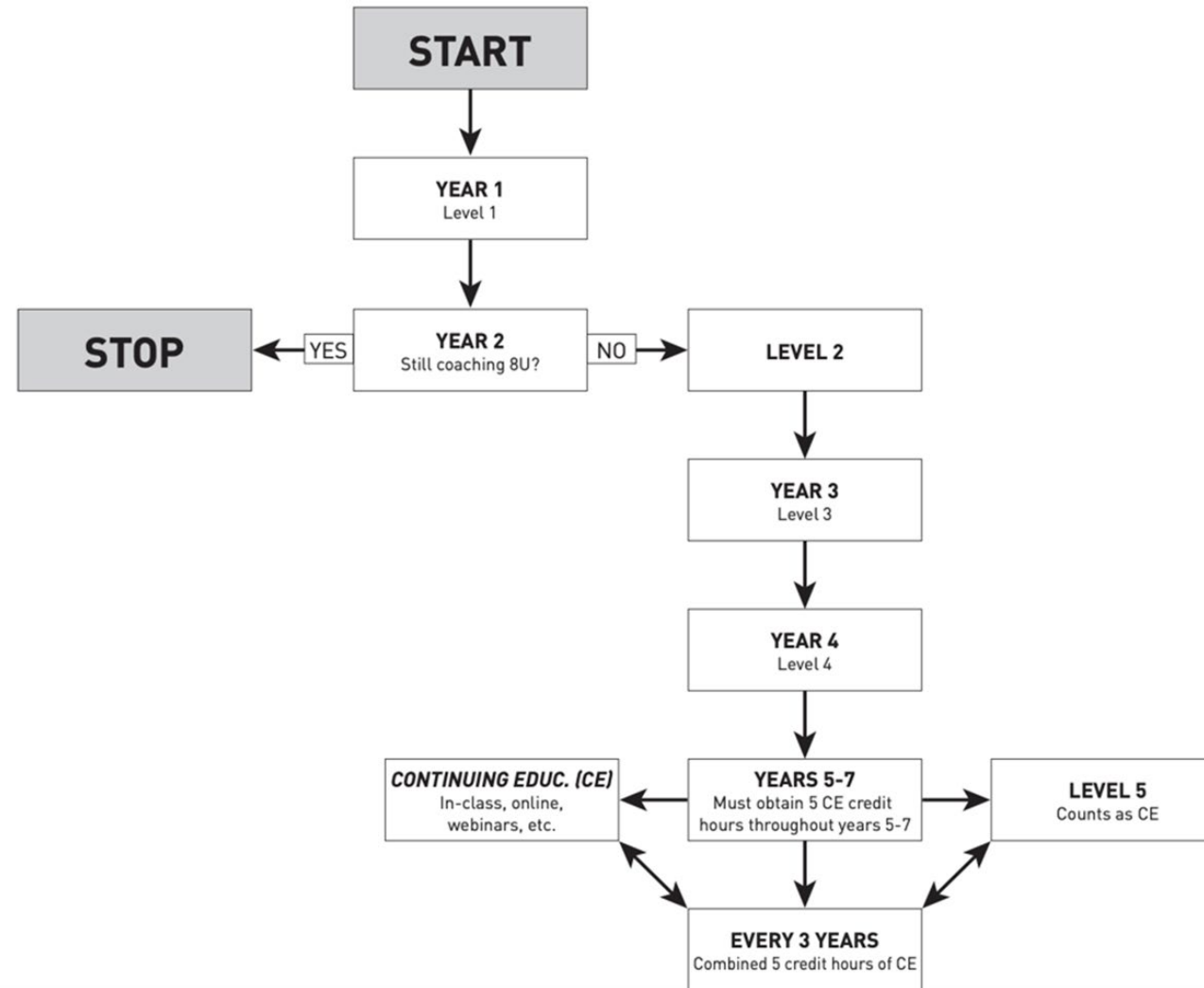


# USA Hockey Adds 2 New Volunteer Positions

USA Hockey added two new volunteer positions to its coaching and officiating education structure during the Annual Congress, including a **coach-in-chief for female development and a referee-in-chief for female development**. The two new volunteer positions, appointed by the executive director of USA Hockey, will serve in a lead role in developing and implementing strategies to advance efforts related to recruitment, retention and overall support of females currently involved or interested in becoming involved in coaching and officiating.



# 2021-22 Progression Guidelines



# USA Hockey Updates

## Latest Rule Changes

### *Penalty Length*

PERIOD LENGTH	PENALTY LENGTH
12 MINUTES OR LESS	1:00 MINOR
+12 - <17	1:30 MINOR
17+	2:00 MINOR
ADULT CLASS	2:00 MINOR
<b>MAJOR PENALTIES</b>	
12 MINUTES OR LESS	3:00 FOR MAJOR OR MATCH
+12 - <17	4:00 FOR MAJOR OR MATCH
17+	5:00 FOR MAJOR OR MATCH

**Penalties are now proportional to the amount of time within each period, allowing for more playing time at the younger age groups.**

### *Offsides*

**Offsides will automatically be called for any age classification other than adult and high school.**

**Developmentally, this rule will incentivize teams to regroup at the blue line before entering the zone – preventing a dump and recover scenario, and instead promoting regroup and puck possession.**

### *Short-handed icing*

**Icing will automatically be called for any age classification other than adult and high school during a penalty kill.**

**Developmentally, this rule will incentivize teams to control the puck out of their defensive zone on a penalty kill, promoting puck possession, and discouraging throwing the puck away. *Note: line changes are still allowed after an icing call at the younger age groups.***

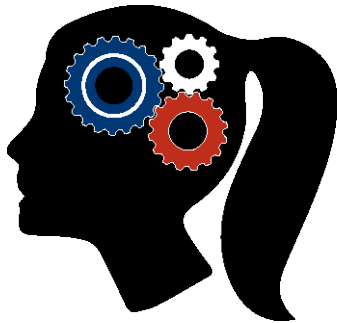


# Player Development

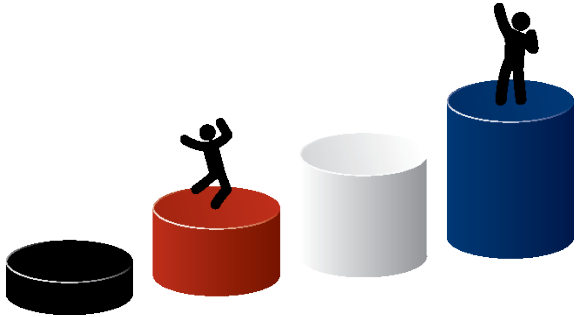
## 5 Essential elements of good practice design



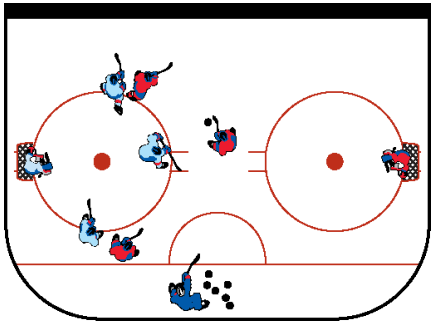
Fun



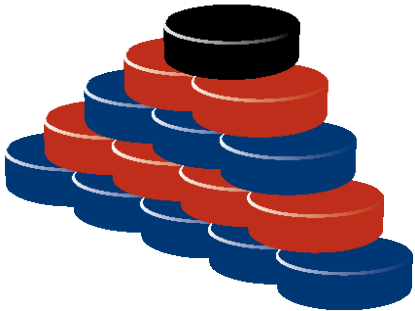
Constant decision making



Challenges the players



Looks like the game



Puck touches



# Practice Format

**What does practicing in**  
***modified spaces***  
**mean to you?**



# Skill Acquisition

## The Coaching Paradox

***Blocked vs Random*** is really a  
**discussion on *Performance vs***  
***Learning***



# Skill Acquisition

**Is practice transferable?**

***Specificity***



# Skill Acquisition

**What is the activity / game  
asking of the *players*?**



# How to Observe & CLA

Every drill or activity you design as a coach is *incentivizing* certain behaviors and *discouraging* others.

The key is to *observe* what is really happening in front of you so that you can adjust if needed.

What does your drill design ask the players to do?...The environment is *ALWAYS* the first teacher.



# USA Hockey Updates

## What is *Competitive Contact?*



# USA Hockey Updates

## Definition of *Competitive Contact*

**Contact that occurs between two or more skaters who are in the immediate vicinity of the puck and who are in the normal process of playing the puck. These skaters are reasonably allowed to lean into each other provided possession of the puck remains the sole objective of the contact.**

**Competitive contact is encouraged at all age classifications of play within USA Hockey and provides the foundation for the skills necessary to advance to Body Checking classifications.**

**Acceptable examples of competitive contact include angling, physical engagement, and collisions.**



# USA Hockey Updates

## History

**As part of the discussion that took place in the creation of the Declaration of Player Safety, the committee wanted to:**

- ***Minimize confusion in the field between “**Body Contact**” and “**Body Checking**” AND***
- ***Place a greater emphasis on the legal physical play that is encouraged at all levels of play and is the foundation for successful body checking***





# Declaration of Player Safety



**Curriculum A**  
**Coaching Education Program**



# Player Safety

**DECLARATION OF PLAYER SAFETY,  
FAIR PLAY AND RESPECT**

**PAT KELLEHER**  
**Executive Director**



# Player Safety

## USA Hockey 2019

# Declaration of Player Safety

- **No late hits**
- **No hits to the head**
- **No checking from behind**
- **Unsportsmanlike conduct**



# Player Safety

**USA Hockey does believe we must take steps to make our game safer while still developing players for the highest levels of play**

**A legal body-check must be an attempt to win possession of the puck & is NOT an effort to punish or intimidate.**



# Contact Us



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