

Powerful Coaching

Strategies that work:

Once I determined my philosophy as a coach my teams not only started to compete harder and be more successful we started to win consistently, going to 4 national championships in 5 years. We set a standard that has gone unmatched. It is a complete philosophical approach to teambuilding every day, to making the games and practices fun and insisting that players develop within a sports program whereby they can take risks, play at full speed and athletically excel. We also placed more players at the next levels than any other team in our league. The players flourished knowing with our style of training they could continue to pursue their dream of playing professionally. “The first step towards creating an improved future of Excellence is developing the ability to envision it. Vision allows us to transform dreams of Greatness into the reality of Achievement of human action. Vision has no boundaries or knows no limits. ***Our vision is ultimately what we really become in life***” Canfield – *the power of Focus*. In hockey, this kind of foundation is developed in the parts of the game that require more effort than skill. It is a feeling that says, everything we accomplish we accomplish together. We will share all successes and no one fails alone. Our behaviours are consistent and our values and are seen in our actions. It was our mission to be the best AAA organization in our league and in the country. We were going to do this by guiding each player towards successful, significant lives. It is about educating them far beyond the hockey rink.



Our program was to move the players to the next level and provide them with the necessary skills to excel at the next level. By going deep into the playoffs each year we could provide the necessary competitive training that would allow them to play in pressure situations and excel in these situations. It is about filling in gaps, allowing for maturation, and having fun achieving and learning to play at their best. Every good coach creates a practice environment whereby the players practice above their comfort levels. You must always be taking the team to the brink of failure if they are to ever realize their full potential. If you create situations in practice that make the players think and make decisions under pressure in training, it creates emotional and physical stress then you are creating a positive transfer from practice to competition. “You cannot create positive, optimal transfer without designing the practice around the mental dynamics.” P. Cohn Sports psychologist.

We asked each player and pushed them in their training to be aggressive, enthusiastic, confident, disciplined and to compete fearlessly. Each is to become an intelligent player, smart enough to listen and develop the ability to learn and work, paying attention to the details in every drill so they understand why our training procedures apply directly to game awareness

and rink sense. We pushed each player beyond what they themselves expected of each other with the understanding that when each work hard they are improving themselves and thus improving the team. When each works hard **collaborating together** you increase the team bond as they begin to have faith in each other. They develop a keen sense of responsibility to each and are more accountable during the games. They learn not to let their teammates down and always put the team first. We do this with strict adherence of maintaining integrity, keeping each player humble and we promoted each players sense of humour.



Throughout the season the player's true personalities come forward and by skilfully planning each player became more confident and having more fun playing a sport they were passionate about. It is a year long process that has taken me 25 years to perfect, design, redesign, and implement. Building a strong foundation, with a discipline that allows for creativity and develops the strengths of each player on your team, you have less parent problems, less player conflicts and you will always be competitive challenging bigger schools and teams in your district.

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