



# PRACTICE ACTIVITY TRACKING

# Activity Tracking



1. App store on your phone



APPLE



SAMSUNG



2. Search "Hockey USA mobile coach"

3. Install

4. Open App when loaded

5. Sign Up – Free

6. Enter required info

7. **Create Account**



USA Hockey  
Mobile Coach  
USA Hockey

# Activity Tracking



## Facilitator - Mike McGinnis

- Hockey Alberta – Regional Manager (Edmonton & Surrounding)
- Hockey Canada – Intro to Hockey Master Messenger
- Hockey Canada – Nationally Certified Skill Coach
- NHLPA Learn to Play – Lead Instructor (Edmonton Oilers)
- Chilliwack Chiefs (BCHL) – Alberta Scout (2017-18 National Champions)
- Alberta Cup & U-16 – Coach (2011-2014)
- KC Pats Midget AAA – Player Development Consultant
- Bantam & Midget AAA – Coach (2011-2014)
- Hockey Parent 2011-Present
- Norcan Hockey Development – Owner
- Elite Ice Hockey Analysis (YouTube & Instagram) – Creator
- Former Midget AAA & Junior A Player – (1993-1998)

# Activity Tracking



## Desired Outcome of this Presentation

- Discuss maximizing ice utilization within the practice environment

## Why is it Important?

- Provide the best possible development opportunity for every player within our associations
- Help coaches work through identified planning and communication struggles
- If we do not move forward we will be left behind, get better everyday...always EVOLVE

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What do you consider a “good” practice?



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- Is there a way to measure a good practice?
- Would everyone have the same definition of a good practice?
- Is there a way to measure a successful coaching season?
- We expect our players to improve and add new techniques every practice...as a coach and leader you must be willing to do the same



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- *Subjective vs Objective*

**Subjective** refers to personal perspectives, feelings, or opinions entering the decision making process.

**Objective** refers to the elimination of **subjective** perspectives and a process that is purely based on hard facts.

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## ...Distribute Survey

- Visualize yourself watching the same player for the entire ice time
- Choose any player who has a unique piece of equipment to make tracking easier
- D/F splitting is generally the only wrinkle you will experience



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Visualize yourself watching one single player for the entire 1-hour practice, please answer the questions below:

How many minutes do you think this player spends skating/moving? \_\_\_\_\_

How many shots do they take? \_\_\_\_\_

How many passes given? \_\_\_\_\_

How many passes received? \_\_\_\_\_

How many minutes are spent with a puck on their stick? \_\_\_\_\_

How many times does a coach give direct feedback to that individual 1on1? \_\_\_\_\_

# Activity Tracking



## Survey Averages:

How many minutes do you think this player spends skating/moving? **38**

How many shots do they take? **23**

How many passes given? **21**

How many passes received? **21**

How many minutes are spent with a puck on their stick? **14**

How many times does a coach give direct feedback to that individual 1on1? **3**

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## Actuals:

How many minutes do you think this player spends skating/moving? **12**

How many shots do they take? **14**

How many passes given? **18**

How many passes received? **20**

How many minutes are spent with a puck on their stick? **1.3**

How many times does a coach give direct feedback to that individual 1on1? **0.2**

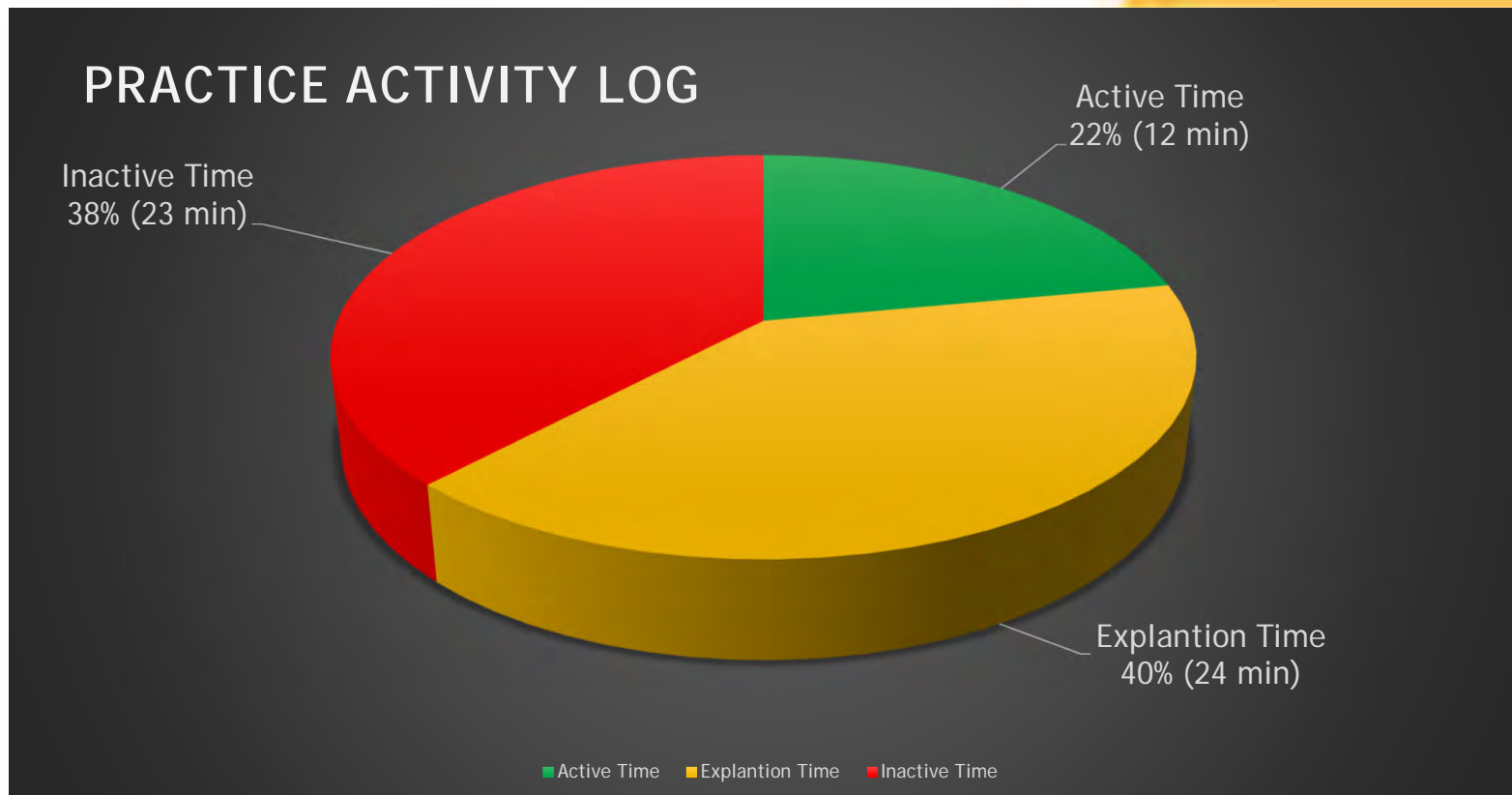
# Activity Tracking



## Training Quality

One player chosen	Traditional	Wildcats
Explanations	20 min 39 sec	9 min 15 sec
Skating	6 min 47 sec	40 min 38 sec
Passing	1	66
Shots	8	22
Puck-handling	1 min 16 sec	11 min 39 sec
Coaching Feedback	2	21

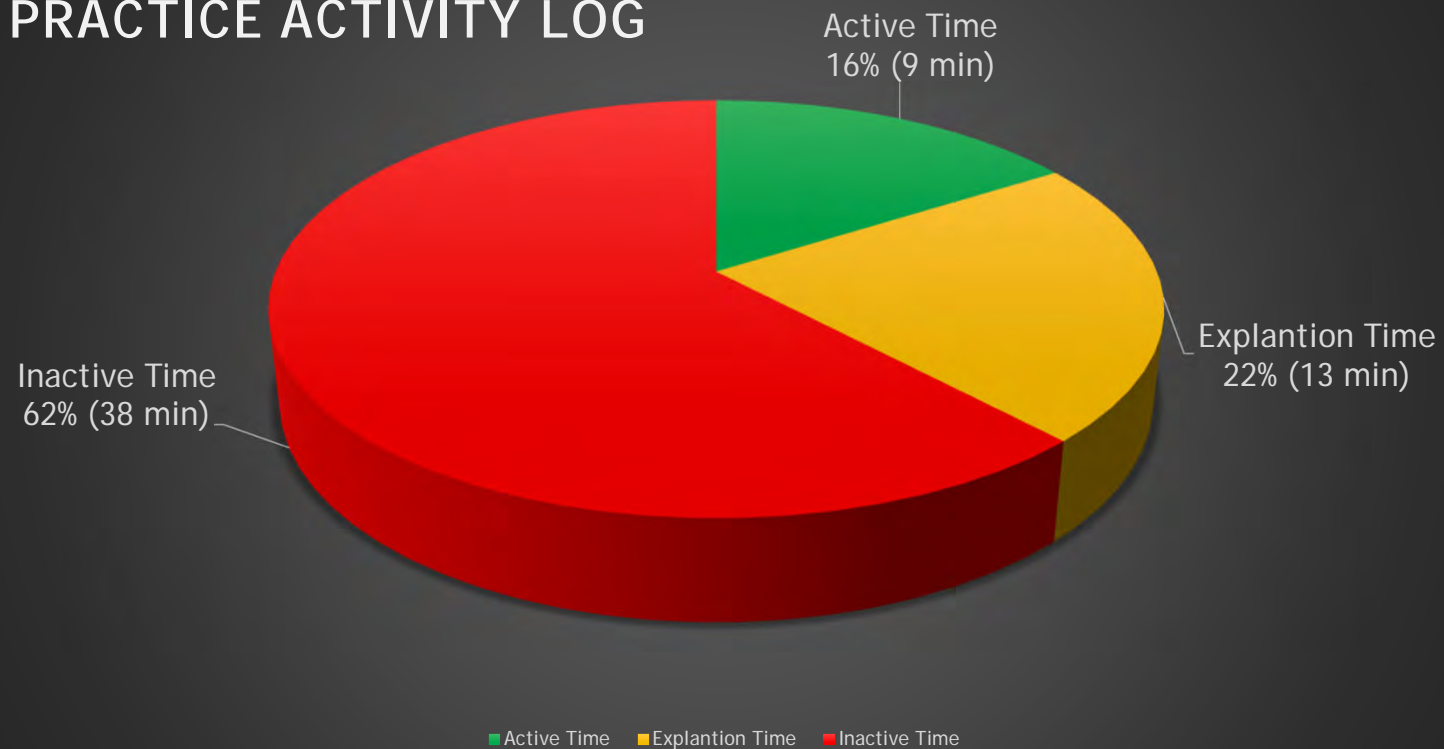
# Activity Tracking



# Activity Tracking



## PRACTICE ACTIVITY LOG

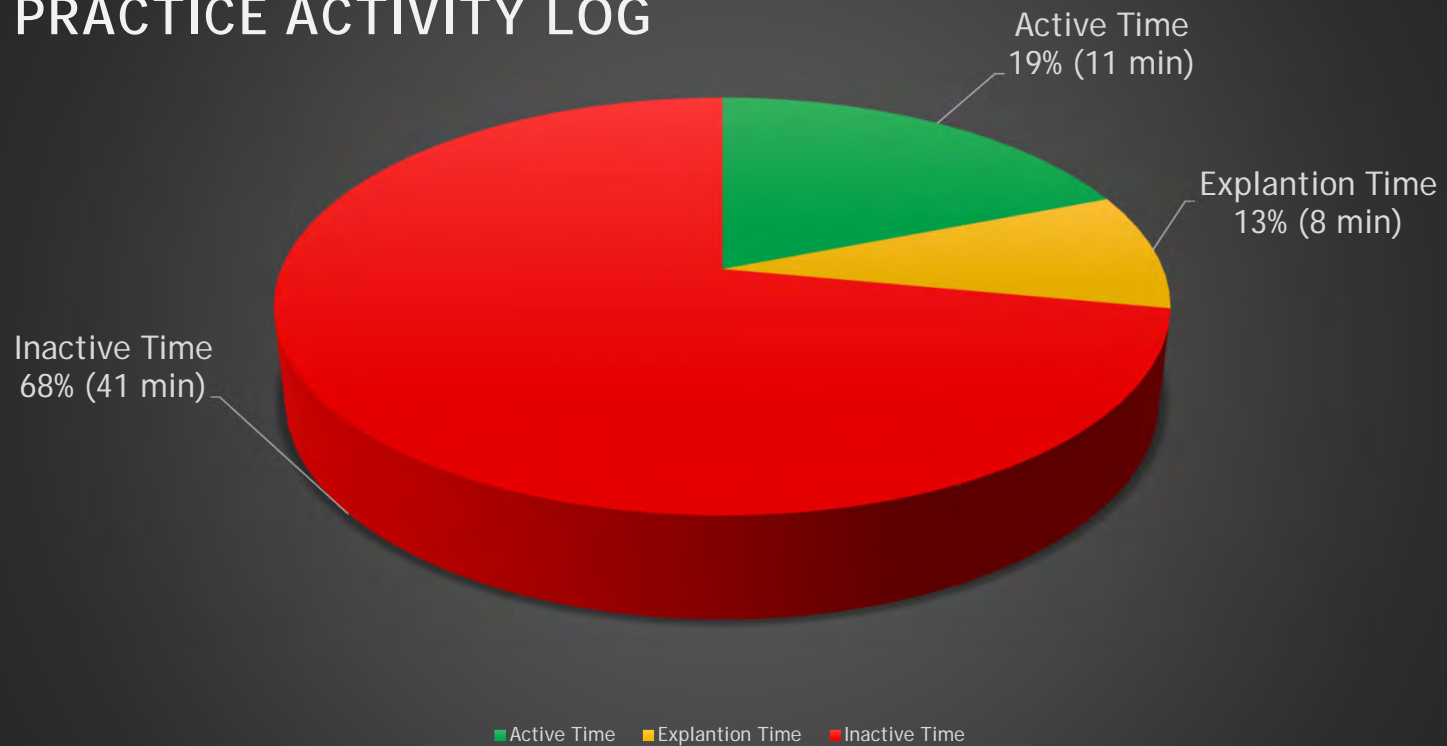


LEADING OUR LEADERS

# Activity Tracking



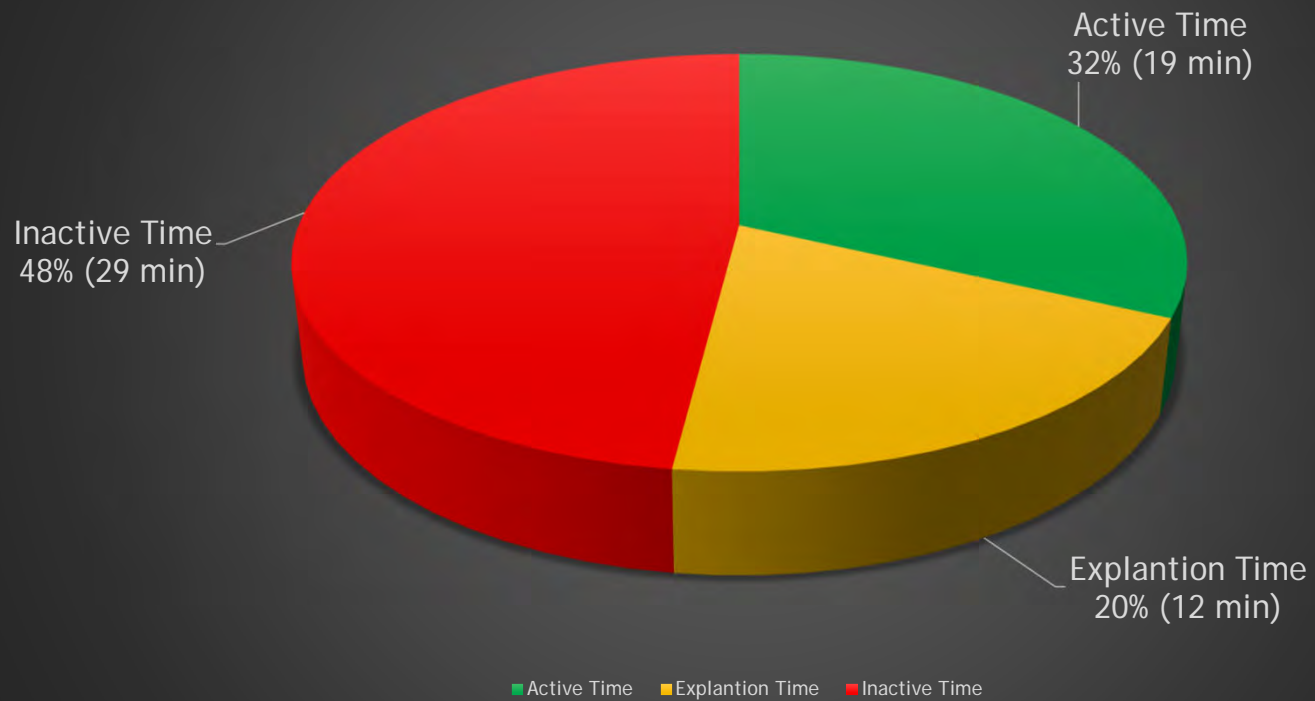
## PRACTICE ACTIVITY LOG



# Activity Tracking



## PRACTICE ACTIVITY LOG



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0:00/2:14  

# Activity Tracking



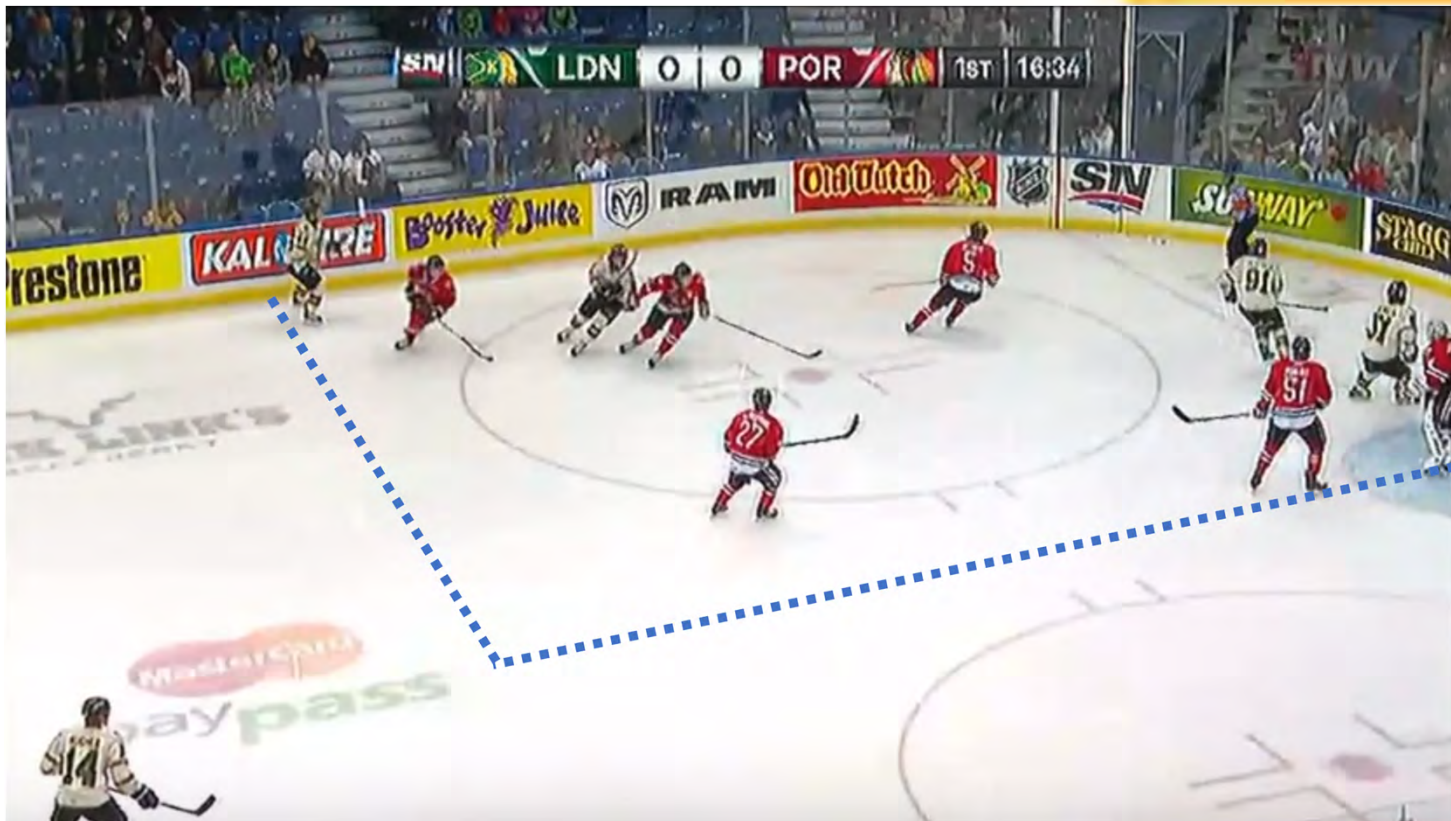
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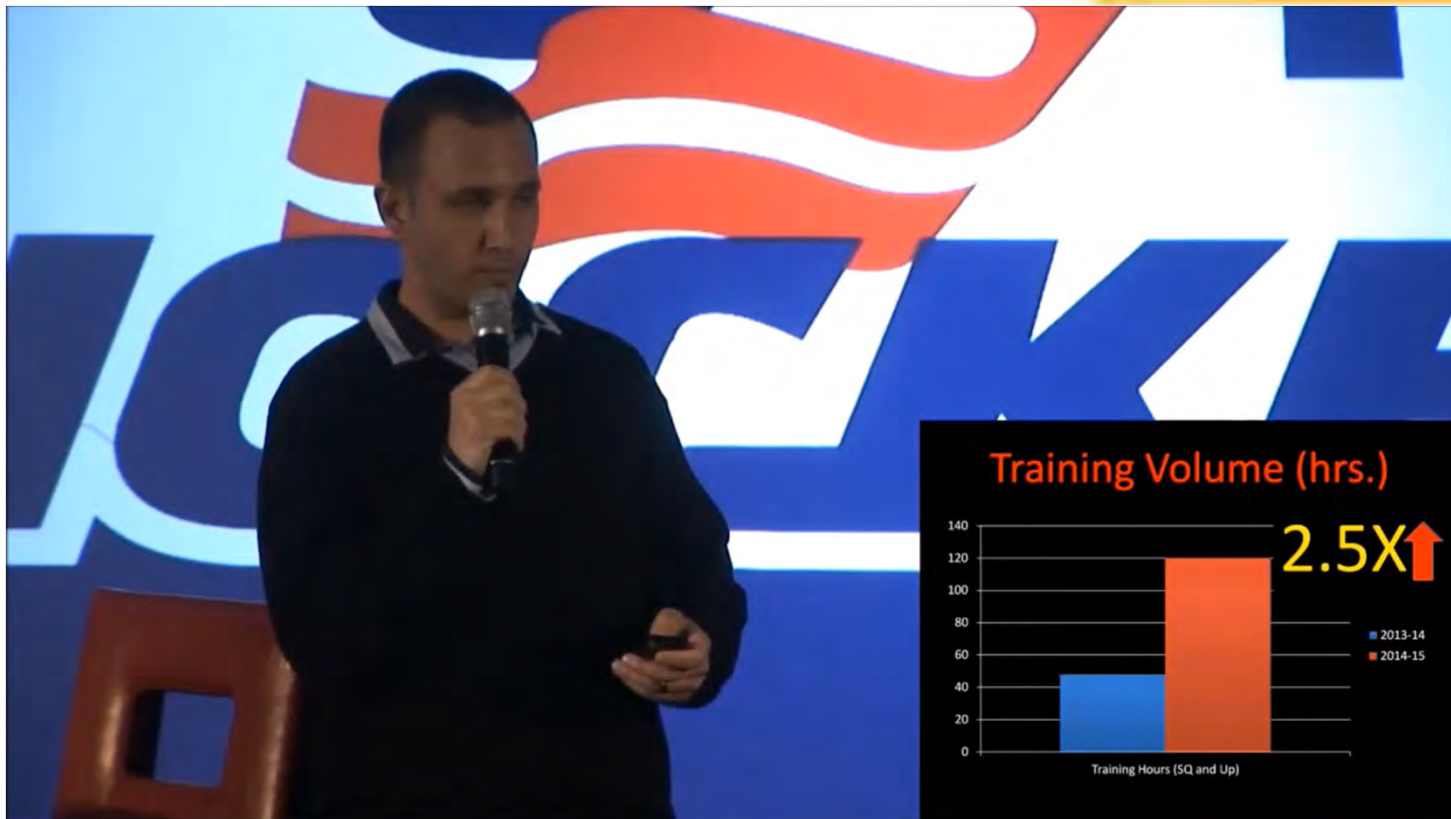
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## Do The Math - SHOOTING

### For Example:

**12** shots per practice @ 25 practices per year = 300 shots per season

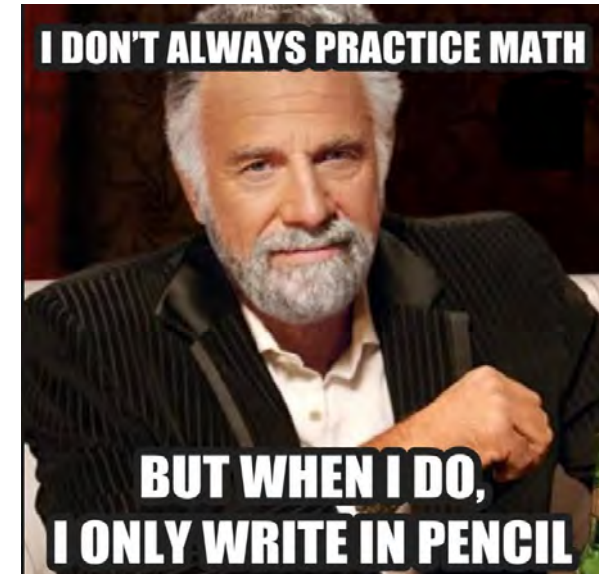
**40** shots per practice @ 25 practices per year = 1000 shots per season

300 shots per season x 14 years of minor hockey = 4200 shots

1000 shots per season x 14 years of minor hockey = 14,000 shots

**~10,000 +**

- 3.3 extra minor hockey careers
- You would have to play until you were 50 years old in the “12 shot model” to achieve the same totals as playing until you are 18 in the “40 shot model”...  
32 years



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## What are the signs?

- Players sitting on the ice or edge of boards
- Over a minute without activation (Mike Johnston)
- 5+ players per line
- Excessive skating without pucks
- Extensive time at the board
- Drills with very few “countable actions” or tasks
- Full ice drills with less than 4 skaters on ice



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## Start slow...don't go from 0-100

- Review practice plan and determine # of players in each line
- Target a 3:1 or 4:1 rest/work ratio for all players
- Add a puck to skating drills where applicable
- Add a shot at the end of a drill
- Skills between drills (5 touch passes with the person behind you, 5 skate to stick kicks, drop your stick & do 3 crossovers)
- 15 minute discussion with AC's prior to going on ice (needs to be addressed and expected)



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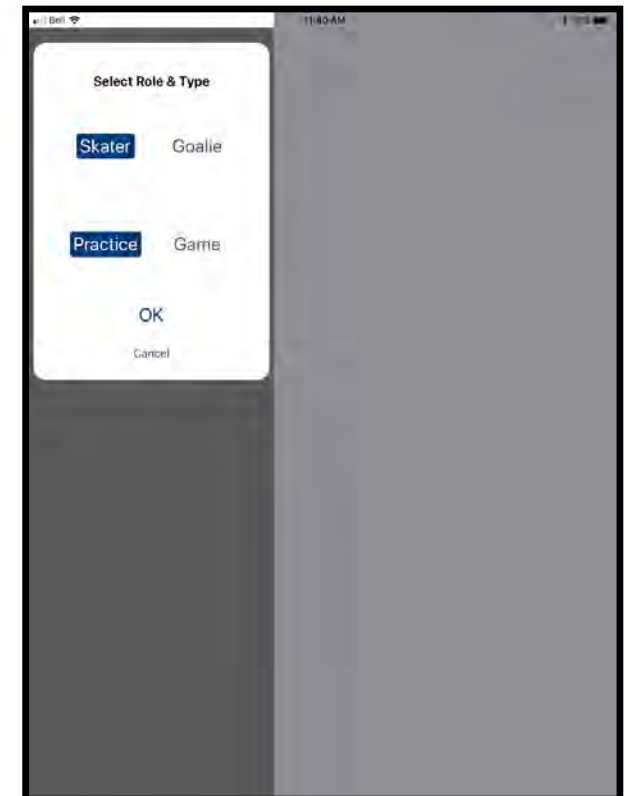
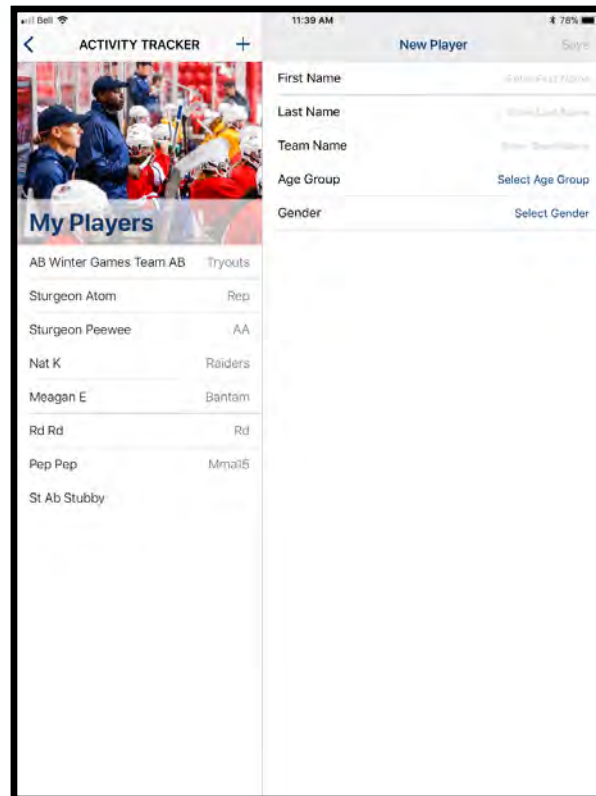
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APPEARANCES + Log

St Ab Stubby Practice St Ab Stubby 2018-0...

Thursday, 2018-03-01 Practice/Ska...

Total Ice Time	Explanation Time
0:00:00	0:00:00
Time Skating	Puck Handling
0:00:00	0:00:00
Pass Made	Pass Received
0	0
Shot	Coach Feedback
0	0

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## HOCKEY ALBERTA PRACTICE LOG

DATE: _____	NOTES:
TEAM/AGE/MHA: _____	
PRACTICE LENGTH: _____	

EXPLANATION TIME: (Coach speaking while players inactive)		
ACTIVE TIME: (Time spent moving)		
PASSES ATTEMPTED: (Number of passes attempted)		
PASSES RECEIVED: (Number of passes received)		
SHOTS: (Number of shots attempted)		
PUCKHANDLING: (Time spent with puck on stick)		
ACTIVE COACHING: (Number of times coach speaks directly to player)		

<p><b>Explanation Time:</b> Amount of time the coach spends speaking to the group while they are inactive. Time spent explaining while the players are performing a task should not be counted in this category. Record in minutes and seconds.</p> <p><b>Active Time:</b> Amount of time the player spends in motion within the practice structure. (Do not count time that the player is moving around while waiting for their turn to execute the drills unless it is structured by coach) Record in minutes and seconds.</p>	<p><b>Passes Attempted:</b> The number of passes attempted by the player within the practice structure. (Do not count passes made between drills that are unstructured)</p> <p><b>Passes Received:</b> The number of passes a player attempts to receive. (count all passes that are attempted within practice structure, does not have to be received with control)</p> <p><b>Shots:</b> How many shots are attempted within the practice structure (do not count shots taken between drills that the coach hasn't structured)</p>	<p><b>Puck handling:</b> Time the player spends actively controlling the puck within the practice structure. (Do not count time player is controlling the puck while waiting for their turn to execute drills unless it is structured by coach) Record in minutes and seconds.</p> <p><b>Active Coaching:</b> Number of times any of the coaching staff communicate directly with the player (Do not count drill explanations, 1 on 1 interactions only)</p>
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# Activity Tracking



## Drill Assessment

As we watch the following clips, write down or remember the following for each:

**A.** Something thing you would add or change in the drill to increase tracking totals

**B.** Something you like in regards to tracking totals













# Activity Tracking



## Considerations

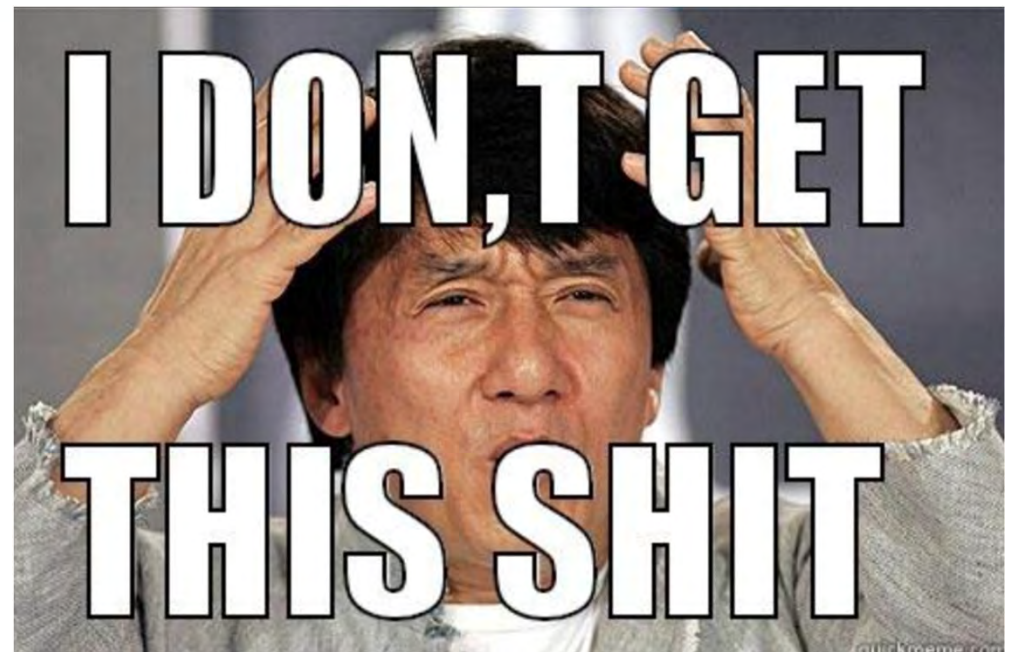
- Track your practice/drills for self assessment not as a monitoring device
- What are the goalies needs? 100 slap shots from hash marks with no defense?
- Skills between drills
- Get Assistant Coaches active physically or mentally >> share key teaching points
- Creatively add extra tasks (vision tasks, start drill by taking a bump from a checking pad, rebounders with a self pass throughout drill sequence etc.)
- Start or end drills with passes or puck handling sequences
- 5 mins of free time (shinny style)
- Always have 4+ nets
- Recruit more coaches, do not need to know the game (checking pad holder etc.)

# Activity Tracking



## CONCLUSION

- There is always room for improvement no matter what level you coach at
- Player Development is gaining traction, traditional coaching may not be enough (Babcock Development Org Chart)
- Keeping your players active and engaged is the main focus



# Activity Tracking



**Thank you for your commitment to  
Minor Hockey!**

**Questions?**



# Seasonal Planning IP-Novice

# INITIATION SKILLS

## LTPD STAGE - Fundamentals 1



Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> <li>• Basic stance</li> <li>• Getting up from the ice</li> <li>• Balance on one foot</li> <li>• Jumping on 2 feet / 1 foot</li> <li>• Gliding on two skates</li> <li>• Gliding on one skate – fwd and bwd</li> <li>• Lateral Crossovers – step and plant / continuous</li> </ul>	<ul style="list-style-type: none"> <li>• Inside edge glide</li> <li>• Figure 8's – forward – inside &amp; outside edge</li> <li>• Figure 8's – backward – inside &amp; outside edge</li> <li>• Slalom</li> </ul>	<ul style="list-style-type: none"> <li>• T-start</li> <li>• Front v-start</li> <li>• Crossover start</li> <li>• Backward c-cut start</li> <li>• One o'clock – eleven o'clock</li> <li>• Outside leg stop</li> <li>• Two-foot parallel stop</li> <li>• One-leg bwd stop</li> <li>• Two-leg bwd stop</li> </ul>	<ul style="list-style-type: none"> <li>• C-cuts – left foot / right foot /</li> <li>• C-cuts alternating</li> <li>• T-push</li> <li>• Forward striding</li> </ul>	<ul style="list-style-type: none"> <li>• C-cuts – left foot / right foot /</li> <li>• C-cuts alternating</li> <li>• Gliding on two skates – backward</li> <li>• Gliding on one skate – backward</li> </ul>	<ul style="list-style-type: none"> <li>• Glide turns</li> <li>• Tight turns</li> <li>• C-cuts – around circle – outside foot – forward &amp; backward</li> <li>• Crossovers – forward &amp; backward</li> <li>• Backward on-foot stop and t-start</li> <li>• Pivots – bwd to fwd &amp; fwd to bwd</li> <li>• Pivots – open &amp; reverse</li> </ul>
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	
<ul style="list-style-type: none"> <li>• Stance</li> <li>• Narrow</li> <li>• Wide</li> <li>• Side – front – side</li> <li>• Toe drag – front &amp; side</li> </ul>	<ul style="list-style-type: none"> <li>• Narrow</li> <li>• Wide</li> <li>• Open ice carry – forehand &amp; backhand</li> <li>• Weaving with puck</li> <li>• Toe drag – front &amp; side</li> </ul>	<ul style="list-style-type: none"> <li>• Stationary forehand pass</li> <li>• Stationary backhand pass</li> <li>• Stationary bank pass</li> </ul>	<ul style="list-style-type: none"> <li>• Moving forehand pass</li> <li>• Moving backhand pass</li> </ul>	<ul style="list-style-type: none"> <li>• Forehand - sweep shot</li> <li>• Forehand - wrist shot</li> <li>• Backhand - sweep shot</li> <li>• Forehand - flip shot</li> </ul>	
Individual Offensive Tactics	Individual Defensive Tactics				
<ul style="list-style-type: none"> <li>• Body fakes</li> <li>• Stick fakes</li> </ul>	<ul style="list-style-type: none"> <li>• Angling</li> </ul>				





# NOVICE SKILLS

## LTPD STAGE - Fundamentals 2



Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> <li>Basic stance</li> <li>Balance on one foot</li> <li>Gliding on two skates</li> <li>Gliding on one skate – forward and backward</li> <li>Lateral Crossovers</li> </ul>	<ul style="list-style-type: none"> <li>Figure 8's – forward – inside &amp; outside edge</li> <li>Figure 8's – backward – inside &amp; outside edge</li> <li>Heel to Heel (Mohawk)</li> <li>1 leg weaving – fwd / bwd</li> </ul>	<ul style="list-style-type: none"> <li>Front v-start</li> <li>Crossover start</li> <li>Backward c-cut start</li> <li>One o'clock – eleven o'clock stops</li> <li>Outside leg stop</li> <li>Two-foot parallel stop</li> <li>One-leg backward stop</li> <li>Two-leg backward stop</li> </ul>	<ul style="list-style-type: none"> <li>C-cuts – left foot / right foot / alternating</li> <li>Crossunders</li> <li>T-push</li> <li>Forward striding</li> </ul>	<ul style="list-style-type: none"> <li>C-cuts – left foot / right foot</li> <li>Gliding on two skates – backward</li> <li>Gliding on one skate – backward</li> <li>Backward Striding</li> <li>1 Crossover / Reach</li> </ul>	<ul style="list-style-type: none"> <li>Glide turns / Tight turns</li> <li>C-cuts – around circle – outside foot – forward &amp; backward</li> <li>Crossovers – forward &amp; backward</li> <li>Pivots – bwd to fwd &amp; fwd to bwd</li> <li>Pivots – open &amp; reverse</li> </ul>
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	Individual Offensive Tactics
<ul style="list-style-type: none"> <li>Stance</li> <li>Narrow / Wide</li> <li>Side – front – side</li> <li>Toe drag – side/front</li> <li>Attack Triangle</li> </ul>	<ul style="list-style-type: none"> <li>Narrow / Wide</li> <li>Open ice carry – forehand &amp; backhand</li> <li>Weaving with puck</li> <li>Toe drag – front &amp; side</li> <li>Attack the Triangle</li> </ul>	<ul style="list-style-type: none"> <li>Stationary forehand pass</li> <li>Stationary backhand pass</li> <li>Stationary bank pass</li> </ul>	<ul style="list-style-type: none"> <li>Moving forehand pass</li> <li>Moving backhand pass</li> <li>Pass and Follow</li> </ul>	<ul style="list-style-type: none"> <li>Forehand - wrist shot</li> <li>Backhand - sweep shot</li> <li>Forehand / backhand shots in motion</li> <li>Forehand - flip shot</li> <li>Backhand - flip shot</li> </ul>	<ul style="list-style-type: none"> <li>Body fakes</li> <li>Stick fakes</li> <li>Dekes</li> <li>Moves in Combination</li> <li>Net Drives</li> </ul>
Individual Defensive Tactics	Team Play				
<ul style="list-style-type: none"> <li>Angling</li> <li>Basic 1 on 1's</li> <li>Escape moves</li> <li>Puck retrievals</li> </ul>	<ul style="list-style-type: none"> <li>Basic Positioning – all players should play all positions</li> </ul>				





# Activity Tracking



## Drill Considerations

- 5 mins free time
- Passing snake
- Horseshoe x
- Face up passing?
- Cycle seam 3 shot
- Fig 8 puck handling
- Tampa 3v3
- Rabbit & Coyote \*\*