



# PROGRAM GUIDE

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# REGISTER YOUR PROGRAM WITH



- \*Insurance Protection
- \*Coaching Education Program
- \*Referee Training

Learn more at [usaballhockey.com/membership](https://usaballhockey.com/membership)



# Section 1 - The Team

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*"It takes a village."*



# Build Your Team



## Who will help you run your program?

Many organizations begin here, by building a staff of passionate people to help manage the work load.

## Profit vs Non-profit

Both work! Keep in mind that fundraising and sponsorship is a lot easier to come-by with an approved non-profit. Either way, you'll want to get the paper work started.

## Jobs and Responsibilities

You'll need every angle covered. Here's a list of positions that you'll need filled:

- \*Division directors overseeing a given age group
  - \*Referee in Chief
  - \*Schedule Coordinator
  - \*Concession stand managers
- \*Marketing and Media Director
- \*Fundraising Coordinator

## Executive Board

With a business come decisions and paperwork. You'll need a group to help make all of the challenging decisions that benefit the organization.

- \*Board members often gather once a month before
- \*To start, you'll need to have a committee help to write your by-laws and your 3-year plan



## Section 2 - The Brand

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*The Classroom*

# BRAND IT



## **What is the name of your org?**

It's never as easy as it sounds. Especially, because you want your organization to stand-out, catch thousands of people's attention and sound professional.

## **Get a logo!**

Know a graphic artist?  
If not, email USABH, and our pros can help to bring your imagination to life with a logo that will catch the eye.

## **Social Media**

Here's a list of "musts" to introduce your program to the community and beyond:

- \*Create a website  
(even a FREE weebly.com can go a long way)
- \*Connect through Facebook
- \*Be active on Instagram and Twitter



## Section 3 - The Logistics

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*PLANNING*



# YOUR BLUEPRINT



## Select Your Schedule

\*Determine the start and end dates of your league

\*What ages will play on which days?

\*Pick the time-slot for each group

Example:

U10's play on Monday &/or Wednesday  
from 7 - 8 pm beginning March 15th

## Budget

Deciding how much to charge your players means determining your overall cost.

Here are a few things to think about:

\*Rink costs (rental, utilities, insurance, etc.)

\*Referees (Volunteer v Nation average \$10-20)

\*Scorekeepers (Volunteer v National average \$5-10)

\*Uniforming your players

\*Prizes

## Location

Do you have your own rink?

Do you aspire to own one?

If so, connect with USABH and allow us to introduce you to the EMPowerplay Project or visit [usaballhockey.com](http://usaballhockey.com) to learn more about details on building your own dream rink.

If not, we suggest the following:

\*Register for a permit to play at a community rink/  
court/parking lot

\*Partner with a local gymnasium, YMCA or  
Boys & Girls Club

\*Find a rink to rent



## Section 4 - The Ad

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*SPREADING THE WORD*

# GET SIGN-UPS GOING



## Create a Flyer

Have your design team grab attention of its viewers and release it in these ways:

- \*Schools
- \*Other Local Youth Athletic Programs  
-ice hockey leagues, soccer programs,
- \*Social Media

## Word of Mouth

Though it may seem like it's lost in the dark ages, the telephone is a great way to connect. Once you develop a contact list for you and your staff to reach out to, hospitality and fun-fair play will do the rest.

## MAKE A CONNECTION

It may not be best to drop a flyer off at the door and hope for the best. Develop a relationship with schools/athletic programs/teams in the area by doing the following:

- \*Coordinate a meeting with the gym teacher/league director/other coaches
  - \*submit your clearances to the school and ask to join gym class a day or two with the intentions of introducing the sport to the students and build the excitement
  - Reach out to the principal
  - Be kind to the secretary or clerk



## Section 5 - The Season

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*EDUCATE & PLAY*



# SUGGESTED SCHEDULE



## Estimated 10-12 Week Season

### 2 days per week for one hour each

- \* First 4 weeks (8 days) dedicated to practice rotations and player evaluations
- \* Final 8 Weeks (16 days) dedicated to regular season and playoffs
- \* Teams should be permitted to schedule rink time for additional practice if possible
- \* Order enough uniforms for every participant, plus a few extra in advance

# PRACTICE PLAN



## **BEGINNING OF PRACTICE**

- \*All players gather together with coaches in the bleachers or at center rink
- \*Coaches welcome the players and introduce a quick “Rule” or “Tip of the DAY”
- \*Coaches teach each player how to stretch and loosen up before each game to minimize risk of injury
- \*Players are divided into 4 groups and are assigned a station

## **PRACTICE STATIONS**

**Stick Handling**

**Shooting/Goaltending**

**Passing**

**Strategy & Small Game**

- \*1-2 Coaches are stationary for the duration of practice teaching each element of the game
- \*Division Director times each station at 8-12 minutes, then whistles a rotation while facilitating each station



# STICK-HANDLING STATION



## TEACH

- \*Holding the stick properly
  - \*Feet positioning
- \*Stick-handling in front of your body
- \*Stick-handling to the side of your body
  - \*Head up, eyes up
  - \*Running with control
- \*Protecting the ball with the hips, legs and body

## RECOMMENDED DRILLS

Stationary Stick-handling

Hopping on One Foot

Every Player for Themselves - Small Game

Stick-handling Around Cones

-Straight aways

-Weaving

-Staggering the cones

Sharks & Minos - Small Game

8-12 minute station

# SHOOTING & GOALTENDING STATION



## TEACH PLAYERS

- \*Feet and hand positioning for the following
  - Slap shot
  - Wrist shot
  - Snap shot
  - Backhand
- \*Eyes on the target
- \*Shooting on the run
- \*Shooting a one-timer

## TEACH GOALIES

- \*Hand and feet positioning
- \*Being "BIG" in the net
- \*Covering the wholes
  - \*Squareness
- \*Ball Tracking (eyes and chest on the ball)
  - \*Moving side to side

## DRILLS

### Top of the Circles

- coach teaches the technique of a given type of shot
- players each take a turn after the goalie is reset
- coach teaches a new technique, and so on

### Follow the Leader

### Three Lines - Follow Your Shot - Tip Drill

### Point, Pass, Reverse

- coach also teaches screening a goalie, tipping a shot, playing until the whistle, high cycle (advanced)

**8-12 minute station**



# PASSING STATION



## TEACH

- \*Feet and hand positioning
- \*Eyes on the target
- \*Passing on the move
- \*Accepting a pass
- \*Strength, speed, and quickness
- \*Shifting your body
- \*Communication

## DRILLS

One Touch Passing w/ a Partner

Figure 8 Passing

Follow the Leader Passing - Small Game

Monkey in the Middle - Small Game

8-12 minute station

# STRATEGY & SMALL GAME STATION



## TEACH TACTICAL POSITIONING

- \*Face-off Alignment & Technique
- \*Positioning in the D-Zone - Coverage
  - including being on the “D-side” of the ball
  - covering a zone
- \*O-Zone Positioning - Making Triangles
- \*Blocking shots - a part of Gap Control
- \*Stick-checking - a part of Gap Control
- \*Breaking out of the zone (robust vocabulary)
- \*Forechecking (robust vocabulary)

## DRILLS

Face-off Battling - Small Game

“Simon Says”

- helps to keep players engaged when learning Offensive & Defensive-zone positioning
- breakouts and forechecking

3-on-3 - Small Game

Obstacle Course & Relay Races

8-12 minute station



# SEASON PLAN



## EQUALLY DISTRIBUTE THE TALENT

- \*League Director works with the coaches to balance out the talent amongst the teams
  - Private draft format after evaluations
- \*Analyze the draft making sure that rosters are as close to balanced as possible

## BUILD THE SCHEDULE

- \*Draft the schedule
  - Regular Season
  - Make-up Days
  - Playoffs
  - Family Night
- \*Double and triple check for errors
- \*Have another person edit the work
- \*Distribute to families and faculty

## GAME PLAY

- \*Implement the USA Ball Hockey rule book (The official rules of ball hockey in America)
- \***Have your referees and coaches register with USABH to be mentor, guided and trained (Background checks, concussion education and abuse awareness trainings are included)**
  - \*Determine the length of periods and intermission - USABH rulebook suggests 8 - 10 minute periods with clock-stoppage
- \***Ages U7; it is recommended that a horn or whistle stops play every 2-minutes for coaches to change lines (could also be managed at the U10 level as well). Keeping score on a score board is not recommended**
- \*Require coaches to assign players to multiple positions throughout the game
  - \***Embrace and appreciate positive attitudes and teach sportsmanship**



# Section 6 - The Conclusion

*A CULMINATING EVENT TO END YOUR SEASON*



# HOST A “FAMILY NIGHT”



**Invite the entire division or age group back for an end-of-the-season party**

**Activities May Include**

- \* Parents vs Kids game
  - \* Pizza Party
- \* Award Ceremony

**Other Off Rink Activities to Consider Are:**

- \*Face Painting
- \*Arts & Crafts
- \*Hockey and S.T.E.A.M. Education
- \*Fundraisers



# Section 7 - Things to Think About

*TIPS FROM THOSE WHO'VE "BEEN THERE"*

# THINGS TO THINK ABOUT



- ☑ Video cameras add a few bonuses to your program such as:
  - \*Safety for all
  - \*Live-streaming capabilities
- ☑ Build your concession stand elevated 4-6 feet. Parents may volunteer to work the stand if they can look onto the rink and watch their child play
- ☑ Hang a USA Ball Hockey banner or two at your rink by becoming a part of our organization.



# ASK ABOUT OUR MENTORSHIP PROGRAM

Learn more by emailing us at  
[info@usaballhockey.com](mailto:info@usaballhockey.com)