

Level Two clinic successful

The level two coaching clinic held Sunday in Penetanguishene Arena was fairly successful with 17 applicants present.

The all-day event was sponsored by the Hockey Ontario Development Association and was run under the general direction of Otto Eby, area co-ordinator for the association.

He was helped in this task by Bert Armstrong, originally from Port McNicoll, who is a goaltending coach and has worked with professional goalies.

Larry Banks, physical education teacher at Ecole Secondaire Penetanguishene Secondary School also worked with Eby, helping out in the classroom instruction.

The program got under way at nine a.m. and involved instruction lectures and movies until three p.m.

An hour and a half ice time followed this which encompassed drills for skating and shooting which the coaches could use for their teams.

Duties

During the classroom section of the program, several subjects were dealt with, the coach as a teacher being one of them.

It is the duty of the coach to send message to the players regarding the way something should be done.

The player picks up the message and acts on it.

Whether the player acts on the message correctly determines if communication was made between the player and the coach.

To aid this process, the coach must keep his instructions to a maximum of three points.

That's the number of points a young hockey player can handle at one time.

An adult can process 5-6 points.

A coach must also perform three major duties, the first being to help the players improve their play.

But he must also provide a model for the players to follow as he

attempts to teach them the proper way to play hockey.

Thirdly, he must guide social roles which is the interaction between individuals.

Teaching

The first step in teaching is the act of demonstration and this is perhaps the most important of all five steps.

The players will copy what they have demonstrated before them.

The coach then explains what he wants done and the players practice the drill.

This is where the keen eye of the coach comes in for he must detect any problems in communication by watching the players and he must correct them.

The players are then given another chance to practice the drill.

Some of the practical hints discussed in the program were use the whistle; don't turn your back on any players when you're talking to them (for this reason, a semi-circle formation is best); keep all players active or you will lose their attention; use the entire ice surface for your practice and encourage the use of all facilities including weight rooms and other such fitness facilities.

However, it must be remembered not to have children under 14 years old lifting weights because it can cause damage to the bones' growth plates.

For those children, a simplified type of pushups and situps is effective.

Children that age do not really need that much conditioning as they are in their peak of body performance already.

Techniques

A lot of preparation goes into the game before the team is ready for a competitive contest.

It is necessary for everyone on the team to be in a good state of mind and practices have to be run for the purpose of ironing out problems and preparing your team for the style of play practised by the

opposing team you will play next.

Preparation behind the bench also takes time for you should have line changes and specialty lines pre-set for easier play.

Other things a coach must be prepared to handle behind the bench are individual instruction while the game is in progress, not to allow swearing on the bench, making sure the players are watching the game instead of the stands, making sure the players don't take unnecessary penalties, assessing new strategies and giving them a chance to work, regulating ice time or at least giving idle players something to do on the bench and be sure to use the weaker players if you have a big lead.

This last point can be changed depending on whether your team is in house league or representative hockey.

Preparation in the dressing room requires that the coach be relaxed when speaking to the team.

If he uses a black-board in explaining a new play, he must be sure that the players can follow what he puts on the board.

But perhaps most importantly, the coach must have the players' complete attention and he must have a theme for his talk.

Nutrition

As far as nutrition goes, the pre-game steak is nothing more than a myth.

Players should not eat any fried foods, in fact, before a game and too little food is better than too much food.

An ideal meal for four hours before the game would be a lean meat, a boiled potato, cooked and whole vegetables.

This meal will give the player some energy but not sit undigested in

his stomach and thus slow him down.

A pre-game meal cannot improve a player's performance but it certainly can hurt it.

Water bottles on the bench are necessary for the game of hockey but they must be used properly.

If it is a warm arena, more water should be given to the players while less water should be used by players in a cold arena.

Goaltending

Bert Armstrong dealt with the section on coaching goaltenders and several unknown facts were raised to the participants in the program as well as some that they already knew.

Goalies should be able to stick-handle just like the other players on the team and this can be done by including the goalies in all the drills.

Because of the tremendous weight of goalie protection equipment, they must be in excellent condition.

This can be achieved through jogging and a good time for bantam or midget age is a half hour of running.

Other exercises such as situps and pushups will give him the upper body strength that is so necessary in the game of hockey.

A goaltender must be able to maintain three separate levels of concentration, the first being when the players have crossed the center line and he must know where he is in relation to the net at this point.

He should be able to note the depth and width of the attack so he can assess a possible attack plan.

Thirdly, he should be aware of the other goaltender's game, noting how he made a certain save and perhaps trying it himself

The goaltender's style of play largely depends on his size and physical strength.

The butterfly style best suits someone of a larger stature and good abdominal muscles.

A goaltender that goes down must be able to get up quickly and for this reason, it is preferable that a goaltender stay up and ready for the shot or deke.

Using the angle gives the goalie the chance to make a big save by making a small move and that is why playing the angles cannot be stressed too much.

The key word in a goalie is mobility and this comes from skating ability and agility, both coming from constant conditioning and practice.

The coach should realize all this so he can properly coach a goaltender.

indicative of a good coach but this is the least important aspect of coaching.

If the players have fun and play at their best ability while learning more about the game of hockey, the coach has

performed well for the team.

All participants in the coaching clinic went away with this feeling in addition to a newly found confidence in their own coaching abilities.

Hebner's out of running for own trophy

After 11 games in Midland Recreation Hockey, Roadrunners are in the top spot in the race for the Hebner's Taxi Trophy that is awarded to the team accumulating the least minutes in penalties in regular season play.

To date, Roadrunners have 90 minutes in penalties while Performance Sports have 103 minutes in penalties.

Olympia Sports is close behind with 104 minutes in penalties with Athenian Flyers in fourth with 106 minutes in penalties.

Back in fifth place is Duggan's Polar Kings with 111 minutes in penalties.

Ironically, Hebner's Taxi who donated the trophy is in last place with 116 points.

Success

A coach's job is measured by success and this comes in many forms.

A lot of people feel that a winning team is



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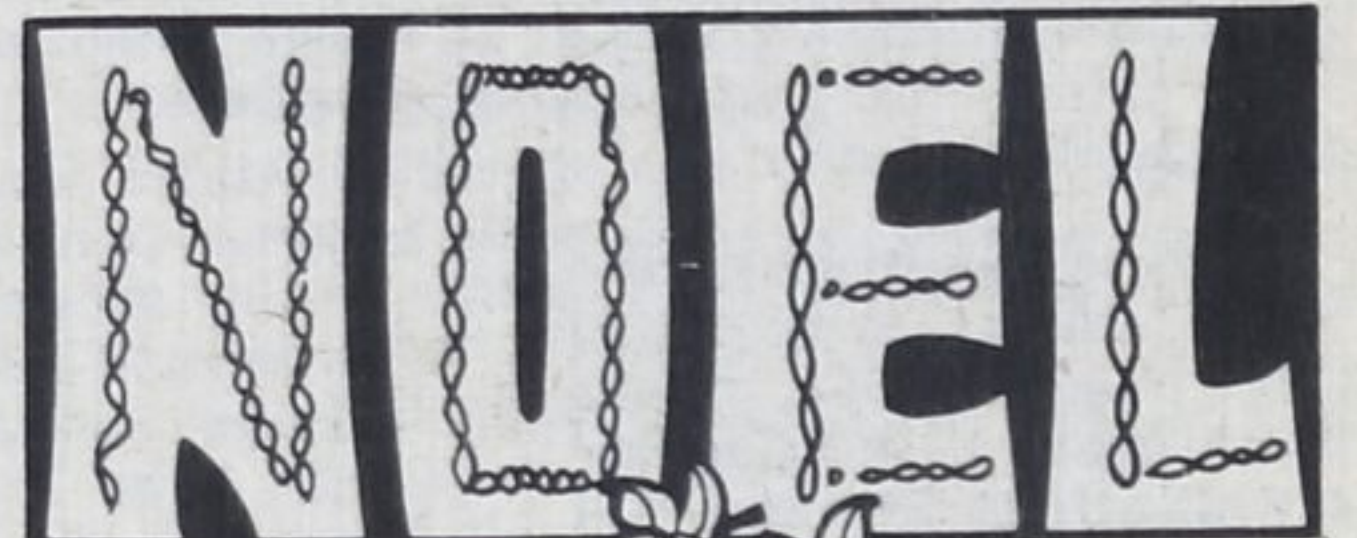
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