

YANKEE CONFERENCE SOUTH HOCKEY LEAGUE
TERMITE / MIGHTY-MITE
2006/2007
COACHES GUIDE

Yankee Conference Instruction Level is for new skaters that have little or no skating skills. The primary objection is to prepare the boys and girls for the Mite "C" Level next year.

Because of the limited amount of ice time on Rink B at Pilgrim Arena you probably will practice with another team. Remember, this is a "Teaching, Training and Development Level". All of these children need the ice time. This should be a fun and exciting time while learning to skate and play hockey.

To maintain a friendly atmosphere instruct the parents to tape the first names of the boys and girls on the front of their helmets. This way all the coaches will know who they are talking to.

The first three weeks should be focused on skating. NO SCRIMMAGES. It's more important learning how to skate than watching from the bench. **During the fourth thru the sixth week the last 10 - 15 minutes can be utilized for controlled scrimmages.** Coaches will be on the ice teaching game situations, ie: face-off-positions, off-sides (the tag up rule will be in effect on the off-sides) etc.

Official games will begin on the 7th weekend (Nov. 24). One coach only, from each team will be on the ice. These coaches will be the officials for the game. Call penalties if you see them. The last four weekends of the season (Feb 23 - March 18) will be playoffs. Referees will replace the coaches on the ice for all playoff games.

The Coaches Meeting for the Play-Offs will be Feb 17th at 7:00 pm on the second floor at Pilgrim Arena. This is a mandatory meeting. Schedules and play-off rules will handed out.

PLEASE REMEMBER, THIS IS INSTRUCTIONAL HOCKEY. MAKE IT A REWARDING AND FUN SEASON FOR YOURSELF AND OUR FUTURE STARS.

BASIC GUIDE LINES:

The following guide lines, though you may want to add more, may help you prepare for the play-offs:

Week 1: Focus on skating. Sprints, crossing over

Weeks 2 - 3: Skating drills, how to hold and handle the hockey stick, face off positions.

Weeks 4 - 6: Skating drills with and without the puck, how to pass and receive a passed puck (blue lightweight puck will be used, No Exceptions), red and blue lines, off sides (the tag up

rule will be in effect on the off sides), offensive and defensive positions, **10 - 15 minute scrimmage.**

Week 7 (Nov 24 - Jan 7): Scheduled games begin. Start with 5 minute warm up. One coach only from each team will act as referee and instructor. Set the clock for one period (approximately 36 minutes). This time should increase as players become more familiar with changing up their lines and setting up for a face Off.

Jan 13 - Feb 17: Start with 5 minute warm up. These games will be two periods, approximately 16 minutes in length each. At the end of the first period you will change ends.

INSTRUCTIONAL MITE TWO MINUTE BUZZER HOCKEY RULES

The Yankee Conference Instructional Mite Division is the foundation of every higher level Mite Team. We support the borrowing of Instructional Players being brought up to play on the Mite "C" Level. As the season progresses the Level Director may recommend a player to be moved up to the Mite Level.

The 10 man, 2 line buzzer hockey rules, used in Yankee Conference, are based on the HONOR SYSTEM. The coaches are expected to follow through to the best of their ability to make it work. When a coach shows up with only seven players and a goaltender, the system fails. Game protests are filed and bad feeling develop between players, parents, and coaches.

THIS IS CONTRARY TO THE REASON WHY WE ARE HERE

TEAM COMPOSITION:

All players should be graded one through eleven, one being the best skater. The player who is the sixth best skater would be the player who would waiver between the first and second line, depending on who is playing in goal for the game. As the season progresses you may find some skaters will have to be re-graded up or down. As coaches this is your responsibility.

LINE 1 - Must be your 5 best and oldest skaters. Only line 1 will play against line 1 on the opposing team. The line 1 skater would most likely be borrowed by a Mite "C" Team.

LINE 2 - Are your weakest and younger skaters. Only line 2 will play against line 2 of the opposing team.

GOALKEEPER'S - Every child, if he or she wants to, on your team should be given the opportunity to play net at least once. No one child at this development and skill level should be allowed to stay in the goalkeeper's position.

ABSENTEE RULE:

When a first line player is absent, a second line player must be moved up to the first line and is frozen on the first line for the entire game. A vacancy will be created on the second line in the defensive position. The ENTIRE FIRST LINE will take turns rotating through the open defensive position while skating their own position on the first line. If there are more

than two skaters missing you will still play the game but it will be recorded as a forfeit by the offending team.

BORROWING PLAYERS:

Coaches are responsible for playing with a full team. You must skate with a full team when it is possible to do so. You can only borrow a player from the same line that you have missing.

Example: A second line player is out. You can borrow a second line player only to fill that line. If a first line player is out. You can borrow either a first or second line player to fill that line.

Borrowing can come from a sister team in your program or from other towns' teams in Yankee Conference Instructional program.

There are two instructional levels. If you have a Mighty-Mite team you can borrow from another Mighty-Mite team or any player from a Termite team. If you have a Termite team you can only borrow line for line from another Termite team.

ROSTERS:

BOTH TEAM COACHES MUST SUBMIT A ROSTER FOR EVERY GAME.

Along with the date, game time, team name and level, all players and their numbers and what line the play on, must be listed. Please no duplicate numbers. Borrowed players should be listed along with where they were borrowed from and what line. If you do not have a Roster Sheet blank ones should be located on top of the time keeper's box.

At the conclusion of the game the head coach must sign the roster and write the name of the winning team and their score, and the losing team and their score at the bottom of the page.

Leave the sheets in the box above the time keeper's box. This is the only way we can keep track of standings.

DO NOT USE ANY OF THE OFFICIAL SCORE SHEETS FROM THE PRO SHOP

PLAYING THE GAME:

All games will start with the second line, (weakest skaters) on the ice. The first line should be on the ice for the final 2 minutes of the period or the last period. Make sure the clock starts at an even number, (16 minutes or 36 minutes). The only time the clock is stopped is at the end of the 2 minute shift. If a whistle is blown anytime during the shift the clock remains running. The only exception to this rule is if the score of the game is within 2 goals during the last 2 minutes of play.

FACE OFFS:

All face offs after a line change will take place at center ice. During the two minute shift, if a whistle is blown, the face off should be at the circle closest the last point of play. After a goal, icing or off sides, face offs will be at center ice.

PENALTIES:

Call them if you see them. Be sure to explain to the child why the penalty was called. The penalized player should sit on the bench beside the time keeper for a ONE MINUTE running time penalty. The penalty does not carry over to the next line, except in the last four minutes of the game.

SAFETY RULES - RINK B PILGRIM ARENA

The following applies to all Yankee Conference Hockey League practices, scrimmages and games. Make sure all the players and parents are aware of all these rules:

1. NO CHANGING INTO UNIFORMS OR PUTTING ON SKATES IN THE SNACK BAR. Unfortunately there are no locker rooms for Rink - B (middle rink). Just inside of A and C Rink there are benches that can be used. PLEASE MAKE SURE PARENTS ARE AWARE OF THIS.
2. Players, spectators and parents are not allowed inside Rink B while the Zamboni is making ice.
3. No carriages or strollers are allowed inside of the rink.
4. When the practice, scrimmage or game is over please expedite leaving the rink so the Zamboni can begin making ice for the next group.
5. Parents, if a player is down on the ice for any reason DO NOT GO ON THE ICE. Coaches have been instructed how to deal with an injured player.
6. No one should be on the ice without skates or helmet.
7. Neck Guards must be worn by all players. Goalies must wear neck guard and neck shield.

GOOD LUCK TO ALL TEAMS. HAVE FUN!!!!!!!!!!

If you have any questions or problems contact the Instructional Directors.

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