

# 2010/11 KNIGHTS OF COLUMBUS PATS SEASON AND TRY-OUT INFORMATION



## COACHES:

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## 2010 / 11 K of C PATS Hockey Team

I would like to take the opportunity to welcome every player to Knights of Columbus Hockey. At K of C Hockey we are working hard to be the leading minor hockey association in Alberta with our coaching philosophy towards player development where-by every player that puts forth their best effort, provides a great team first attitude and is dedicated to their preparation towards being the very best they can be, than they deserve a fair opportunity to play. Our role as coaches at K of C Hockey is to educate, nurture, and empower our players by providing fair opportunities to enhance their personal growth and development.

As coaches with K of C Hockey we fully understand that we have a tremendous opportunity to be strong role models and realize that our impact will be remembered for a lifetime by the players we impact. Our coaching philosophy is athlete-centered with an expectation towards player development using a creative balance of the 'thirst for victory' while at the same time providing every player we coach with fair competitive opportunities at game time.

As the PATS prepare for the 2010 / 2011 hockey season we as coaches always need to keep in mind the following key points:

- "Minor Hockey is Minor Hockey" regardless if it is "Rep." or not - kids are playing hockey because they love the game;
- As a team need to grow everyday - we don't need to win everyday (to us it is all about positive growth and development as well as focusing on the **process** of improving every single day);
- As a coach it takes patience to "stay the course" and requires a 'thick skin' to deal with those 'outside of our dressing room' that do not understand what it means to be 'athlete centered in a team structure;'
- Our coaching philosophy will never be about 'winning at all costs' as the outcome goal. A coach and an athlete focusing only on winning games will rarely benefit a player's performance, success or skill development over the course of a season. For Larry, Dennis, Darrell, Kyle and myself it is always about the 'Process of Pursuing Excellence' where success and winning will eventually become the "by-product" of **'winning at the process** and not the outcome;'
- It is about coaching young individuals and recognizing their self-worth at all times by keeping the "Big Picture Perspective" in mind of what type of impact we as coaches want to leave our players with at the end of the season;
- For us hockey is the greatest game ever played and the experiences and the lessons learned from playing it will last our players a life time - we are committed to not be the coaches that become a reason why the player leaves / quits the game;
- As coaches we have to fully embrace the concept that we are the 'developers of young champions' both on and off the ice. We are committed to making a difference in the lives of our players because it is not about us or about the parents - it is always about the kids we coach;

- As coaches we have to embrace a Positive Approach and be "Artists of Encouragement" in order to inspire our players to do their very best. A negative and 'old school' approach will never work with kids today;
- We understand that there is an "I" in Team - it is the place that no other player can fill (we also understand that by utilizing a player's value, whatever that might be, is what makes him valuable);
- We understand that 'no one cares about how much you know until they know just how much you care;'
- The coaching task for us that requires the greatest skill however creates the most anguish is the one of finding a place for every single player's abilities. Every member of our team is important, every player has value and everyone is expected to contribute to the success of the PATS. Our motto is that if "we pick the player we have to find ways to play him in all situations;"
- The 'Self-Esteem and Image' of the individual player is always # 1. Our goal as coaches is to leave every player on our team with a "successful image" of themselves by helping them remember that "no one is better than they are as well as that no one is any worse than they are either;"
- We have to be patient with 'the processes of improving everyday as a team and as individuals.' The only certain thing with coaching a team is the start of and the end of the season. It is 'the middle' that is the most important for us because that is where the journey is ('The Peaceful Warrior' movie);
- The four most important words to any player from their coach is "I believe in you;"
- We are committed to remember to being 'painfully positive and painfully patient' through the 'process of team and player development' - it will always 'pay off in the end;'
- We are committed to always being 'fair' by 'coaching the 20' and excluding no one! As coaches we understand that we are obligated to make sure every player on our team is treated fair and coached equally;
- We are committed to ensuring that every player should always feel valued for their contributions - players need to know that we are proud and that we appreciate their efforts no matter how small or how big - 'they always have to know' that they make a difference;
- Our goal as coaches this year is to walk away from the 2010/11 season knowing that we were fair to all of our players and that we created a 'winning culture' for them to develop both physically and mentally.

Attached is helpful information of what is expected from our players.

If there is anything that myself, Larry or the PATS can help out with please feel free to ask.

Good luck to everyone.

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The "Vision" of what a **K of C PAT** is for the 2010/11 hockey season will be:

***Attitude, Compete Level, Work Ethic, Character, and Coachability.*** Obviously there are many other traits in relation to a player's skill set that we look at in order to play in the AMHL; however these traits are the foundation for what we are looking for in a **KC PAT for the 2010/11 hockey season.**

The Knights of Columbus is very much a hockey rich community with a tremendous amount tradition. The K of C PATS quest for success goes beyond wins and losses towards the 'big picture future' of all our player's lives. We want our players to eventually leave K of C Hockey well prepared for opportunities at the next level whether it is in hockey, school or work.

Over the last few years the K of C PATS have worked extremely hard to establish a 'winning culture' and we want to carry on that tradition and subsequently continue on with those established habits to future K of C PATS teams.

#### **What you NEED to do to wear a K of C PAT uniform:**

- You must possess an incredible work ethic by **always** attempting to be the ***hardest worker on the ice;***
- You must demonstrate that you ***"love to be on the ice"*** in your enthusiasm, your energy and in your eyes;
- You **never** take any ***"short cuts"*** (wanting execution to be proper is critical);
- ***You are a good character person who acts like a professional by taking the initiative to make someone else's life easier (eye contact, be positive, respectful to others, you clean up the dressing room/lecture room, you are well-mannered, you pick up pucks, ...).***
- You do something every drill and every shift to shows that you ***"compete"*** (No *"drive-bys"* - *block shots* - *chase a man down on a backcheck hard, drive through the net - get yourself into the 'tough scoring areas'...*),
- *You are a 'hard player to play against;'*
- ***You play to your strengths!*** Remember that your strengths bring value to your game whether that may be Energy / Physical / Speed / Offensive / Cerebral...;
- You do not need to ask yourself "how big do you play?" Are you 5'5" and play 6'2"? ...Are you always on the perimeter of where the puck is? / Are you always second to the puck? / Are you always chasing the puck...?
- You communicate on the ice (especially goaltenders) and take control and talk. You let your teammates know that you are there to support and help them;
- You have a ***"purpose to your play!"*** You know what you are doing with and without the puck in all three zones and in all four phases of the game (Offense, Defense, Transition and Undetermined Possession);
- You commit yourself to having a ***strong desire to compete for pucks, and to stop for all loose pucks to compete for positioning and for space;***
- You ***love to 'battle hard'*** to keep the puck and you ***love to 'battle hard'*** to get the puck back!

- You ***don't get down on yourself*** - If you slam your stick, whine, pout or continue to 'beat yourself up' you will not be effective - You have to respect yourself;
- You ***encourage your teammates*** and you are ***'alive' on our bench*** - you hold yourself and your teammates accountable with your positive energy;
- You play with ***intensity, energy and emotion*** - you show up to the rink and you play like you want this opportunity "badly;"
- You are ***disciplined*** - you play hard, you are mentally tough and you are coachable;
- You know that ***if you help your team succeed - you will also succeed*** - the "team" is stronger than one individual - you are not trying to be the "the show" because you understand that an ego will kill the efforts of a skilled player and a great team;
- You are ***coachable*** (Billy MOORES about Wayne Gretzky) - you want to learn and you are not a 'know it all' or a 'ya but' person.'
- You are ***fun to be around*** because you know that is a quality the best team players have;
- You realize that the success of the ***team*** always comes first and that you must try and contribute to the team's success in every way you are capable of.





What are the observable qualities of a K of C PAT player?

- He is highly competitive,
- He is willing to put his personal goals aside and buy into the team concept,
- He is ready to accept a role different than normally used to if required,
- He is able to realize the importance of and plays with emotional control,
- He has an amazing work ethic,
- He has a great 'team first' attitude,
- He has the focus and preparation of a 'pro,'
- He is disciplined both on and off the ice.

### ATTRIBUTES OF A K OF C PATS PLAYER:

#### CHARACTER:

- He plays with pride, passion and purpose - he wants to learn and get better,
- He plays with team sacrifice and he is willing to do what is necessary at all moments of the game,
- He "pays the price" by doing the extra little things that make a difference (he takes a hit to make a play, he blocks shots, he drives hard to the net, he finishes checks, he back checks hard with a purpose, he 'eats pucks' rather than turn it over...),
- He leads by example and he attempts to be the hardest worker on the ice at all times,
- He shows maturity by supporting his teammates, he is respectful of others and he wants teammates to succeed - he doesn't "whine," "pout," or "chirp" to detract away from the team's purposeful focus,
- He is open to new concepts, he makes an effort to improve, he accepts advice knowing that his coaches are there to help him get better, he brings a committed focus to every practice and every game,
- He shows that the "WE" (PATS) is bigger than the "ME."

#### 'STP': SPEED, TEMPO, PACE

- He wants to execute everything at a high rate of speed on a consistent basis,
- He plays to his skill set strengths. "Is what he is" (every player has something unique to bring to the party'),
- He has good hockey sense with an ability to think on both sides of the puck, (offence and defense) and has an ability to read the play and see what is happening around him,
- He has good puck skills in open ice and in traffic,
- He has very strong puck pursuit skills and has a desire to be first to the puck knowing that good players find ways to get to the puck!
- He is effective without the puck (95% of the game) and finds open ice with and without the puck / he plays physical and tough / he supports the puck - he fights hard to become an 'option' / he is able to eliminate or create passing lanes.

## STRENGTH:

- He wants to compete and play at a high intensity level on a consistent basis,
- He wants to compete hard for the puck at all times,
- He is hard nosed and determined and wants to win every 1 on 1 battle,
- He plays with "grit" and energy,
- He uses his strength and quickness to gain an advantage - he understands that big players must play big and be physical / "muckers" must "muck" - scorers must go to the net hard...,
- He takes pride in having no "drive-bys" / he knows 'finished checks' are counted as a "team stat. for success,"
- He loves the burden in being 'hard to play against,'
- He has an "Our puck" mentality - he battles to keep the puck and he battles to get the puck back,
- He is defensively tough and disciplined.

## INTANGIBLES

- He is enthusiastic (something that has to be caught),
- He plays with intensity, emotion and "edge,"
- He provides leadership and is committed to the "team" both on and off the ice,
- He is fun to be around - he is a good teammate,
- He has strong communication skills,
- He is committed to and wants to be a part of the "Golden Bear Challenge,"
- No one works harder when he is on the ice.

## POSITIONAL CHARACTERISTICS OF A K of C PAT:

### Goaltenders:

- He is agile with good angles and has good rebound control,
  - He must be able to handle and move the puck,
  - He must understand and buy into the team concept and be a great teammate,
  - He has strong mental skills,
- Both goaltenders selected must be capable of being the number one goaltender and both must be capable of having standout performances in individual games.

### Defense:

- He must be mobile and agile and have good lateral movement side to side,
- He must be able to contain players in 1 on 1 situations,
- He must be a good positional player,
- He must be able to read and respond to pressure in order to move the puck quickly,
- He must understand and buy into the team concept,
- He must be 'tough to play against' every shift.





### Forwards:

- He must possess excellent skating qualities such as speed, quickness, agility, power and strength,
- He must be an intelligent player that understands and is committed to both offensive and defensive systems,
- He must understand and 'buy into' the team concept,
- He must be unselfish with the puck,
- He must be hard to play against.

### Player Selection:

The 2010/11 PATS will have a great overall work ethic coupled with speed to be able to execute as a group quickly. Our final selection players will be ones that are committed to a team structure. Our goal this season is to take the most skilled players available and add "character players" focusing on the above mentioned attributes with the difficult final few decisions.

### **THE K of C PATS "TEAM CONCEPT"**

#### ON THE ICE

- WE ARE THE HARDEST WORKING TEAM IN EVERY PRACTICE and EVERY GAME
- WE PLAY WITH AN EDGE AND WE PLAY 'IN YOUR FACE HOCKEY'
- WE PLAY "TEAM TOUGH" EVERY SHIFT
- WE PRESSURE BOTH OFFENSIVELY AND DEFENSIVELY WITH SPEED, TEMPO and PACE BY EITHER GAINING OR BY TAKING AWAY SPACE QUICKLY
- WE ARE PREPARED, WE STAY POSITIVE AND WE HAVE GREAT WORK HABITS
- WE ARE A 4 LINE, 6 D-MEN AND 2 GOALTENDER TEAM - THIS IS OUR STRENGTH
- AS A GROUP WE PLAY WITH PASSION AND INTENSITY ALWAYS
- WE DEMONSTRATE A "TEAM BEFORE SELF" FOCUS AT ALL TIMES THROUGH INDIVIDUAL SACRIFICE

#### DISCIPLINE

- EVERYONE ACCEPTS THEIR RESPONSIBILITIES / ROLES FOR THE BENEFIT OF THE TEAM
- AS A GROUP WE DEMONSTRATE MENTAL TOUGHNESS BY "STICKING WITH THE PLAN"
- WE PERSIST THROUGH ANY TYPE OF ADVERSITY AND WE UNDERSTAND THAT THE "HARD" IS WHAT MAKES US SO GOOD
- WE EXECUTE TEAM SYSTEMS WITH PASSION - WE WANT TO 'BUY IN' TO THE STRUCTURE OF THE TEAM BECAUSE IT WILL ULTIMATELY CREATE INDIVIDUAL SUCCESS
- WE TAKE PRIDE IN BEING RESPONSIBLE DEFENSIVELY
- WE ARE PASSIONATE OFFENSIVELY

## OFF THE ICE

- WE ARE POSITIVE AND ENTHUSIASTIC ON THE BENCH AND IN THE ROOM
- WE ARE A GROUP OF "GREAT PEOPLE"
- WE SHOW SUPPORT FOR OUR TEAM MATES.
- WE UNDERSTAND THAT THERE ARE NO "VET RULES" - EVERYONE IS A PAT!
- WE UNDERSTAND THAT OUR TEAMMATES ARE MOST IMPORTANT BECAUSE "TOGETHER" WE ARE STRONGER
- WE DEMONSTRATE AN UNSELFISH ATTITUDE BY RECOGNIZING THE GOOD IN EVERYONE AND WE UNDERSTAND THAT EVERYONE SERVES THE TEAM
- WE UNDERSTAND THAT EVERYONE HAS A PURPOSE ON THE PATS AND THAT EVERY SINGLE PLAYER BRINGS VALUE TO THE PATS SUCCESS
- WE TAKE PRIDE IN HAVING AN UNMATCHED FOCUS AND PREPERATION.
- WE ARE ABLE TO HAVE FUN BY LAUGHING AND TAKING TIME TO ENJOY OUR SMALL VICTORIES ENCOUNTERED DURING "THE JOURNEY" OF THE 2010/11 HOCKEY SEASON

