

CAMBRIDGE ROADRUNNERS

GIRLS' HOCKEY ASSOCIATION

Coach 1 – Introduction to Coach Training

Course Overview

The Coach 1 – Intro to Coach program aims to equip coaches with essential tools in leadership, communication, teaching skills, and lesson planning, tailored specifically for the youngest athletes. Coaches enrolled in this program receive a comprehensive manual containing progressive practice plans designed to make the initial hockey experience enjoyable and positive for beginners.

Who Should Attend?

Intro to Coach is mandatory for coaches working with U7 (5-6 years old) and U9 players. While it caters to these specific age groups, the program is beneficial for coaches at all experience levels. It focuses on teaching fundamental skills in a fun-oriented manner.

Qualification Requirements

Qualification is contingent on full attendance, with 100% attendance being mandatory.

There are no prerequisites for the Intro to Coach course. Upon successful completion of all program components, including online modules, classroom sessions, and on-ice training totaling 12 modules online, 90-150 minutes in class, and 90 minutes on the ice, participants will achieve Trained status.

PATHWAY FOR COACH 1 - INTRO TO COACH			
PATHWAY All Years	TRAINED Hockey University Modules 1-12 Clinic Attendance All in Class Tasks	CERTIFIED N/A	CERTIFICATION MAINTENANCE N/A

Certification is not required at Coach 1 and a coach can stay "Trained" indefinitely.