



Manitoba Minor Ball Hockey League Coaching Handbook

Coaching Philosophy

- Create a fun, positive environment where players want to return.
- Keep explanations short and demonstrate skills.
- Use repetition and high activity to maximize development.
- Focus on effort, teamwork, and learning.

CBHA Youth Development Focus

- U9: skill development, rules introduction, fun small-area games.
- U11: introduce systems concepts and floating blue line awareness.
- U13: positioning, team play, and decision making.

Ball Hockey Rink Layout

- Understanding offensive zone, neutral zone, and defensive zone is critical.
- The floating blue line rule extends the offensive zone back to center line.

Breakout Systems

- Defense retrieves ball behind the net.
- Winger supports along boards.
- Center supports middle lane.

Forechecking Systems

- 1-2-2 Forecheck: pressure puck carrier with layered support.
- 2-1-2 Forecheck: aggressive pressure deep in offensive zone.

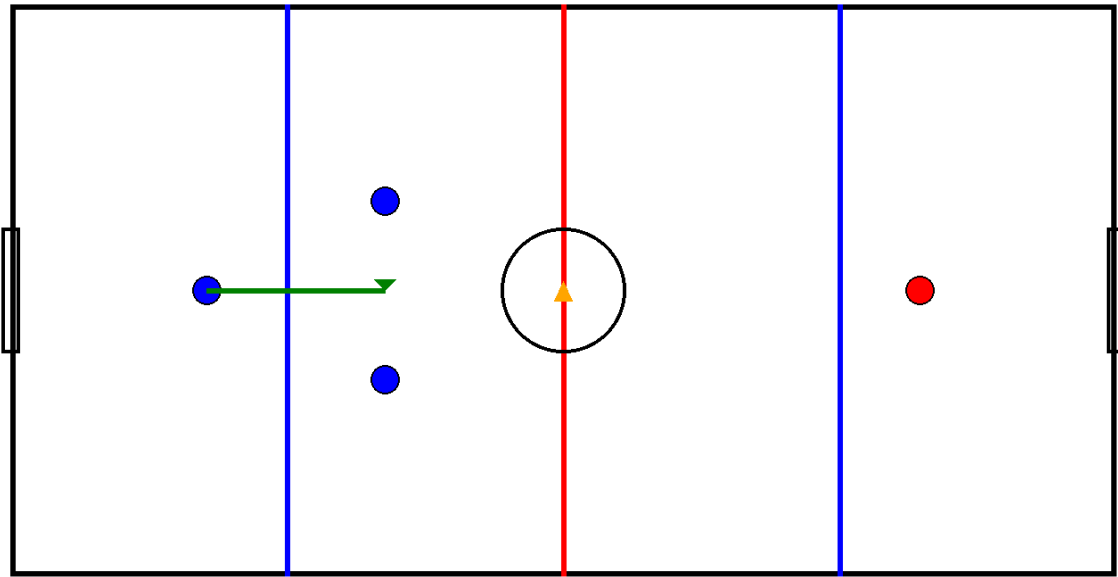
Special Teams

- Power Play: spread floor and move ball quickly.
- Penalty Kill: protect middle and clear ball past center.

Goalie Fundamentals

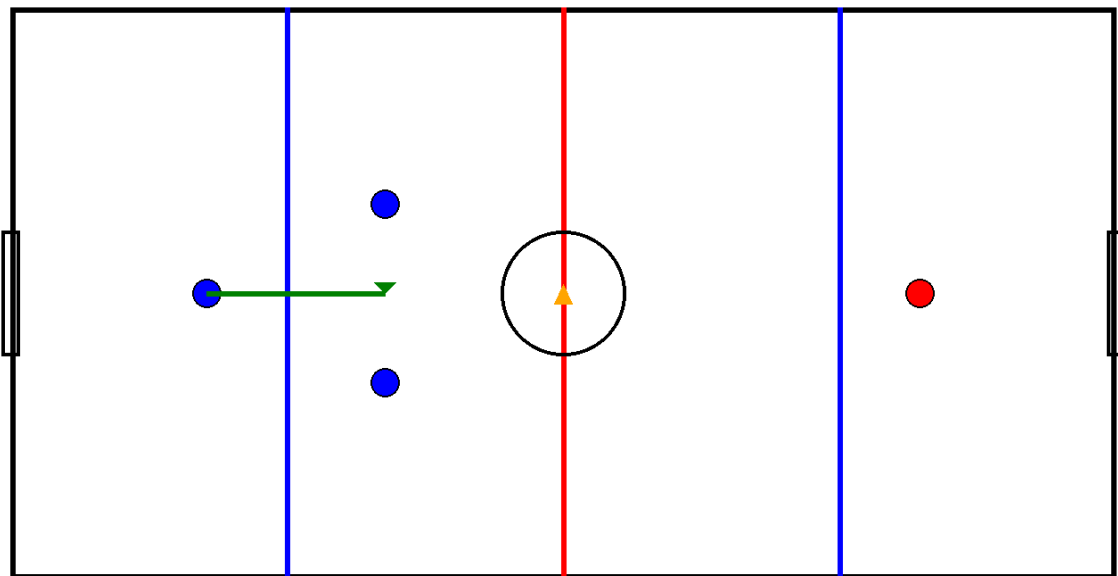
- Stay square to shooter.
- Control rebounds.
- Communicate with defense.

Offensive Zone Structure



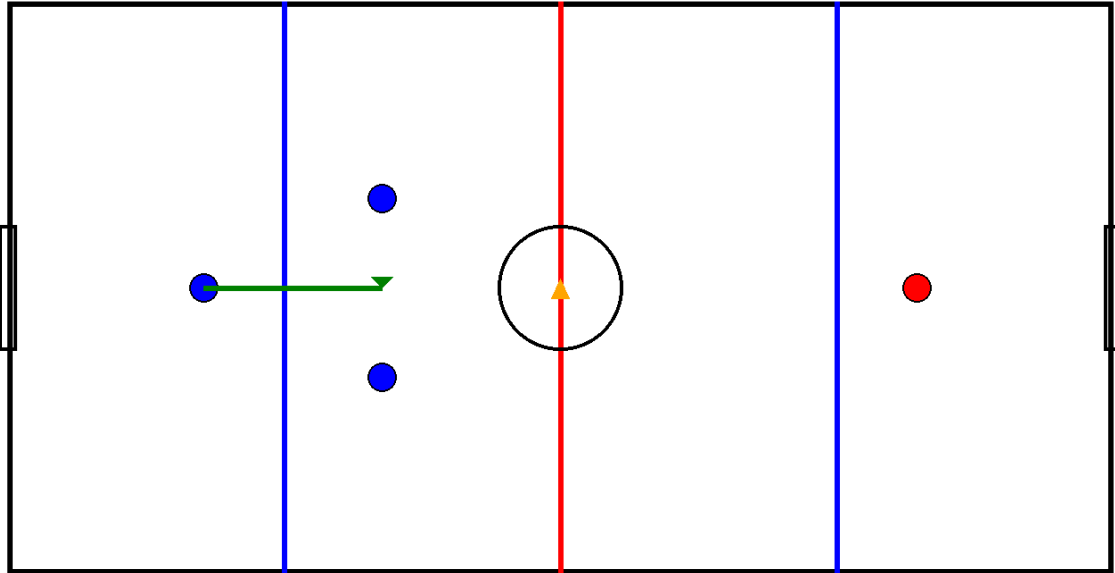
Coaching Tip: Explain player responsibilities before running the drill.

Neutral Zone Positioning



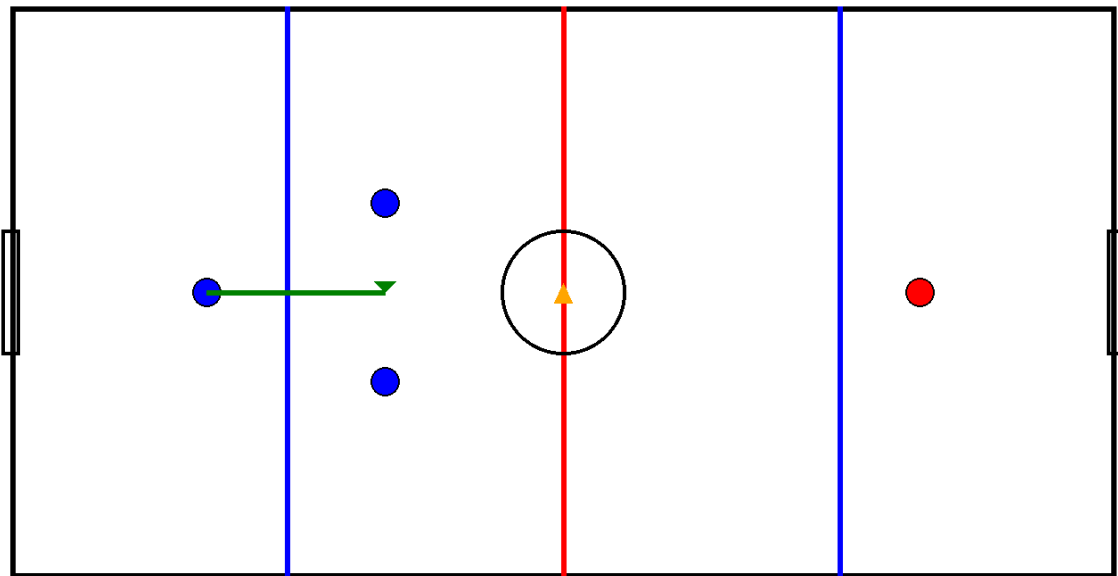
Coaching Tip: Explain player responsibilities before running the drill.

Floating Blue Line Example



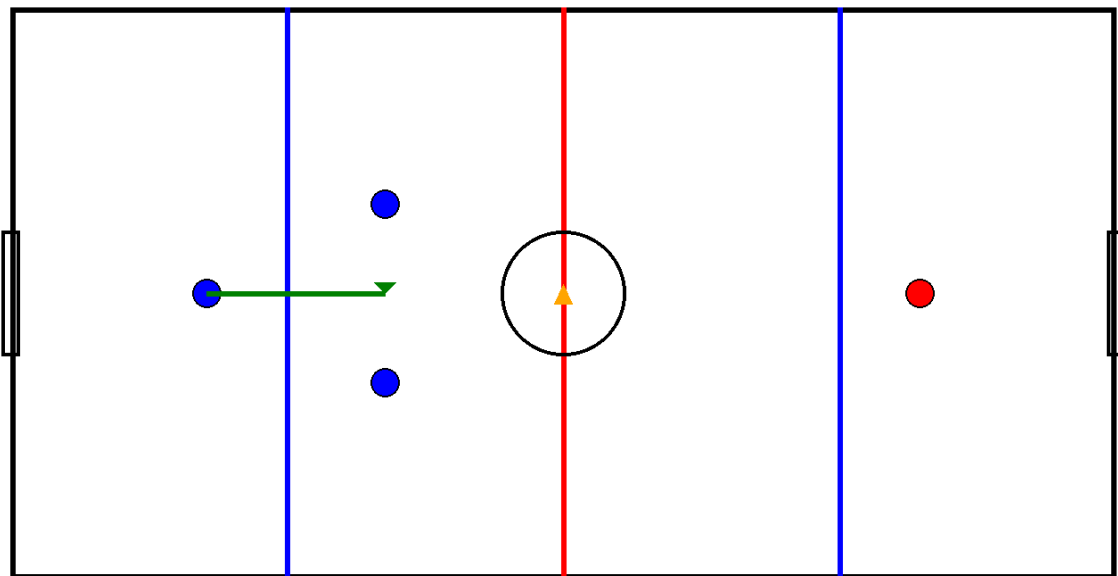
Coaching Tip: Explain player responsibilities before running the drill.

Basic Breakout System



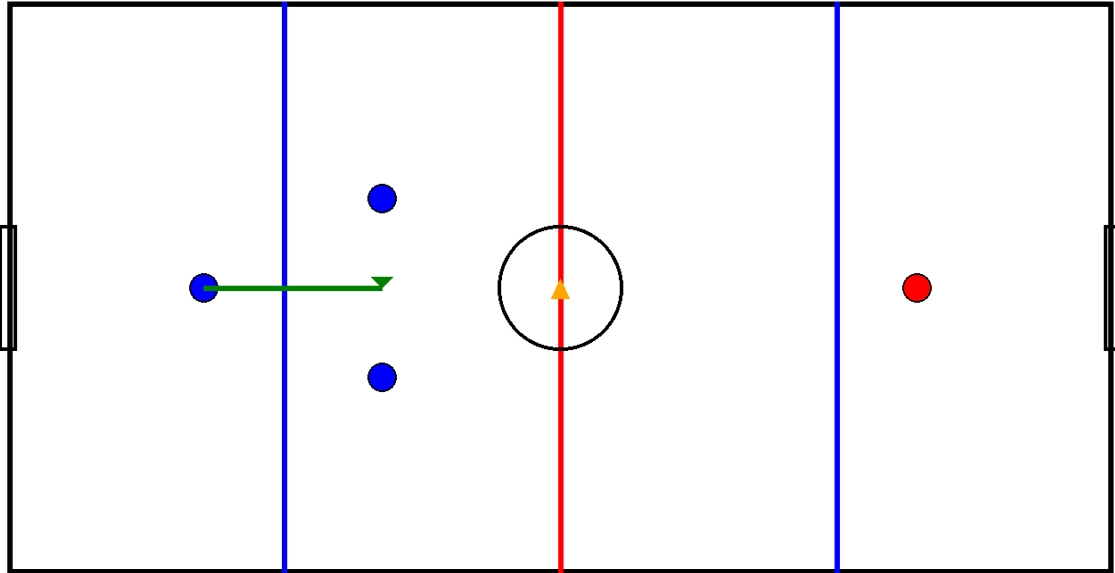
Coaching Tip: Explain player responsibilities before running the drill.

1-2-2 Forecheck System



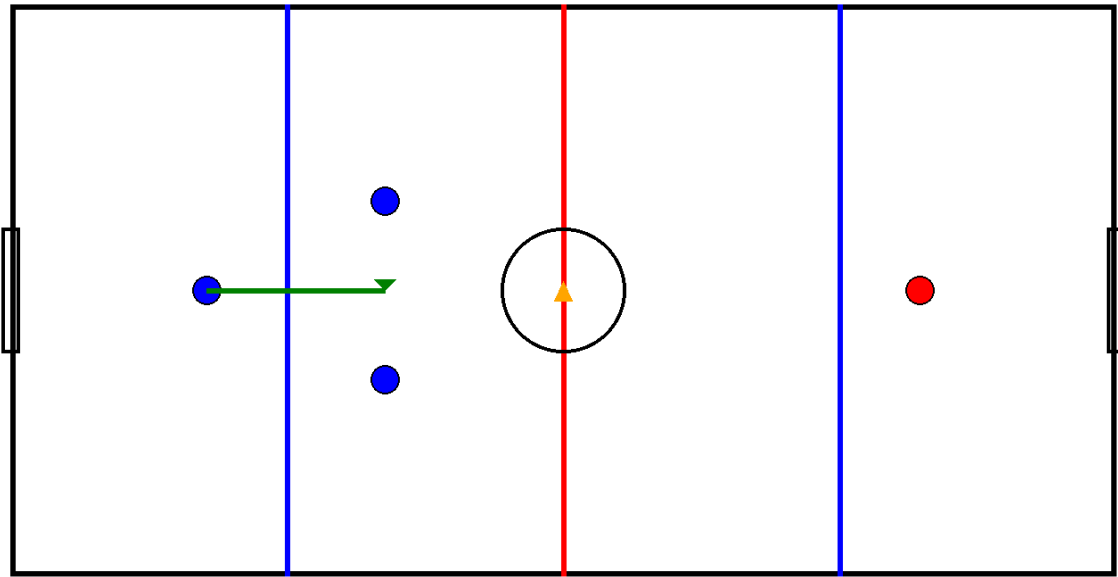
Coaching Tip: Explain player responsibilities before running the drill.

2-1-2 Forecheck System



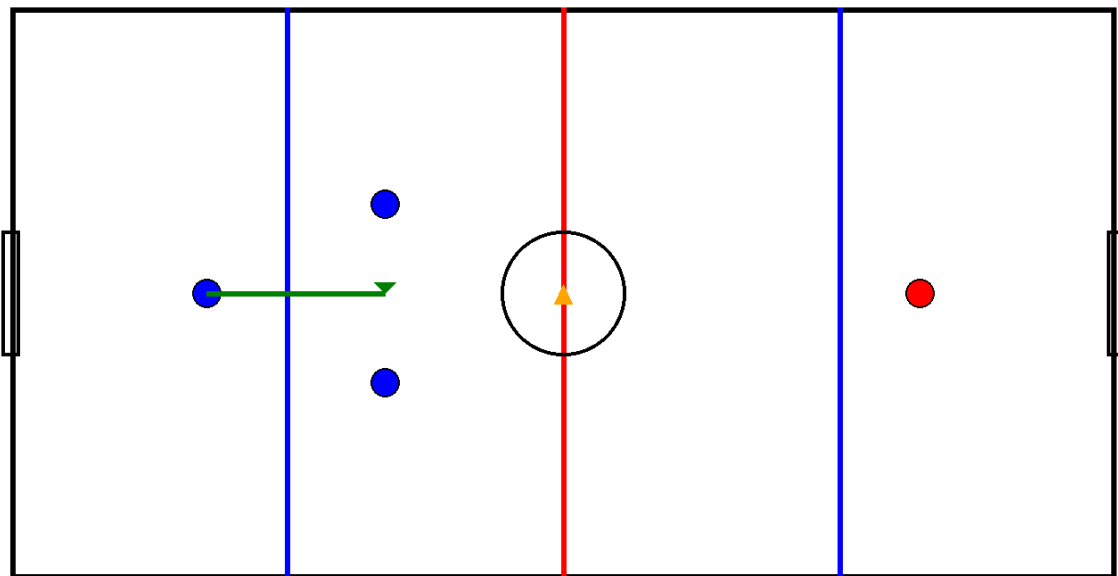
Coaching Tip: Explain player responsibilities before running the drill.

Power Play Setup



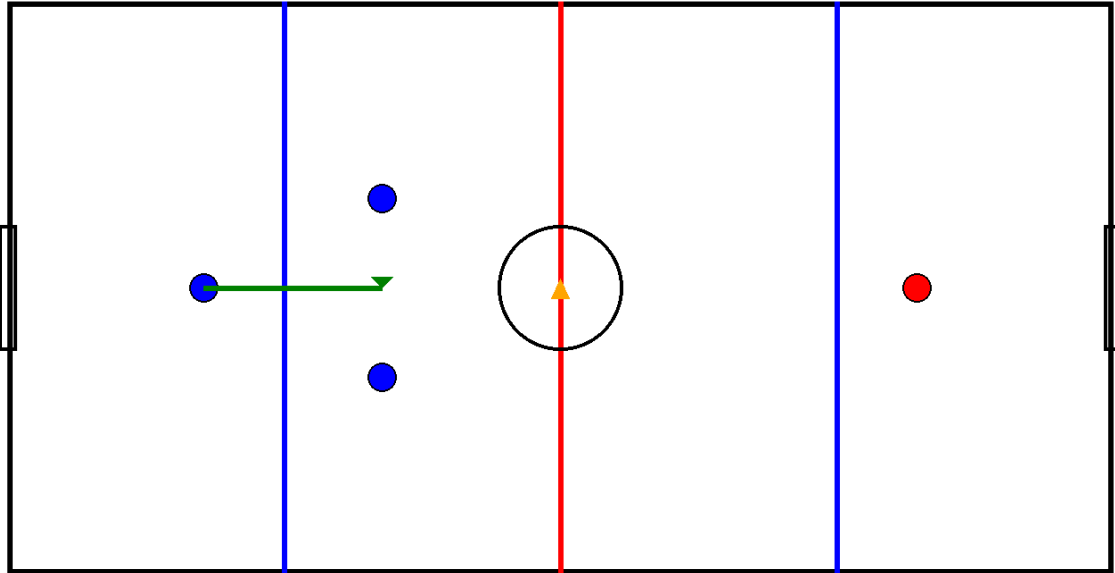
Coaching Tip: Explain player responsibilities before running the drill.

Penalty Kill Setup



Coaching Tip: Explain player responsibilities before running the drill.

Goalie Positioning



Coaching Tip: Explain player responsibilities before running the drill.

U9 Practice Progression (CBHA Based)

Practice 1

- Warm-up stickhandling
- Passing drill
- Shooting drill
- Small area game

Coaching Tip: Keep drills short and keep players moving.

Practice 2

- Warm-up running
- Passing while moving
- Shooting in stride
- 3v3 game

Coaching Tip: Keep drills short and keep players moving.

Practice 3

- Warm-up stickhandling
- Give-and-go drill
- Transition drill
- Scrimmage

Coaching Tip: Keep drills short and keep players moving.

U11 Practice Progression (CBHA Based)

Practice 1

- Warm-up stickhandling
- Passing drill
- Shooting drill
- Small area game

Coaching Tip: Keep drills short and keep players moving.

Practice 2

- Warm-up running
- Passing while moving
- Shooting in stride
- 3v3 game

Coaching Tip: Keep drills short and keep players moving.

Practice 3

- Warm-up stickhandling
- Give-and-go drill
- Transition drill
- Scrimmage

Coaching Tip: Keep drills short and keep players moving.

U13 Practice Progression (CBHA Based)

Practice 1

- Warm-up stickhandling
- Passing drill
- Shooting drill
- Small area game

Coaching Tip: Keep drills short and keep players moving.

Practice 2

- Warm-up running
- Passing while moving
- Shooting in stride
- 3v3 game

Coaching Tip: Keep drills short and keep players moving.

Practice 3

- Warm-up stickhandling
- Give-and-go drill
- Transition drill
- Scrimmage

Coaching Tip: Keep drills short and keep players moving.

Printable Practice Sheet

Coach Name: _____

Team: _____

Practice Date: _____

Practice Focus: _____

Warm-up: _____

Skill Drill: _____

Team Drill: _____

Game / Scrimmage: _____

Coaching Notes: _____