



COACH PROFILE

Burlington Novice MD Bulldogs



Michael Milford - Head Coach

Name: Michael Milford
Age: 38
Hometown: Burlington, ON
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Hockey jobs:

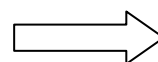
2007 → 2009 – BLOMHA Development 4 / 5 - Coach

2009 / 2010 – BLOMHA Tyke – Coach

Family: My wife and I have two kids. We are all active in sports and other activities. While hockey consumes a lot of our time, we believe that kids need to be well rounded and have exposure to many of the opportunities that life has to offer.

Day job: Health & Safety, Environmental & Quality manager

Hockey experience: I have been active in hockey since a very early age. I started playing hockey in Oakville and moved to BLOMHA in 1985. I played house league, house league select and high school hockey. I was developed under the guidance of many great coaches along the way. Currently I participate in a couple of men's leagues including the Burlington Oldtimer's hockey. Maintaining a backyard rink has been a challenge but I consider it great hockey experience too!



Coaching philosophy:

Key points: Positive motivation. Instill hockey passion. Make the game fun. Share knowledge.

A coach needs to have the ability to effectively communicate with the kids and communicate with the parents to ensure our children's success. I strive for this on a daily basis. As parents you understand the critical role that you play in the development of your child. If you know what is going on at the rink and what the philosophy of the team is, it is easier for you to continue the education and coaching at home.

From the ages of 6 – 9 the kids who really want to play are very eager to learn the game including the strategies. Their hockey skill and sense is developing rapidly and they will continue to surprise you with what they can do. Focus at this young age continues to be on individual skill development but it is critical to learn how a team functions and what responsibilities they have as a player in order for our team to be successful.

Skating is the single most critical skill for a hockey player. If you have or develop the ability to skate effortlessly the rest of the game comes so much more naturally and efficiently.

Every child needs to know that they are special and they have the ability to be a great hockey player, they just have to learn how to let it out. I will treat your child with the same respect I show for my own children. Not all kids are created equal, some need to be guided with a soft voice and others require a more authoritative approach.

Hockey has to be fun. The better you are the more fun it can be; the more fun it is the better you will be. I have and will continue to instill work ethic and passion in the kids that I coach.

Participate to the best of your abilities at *everything* you do. Have fun! Work hard!

Practice tips: Practice is so important. It really can't be stressed enough. In practice you get to touch the puck so much more than when you're in a game. Practice is where you will develop all those little skills that you need to be an effective performer in game situations. Repetition is the key.

*Pretend you're in a game – don't quit.

*Focus on the drill – understand why you're doing what you're doing.

*Work on your skating.

*Puck control.

*Shoot for the corners about 12" off the ice.

*Practice should be fun too. You can learn a lot doing drills that seem totally ridiculous....