



### Coach Mentorship Program Highlights

#### Report to EMHA Annual General Meeting for 2025-2026

The Coach Mentorship program this season included elements such as the following.

#### Off-Ice Sessions

- **October 7, 2025**
  - **Coach Meet and Greet session for all levels**
    - **Meet the Mentors**
    - **Learn more about the EMHA Coach Mentorship Program**
    - **Q&A**
- **October 28, 2025**
  - **The Coaching Solution to Developing Skilled Players - with Brian Gillam, Player and Coach Development Specialist and owner of Brian Gillam Hockey**
- **May 7, 2026**
  - **Season Wrap-Up Session - with Brian Gillam, Player and Coach Development Specialist and owner of Brian Gillam Hockey**
    - **Summary of sessions conducted this season**
    - **Including distinguishing between the linear and non-linear approaches we looked at this season, including the strengths and/or weaknesses of each**
    - **Q&A around ideas and learnings**

#### On-Ice Sessions

- **December 6, 2025**
  - **On Ice Coaching Methods for Developing Skilled Players Part 1 - with Brian Gillam, Player and Coach Development Specialist and owner of Brian Gillam Hockey**
    - **In session 1 we looked at how to use Representative Learning Design (RLD)**

- How to take unopposed drills and make them representative
  - How to use RLD to increase variability
  - How to use RLD to create the proper focus of attention
  - How to increase variability in an isolated drill
  - How to provide instructions when working in an RLD
- **January 13, 2026**
  - **On Ice Coaching Methods for Developing Skilled Players Part 2 – with Brian Gillam, Player and Coach Development Specialist and owner of Brian Gillam Hockey**
- **January 23, 2026**
  - **Developing effective checkers – with Brian Gillam, Player and Coach Development Specialist and owner of Brian Gillam Hockey**
    - Want to play with the puck more? Then learn how to play without it
    - Developing effective checkers (and we are not talking about body checking)
    - Understanding defensive principles
- **March 6, 2026 – Double Session**
  - **Goalie Coaching 101 & Beyond - with Rick Besharah, Lead Goaltending Instructor & Evaluator, Goalie Army Academy**
  - **Goal scoring – with Brian Gillam, Player and Coach Development Specialist and owner of Brian Gillam Hockey**
    - More to goal scoring than shooting.
      - Teaching players how to create chances
      - Developing understanding of offensive and scoring principles
      - No system required...simply a question of skill and habits

Note - Sessions outlined above were attended, over the course of the season, by

- 36 different Coaches, including 4 Blues Coaches

### **Other Resources Provided**

- Provided Body-Checking Clinic for Blues
- Served as House League evaluators at sort outs for each level
- Mentorship Coaching Guide
- Copy of Hockey Canada Skills by Level was shared with each Coach for their level
- Dedicated Mentor for each level
- Mentorship Twitter Account @coachmentorship

## **Recommended Resources**

Non-Linear Coaching – The 5 Core Principles - <https://www.briangillamhockey.com/post/non-linear-coaching-the-5-core-principles>

Game Play as a Learning Tool - <https://www.briangillamhockey.com/post/game-play-as-a-learning-tool>

Coaching with a Constraints Led Approach -

<https://www.briangillamhockey.com/post/coaching-with-a-constraints-led-approach>

## **Thank You**

Thank you to all our Coaches and volunteers this season for everything that they do for the EMHA.

If anyone has any questions and/or feedback on the program, please reach out via e-mail at [mentorship@eastendstorm.ca](mailto:mentorship@eastendstorm.ca)

## **2025-2026 Coach Mentorship Team**

- Leo Bisson - U18 Coach Mentor - [lkbisson@gmail.com](mailto:lkbisson@gmail.com)
- Patrick Brookes - U13 Coach Mentor - [prwbrookes@gmail.com](mailto:prwbrookes@gmail.com)
- Pierre Leblanc - U9 Coach Mentor - [pierre.j.leblanc@gmail.com](mailto:pierre.j.leblanc@gmail.com)
- Greg Moulard – U11 Coach Mentor - [gmoulard@andrews.ca](mailto:gmoulard@andrews.ca)
- Jocelyn Murray – U15 Co-Coach Mentor - [coachjoce@yahoo.ca](mailto:coachjoce@yahoo.ca)
- Joel Neuheimer - U15 Co-Coach Mentor - [1422lacchaud@gmail.com](mailto:1422lacchaud@gmail.com)
- Maryse Smith – U7 Coach Mentor - [maryse.smith20@gmail.com](mailto:maryse.smith20@gmail.com)
- Leah White - Team Manager Mentor - [stormdirectorleah@gmail.com](mailto:stormdirectorleah@gmail.com)
- Bob Sawchuk – Communications Director - [communications@eastendstorm.ca](mailto:communications@eastendstorm.ca)

**May 29, 2026**