

# **COACHES PLATFORM**

Manual



# Thank you for using My Ice Hockey!

My Ice Hockey is an online software for ice hockey coaches.

With My Ice Hockey the (Head-) Coach has many options and functions to organize his players, teams, practices, games and dossiers - all with one goal: To save time and have everything centrally stored.

This manual will help you lay the groundwork so that you can quickly become productive with My Ice Hockey.

## **FIRST STEPS**

**√** Step 1: Login

√ Step 2: Manage Players

**√** Step 3: Manage Staff

Step 4-5: Teams / Games

**√** Step 6-9: Practice Groups / Practice Planning / Practice Info / Drills

Step 10: Monthly Planning

Step 11: Player Status

## **ADVANCED**

√ Step 12: Dossier

Step 13: Media Center

Step 14: Dashboard

Step 15: Activation



#### **Your My Ice Hockey Support Options**

**V** 

Log in and use the help section ("?" in the upper right corner)



Ask your club admin or other coaches



Send an e-mail to support@myice.hockey



Use the chat function on www.myice.hockey

#### **Personal Email Address**

**Very Important:** Every coach, player and staff must use a unique e-mail address.

#### Your Age Group(s)

Your age group(s) will be displayed in the **upper left under the My Ice Hockey logo**.

### **Player Mobile App**

Your players have the possibility to download the My Ice Hockey Player Mobile App. Available free of charge in the App Store or Google Play Store. For coaches there is no Mobile App (yet).

#### Your communication channels with the players



You can send your team, practice group or individual players an **e-mail** with attachment directly in My Ice Hockey (ideal to send a convocation for example). It is also possible to send the e-mail to your staff as well as to the players' parents.

Once your players have installed the mobile app, you can send them a **push message** directly to their smartphone (ideal for last-minute changes).

You can view all sent push messages under ADMINISTRATION in the push message center.

#### Login

**URL:** https://app.myice.hockey

**Username:** your registered e-mail address **Password:** you will receive via e-mail from your

admin

## **Forgot Password?**

Click on app.myice.hockey "Forgot password?" and enter your registered e-mail address. The system will send you a new password.

## **Change Password?**

After login, click on the "person icon" at the top right and set a different password under "New password". Press "save".

#### **Browser**

Use only the latest version of **Mozilla Firefox**, **Google Chrome** or **Brave**.

Other browsers may not perform properly. Set the font to normal (100%).

### **Exports / Imports**

My Ice Hockey offers you numerous possibilities to export files (PDF, EXCEL).

Under ADMINISTRATION - EXPORT you have an overview of all available exports. Click on a box and you will be taken directly to the page where you can make the corresponding export. You might make a certain selection (e.g. select a player) before you can export.

The 3 Platforms\*

\*modules according license level

### **Coaches Platform\***

## Who has access:

Coaches, Assistants, Admin

#### Can do what:

Manage players and teams, create practices and practice groups, upload drills, manage games and dossiers. games.

#### Invited via:

Clubadmin

#### Staff Platform\*

#### Who has access:

Staff

#### Can do what:

Access to scheduled practices (can see players and drills) and games. Unsubscribe for practices, manage personal addresses.

#### Invited via:

Coach

## **Players Platform\***

#### Who has access:

Player

#### Can do what:

Access to planned practices (can see other participants – drills only if the coach wishes) and games.
Unsubscribe for practices and

Games.

Can view (shared) dossier data and add data.

Manage personal addresses.

## Invited via:

Coach

# **STEP 1: LOGIN**

## How to register



First time registration: You will receive an e-mail with your access data. If you did not receive an e-mail, check your SPAM folder.

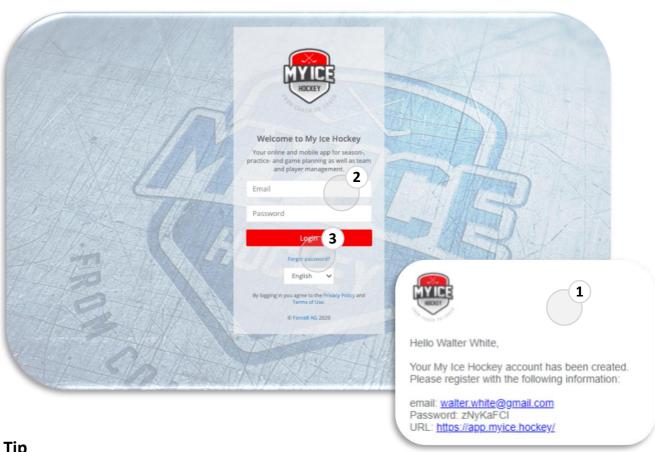
## How to register:

Go to: https://app.myice.hockey

Username: see your access data (e-mail) Password: see your access data (e-mail)

# Password forgotten?

Click on "Forgot password?" at app.myice.hockey and enter your registered e-mail address. My Ice Hockey will send you a new password.





• Every coach, staff and player (including siblings) must have their **own e-mail address** for their My Ice Hockey account. We show you two solutions how you can easily solve this. Read in the help section ("?") under TIPS AND TRICKS "How do I get more e-mail addresses in a simple way?".

## STEP 2: MANAGE PLAYERS

Manage Age Group(s)

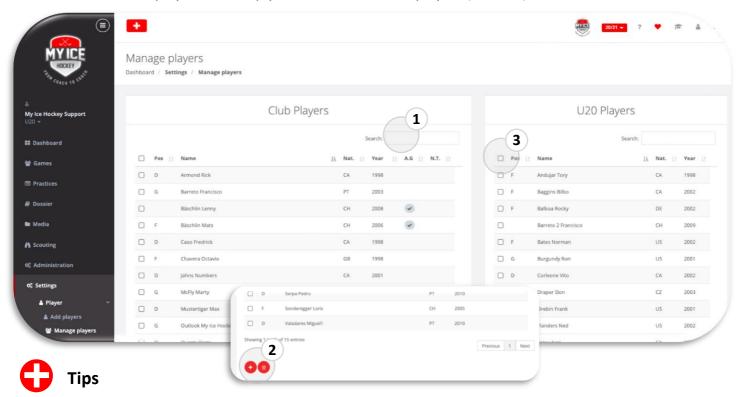


After successfully logging in, make sure you are working in the right season (top right) and select your age group (top left, under your name).

My Ice Hockey has done the import of all club players for you. Now go to SETTINGS - PLAYER - MANAGE PLAYERS. On this page you can now define which players should be in your age group (switch to the top left).

- Use the search field to search for players.

  Tip: Search e.g. by year of birth to quickly find the players of your age group.
- 2 Select all the players you want to add to your age group and click on the red "+" at the bottom of the page. The selected players will be moved to the right side and are now part of your age group.
- You can remove players from the age group at any time by clicking the red "trash can" icon. The selected player then simply falls back to the club players (left side).



- Do not enter any player-specific information here. Do this exclusively under GAMES ROSTER.
- If a player leaves the club, set him to "inactive" (x-symbol below). A license (A or B) becomes free again for the inactive player.
- At the beginning of each season, inactivate all players from the club list who have left the club.
- If you want to add a player afterwards, you can do this under SETTINGS PLAYER ADD PLAYERS. Always check first under "Existing player" to see if the player already exists in the system. If not, you can create it under "Single Player".
- How to add afterwards added players to already planned practices and games, read in the help ("?") under TIPS AND TRICKS "How do I add a new player/staff to a practice group and practices?

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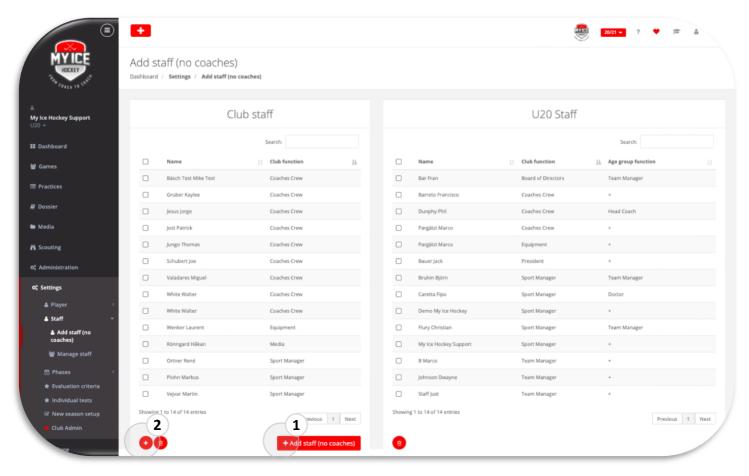
# **STEP 3: MANAGE STAFF**

#### Add and Search Staff



Now that you have your players in your age group, it's time to add your staff (=helper - NOT coaches). You can add as many staff members as you like. Assign them the club and age group function.

- Add a staff under SETTINGS STAFF ADD STAFF. Enter his or her contact details and an unused e-mail address so that he or she can receive notifications and access the Staff platform. If you assign an age group function to him here, he will automatically be added to your age group.
- Select your desired staff and add them to your age group. Remember to assign him an age group role.





- If you would like to activate a new staff member as a coach, please contact us in advance. We will do this step for you.
- Even every staff necessarily needs an own, not yet registered e-mail address.
- Staff must also be activated so that they can access the Staff platform. See Step 15: Activation.
- Under SETTINGS STAFF MANAGE STAFF you can specify for each staff member whether he/she should receive notifications or not.

# **STEP 4: TEAMS**

### Create unlimited Amounts of different Teams



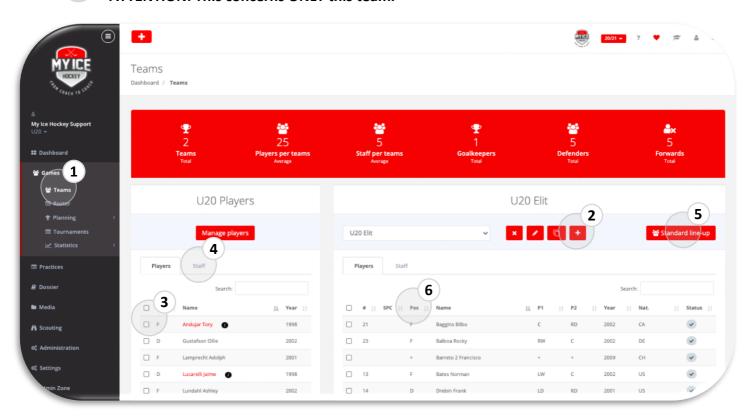
**IMPORTANT:** Before you continue, make sure that all players/staff have been properly registered.

**IMPORTANT:** Player specific data like jersey number, position etc., which are valid for all teams (and practice groups), should be entered here only: GAMES - ROSTER.

Now we create a team:

- 1 Go to: GAMES TEAMS
- 2 Create a team (click on the red "+").
  - On the left side you will find all players you have added to your age group.
- 3 Select as many players as you like and add them to the selected team by clicking on the red "+" at the bottom.
- 4 Also add the staff to the team, just like you added the players.
- 5 You can now set up the standard line-up for this team. But you can also do this later.
- You can assign special positions or numbers to the players <u>in this team</u>.

  ATTENTION: This concerns ONLY this team.



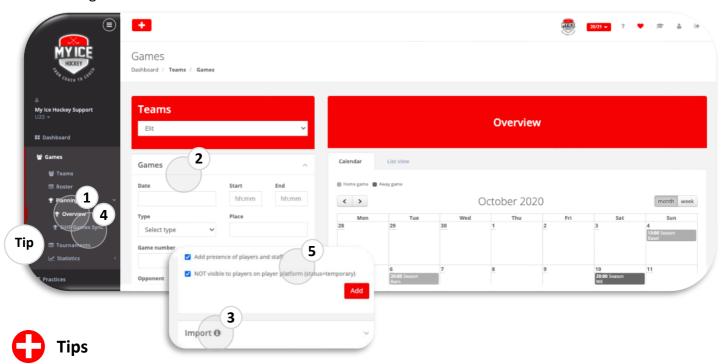
# **STEP 5: GAMES**

## Create your Games



When you have created your teams, you can now add the games. You can create games one by one or import all of them at once.

- 1 Go to: GAMES PLANNING OVERVIEW and choose your team.
- Single game: Enter all important information of a game (date, time, opponent etc.) and click "Add".
- Import: If you want to create many games at once you can do this by downloading the template file, writing all game information into the file and uploading the file again.
- SIHF Games Sync (Switzerland only): With this tool you have the possibility to import the games from the SIHF Reporter into My Ice Hockey. Click on the "i-button" for more information.
- When creating the games you have the option "**Not visible to players on player platform**". If you select this option, all players in the games have the status "Temporary". This means that the players do not yet see these games in their calendar (on the player platform and mobile app). If you do not select this option, all players have the status "healthy" and they will see the games in their calendar.



- All information of the players (numbers, positions etc.) stored in the teams will be used as standard for all future games.
- Under GAMES TOURNAMENTS you can create whole tournaments.
- If you have kept the statistics for the games during the season, you can view the evaluation of the team or individual players under GAMES STATISTICS. You can also call up the attendance list here.

# **STEP 6: PRACTICE GROUPS**

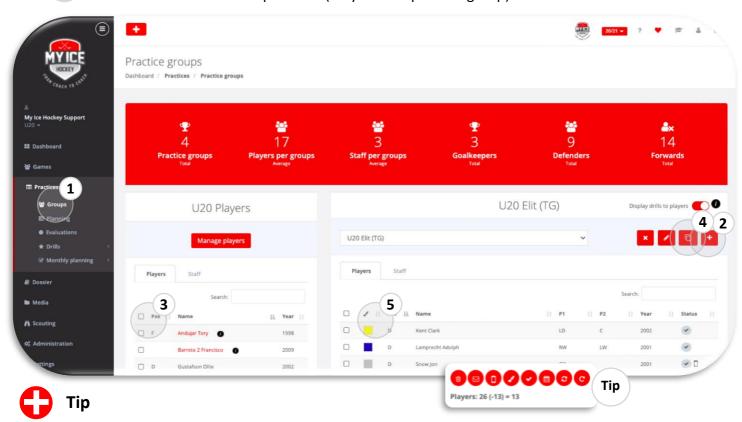
Create as many Practice Groups as necessary



The practice groups are the same for the practices as the teams are for the games. You have to create them first before you start working with individual practices. All information and settings made in the practice group will be used for all new practices.

**IMPORTANT:** Make sure that you add yourself as staff - otherwise you will NOT see the practices of this group under DASHBOARD - MY SCHEDULE.

- 1 Go to: PRACTICES GROUPS
- 2 Create a practice group just like you did with the teams.
- Add players and staff to the practice group so that they can see the practices of these groups in their player or staff platform.
- It is also possible to import all the players of a TEAM into the PRACTICE GROUP. Click on the second symbol from the right and select the desired team.
- Now adjust all necessary information and settings like jersey color and positions. These will be used as default for future practices (only for this practice group).



• If you have changed any information (e.g. status, position, jersey color, etc.) in the group, this information must be added to all already planned practices. The "change practice info" function will update this information in the practices.

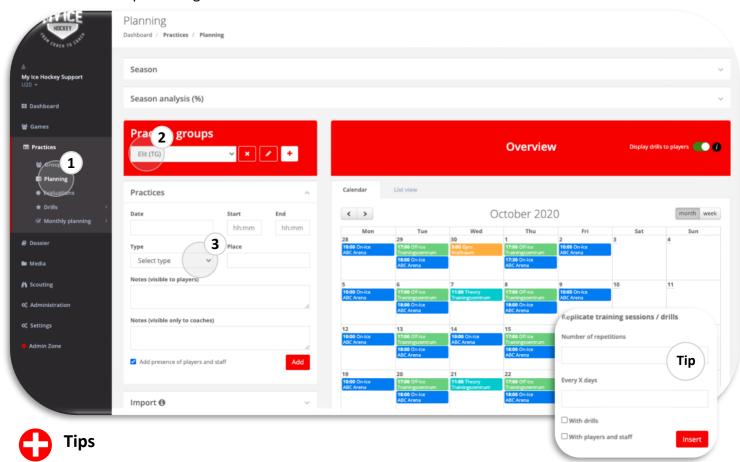
## **STEP 7: PRACTICE PLANNING**

Create your own practice plan



You can now plan and manage your practices. All practices are assigned to a practice group.

- 1 Go to PRACTICES PLANNING.
- Select your practice group.
- Create your practices, you can do this in two different ways:
  - **Manually:** Fill in all practice information in the "Practices" field. If you have set the option "Add presence of players and staff" to ON, all player and staff information you have specified in the "Practice Groups" will be added automatically.
  - **Import (by MIH import file):** Download the template file, fill it with the relevant information and upload it again.



- If you want to replicate a practice, proceed as follows. Click on the relevant practice, go to "Practice info" and use the option "Replicate practice sessions / drills".
- Under PRACTICES EVALUATIONS you can see the attendance list of the practices, which you can
  also export to Excel. If you click on a single player, you will get even more detailed information
  about presence and absence. You will also find the practice analysis here. If you have planned your
  practices with the elements, you can see here which elements the player has attended and missed
  in the practices due to his absence.

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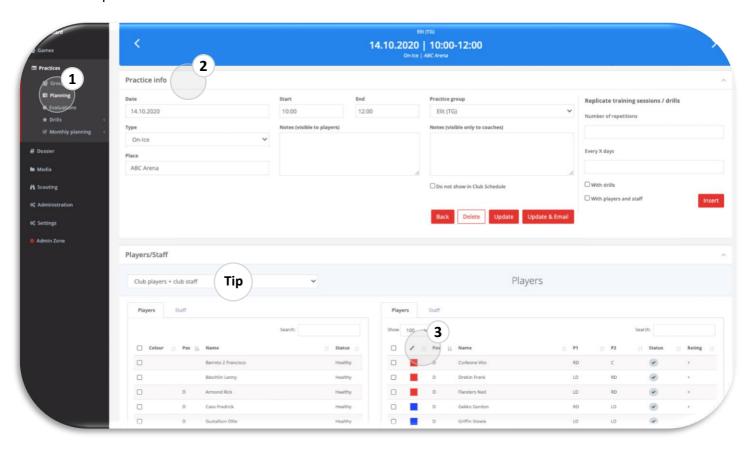
# **STEP 8: PRACTICE INFO**

## Manage your practices



- Go to: PRACTICES PLANNING select the desired practice group and click on a specific practice.
- Under "Practice info" you can edit the basic data of your practice and, if desired, inform your players about changes.
- Under "Players/Staff" you can manage your players/staff in the same way as you did in the teams or practice groups.

  All information (e.g. shirt colors, positions, ratings etc.) you edit here will ONLY affect this practice.



# Tip

• If you would like to have other club players besides your players for this practice, you can do so by selecting "Club Players + Club Staff" on the left side. Now you can select individual players of the club and move them to the right side of your practice with the "+" at the bottom.

# **STEP 9: DRILLS**

#### How to use the drills



You can add as many drills to each practice as you want - as long as the total duration of the practice is not exceeded. By adding drills - which are all connected to a topic, main element and element - you can now design your practices according to your monthly planning (see next step).

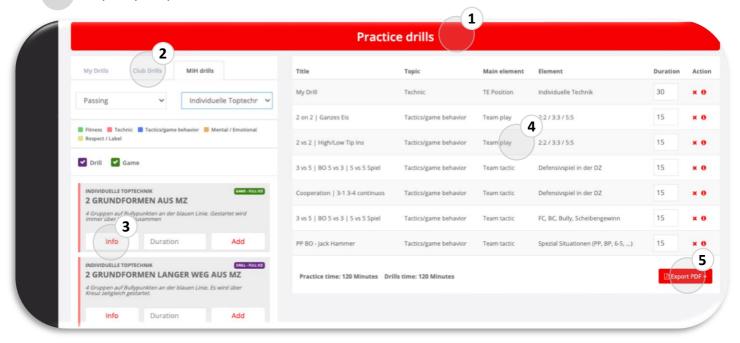
- 1 Select a practice and go to "Practice drills".
- On the left side you can choose between the following drills:

My Drills: Drills that you have marked as your favorites.

Club Drills: Drills created by other coaches in your (or other) club(s).

MIH Drills: Drills, which are provided by My Ice Hockey.

- Wiew the drills via "Info". Enter the number of minutes in "Duration" and click on "Add".
- On the right side you will find your drills list. You can adjust the duration directly or change the order via "drag & drop".
- 5 Export your practice as PDF. You can view it with or without details.



# Tips

- Under PRACTICES DRILLS MY DRILLS CLUB DRILLS you can click on "Add Drill" and upload your
  own drills. In addition to the description and a picture you must select the elements to which the
  exercise refers. You can also choose whether you want to make the drill available to all other clubs
  or not.
- Under PRACTICES DRILLS ALL DRILLS you will find all the drills provided by My Ice Hockey as well as all drills provided by other coaches. With a click on the star under "Fav" this drill is displayed under "MY DRILLS". So, you can see all your favorite drills at a glance.

# **STEP 10: MONTHLY PLANNING**

Create a monthly/annual plan

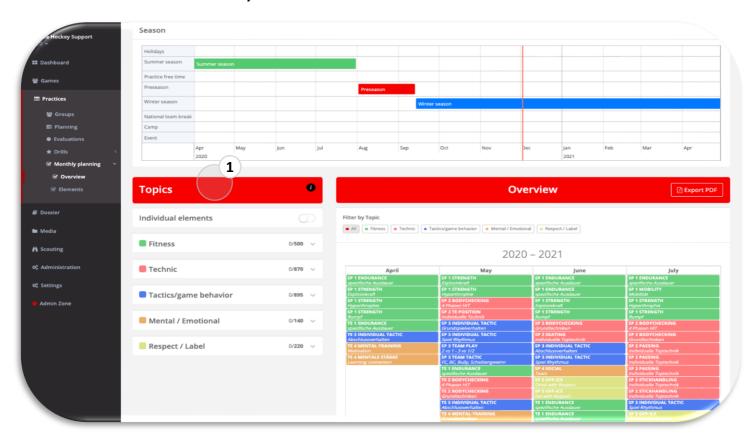


Under PRACTICES – MONTHLY PLANNING - OVERVIEW you can create a monthly/annual plan.

- Determine which main elements and elements you want to work on during the season. To do this, select the corresponding "Element" under "Topics" and move it to the desired month via "Drag & Drop". KA= Key Aspect. SA=Sub Aspect.

  Note the points. The goal is to have all areas planned down to 0 points.
- If you fill out your planning here, you can later compare this information with your actual practices. This way My Ice Hockey helps you to always work according to your specifications.

Note: If you have activated the "Individual Elements" you will use your own main elements and elements which you can create under PRACTICES - MONTHLY PLANNING - ELEMENTS.



# Tips

- You can compare your daily practices with your monthly schedule and plan your practices accordingly.
- Show your head coach and/or the federation the elements you worked on this season with your team.
- Once you have created a monthly plan, you can access it again each season. Copy your monthly planning into the new season (SETTINGS - NEW SEASON SETUP).

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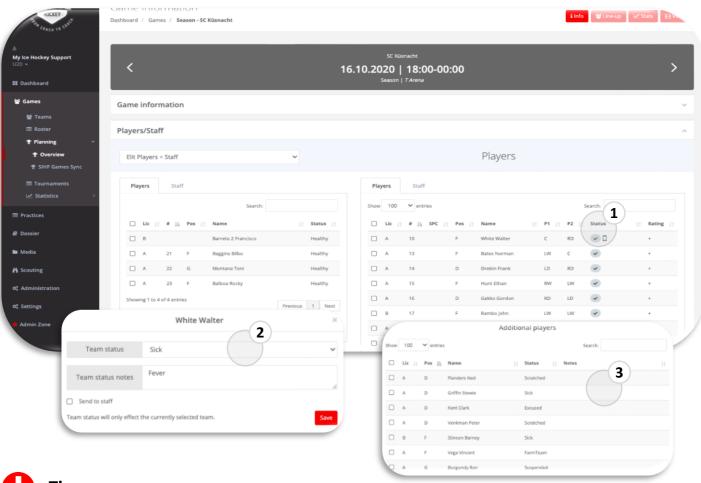
# **STEP 11: PLAYER STATUS**

How to use the different statuses



With the help of the status you can keep your squad lists for practices and games clean and always up to date.

- When you are in a practice or game, you can select one (or more players at the same time) and click on the checkbox under "Status" (if you have more than one player selected, click on the "red checkbox" at the bottom of the list).
- There are a lot of different statuses available. Choose the one you want and add a comment depending on the status.
- The player(s) are then no longer in the squad list for that practice/game, but are listed under "Additional players".



**T**ip

• Click on the "?" in the upper right corner of your screen to enter the support area of My Ice Hockey. Under TIPS AND TRICKS you will find the description "How do I use the different statuses correctly?". There you will find a detailed explanation which status is to be used for which purpose.

# **STEP 12: DOSSIER**

## Many useful dossier functions



Under DOSSIER you have a lot of possibilities to exchange with your players and to evaluate and compare your players. We would like to briefly describe all dossier functions here. You can find more information by clicking on the "?" at the top right of the screen.

1 FILES

**PLAYER:** Upload files (no video) and share them with your players. Select the player you want to share the file with. He will see the file on his player platform.

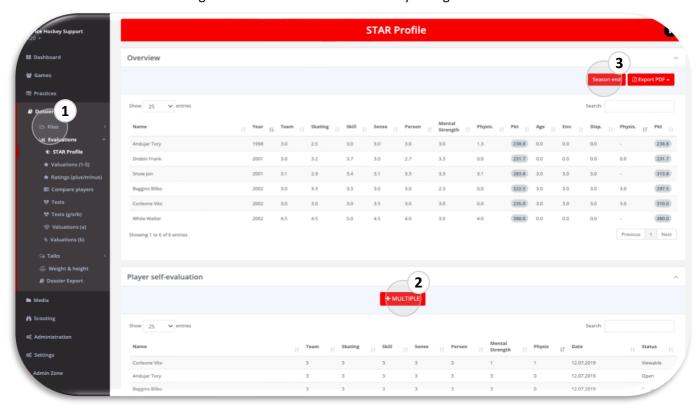
**TEAM:** This module is intended for team-related files. Share files here with the whole team.

**MEDICAL:** The player can upload medical files here and share them with the coach. You as a coach can also upload player related medical files, which the player can view.

**EVALUATIONS - STAR PROFILE** (only for Switzerland)

- Player Self-Evaluation: You can unlock a STAR Profile self-evaluation for all your players. Click on "+ Multiple" and select the players you want to add a self-evaluation to. As long as the status is "Open", the player can fill out the rating on their player platform. Afterwards you can view the self-evaluation here.
- Coaches Evaluation / Season End: You can create a STAR profile about each player via GAMES ROSTER select a player DOSSIER STAR PROFILE "+".

  Via DOSSIER EVALUATIONS STAR PROFILS OVERVIEW you can see all STAR Profile ratings you have created over the whole season. At the end of the season click on "Season End" and select the desired year of birth. Afterwards you can round the numbers. Validate the data and then export the Excel file. This file can then be given to the federation without any changes.



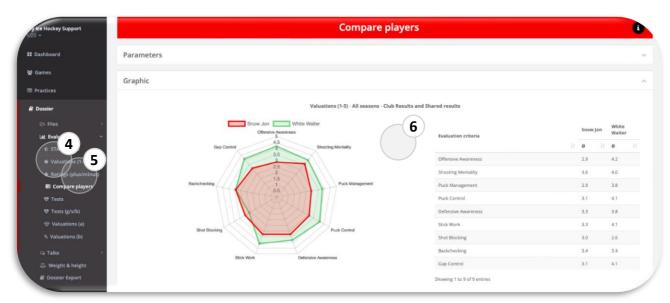
# **STEP 12: DOSSIER**

## Many useful dossier functions

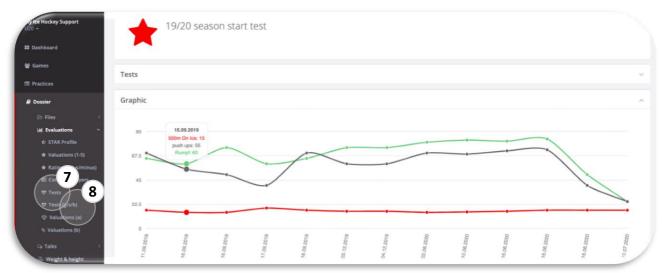


#### **EVALUATIONS**

- VALUATIONS (1-5): Here you have the possibility to rate your players according to certain criteria. You can create your own evaluation criteria under SETTINGS EVALUATION CRITERIA. Click on "Add Valuation", enter a name and select the desired evaluation criteria. Once you have recorded a valuation, you can click on "Add Result". Rate all evaluation criteria from 1-5 and indicate which player this rating is for.
- RATINGS (plus/minus): The procedure for the rating is exactly the same as for the valuations. The difference is that the criteria are not rated between 1-5, but with a plus/minus balance.
- 6 **COMPARE PLAYERS:** Select up to 4 players and the criteria you want to compare. The players will be compared graphically.



7 **TESTS:** Click on "Add Test", enter a name and select the individual tests you want your players to take. Under SETTINGS - INDIVIDUAL TESTS you can create your own. Then you can click on the test you have created and click on "Add Result". Select a player and enter his test results. If you have entered more than one test result for a player, you can click on the player's name to view a graph of the results.



# **STEP 12: DOSSIER**

## Many useful dossier functions



- **TEST (G/S/B):** If you want to perform a test with given target values, this is possible here. You can define a gold, silver, bronze and a minimum value for each test. The results you have entered will be compared with these values and displayed in different colors.
- 9 TALKS (PLAYER / PARENTS / SCHOOL/WORK / CAREER PLANNING / QUESTIONNAIRES)

**VIA TEMPLATE:** Here you can create templates of talks/questionnaires. Use these when you are going through the same questions with the whole team. As long as the status is "Ongoing", the player can fill out the talk/questionnaires. When the status is "Closed", the talk/questionnaire is no longer shown to the player.

**INDIVIDUAL TALK:** Individual talks (without a template) are best recorded via: GAMES - ROSTER - select a player - DOSSIER - TALKS - CREATE PLAYER TALK.

# 10 WEIGHT & HEIGHT

Here you have an overview of all entries concerning height & weight, which you - or the player - have entered in the course of a season. Click on a player to see all entries. With the star you can select the value that should be entered in the player profile as "final value".

You make the first entry for a player via GAMES - ROSTER - Select a player - DOSSIER – WEIGHT AND HEIGHT - "+".

# 11 DOSSIER EXPORT

At the end of a season, you can create a separate seasonal dossier for each player. Click on "New report" and select all the sections you want the report to contain. You can create the report for one player or for all players of a team or an age group.

You will be informed via e-mail as soon as your report is created. You have seven days to download the report.

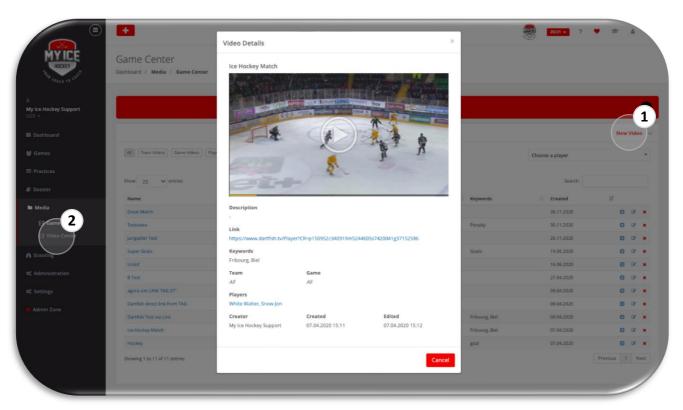
# **STEP 13: MEDIA CENTER**

Share important videos with your players



Under MEDIA you can easily give your players video links (we do not offer video hosting) directly to a player, a team or an entire age group to watch. We distinguish between the following two platforms.

- GAME CENTER: Share video links here that are specifically related to games. Click on "New Video" and enter the name and the video link. You can assign the link to the whole age group, a team or one or more players.
  - The players can watch the video through their player platform.
- VIDEO CENTER: Further video links, which e.g. refer to drills, whole practice sessions or to a playbook, can be made available to the players here.





• If you work with the Dartfish video platform, you can store your videos directly from Dartfish in My Ice Hockey.

## **STEP 14: DASHBOARD**

## Schedules and various overviews



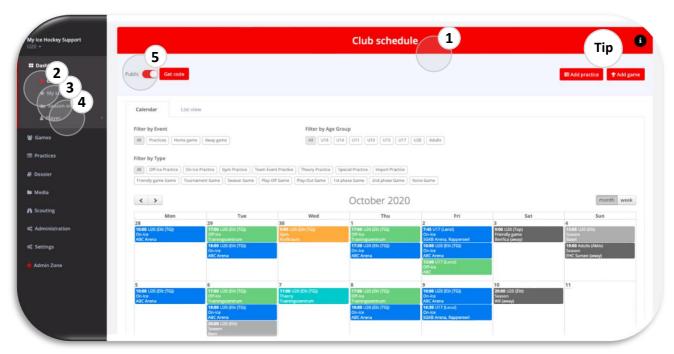
Under DASHBOARD you have a variety of different schedules and overviews:

- The CLUB SCHEDULE shows you all dates of all age groups of your club. If you switch to the list view, you have the possibility to export the Club Schedule as PDF or Excel (always pay attention to the date selection).
- MY SCHEDULE shows you your personal schedule. The schedule will only appear if you have added yourself as a staff during the practices and games.

  Useful: Via iCAL you can link the schedule with your personal calendar.
- In the SEASON OVERVIEW you can see current data for the current season. The upcoming practices and games, statistics about the practice and game participation, game statistics or the season analysis.
- Under PLAYER OVERWIEV you have the possibility to view the individual schedule for each of your players.

  Under PLAYER SCHEDULE you can additionally compare the schedule (for 7 days) of several players.

  Under PLAYER JOURNAL you can look up all entries that your players have entered themselves. The player can record individual practices on his player platform and show the coach how active he was in addition to the normal club training.
- If the option "Public" is set, you (or the club's webmaster) have the possibility to copy a code with which you can publish the club schedule on your club homepage.





#### Tip

You can create a practice or game directly in the club schedule. Just click on "Add practice/game".

# **STEP 15: ACTIVATION**

## Bring your players/staff to their platform



The player and staff platform is the communication tool between you and your players and staff members. They can edit their personal information (addresses, etc.), view your scheduled practices and games (line-up), statistics and dossier contents.

In order for them to use the platform, you have to generate a login for them. Make sure that both players and staff have a valid - and in the system not yet available – e-mail address assigned to them. The login data will be sent by e-mail.

- 1 Go to: ADMINISTRATION ACTIVATIONS
- You send the login details to a player by clicking on the "envelope icon". To send the login details to more than one player, select different players and click on the "envelope icon" at the bottom of the page.

Don't forget: Do this step for the staff as well.

If the "envelope icon" is grayed out, it means that the player/staff has successfully signed up.

