National Coaching Certification Program

HOCKEY CANADA

Coach 2 – Coach Level:
Coach Workbook — In-class Component

Version 1.0, 2023

CANADA

National Coaching Certification Program

PARTNERS IN COACH EDUCATION

The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/provincial/territorial sport organizations, and the Coaching Association of Canada.

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Canada

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YOUR COACH WORKBOOK

HOW TO USE YOUR COACH WORKBOOK

This workbook is for you to use during the in-class component of your Coach 2 – Coach Level training. The workbook contains all the tasks your Learning Facilitator will assign during the in-class component, as well as material that will help you complete those tasks.

The workbook is organized in terms of the 13 modules in the in-class component:

Hockey Canada network app, 1 module	• 1	Hockey Canada network app
Hockey Canada online course, 1 module	• 2	Hockey Canada online course
Introduction, 2 modules	• 3 • 4	Long-term player development Importance of sport
The Canadian Player Pathway, 1 module	• 5	The U11/13/15/18 Player Pathway
Make hockey safe, 2 modules	• 6 • 7	Maltreatment Safety and risk management
Practices, 2 modules	• 8 • 9	Planning Delivery
Skills, 3 modules	• 10 • 11 • 12	Teaching and developing skills Small-area games Skill analysis
Goaltending, 1 module	• 13	Goaltending

The workbook presents some or all of the following information for each module:

- **Follow-along**: The text of the slides your Learning Facilitator presents. This helps you follow along at the time and also serves as a reminder of the clinic's content that you can refer to later.
- **Tasks**: The tasks you complete during the clinic. These are in the Follow-along parts of the workbook right where your Learning Facilitator assigns them.

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HOCKEY CANADA NETWORK APP

My notes…

For more information about this and all the other C2 topics, visit Hockey Canada's downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

HOCKEY CANADA NETWORK APP

In this section:

- Follow-along

Follow-along

About the app…

The Hockey Canada Network App is a free download.

To find out more, check out https://www.hockeycanadanetwork.com/.

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HOCKEY UNIVERSITY ONLINE COURSE

My notes…

For more information about this and all the other C2 topics, visit Hockey Canada's downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

HOCKEY UNIVERSITY ONLINE COURSE

In this section:

- Follow-along
  - Task #1

Follow-along

Task #1

As a group, discuss any questions you have after taking the Hockey University online course.

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INTRODUCTION

My notes…

For more information about this and all the other C2 topics, visit Hockey Canada's downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

LONG-TERM PLAYER DEVELOPMENT

In this section:

- Follow-along

Follow-along

What is long-term player development?

- It is the planned, systematic, and progressive development of individual players
- Hockey Canada's Long Term Player Development (LTPD) model is a framework to maximize players' potential and keep them involved in hockey throughout their lives

Hockey Canada's Long Term Player Development model

NCCP/Sport for Life	Hockey Canada
NCCP Competition – Development	
Sport for Life Train to Compete MALE 16 - 17 and FEMALE 16 - 18 NATIONAL During this stage players will participate in training with a focus on position specific technical and tactical preparation. There is as emphasis on fitness preparation and the development of position specific technical and tactical skills under competitive conditions. Important objectives are the development of aerobic capacity, power, self awareness and independence. The player may be introduced to international competitive experience at the end of this stage.	▪ Hockey Canada Coach 2 Coach Level (Recreational) ▪ Hockey Canada Development 1 (Competitive) ▪ HP1 (national competition) ▪ Instructional Stream 3
Sport for Life Train to Train MALE 12 - 16 and FEMALE 11 - 15 PROVINCIAL The focus during this stage is on building an aerobic base, developing speed and strength and further developing and consolidating sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. This phase will also include the introduction and development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.	▪ Hockey Canada Coach 2 Coach Level (Recreational) ▪ Hockey Canada Development 1 (Competitive) ▪ HP1 (provincial competition) ▪ Instructional Stream 2

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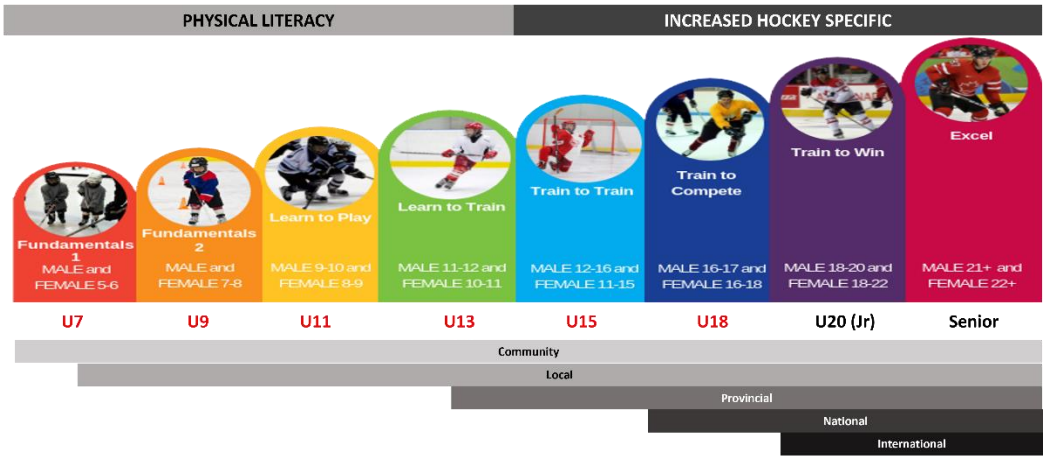
My notes…

NCCP/Sport for Life	Hockey Canada
NCCP Competition – Introduction	
Sport for Life Learn to Train MALE 11 - 12 and FEMALE 10 - 11 LOCAL/PROVINCIAL This is the most significant period for development. This is the window of accelerated adaptation to motor coordination. Group interaction, team building and social activities should be emphasized. A reasonable balance of practices and games will foster the ongoing development and mastery of essential skills in hockey.	▪ Hockey Canada Coach 2 Coach Level (Recreational) ▪ Hockey Canada Development 1 (Competitive) ▪ Instructional Stream 2
Sport for Life Learn to Play MALE 9 - 10 and FEMALE 8 - 9 LOCAL This stage is the beginning of the most important window to develop the fine motor skills on an individual technical skill basis that leads to utilizing these skills into individual and team tactics later on. During this phase, prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on. Players should be able to begin to transfer skills and concepts from practices to games.	

LTPD and age categories in hockey



My notes…

Why focus on LTPD?

If we do…	If we don't…
■ Training and competition are properly balanced; as a result, players develop in accordance with growth and development guidelines and learn good training habits	■ Players over-compete and under-train; this interferes with players' development, and players develop bad habits as a result
■ Players have good movement skills, proper fitness, and good skill development	■ Players have poor movement skills, lack proper fitness, and have poor skill development
■ Preparation focuses on fun and long-term development	■ Preparation focuses on short-term outcomes
■ Players participate in a variety of sports (multi-sport athletes)	■ Early specialization is demanded
■ Players have FUN	■ Players don't have fun

How do we know our focus on LTPD is working?

- Players enjoy coming to the rink every day
- Players' skills improve
- Players develop and continue to the next level

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My notes…

IMPORTANCE OF SPORT

In this section:

- Follow-along

Follow-along

Sport has value for youth…

- Helps players develop:
  - The core skills required for a healthy and successful life
  - A strong work ethic, enthusiasm for collaboration, and the ability to persevere
- Makes it more likely players develop a positive self-image and experience overall improvements in their health and well-being
- Is associated with better academic outcomes

But girls' drop-out rates are a concern…

- By age 14, girls drop out of sport at twice the rate of boys
- Not having fun is a top-four reason that girls leave sports

So how can we keep girls in the game?

- Use gender-neutral language
- Don't say "you play/skate/shoot/etc., like a girl" — it's offensive and has no place in sport
- Focus on girls' athletic competence and accomplishments — don't use men's sports to measure the success or skill of women and girls
- Profile members of Canada's National Women's Team
- Provide structured social time before, during, or after practices
- Invite women leaders in your community to speak to your team
- Invite women in players' lives, such as but not limited to their mom, aunt, or coach from another sport, to volunteer in an active coaching role
- Encourage young women, especially current or former players, to think about coaching

For more information about this and all the other C2 topics, visit Hockey Canada's downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

THE CANADIAN PLAYER PATHWAY

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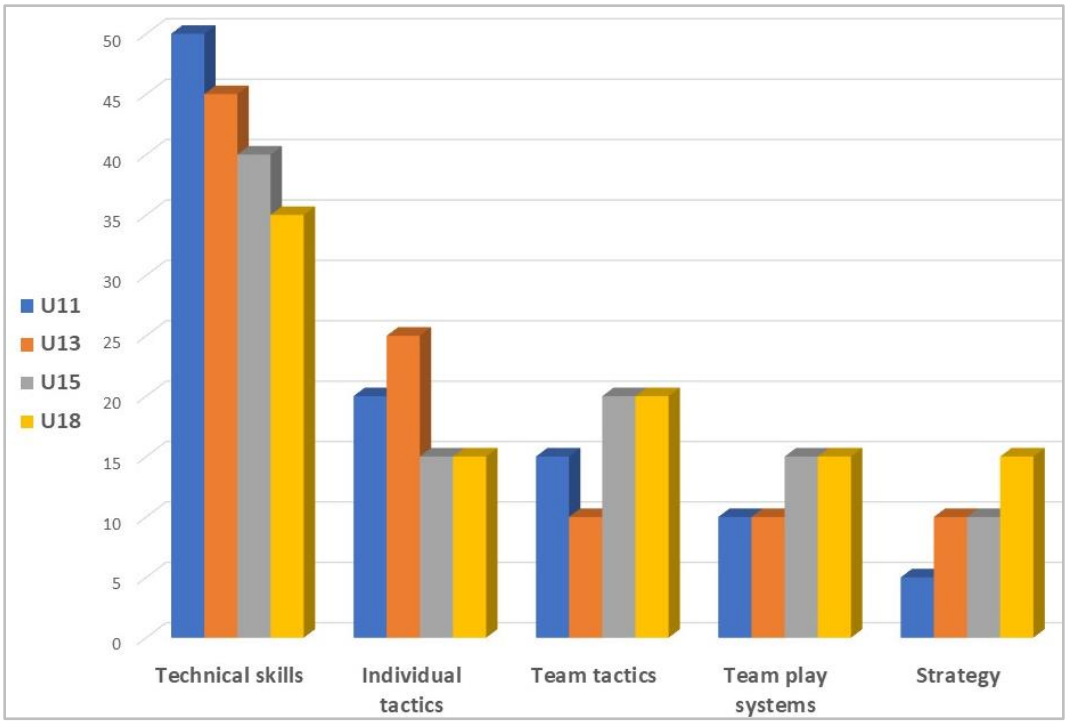
THE U11/13/15/18 PLAYER PATHWAY

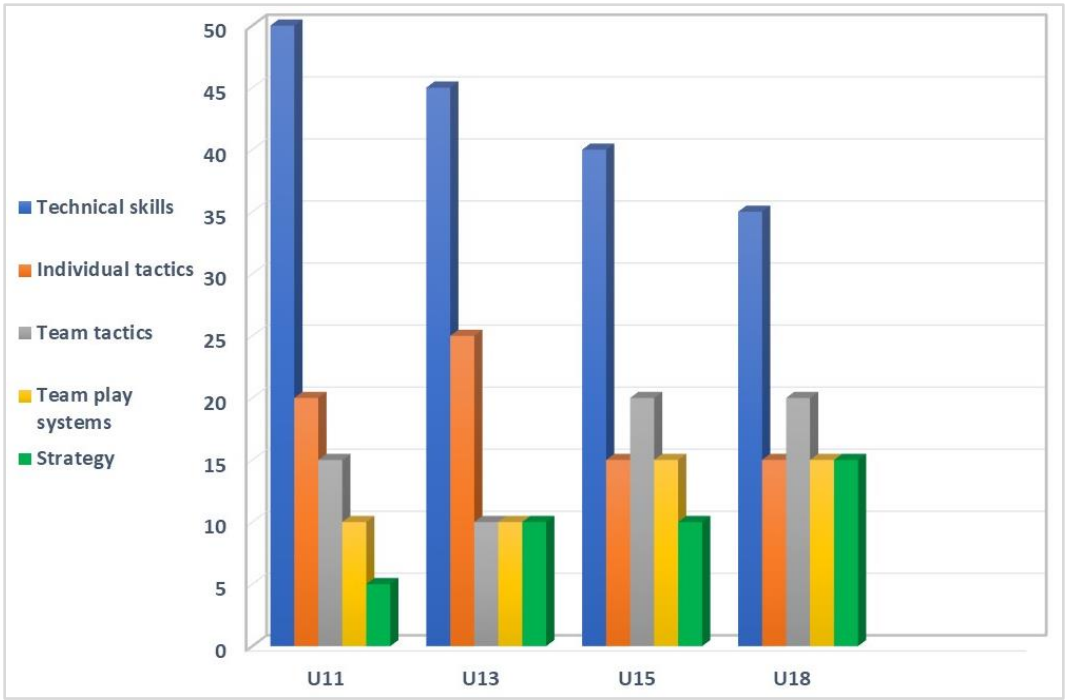
In this section:

- Follow-along

Follow-along

U11/13/15/18 development





My notes…

For more information about this and all the other C2 topics, visit Hockey Canada's downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

And here's what each term in the charts means:[1]

- Technical skills:
  The fundamental skills that are required to play the game (e g skating, shooting, passing and checking)
- Individual tactics:
  Action by one player using one or a combination of technical skills in order to create an advantage or to take away the advantage of an opponent
  A tactic may be classified as offensive or defensive (e g 1-on-1 offensive fake and driving to the net)
- Team tactics:
  A collective action of two or more players using technical skills and / or individual tactics in order to create an advantage or take away the advantage of an opponent (e g 3 vs 2)
- Team play systems:
  A pattern of play in which the movement of all players is integrated in a coordinated fashion in order to accomplish an offensive or defensive objective (e g 2-1-2 forechecking system)
- Strategy:
  The selection of team play systems in order to impose upon the opposition, the style of play and tactics which will build on the coach's, team's strengths and neutralize those of the opponent while at the same time taking advantage of the opponent's weaknesses
  For example: when the opponent's defensive players have weak puck-handling skills, the strategy might be to shoot the puck in and use a 2-1-2 aggressive forechecking system

[1] These definitions are from Hockey Canada's Canadian Player Pathway documents.

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My notes…

U11

U11 seasonal structure (recreational)

PHASE	Prep/Evaluation Phase & Development Phase	Regular Season Phase	Playoff/Tournament Phase
DURATION	Up to **6 WEEKS** prior to the start of the Regular Season phase	Up to **22 WEEKS** after the completion of the Development phase	Up to **4 WEEKS** after the conclusion of the Regular Season phase
PRACTICES	**8** PRACTICE SESSIONS	**22** PRACTICE SESSIONS	**4** PRACTICE SESSIONS
GAMES	UP TO **4** EXHIBITION GAMES	UP TO **16** GAMES	UP TO **12** GAMES
URNAMENTS	**1** TOURNAMENT	**1** TOURNAMENT	**1** TOURNAMENT

U11 seasonal structure (competitive)

PHASE	Prep/Evaluation Phase & Development Phase	Regular Season Phase	Playoff/Tournament Phase
DURATION	Up to **6 WEEKS** prior to the start of the Regular Season phase	Up to **22 WEEKS** after the completion of the Development phase	Up to **4 WEEKS** after the conclusion of the Regular Season phase
PRACTICES	**12** PRACTICE SESSIONS	**44** PRACTICE SESSIONS	**4** PRACTICE SESSIONS
GAMES	UP TO **6** EXHIBITION GAMES	UP TO **24** GAMES	UP TO **16** GAMES
TOURNAMENTS	**1** TOURNAMENT	**1** TOURNAMENT	**2** TOURNAMENTS

My notes…

U11 skills matrix

Balance & Agility	Edge Control	Starting & Stopping	Forward Skating & Striding	Backward Skating	Turning & Crossovers
All skating skills from Timbits U7 and U9	Figure 8's– forward–inside & outside edge	Front v-start	Forward striding	C-cuts left foot/right foot	Glide turns/tight turns
Foward scissor skate	Figure 8's– backward–inside & outside edge	Crossover start	Linear crossovers	Backward scissor skate	C-cuts–around circle–outside foot– forward & backward
Lateral crossovers	Heel to heel (Mohawk)	Backward c-cut start	Acceleration	One crossover/reach	Crossovers– forward & backward
C-cuts toe on puck	One-leg weaving–forward/backward	Outside leg stop	Quick feet	Backward striding	Pivots– backward to forward & forward to backward
		Two-foot parallel stop	Evasive skating		Pivots– open & reverse
		One-leg backward stop			
		Two-leg backward stop			

Stationary Puck Control	Moving Puck Control	Stationary Passing & Receiving	Moving Passing & Receiving	Shooting	Individual Offensive Tactics
Narrow/Wide	Narrow/Wide	Stationary forehand pass	Moving forehand pass	Forehand– wrist shot	Body fakes
Side–front–side	Open ice carry– forehand & backhand	Stationary bankhand pass	Moving bankhand pass	Backhand– sweep shot	Stick fakes
Toe drag–front & side	Weaving with puck	Forehand saucer pass	Pass & follow	Forehand/backhand shots in motion	Dekes
Attack the triangle	Toe drag–front & side		Cross & drop	Forehand– flip shot	Moves in combination
	Attack the triangle			Backhand– flip shot	Net drives
				Tips/deflections	

Individual Defensive Tactics	Team Play
Angling	Basic positioning–D zone
Basic 1-on-1	Basic breakouts
Escape moves	Basic entries
Puck retrievals	
Gap control	
Tracking	

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Sample U11/13 seasonal training plan (one month)

U11/13 – Seasonal training plan

October 2022
(0 Practices | 0 Games)

GOALS
1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					01 Development 1	02 Development 1
03 Development 1	04 Development 1	05 Development 1	06 Development 1	07 Development 2	08 Development 2	09 Development 2
10 Regular Season 1	11 Regular Season 1	12 Regular Season 1	13 Regular Season 1	14 Regular Season 1	15 Regular Season 1	16 Regular Season 1
17 Regular Season 1	18 Regular Season 1	19 Regular Season 1	20 Regular Season 1	21 Regular Season 1	22 Regular Season 1	23 Regular Season 1
24 Regular Season 1	25 Regular Season 1	26 Regular Season 1	27 Regular Season 1	28 Regular Season 1	29 Regular Season 1	30 Regular Season 1
31 Regular Season 1						

Skills/Concepts

Preparation period (Weeks 1 - 8)

Development 1 phase (Weeks 7 - 8)
- Skating – Agility/Quickness/Turning/Crossovers
- Puck Control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Development 2 phase (Weeks 8)
Pre-season tournament

Competition period (Weeks 9 - 37)

Regular season 1 phase (Weeks 9 – 11)
- Skating – Agility/Quickness/Turning/Crossovers
- Puck control – Deception/Creativity/Puck protection
- Individual tactics – Forwards/Defence
- Basic D zone coverage
- Introduction to forecheck

Physical Prep
- TBD

Mental Prep
- TBD

Team Development
- TBD

Evaluation & Assessment
- TBD

September				October					November			
05 (Week 4)	12 (Week 5)	19 (Week 6)	26 (Week 7)	03 (Week 8)	10 (Week 9)	17 (Week 10)	24 (Week 11)	31 (Week 12)	07 (Week 13)	14 (Week 14)	21 (Week 15)	28 (Week 16)
Prep	Tryout			Dev 1	Dev 2	RS 1					RS 2	RS 2

- The sample seasonal plan comes from a month-by-month calendar that covers nine months, from August through April. The sample seasonal plan includes guidelines for in-season and off-season.

My notes…

For the full U11/13 seasonal training plan, see pages 50 to 54 in the appendix.

U13

U13 seasonal structure (recreational)

PHASE	Prep/Evaluation Phase & Development Phase	Regular Season Phase	Playoff/Tournament Phase
DURATION	Up to **4 WEEKS** prior to the start of the Regular Season phase	Up to **24 WEEKS** after the completion of the Development phase	Up to **4 WEEKS** after the conclusion of the Regular Season phase
PRACTICES	**8** PRACTICE SESSIONS	**24** PRACTICE SESSIONS	**4** PRACTICE SESSIONS
GAMES	UP TO **2** EXHIBITION GAMES	UP TO **18** GAMES	UP TO **12** GAMES
TOURNAMENTS	**1** TOURNAMENT	**1** TOURNAMENT	**1** TOURNAMENT

U13 skills matrix

Balance & Agility	Edge Control	Starting & Stopping	Forward Skating & Striding	Backward Skating	Turning & Crossovers
All skating skills from Initiation, novice and atom	Figure 8's – forward – inside & outside edge	Front v-start	Forward striding	C-cuts - left foot/right foot	Glide turns/tight turns
Forward/backward scissor skate	Figure 8's – backward – inside & outside edge	Crossover start	Linear crossovers	Backward striding	C-cuts–around circle–outside foot– forward & backward
Lateral crossovers	Heel to heel (Mohawk)	Backward c-cut start	Acceleration	One crossover/reach	Crossovers– forward & backward
C-cuts toe on puck	1 leg weaving – forward/backward	One-leg backward stop	Quick feet		Pivots– backward to forward & forward to backward
		Two-leg backward stop	Evasive skating		Pivots– open & reverse

Stationary Puck Control	Moving Puck Control	Stationary Passing & Receiving	Moving Passing & Receiving	Shooting	Individual Offensive Tactics
Narrow/Wide	Narrow/Wide	Stationary forehand pass	Moving forehand pass	Forehand– wrist shot	Body fakes / shot fakes
Side–front–side	Open ice carry– forehand & backhand	Stationary backhand pass	Moving backhand pass	Backhand– sweep shot	Stick fakes / fake pass
Toe drag–side/front	Weaving with puck	Forehand saucer pass	Moving forehand saucer pass	Forehand/backhand shots in motion	Dekes
Attack triangle	Toe drag–front & side	Backhand saucer pass	Pass & follow	Forehand– flip shot	Moves in combination
Quick hands	Attack triangle		Cross & drop	Backhand– flip shot	Net drives
Range of motion	Quick hands			Tips/deflections	Change of pace
	Range of motion			Snap/slap shot	Puck protection
					Control skating
					Saving ice

Individual Defensive Tactics	Team Play
Angling	Basic positioning–D zone
Basic 1-on-1's	Basic breakouts
Gap control	Regroups
Escape moves	Entries
Puck retrievals	Forechecks
Tracking	

Sample U13 seasonal training plan (one month)

- The sample seasonal training plan for U13 is the same as that for U11. See "Sample U11/13 seasonal training plan (one month)" on page 17.

For the full U11/13 seasonal training plan, see pages 50 to 54 in the appendix.

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My notes…

U15

U15 seasonal structure (recreational)

PHASE	Prep/Evaluation Phase & Development Phase	Regular Season Phase	Playoff/Tournament Phase
DURATION	Up to **4 WEEKS** prior to the start of the Regular Season phase	Up to **24 WEEKS** after the completion of the Development phase	Up to **4 WEEKS** after the conclusion of the Regular Season phase
PRACTICES	**8** PRACTICE SESSIONS	**24** PRACTICE SESSIONS	**4** PRACTICE SESSIONS
GAMES	UP TO **2** EXHIBITION GAMES	UP TO **20** GAMES	UP TO **12** GAMES
TOURNAMENTS	**1** TOURNAMENT	**1** TOURNAMENT	**1** TOURNAMENT

U15/18 skills matrix

Skating	Individual Offensive Play: Puck Control	Individual Offensive Play: Passing/Receiving	Individual Offensive Play: Shooting	Team Play: Offensive Skills
Strong On Feet	Control	Puck management skills	Being an option	Head up
Stride	Carry with speed	Passing	Quick release	Puck protection
Edges	Protection/In a crowd	Look offs	In stride	Puck management
Transition and pivots	Driving to the net	Receive and control consistently	Change puck angle	Quick transition
Change of direction	Stick fakes	Pick up bad passes	Shot choice	Smart puck support principles (under pressure)
Acceleration/Crossovers	Body fakes	1st pass threat	Shot mentality	Entries
Stability	Dekes	Finding seams	Find shooting lane	Retrievals
Power	Moves in combination			Hinging
Agility	Creativity			Delays
Quick feet	Deception			Cycling
Evasive turns				Net drives
Escapes				Anticipation
Skate the game				
NZ speed				

Individual Defensive Skills	Team Play / Defensive Skills	Intangibles	Hockey Sense
Angling	Timing and support - spatial awareness	Dedication to being an elite athlete	Ability to make decisions that affect the play
Stick on puck	Situational gap control	Be in every battle	Ability to understand the tactics necessary to compete at this level
Defensive side positioning	Read and react	Resiliency	Adaptability
Shot blocking	Communication	Work ethic	
Boxing out		Communication skills	
Fronting		Emotional control	
Controlled skating		Does "whatever it akes"	
Tracking			
Transition from defense to offense			

My notes…

For the full U15/18 seasonal training plan, see pages 55 to 59 in the appendix.

Sample U15/U18 seasonal training plan (one month)

U15/18 – Seasonal training plan

October 2022
(0 Practices | 0 Games)

GOALS
1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					01 Development 1	02 Development 1
03 Development 1	04 Development 1	05 Development 1	06 Development 1	07 Development 2	08 Development 2	09 Development 2
10 Regular Season 1	11 Regular Season 1	12 Regular Season 1	13 Regular Season 1	14 Regular Season 1	15 Regular Season 1	16 Regular Season 1
17 Regular Season 1	18 Regular Season 1	19 Regular Season 1	20 Regular Season 1	21 Regular Season 1	22 Regular Season 1	23 Regular Season 1
24 Regular Season 1	25 Regular Season 1	26 Regular Season 1	27 Regular Season 1	28 Regular Season 1	29 Regular Season 1	30 Regular Season 1
31 Regular Season 1						

Skills/Concepts

Preparation period (Weeks 1 - 8)

Development 1 phase (Weeks 7 - 8)
- Skating – Agility/Quickness/Turning/Crossovers
- Puck Control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Development 2 phase (Weeks 8)
Pre-season tournament

Competition period (Weeks 9 - 37)

Regular season 1 phase (Weeks 9 – 11)
- Skating – Agility/Quickness/Turning/Crossovers
- Puck control – Deception/Creativity/Puck protection
- Individual tactics – Forwards/Defence
- Basic D zone coverage
- Introduction to forecheck

Physical Prep
- TBD

Mental Prep
- TBD

Team Development
- TBD

Evaluation & Assessment
- TBD

September				October					November			
05 (Week 4)	12 (Week 5)	19 (Week 6)	26 (Week 7)	03 (Week 8)	10 (Week 9)	17 (Week 10)	24 (Week 11)	31 (Week 12)	07 (Week 13)	14 (Week 14)	21 (Week 15)	28 (Week 16)
Prep	Tryout			Dev 1	Dev 2	RS 1					RS 2	RS 2

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My notes…

U18

U18 seasonal structure (recreational)

PHASE	Prep/Evaluation Phase & Development Phase	Regular Season Phase	Playoff/Tournament Phase
DURATION	Up to **4 WEEKS** prior to the start of the Regular Season phase	Up to **24 WEEKS** after the completion of the Development phase	Up to **4 WEEKS** after the conclusion of the Regular Season phase
PRACTICES	**8** PRACTICE SESSIONS	**24** PRACTICE SESSIONS	**4** PRACTICE SESSIONS
GAMES	UP TO **2** EXHIBITION GAMES	UP TO **20** GAMES	UP TO **12** GAMES
TOURNAMENTS	**1** TOURNAMENT	**1** TOURNAMENT	**1** TOURNAMENT

U15/18 skills matrix

- The skills matrix for U18 is the same as that for U15. See “U15/18 skills matrix” on page 19.

Sample U15/18 seasonal training plan (one month)

- The seasonal training plan for U18 is the same as that for U15. See “Sample U15/U18 seasonal training plan (one month)” on page 20.

My notes…

Supporting the Canadian Player Pathway…

- Hockey University – Online module
- Coach 2 – Coach Level — in-class and on-ice components
- Checking skills
- Respect in Sport – Activity Leader – Online module

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MAKE HOCKEY SAFE

My notes…

For more information about this and all the other C2 topics, visit Hockey Canada's downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

MALTREATMENT

In this section:

- Follow-along
  - Task #1

Follow-along

What is maltreatment?

Maltreatment consists of acts that result in actual harm or the potential for physical or psychological harm. This includes but is not limited to physical, psychological, or sexual actions.

- Physical
  - Assault or unwanted physical contact
  - Non-contact behaviour, such as denying hydration or nutrition; providing alcohol to a participant under legal age; etc.
- Psychological
  - Verbal assaults or attacks
  - Unwanted physical contact
  - Denying attention or support
- Sexual
  - Unwanted contact of a sexual nature on any part of a person's body
  - Showing sexual videos or images
  - Unwanted conversation or teasing of a sexual nature

Why maltreatment?

- Hockey Canada believes that every person should have positive experiences in hockey
- It's easy to say that discrimination, harassment, and abuse have no place in our game… but we all play a role in making that a reality
- We must all expect more from our players, our coaching colleagues, parents, and ourselves
- No excuses

Playing Rules – Section 11

When it revised its playing rules in 2021, Hockey Canada put all the rules about maltreatment in one section — Section 11 — of the updated rule book. There are 5 rules on maltreatment:

- Rule 11.1: Unsportsmanlike conduct
- Rule 11.2: Disrespectful, abusive, and harassing behaviour
- Rule 11.3: Spitting
- Rule 11.4: Discrimination
- Rule 11.5: Physical harassment of officials

The updated rule book is available at https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Officiating/Downloads/rulebook_casebook_e.pdf.

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My notes…

Hockey Canada also updated three of the rules — 11.1, 11.2, and 11.4 — to clarify its position on maltreatment. Two rules — 11.3 and 11.5 — did NOT change.

Updating Rules 11.1, 11.2, and 11.4 involved codifying the difference between emotion and abuse (Rules 11.1 and 11.2) and expanding the list of grounds for discrimination (Rule 11.4). See below.

Rule #	Key Criteria	Focus for coaches & players
11.1	Challenging or disputing	▪ Are you asking a question or arguing? ▪ There is a fine line between a brief emotional reaction and a deliberate continuation of that behaviour.
11.2	Disrespectful or abusive	▪ Swearing or comments of a personal nature are unacceptable. ▪ Players aren't on the ice to trash talk — they're on the ice to play hockey.
11.4	Discrimination	▪ **Don't cross the line:** Race, national or ethnic origin, skin colour, or language spoken; religion, faith, or beliefs; age; sex, sexual orientation, or gender identity/expression; marital or familial status; genetic characteristics; disability.

Coaches as role models

Task #1

Coaches are role models for their players. With this in mind, have a group discussion about these two questions:

1. What behaviours are you modelling in practices and games on the prevention of maltreatment and creating a safe environment for players?
2. Are you setting your players up for success?

In the space below, record your notes on this discussion.

Change the culture

- Coaches play a very important role in changing the culture of the game when it comes to discrimination
- We must all work with administrators, parents, and players to:
  - Support marginalized members of our sport to realize their full potential in a fair and safe environment
  - Help change the hockey culture and make it more inclusive to all Canadians
  - Call out discrimination, because it's the right thing to do.
- No more excuses – it's not part of the game
- Change the culture!

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My notes…

Resources

- Canadian Human Rights Act
  - https://laws-lois.justice.gc.ca/eng/acts/h-6/
- Hockey Canada Coaching Resources — Maltreatment
  - https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Coaching/Downloads/2022/coaches-resources-maltreatment-e.pdf
- Hockey Canada Maltreatment, Bullying and Harassment Protection and Prevention Policy
  - https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads
- Hockey Canada resources for officials
  - https://www.hockeycanada.ca/en-ca/hockey-programs/officiating/downloads
- Hockey Diversity Alliance
  - https://hockeydiversityalliance.org/
- Respect in Sport
  - https://www.respectgroupinc.com/respect-in-sport/
- Safe Sport
  - https://safesport.coach.ca/
- Safety Requires Teamwork & Safety for All
  - https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Safety/Insurance/Downloads/safety_teamwork_e.pdf

My notes…

For more information about this and all the other C2 topics, visit Hockey Canada's downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

SAFETY AND RISK MANAGEMENT

In this section:

- Follow-along

Follow-along

Definition

- *Risk management* is the process by which an organization or team identifies, assesses, controls, and minimizes the risk of bodily injury or financial loss arising from its activities

Why risk management?

- Coaches assume both risks and responsibilities when they coach
- Players and parents expect:
  - A safe environment
  - A fun environment
  - Overall due diligence

Identifying risks

- Risk management for Hockey Canada and for you as a coach means these two things:
  1. Reviewing your team activities to identify the risks being generated
  2. Determining ways to minimize them:
     - What can go wrong?
     - How likely is it to go wrong, and what are the consequences if it does go wrong?
     - How can you stop the situation from going wrong or reduce the consequences if it does go wrong?

Steps in risk management

- Step 1: Identify the activities your team will be participating in both at the rink and away from the rink (on-ice and off-ice)
- Step 2: Identify the risks connected with each activity (e.g., game, dressing room, arena parking lot, travel, fundraising, team functions)
- Step 3: Assess the relative significance of all on-ice and off-ice risks. What risks do we as a team need to control?
- Step 4: Eliminate or minimize identified risks
- Step 5: Provide protection, including insurance, against unavoidable risks

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My notes…

Protecting against unavoidable risks

- Make sure you are covered by insurance
- Continuously evaluate your participants' fitness and skill levels
- Never leave young participants unsupervised
- Recruit and work with your team Safety Person or Trainer to ensure the required first aid supplies are on hand
- Develop an Emergency Action Plan
- Inspect equipment and facilities to identify and correct deficiencies
- Become familiar with responsible prevention of, recognition of, and response to concussions

Team Safety Person or Trainer

- Hockey Canada requires that all teams have a Safety Person or Trainer who has completed the Hockey Canada Safety Program (HTCP in Ontario)
- The Safety Person or Trainer plays a leadership role in the implementation of risk management
- Having a Safety Person or Trainer benefits you as a coach
- The Safety Person or Trainer has many responsibilities on the team

Emergency Action Plan (EAP)

- Helps teams respond to emergency situations
- Helps coaches, the Safety Person or Trainer, and other volunteers respond in a professional and clear-headed way if an emergency occurs
- Must be in place before your first session with your team
- Should be prepared for the facility (arena or off-ice training site) where your team practises or plays games, as well as for accommodation your team uses if travelling
- Must be prepared for any road trips, including the hotel and bus

Key personnel in EAPs

- The Charge Person
- The Call Person
- The Control Person

NCCP Code of Ethics

- Purpose of the NCCP Code of Ethics
- Core principles and ethical standards of behaviour
  - Leadership and professionalism
  - Health and safety
  - Respect and integrity
- Rule of two

See page 30 for Hockey Canada's EAP template.

Hockey Canada has an entire toolbox on concussions, including the Hockey Canada Concussion Awareness app. To check out the app and other resources, go https://www.hockeycanada.ca/en-ca/hockey-programs/safety/concussions/concussion-toolbox.

For information on EAP safety personnel, check out Hockey Canada's page on its safety programs; https://www.hockeycanada.ca/en-ca/hockey-programs/safety.

Emergency Action Plan

SAFETY REQUIRES TEAMWORK
AN EMERGENCY ACTION PLAN FOR HOCKEY

The coach, manager and safety person should initiate a meeting at the beginning of the season to ensure they have the volunteers required for their Emergency Action Plan.

Equipment Locations

Please locate and identify area on map:

Legend
Phone ..... P
Exits ..... E
First aid... FA
AED. ..... AED

Arena Information

Arena/Facility Name: _____

Address: _____

Telephone Number: _____

Emergency Telephone Numbers

Emergency: _____

Ambulance: _____

Fire Dept: _____

Hospital: _____

Police: _____

General: _____

Roles

Safety Person / Charge Person

- Initially takes control of the situation.
- Instructs player to lay still and bystanders, such as other players, not to move player.
- Do not move the athlete.
- Assess injury status of player, decide if an ambulance/medical care is required.
- If the injury is serious and warrants immediate attention that you are not qualified to provide, make your pre-determined signal to your call person, control person and your pre-determined first aid/medical person.

Call Person

- Makes call when emergency assistance required (tests their cell phone in the facility to ensure it will work).
- Know location of alternate phones in the facility being played in. Have change or a phone card if necessary.
- Ideally at all games and practices and not involved on the bench.
- Has a list of emergency phone numbers in the area of the facility.
- Has a diagram displaying specific directions and best route to the arena facility.

Control Person

- Pre-determine the location of the AED and other emergency equipment in the facility.
- Retrieving the AED and/or first aid kit and bringing to the injured player if requested.
- Seek highly-trained medical personnel in the facility if requested by the Charge Person.
- Ensure teammates, other participants and spectators are not in the way of the charge person.
- Advise opponents, on-ice officials, arena staff and parents of the steps being taken.
- Ensure the quickest and best route for the ambulance crew to the ice surface is clear and accessible.
- Meet the ambulance on its arrival and direct EMS to the injured player.

IMPORTANT REMINDERS

The game official continues to assume the role of being in charge of the overall environment.

It is important for officials to note that if the safety person makes the signal for assistance that there may be a number of pre-determined people who will respond and will require access to the ice.

Once the ambulance is called, the officials should send both teams to their dressing rooms.

See flow chart on reverse

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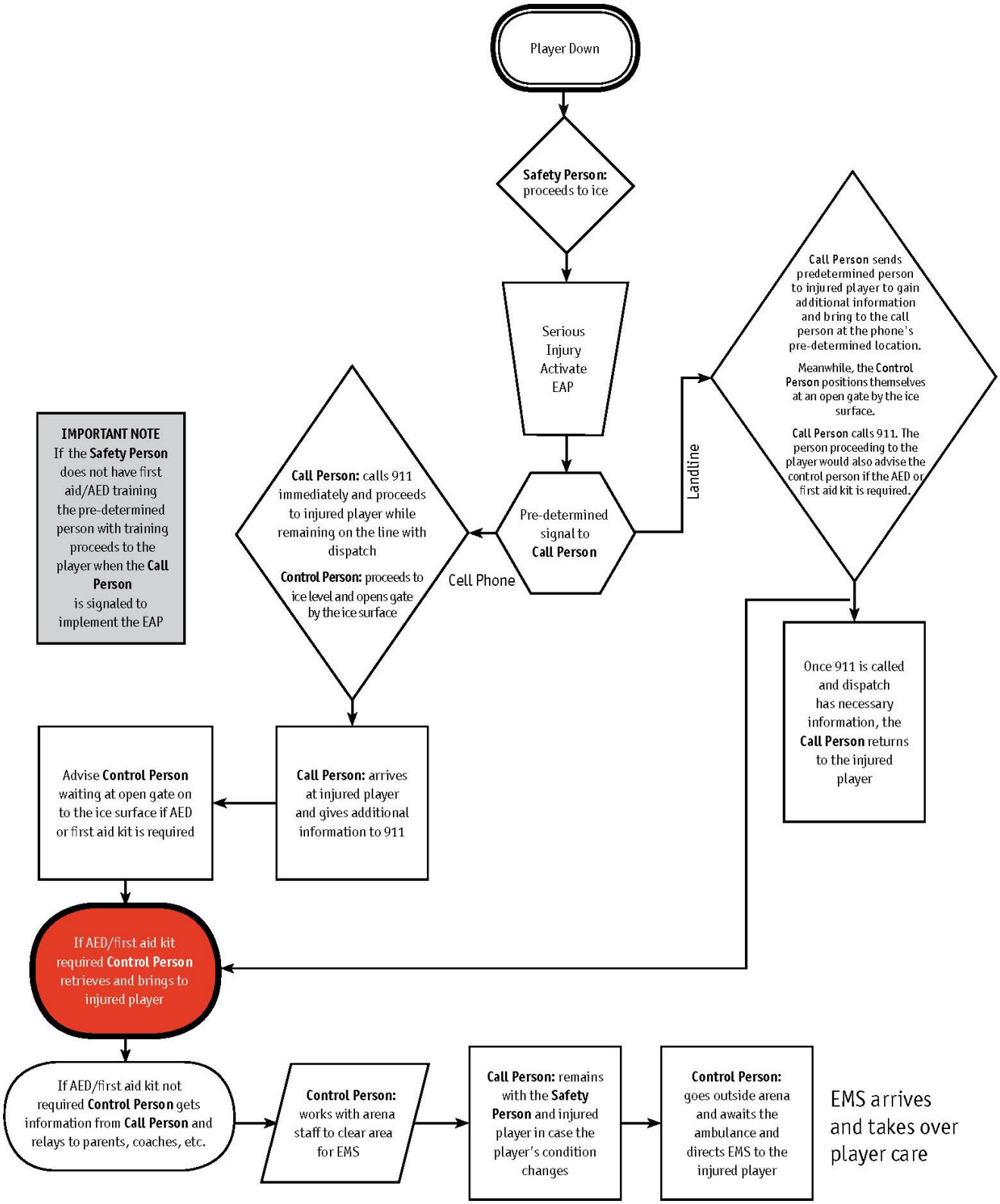
Emergency Action Plan Flow Chart



PRACTICES

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PLANNING

In this section:

- Follow-along
  - Task #1
  - Task #2
  - Task #3

Follow-along

Task #1

Have a group discussion about the considerations that go into planning a practice.

9 components of a practice plan

These 6 are covered immediately below:

- Set goals
- Be prepared
- Drill considerations
- Teaching stations
- Use of equipment and safety
- Grouping of players

These 3 are covered later in this workbook:

- Delivery — see page 37
- Skill development/SAGs:
  - Teaching and developing skills — see page 39
  - Small-area games — see page 41
  - Skill analysis— see page 42
- Goaltending — see page 44

Set goals

- Easy to understand
- Clear
- Age-appropriate

Be prepared

- To meet the goals of the practice and to maximize ice time:
  - Make sure the practice's content lines up with the skill(s) you plan to teach
  - Review the key teaching points
  - Review the time allotted for each station or activity
  - Ensure you have a copy of the practice plan for on-ice reference
  - Make sure the teaching aids you need are in place

My notes…

For more information about this and all the other C2 topics, visit Hockey Canada's downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

My notes…

- Ensure all coaches are aware of their duties and the practice plan
- Know your role and your responsibilities
  - Help set up/organize total-group drills
  - Be ready to move quickly into your group's activities
  - Provide individual instruction through error detection and correction
  - Keep players organized
  - Stay active, engaged, and on-task throughout the practice

Drill considerations

Best-case scenario	Worst-case scenario
■ High reps, gamelike ◆ Players are moving ◆ Players are engaged ◆ Drills mimic the game ◆ Uses small-area games	■ Low reps, not gamelike ◆ Players are standing in lines ◆ Players aren't engaged, aren't learning ◆ Blocked drills, boring ◆ Doesn't use small-area games

Teaching stations

- Teaching stations are a great way to teach the basic skills of hockey
- The number of stations you can set up depends on:
  - How many players there are in your practice
  - How different their skills levels are
  - How many assistant coaches are working with you
  - How many different skills you intend to teach
  - How much ice is available for your use

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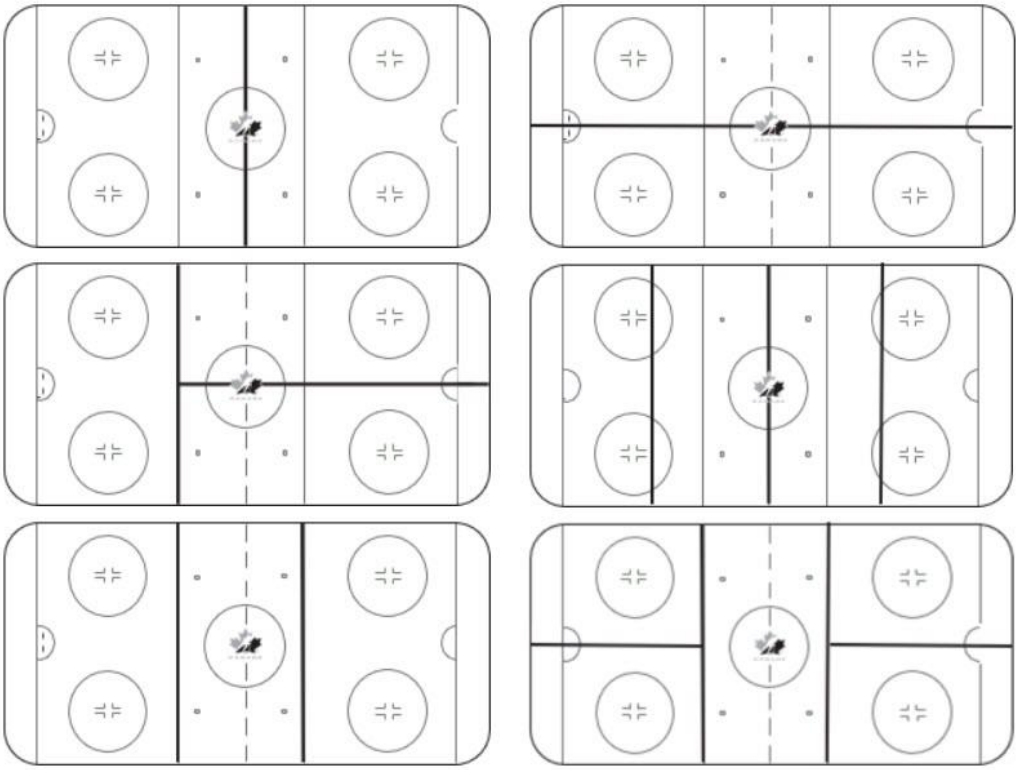
My notes…

Some examples of how to set up teaching stations



Task #2

As a group, list some equipment and teaching aids your practices could benefit from at the U11/13/15 and U18 levels.

Use of equipment and safety

- Equipment and teaching aids are great resources:
  - They can make your lessons more interesting, effective, and safe, and they add variety
  - Proper equipment and teaching aids can make it easier and safer for beginners to perform certain skills

Task #3

As a group, list 4 considerations for grouping players.

My notes…

Grouping of players

Start of the season	During the season
■ Grouping normally takes place during and after the first ice session, once you've had a chance to view players' abilities ■ You may need to adjust your initial groupings	■ Each practice session? ■ Weekly?

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DELIVERY

In this section:

- Follow-along

Follow-along

What to consider when delivering a practice…

1. Warm-ups – Do them first and with a purpose
2. Skills – Do early in practices and use lots of repetition
   - Have forwards/defence/goaltenders practise position-specific skills
3. Individual tactics – Tie the individual skills together
4. Team and game tactics - Use small-area games and gamelike drills toward the end of your practice

Food for thought

- Examples of concepts to use to start drills:
  - Start drills with skills
  - Start drills from face-offs
  - Loose-puck retrievals
  - Puck steals

My notes…

For more information about this and all the other C2 topics, visit Hockey Canada's downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

SKILLS

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TEACHING AND DEVELOPING SKILLS

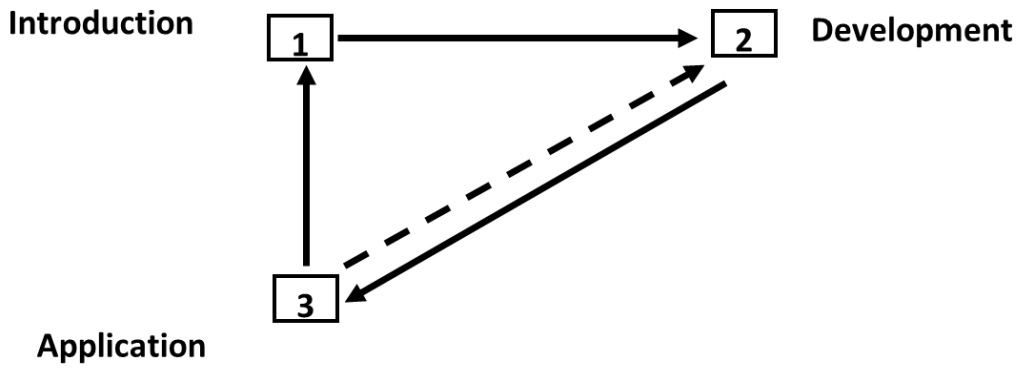
In this section:

- Follow-along

Follow-along

Overview

- Introduction
  - Learn new techniques, blocked methods, teach and correct, no pressure, non-gamelike
- Development
  - Expand learned techniques, practise, FIO, pressures added, some game likeness, technique becomes skill
- Application
  - Transfer skills to the game, random drills, task-based not solution-based, full gamelikeness



Introduction

- Teach skills not only for technique, but also for results
- Repetition helps players become consistent performers
- Results happen when players have mastered the repetition of proper technique and can incorporate it into drills and games

Development - Practise

- Practise at a speed so players can learn
- Have players practise skills in progression:
  - If you can't do it standing still
  - You can't do it moving
  - You can't do it to beat an opponent
- Work on the same skills in a range of drills

My notes…

For more information about this and all the other C2 topics, visit Hockey Canada's coaching downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

For additional information on player development, check out Hockey Canada's player development downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/players/essentials/downloads.

My notes…

Development - Practise with purpose and speed

- Once players have mastered technique, they need to practise it with purpose
- And then players practise with purpose AT SPEED – GAME SPEED
- For example, once players can stickhandle with purpose and speed, they can do it without thinking; it then happens automatically, and deception and creativity can come into play

Development - F.I.O. (Figure it out)

- If players are attached to the outcome (i.e., worried about making a mistake) they won't fully realize their potential to be creative
- Create or set up the drill, and then let players decide the patterns (solution-based vs task- based)

Figure it out = creativeness and improvisation

Game application

- Once players have learned a new technique, once they've practised, once they've practised it with purpose and speed and figured it out — then comes the most important aspect of all — application in games!!!
- We all know great practice players, but the great ones can do it in a game!
- To get buy-in and keep buy-in, players eventually need to know how it applies in a game
- Best place to go for game application – watch pros, watch games, watch video
- Watch goals scored at higher levels, and develop drills from what you see

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SMALL-AREA GAMES

In this section:

- Follow-along

Follow-along

Skill drills and small-area games

- Using a variety of skill drills and fun games or relays will go a long way toward making your ice sessions educational and fun
- Use these types of activities to break up difficult drills or skills, to relieve boredom, to add variety, and to finish off a session on a high note

Small-area games (SAGs)

- Decrease the space!
- Increase the pace!

What are SAGs?

- Competitive hockey drills done in a smaller than normal playing area
- Cross ice, neutral zone, corners — depending on what coaches are trying to teach
- Drills that usually have fewer players but a higher and consistent intensity; lots of puck touches
- Designed to simulate possible gamelike situations that players can experience and learn from

SAGs: The purpose

- Gamelike conditions
- Quick first step
- Stops and starts
- Awareness and reacting to pressure

My notes…

For more information about this and all the other C2 topics, visit Hockey Canada's coaching downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

For additional information on player development, check out Hockey Canada's player development downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/players/essentials/downloads.

My notes…

For more information about this and all the other C2 topics, visit Hockey Canada's coaching downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

For additional information on player development, check out Hockey Canada's player development downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/players/essentials/downloads.

SKILL ANALYSIS

In this section:

- Follow-along

Follow-along...

Introduction

- Skill analysis for the purposes of assessment is less about the biomechanics and more about evaluating strengths and weaknesses of the team, positions and individual players

Skill analysis at Coach 2

- Knowing what qualities players need for skill performance during practices and games
- Knowing how to improve individual players' skills
- Using drills that will improve skills and are integrated into individual and team tactics
- Understanding how players should execute these skills and tactics in practice for maximum development

What to assess…

- Overall assessment of your team
- Overall assessment of specific positions – F / D / G
- Overall assessment of each player

Detecting and correction errors in skills

- Use the key teaching points within the skill inventories to tell you what movements to watch
- Decide how you will observe the actions, how often, and from where
- Identify and correct major errors first
  - Correct by
    - Imitation
    - Whole-Part-Whole

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GOALTENDING

My notes…

For more information about this and all the other C2 topics, visit Hockey Canada's downloads page at https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads.

GOALTENDING

In this section:

- Follow-along

Follow-along

Introduction

- Incorporate your goalies into each drill — give them an individual skill or team concept to focus on (goalie purpose)
- Your goalies will improve doing team drills, but if you make time for 1 drill (10 minutes) per practice, you will be able to give them the attention they deserve

Hockey Canada's approach

- Goaltending is a critical aspect of team play and requires direct, consistent, and unique coaching skills
- Just as forwards and defenders get specific coaching for their respective positions, goalies need the same attention and guided skill development

Pre-save/Save/Post-save

- Goaltending can be broken up into 3 major parts — pre-save, save, and post-save:
  - Pre-save: Maintain strong visual connection to the puck while moving into the shot line
  - Save: Make the correct save selection/response to the shot
  - Post-save: Move immediately to the new shot line to best defend the net if a rebound occurs

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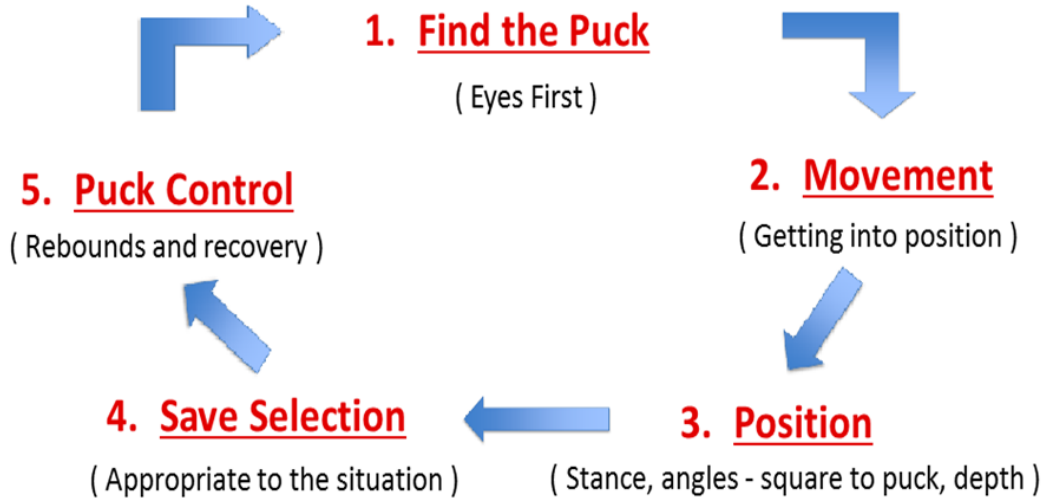
My notes…

The save cycle

- The save cycle consists of 5 key areas of focus for solid goaltending:



Ten scoring situations

- Scoring situations are broken down into 10 categories to help the goaltender recognize the situation and select the best way to defend it
- Goaltenders must be able to read both attacking players' options and their own teammates' defending position while processing the situation
- The 10 scoring situations are:
  1. Clear shots
     - An unobstructed shot where the goaltender sees the puck from the release to the net
  2. Entries
     - All situations where the puck is carried across the blue line into the zone and results in an attempt at the net
  3. Net drives
     - An in-zone play where the player skates the puck all the way to the net or a better scoring area
  4. Breakaways
     - Situations where a player is ahead of all defending players with only the goaltender as the last line of defence
  5. Rebounds
     - Second chance to score off an original shot or attempt at the net
  6. Low-high/High-low
     - Puck that is passed out (low-high) or down (high-low) that generally stays on the same side of the ice

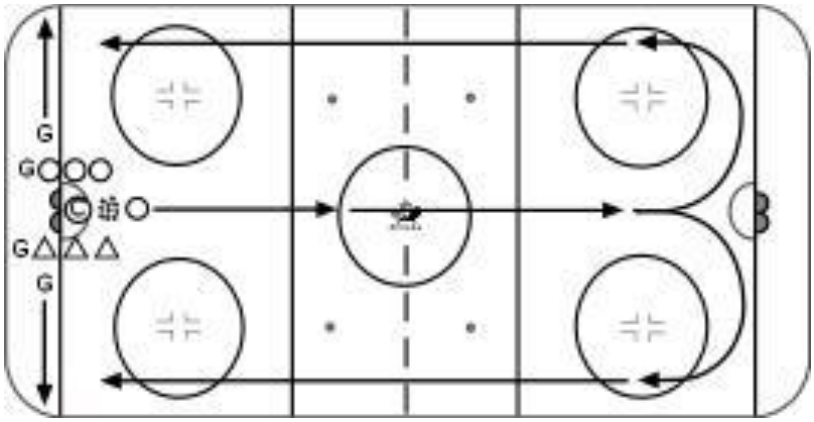
7. East/West
   - Puck that travels across the middle of the ice — either passed or carried — and forces the goaltender to move laterally
8. Below the goal line
   - A scoring situation that originates along or below the goal line and results in a shot to either the near or the far post (walkouts and wraparounds)
9. Deflections
   - A shot where the puck changes direction because it hits a stick or player before reaching the net
10. Screens
    - A shot where the puck changes direction because it hits a stick or player before reaching the net

Practice tips

1. Skating: Goaltenders' priorities should be goalie-specific skating ("C" cuts, T-push, shuffles, and pivots); when not doing these, they should join in team skating drills for conditioning
2. Passing: Goaltenders should focus on goalie-specific passing drills when the team is doing passing drills
3. Drills: Explain to goalies the purpose of the drills for them and their roles in the drills
4. Use game-application drills
5. Space out your shooters

Drills

- Team warm-up drill: Purpose for goalie – skating



  - Goalies can do lanes like the forwards
  - Give them goalie-specific skating skills to do
  - Also use the goal line for goalie-specific skating skills

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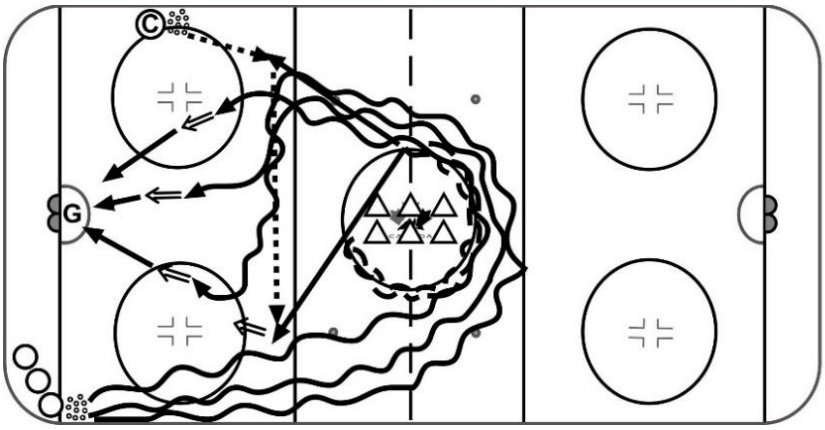
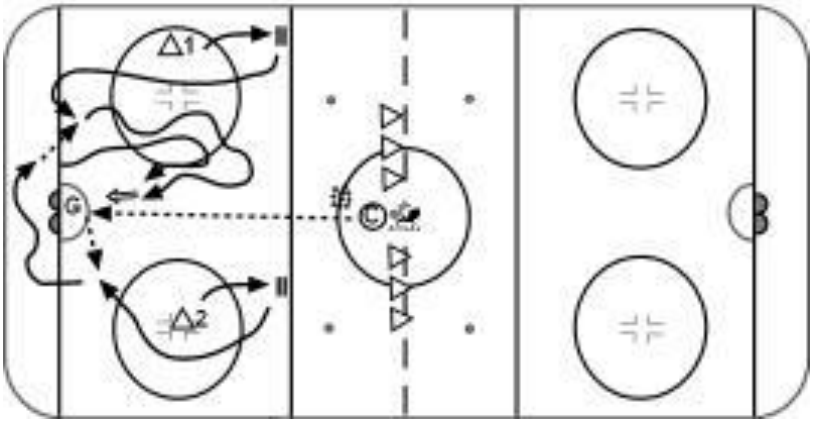
My notes…

- Team warm-up drill: Purpose for goalie – Feel the puck



  - 5 shots = 3 from forwards – 2 from D
  - 1st shot from right
  - 2nd shot from middle
  - 3rd shot from left
  - After forwards shoot – stay at net for tip or deflection on shot from D – (don't screen – let goalie see puck)
- Team drill: Purpose for goalie – Puck handling



  - The key is communication between D and goaltender
  - They need to decide what is going to be done with the puck before the D arrives
  - "Set" or "pass" should be options every time the goaltender touches the puck
  - If it is "set," goaltender will set the puck for the D to pick up; if "pass," then D will get open and goaltender will pass the puck to them or a forward

Communication with goaltenders

- Communicate who is playing the next game
- Explain what is expected of them in game situations
- Give feedback
- Set goals

My notes…

The role of the goalie coach

- If you have a goalie coach, they will be most effective when encouraged to do the following:
  - Design and implement drills
  - Act as a liaison between the goaltenders and the head coach
  - Help goaltenders with mental preparation and routine
  - Assess game and practice performance to identify strengths and areas for development
  - Use video as an effective coaching tool
  - Help goaltenders deal with pressure and poor performances

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APPENDIX: SEASONAL TRAINING PLANS

U11/13 SEASONAL TRAINING PLAN

U11/13 – Seasonal training plan

August 2022

(0 Practices)

GOALS

1.TBD
2.TBD
3.TBD
4.TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2
08	09	10	11	12	13	14
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2
15	16	17	18	19	20	21
Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Preparation
22	23	24	25	26	27	28
Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Preparation
29	30	31				
Preparation	Preparation	Preparation				

Skills/Concepts

Off-season phase

- Minimal ice/Time off
- Play other sports

Preparation period (Weeks 1 - 8)

Preparation phase (Weeks 1 - 3)

- Association/League to provide 4 development skates prior to tryouts starting
- Skating – Edge control, forward/backward skating
- Puck Control – Core Moves, Individual Puck Time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Physical Prep

- TBD

Mental Prep

- TBD

Team Development

- TBD

Evaluation & Assessment

- TBD

July				August					September			
03 (Week 47)	10 (Week 48)	17 (Week 49)	24 (Week 50)	01 (Week 51)	08 (Week 52)	15 (Week 1)	22 (Week 2)	29 (Week 3)	05 (Week 4)	12 (Week 5)	19 (Week 6)	26 (Week 7)
Off Season 2						Preparation				Tryout		

U11/13 – Seasonal training plan

September 2022

(0 Practices)

GOALS

1.TBD
2.TBD
3.TBD
4.TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			01	02	03	04
			Preparation	Preparation	Preparation	Preparation
05	06	07	08	09	10	11
Preparation	Preparation	Preparation	Preparation	Tryout	Tryout	Tryout
12	13	14	15	16	17	18
Tryout	Tryout	Tryout	Tryout	Tryout	Tryout	Tryout
19	20	21	22	23	24	25
Tryout	Tryout	Tryout	Tryout	Tryout	Tryout	Tryout
26	27	28	29	30		
Tryout	Tryout	Tryout	Tryout	Tryout		

Skills/Concepts

Preparation period (Weeks 1 - 8)

Preparation phase (Weeks 3 - 4)

- Association/League to provide 4 development skates prior to tryouts starting
- Skating – Edge control, Forward/Backward skating
- Puck Control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Tryout Phase (Weeks 4 - 7)

- Minimum 3 tryout sessions
  1 skills session
  1 small area games session

1 formal game

Physical Prep

- TBD

Mental Prep

- TBD

Team Development

- TBD

Evaluation & Assessment

- TBD

August				September					October				
01 (Week 51)	08 (Week 52)	15 (Week 1)	22 (Week 2)	29 (Week 3)	05 (Week 4)	12 (Week 5)	19 (Week 6)	26 (Week 7)	03 (Week 8)	10 (Week 9)	17 (Week 10)	24 (Week 11)	31 (Week 12)
Off Season 2		Preparation			Tryout				Dev 1	Dev 2	Regular Season 1		

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U11/13 – Seasonal training plan

October 2022

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					01	02
					Development 1	Development 1
03	04	05	06	07	08	09
Development 1	Development 1	Development 1	Development 1	Development 2	Development 2	Development 2
10	11	12	13	14	15	16
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1
17	18	19	20	21	22	23
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1
24	25	26	27	28	29	30
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1
31						
Regular Season 1						

Skills/Concepts

Preparation period (Weeks 1 - 8)

Development 1 phase (Weeks 7 - 8)

- Skating – Agility/Quickness/Turning/Crossovers
- Puck Control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Development 2 phase (Weeks 8)

Pre-season tournament

Competition period (Weeks 9 - 37)

Regular season 1 phase (Weeks 9 – 11)

- Skating – Agility/Quickness/Turning/Crossovers
- Puck control – Deception/Creativity/Puck protection
- Individual tactics – Forwards/Defence
- Basic D zone coverage
- Introduction to forecheck

Physical Prep

- TBD

Mental Prep

- TBD

Team Development

- TBD

Evaluation & Assessment

- TBD

September				October					November			
05 (Week 4)	12 (Week 5)	19 (Week 6)	26 (Week 7)	03 (Week 8)	10 (Week 9)	17 (Week 10)	24 (Week 11)	31 (Week 12)	07 (Week 13)	14 (Week 14)	21 (Week 15)	28 (Week 16)
Prep	Tryout			Dev 1	Dev 2	RS 1					RS 2	RS 2

U11/13 – Seasonal training plan

November 2022

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	01	02	03	04	05	06
	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1
07	08	09	10	11	12	13
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1
14	15	16	17	18	19	20
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1
21	22	23	24	25	26	27
Regular Season 2	Regular Season 2	Regular Season 2	Regular Season 2	Regular Season 2	Regular Season 2	Regular Season 2
28	29	30				
Regular Season 3	Regular Season 3	Regular Season 3				

Skills/Concepts

Competition period (Weeks 9 - 37)

Regular season 1 phase (Weeks 12 - 14)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Regular season 2 phase (Week 15)

- No games
- Minimal ice/Time off
- Team building

Regular season 3 phase (Week 16)

- TBD

Physical Prep

- TBD

Mental Prep

- TBD

Team Development

- TBD

Evaluation & Assessment

- TBD

October					November				December			
03 (Week 8)	10 (Week 9)	17 (Week 10)	24 (Week 11)	31 (Week 12)	07 (Week 13)	14 (Week 14)	21 (Week 15)	28 (Week 16)	05 (Week 17)	12 (Week 18)	19 (Week 19)	26 (Week 20)
Dev 1	Dev 2	RS 1					RS 2	RS 3				RS 4

U11/13 – Seasonal training plan

December 2022

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			01	02	03	04
			Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3
05	06	07	08	09	10	11
Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3
12	13	14	15	16	17	18
Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3
19	20	21	22	23	24	25
Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 4	Regular Season 4	Regular Season 4
26	27	28	29	30	31	
Regular Season 4	Regular Season 4	Regular Season 4	Regular Season 4	Regular Season 4	Regular Season 4	

Skills/Concepts

Competition period (Weeks 9 - 37)

Regular season 3 phase (Weeks 16 - 19)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Regular Season 4 Phase (Weeks 19 - 20)

- December holiday season tournament
- Minimal ice/Time off

Physical Prep
- TBD

Mental Prep
- TBD

Team Development
- TBD

Evaluation & Assessment
- TBD

November				December				January				
07 (Week 13)	14 (Week 14)	21 (Week 15)	28 (Week 16)	05 (Week 17)	12 (Week 18)	19 (Week 19)	26 (Week 20)	02 (Week 21)	09 (Week 22)	16 (Week 23)	23 (Week 24)	30 (Week 25)
RS 1		RS 2	RS 3				RS 4	RS 5				

U11/13 – Seasonal training plan

January 2023

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						01
						Regular Season 4
02	03	04	05	06	07	08
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
09	10	11	12	13	14	15
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
16	17	18	19	20	21	22
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
23	24	25	26	27	28	29
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
30	31					
Regular Season 5	Regular Season 5					

Skills/Concepts

Competition period (Weeks 9 - 37)

Regular season 4 phase (Week 20)

- December holiday season tournament
- Minimal ice/Time off

Regular season 5 phase (Weeks 21 - 24)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Physical Prep
- TBD

Mental Prep
- TBD

Team Development
- TBD

Evaluation & Assessment
- TBD

December				January					February			
05 (Week 17)	12 (Week 18)	19 (Week 19)	26 (Week 20)	02 (Week 21)	09 (Week 22)	16 (Week 23)	23 (Week 24)	30 (Week 25)	06 (Week 26)	13 (Week 27)	20 (Week 28)	27 (Week 29)
Regular Season 3			Regular Season 4	Regular Season 5						Regular Season 6	Regular Season 7	

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U11/13 – Seasonal training plan

February 2023

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		01	02	03	04	05
		Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
06	07	08	09	10	11	12
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
13	14	15	16	17	18	19
Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6
20	21	22	23	24	25	26
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
27	28					
Regular Season 7	Regular Season 7					

Skills/Concepts

Competition period (Weeks 9 - 37)

Regular season 5 phase (Weeks 25 - 26)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Regular season 6 phase (Week 27)

- Minimal Ice/Time off

Regular season 7 phase (Weeks 28 - 29)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Physical Prep

- TBD

Mental Prep

- TBD

Team Development

- TBD

Evaluation & Assessment

- TBD

January					February				March			
02 (Week 21)	09 (Week 22)	16 (Week 23)	23 (Week 24)	30 (Week 25)	06 (Week 26)	13 (Week 27)	20 (Week 28)	27 (Week 29)	06 (Week 30)	13 (Week 31)	20 (Week 32)	27 (Week 33)
Regular Season 5						Regular Season 6	Regular Season 7					

U11/13 – Seasonal training plan

March 2023

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		01	02	03	04	05
		Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
06	07	08	09	10	11	12
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
13	14	15	16	17	18	19
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
20	21	22	23	24	25	26
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
27	28	29	30	31		
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7		

Skills/Concepts

Competition period (Weeks 9 - 37)

Regular season 7 phase (Weeks 29 - 33)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Physical Prep

- TBD

Mental Prep

- TBD

Team Development

- TBD

Evaluation & Assessment

- TBD

February				March				April			
06 (Week 26)	13 (Week 27)	20 (Week 28)	27 (Week 29)	06 (Week 30)	13 (Week 31)	20 (Week 32)	27 (Week 33)	03 (Week 34)	10 (Week 35)	17 (Week 36)	24 (Week 37)
RS 7							Playoff			Off Season 1	

U11/13 – Seasonal training plan

April 2023

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

					SATURDAY	SUNDAY
					01	02
					Playoff	Playoff
03	04	05	06	07	08	09
Playoff	Playoff	Playoff	Playoff	Playoff	Playoff	Playoff
10	11	12	13	14	15	16
Playoff	Playoff	Playoff	Playoff	Playoff	Playoff	Playoff
17	18	19	20	21	22	23
Off-season	Off-season	Off-season	Off-season	Off-season	Off-season	Off-season
24	25	26	27	28	29	30
Off-season	Off-season	Off-season	Off-season	Off-season	Off-season	Off-season

Skills/Concepts

Competition period (Weeks 10 - 35)

Playoff phase (Weeks 33 - 35)

- Playoffs
- Minimal ice/Time off

Off-season (Weeks 36 - 37)

- Ideally 2 on-ice skills sessions per week
- 2 off-ice training sessions per week
- Other sports
- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Physical Prep

- TBD

Mental Prep

- TBD

Team Development

- TBD

Evaluation & Assessment

- TBD

March				April				May				
06 (Week 30)	13 (Week 31)	20 (Week 32)	27 (Week 33)	03 (Week 34)	10 (Week 35)	17 (Week 36)	24 (Week 37)	01 (Week 38)	08 (Week 39)	15 (Week 40)	22 (Week 41)	29 (Week 42)
Regular Season 7			Playoff			Off Season 1						

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U15/18 SEASONAL TRAINING PLAN

U15/18 – Seasonal Training Plan

August 2022
(0 Practices)

GOALS
1.TBD
2.TBD
3.TBD
4.TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2
08	09	10	11	12	13	14
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2
15	16	17	18	19	20	21
Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Preparation
22	23	24	25	26	27	28
Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Preparation
29	30	31				
Preparation	Preparation	Preparation				

Skills/Concepts

Off-season phase
- Minimal ice/Time off
- Play other sports

Preparation period (Weeks 1 - 8)

Preparation phase (Weeks 1 - 3)
- Association/League to provide 4 development skates prior to tryouts starting
- Skating – Edge control, forward/backward skating
- Puck Control – Core Moves, Individual Puck Time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Physical Prep
- TBD

Mental Prep
- TBD

Team Development
- TBD

Evaluation & Assessment
- TBD

July				August					September			
03 (Week 47)	10 (Week 48)	17 (Week 49)	24 (Week 50)	01 (Week 51)	08 (Week 52)	15 (Week 1)	22 (Week 2)	29 (Week 3)	05 (Week 4)	12 (Week 5)	19 (Week 6)	26 (Week 7)
Off Season 2						Preparation				Tryout		

U15/18 – Seasonal Training Plan

September 2022
(0 Practices)

GOALS
1.TBD
2.TBD
3.TBD
4.TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			01	02	03	04
			Preparation	Preparation	Preparation	Preparation
05	06	07	08	09	10	11
Preparation	Preparation	Preparation	Preparation	Tryout	Tryout	Tryout
12	13	14	15	16	17	18
Tryout	Tryout	Tryout	Tryout	Tryout	Tryout	Tryout
19	20	21	22	23	24	25
Tryout	Tryout	Tryout	Tryout	Tryout	Tryout	Tryout
26	27	28	29	30		
Tryout	Tryout	Tryout	Tryout	Tryout		

Skills/Concepts

Preparation period (Weeks 1 - 8)

Preparation phase (Weeks 3 - 4)
- Association/League to provide 4 development skates prior to tryouts starting
- Skating – Edge control, Forward/Backward skating
- Puck Control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Tryout Phase (Weeks 4 - 7)
- Minimum 3 tryout sessions
  1 skills session
  1 small area games session
  1 formal game

Physical Prep
- TBD

Mental Prep
- TBD

Team Development
- TBD

Evaluation & Assessment
- TBD

August					September				October				
01 (Week 51)	08 (Week 52)	15 (Week 1)	22 (Week 2)	29 (Week 3)	05 (Week 4)	12 (Week 5)	19 (Week 6)	26 (Week 7)	03 (Week 8)	10 (Week 9)	17 (Week 10)	24 (Week 11)	31 (Week 12)
Off Season 2		Preparation			Tryout				Dev 1	Dev 2	Regular Season 1		

U15/18 – Seasonal Training Plan

October 2022

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					01 Development 1	02 Development 1
03 Development 1	04 Development 1	05 Development 1	06 Development 1	07 Development 2	08 Development 2	09 Development 2
10 Regular Season 1	11 Regular Season 1	12 Regular Season 1	13 Regular Season 1	14 Regular Season 1	15 Regular Season 1	16 Regular Season 1
17 Regular Season 1	18 Regular Season 1	19 Regular Season 1	20 Regular Season 1	21 Regular Season 1	22 Regular Season 1	23 Regular Season 1
24 Regular Season 1	25 Regular Season 1	26 Regular Season 1	27 Regular Season 1	28 Regular Season 1	29 Regular Season 1	30 Regular Season 1
31 Regular Season 1						

Skills/Concepts

Preparation period (Weeks 1 - 8)

Development 1 phase (Weeks 7 - 8)

- Skating – Agility/Quickness/Turning/Crossovers
- Puck Control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Development 2 phase (Weeks 8)

Pre-season tournament

Competition period (Weeks 9 - 37)

Regular season 1 phase (Weeks 9 – 11)

- Skating – Agility/Quickness/Turning/Crossovers
- Puck control – Deception/Creativity/Puck protection
- Individual tactics – Forwards/Defence
- Basic D zone coverage
- Introduction to forecheck

Physical Prep

- TBD

Mental Prep

- TBD

Team Development

- TBD

Evaluation & Assessment

- TBD

September				October					November			
05 (Week 4)	12 (Week 5)	19 (Week 6)	26 (Week 7)	03 (Week 8)	10 (Week 9)	17 (Week 10)	24 (Week 11)	31 (Week 12)	07 (Week 13)	14 (Week 14)	21 (Week 15)	28 (Week 16)
Prep	Tryout			Dev 1	Dev 2	RS 1					RS 2	RS 2

U15/18 – Seasonal Training Plan

November 2022

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	01 Regular Season 1	02 Regular Season 1	03 Regular Season 1	04 Regular Season 1	05 Regular Season 1	06 Regular Season 1
07 Regular Season 1	08 Regular Season 1	09 Regular Season 1	10 Regular Season 1	11 Regular Season 1	12 Regular Season 1	13 Regular Season 1
14 Regular Season 1	15 Regular Season 1	16 Regular Season 1	17 Regular Season 1	18 Regular Season 1	19 Regular Season 1	20 Regular Season 1
21 Regular Season 2	22 Regular Season 2	23 Regular Season 2	24 Regular Season 2	25 Regular Season 2	26 Regular Season 2	27 Regular Season 2
28 Regular Season 3	29 Regular Season 3	30 Regular Season 3				

Skills/Concepts

Competition period (Weeks 9 - 37)

Regular season 1 phase (Weeks 12 - 14)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Regular season 2 phase (Week 15)

- No games
- Minimal ice/Time off
- Team building

Regular season 3 phase (Week 16)

- TBD

Physical Prep

- TBD

Mental Prep

- TBD

Team Development

- TBD

Evaluation & Assessment

- TBD

October					November				December			
03 (Week 8)	10 (Week 9)	17 (Week 10)	24 (Week 11)	31 (Week 12)	07 (Week 13)	14 (Week 14)	21 (Week 15)	28 (Week 16)	05 (Week 17)	12 (Week 18)	19 (Week 19)	26 (Week 20)
Dev 1	Dev 2	RS 1					RS 2		RS 3			RS 4

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U15/18 – Seasonal Training Plan

December 2022

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			01	02	03	04
			Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3
05	06	07	08	09	10	11
Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3
12	13	14	15	16	17	18
Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3
19	20	21	22	23	24	25
Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 4	Regular Season 4	Regular Season 4
26	27	28	29	30	31	
Regular Season 4	Regular Season 4	Regular Season 4	Regular Season 4	Regular Season 4	Regular Season 4	

Skills/Concepts

Competition period (Weeks 9 - 37)

Regular season 3 phase (Weeks 16 - 19)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Regular Season 4 Phase (Weeks 19 - 20)

- December holiday season tournament
- Minimal ice/Time off

Physical Prep
- TBD

Mental Prep
- TBD

Team Development
- TBD

Evaluation & Assessment
- TBD

November				December				January				
07 (Week 13)	14 (Week 14)	21 (Week 15)	28 (Week 16)	05 (Week 17)	12 (Week 18)	19 (Week 19)	26 (Week 20)	02 (Week 21)	09 (Week 22)	16 (Week 23)	23 (Week 24)	30 (Week 25)
RS 1		RS 2	RS 3				RS 4	RS 5				

U15/18 – Seasonal Training Plan

January 2023

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						01
						Regular Season 4
02	03	04	05	06	07	08
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
09	10	11	12	13	14	15
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
16	17	18	19	20	21	22
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
23	24	25	26	27	28	29
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
30	31					
Regular Season 5	Regular Season 5					

Skills/Concepts

Competition period (Weeks 9 - 37)

Regular season 4 phase (Week 20)

- December holiday season tournament
- Minimal ice/Time off

Regular season 5 phase (Weeks 21 - 24)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Physical Prep
- TBD

Mental Prep
- TBD

Team Development
- TBD

Evaluation & Assessment
- TBD

December				January					February			
05 (Week 17)	12 (Week 18)	19 (Week 19)	26 (Week 20)	02 (Week 21)	09 (Week 22)	16 (Week 23)	23 (Week 24)	30 (Week 25)	06 (Week 26)	13 (Week 27)	20 (Week 28)	27 (Week 29)
Regular Season 3			Regular Season 4	Regular Season 5						Regular Season 6	Regular Season 7	

U15/18 – Seasonal Training Plan

February 2023

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		01	02	03	04	05
		Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
06	07	08	09	10	11	12
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
13	14	15	16	17	18	19
Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6
20	21	22	23	24	25	26
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
27	28					
Regular Season 7	Regular Season 7					

Skills/Concepts

Competition period (Weeks 9 - 37)

Regular season 5 phase (Weeks 25 - 26)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Regular season 6 phase (Week 27)

- Minimal Ice/Time off

Regular season 7 phase (Weeks 28 - 29)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Physical Prep
- TBD

Mental Prep
- TBD

Team Development
- TBD

Evaluation & Assessment
- TBD

January					February				March			
02 (Week 21)	09 (Week 22)	16 (Week 23)	23 (Week 24)	30 (Week 25)	06 (Week 26)	13 (Week 27)	20 (Week 28)	27 (Week 29)	06 (Week 30)	13 (Week 31)	20 (Week 32)	27 (Week 33)
Regular Season 5						Regular Season 6	Regular Season 7					

U15/18 – Seasonal Training Plan

March 2023

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		01	02	03	04	05
		Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
06	07	08	09	10	11	12
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
13	14	15	16	17	18	19
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
20	21	22	23	24	25	26
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
27	28	29	30	31		
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7		

Skills/Concepts

Competition period (Weeks 9 - 37)

Regular season 7 phase (Weeks 29 - 33)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Physical Prep
- TBD

Mental Prep
- TBD

Team Development
- TBD

Evaluation & Assessment
- TBD

February				March				April			
06 (Week 26)	13 (Week 27)	20 (Week 28)	27 (Week 29)	06 (Week 30)	13 (Week 31)	20 (Week 32)	27 (Week 33)	03 (Week 34)	10 (Week 35)	17 (Week 36)	24 (Week 37)
RS 7									Playoff		

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U15/18 – Seasonal Training Plan

April 2023

(0 Practices | 0 Games)

GOALS

1. TBD
2. TBD
3. TBD
4. TBD

					SATURDAY	SUNDAY
					01	02
					Regular Season 7	Regular Season 7
03	04	05	06	07	08	09
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
10	11	12	13	14	15	16
Playoff	Playoff	Playoff	Playoff	Playoff	Playoff	Playoff
17	18	19	20	21	22	23
Playoff	Playoff	Playoff	Playoff	Playoff	Playoff	Playoff
24	25	26	27	28	29	30
Playoff	Playoff	Playoff	Playoff	Playoff	Playoff	Playoff

Skills/Concepts

Competition period (Weeks 9 - 37)

Regular season 7 phase (Weeks 33 - 34)

- Skating – Edge control, forward/backward skating
- Puck control – Core moves, individual puck time
- Passing – Stationary/Moving
- Shooting – Stationary/Moving
- Individual tactics – Forwards/Defence
- Goaltending

Playoff phase (Weeks 35 - 37)

- Playoffs
- Minimal ice/Time off

Physical Prep

- TBD

Mental Prep

- TBD

Team Development

- TBD

Evaluation & Assessment

- TBD

March				April				May				
06 (Week 30)	13 (Week 31)	20 (Week 32)	27 (Week 33)	03 (Week 34)	10 (Week 35)	17 (Week 36)	24 (Week 37)	01 (Week 38)	08 (Week 39)	15 (Week 40)	22 (Week 41)	29 (Week 42)
Regular Season 7					Playoff			Off Season 1				

RESOURCES

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My notes…

Hockey Canada Network app

- https://www.hockeycanadanetwork.com/ — This app gives you access to drills, skills, videos, practice plans, and much more. Every drill in the app includes a drill diagram, a video of the drill being performed, and a skill description with key teaching points. Most drills also have a coach demonstration, and every drill or practice plan can be downloaded for offline viewing without Wi-Fi.

Hockey Canada Drill Hub

- https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub — Drill Hub is a free desktop resource where you can view drills and videos and make practice plans. Videos featuring players from Canada's National Women's Team are included, and Timbits U7 and U9 practice plans from the Hockey Canada Skills Manuals have been added to the Practice Plan tab. Timbits U7 and U9 age-specific drills are now available.

Hockey Canada coaching downloads

- Hockey Canada's coaching downloads — This page contains links to additional information on topics covered in this clinic. While you don't need to master this material to become certified, the information is valuable in and of itself, and understanding it will help make you a better coach.

Hockey Canada player development downloads

- Hockey Canada's player development downloads — Hockey Canada's player development downloads is where players, coaches, and parents can get valuable resources, including practice plans, skill evaluation tools, and a skills matrix (core skills) for every age group.

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