



HOCKEY CANADA

Development 1 Part 2: Coach Workbook — In-class Component

Version 1.1, 2022





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.



Coaching Association of Canada
Association canadienne des entraîneurs



The programs of this organization are funded in part by the Government of Canada.



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INTRODUCTION

YOUR COACH WORKBOOK

Welcome to the in-class component of your Development 1 training!

This workbook is for you to use during your in-class clinic. 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 10 modules in the in-class component:



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.
- **More information:** Supplementary information such as examples that will help you complete your tasks.
- **Hockey Canada coaching downloads:** Links to additional information on each module's topic. You do NOT need to master this material to become certified as a Development 1 coach. It is, however, valuable information in and of itself, and understanding it will help make you a better coach.
- **Tools:** Forms and resources such as templates you can use in your own coaching.

COACHING SKILLS

TRANSFORMATIONAL COACHING

In this section:

- [Follow-along](#)
 - [Task #1](#)
 - [Task #2](#)
 - [Task #3](#)

Follow-along

Task #1

Using the table *Example: Sample outcome and goals* as a guide, record one of your desired seasonal outcomes and two goals to help you achieve the outcome in the table *My outcome and goals*. Label each of your goals as either values-driven or performance-driven.

Example:

Sample outcome and goals

Sample outcome and goals	Values-driven or performance-driven?
<i>Example: I want to win the championships!</i>	<i>Performance-driven</i>
<i>Example, Goal 1: Finish with a win / loss record of 20-5</i>	<i>Performance-driven</i>
<i>Example, Goal 2: Finish with a PP/PK total of 110</i>	<i>Performance-driven</i>

My outcome and goals

My outcome and goals	Values-driven or performance-driven?
Outcome:	
My Goal 1:	
My Goal 2:	

Hockey Canada mission statement

- Lead, develop and promote positive hockey experiences.

Transformational coaching

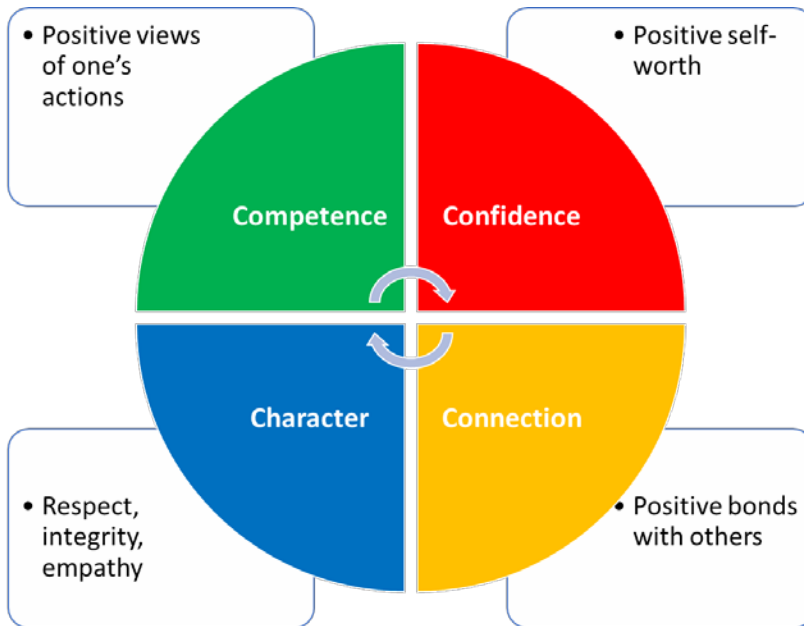
- An approach that builds on individuals' strengths to foster positive development (source: Bass & Riggio (2006); Turnnidge & Côté (2019))

Components of effective coaching

- 1 Professional – X's and O's
 - As MH coaches, this is our comfort zone, and we spend the majority of our time trying to develop this part of our coaching.
- 2 Interpersonal – Relationships between people
 - We focus mainly on relationships with our players in this module, but we will also touch on other stakeholders, e.g., parents and officials.
- 3 Intrapersonal – Relationship with yourself
 - Our own core values, or "moral compass." We need to spend time reflecting on our values, as well as reflecting on professional and

interpersonal knowledge and behaviors. By reflecting on our coaching practice, we can improve the quality of MH experiences.

Athlete outcomes



Source: Côté et al. (2010).

Leadership styles

- **Toxic** – “You can’t do anything right; I’ve told you 5 times to keep your head up!!!”
- **Laissez-faire** – Not paying attention to the athlete, keeping your own head down.
- **Neutral** – “Head up...”
- **Transactional** – “If your head’s down one more time, you’ll do 15 laps.”
- **Transformational** – “Great seeing your head up on that play Hayden, it’s really important so you don’t get injured.”

11 behaviors The 11 behaviors of transformational coaching

- Four “buckets”

Build trust and respect

- Show vulnerability and humility
- Lead by example

Inspire and motivate

- Discuss goals and expectations
- Express confidence in players’ capabilities
- Provide meaningful tasks and roles
- Apply a collective vision in practice

Inspire and motivate

- Tim Hortons’ mission statement
 - “To deliver superior quality products and services for our guests and communities through leadership, innovation, and partnerships.”
- Tim Hortons’ vision statement
 - “To be the quality leader in everything we do.”
- Tim Hortons’ values
 - Make a difference
 - Customer first
 - Personal excellence
 - Cooperation
 - Stewardship

Involve players in learning

- Focus on the learning process
- Ask players for their input
- Share some leadership/decision-making responsibilities

Show you care

- Recognize individual roles and contributions
- With all your players, express interest in their world outside hockey

Task #2

The scene is a practice of Duke University’s women’s basketball team. After a hard practice, a player is deflated, exhausted...the player is sitting in a chair on the side of the court, the coach squats down to talk to the player...

Read through the resulting conversation between player (P) and coach (C) in the left-hand column. After you read each “bolded” sentence, put a checkmark in the right-hand column beside the behavior that best matches the sentence.

Conversation¹	Behavior (Buckets/Groupings)
C: Keep pushing yourself to that point... I know it’s really hard...	() Build trust and respect () Inspire and motivate () Involve players in learning () Show you care
But, the gains you get from it are awesome...	() Build trust and respect () Inspire and motivate () Involve players in learning () Show you care

¹ This conversation is a transcript of a video retrieved from <https://twitter.com/DukeWBB/status/1373004783167045632> on April 29, 2021.

Conversation ¹	Behavior (Buckets/Groupings)
<p>The more times you do it, the more power you have in that...</p> <p>Because, you're not afraid of it...</p> <p>A lot of people are afraid of pushing themselves to that point...</p> <p>And if you no longer fear that, in life, then you're so powerful...</p> <p>Because nobody can scare you, nobody can make you afraid of it...</p> <p>And that's the whole thing, you spend every day with that...</p> <p>You scared of anything, you scared of anything when you were little?</p>	<p>() Build trust and respect</p> <p>() Inspire and motivate</p> <p>() Involve players in learning</p> <p>() Show you care</p>
<p>Not scared of the dark, not scared of animals, anything like that?</p> <p>I'm scared of all of those things...</p>	<p>() Build trust and respect</p> <p>() Inspire and motivate</p> <p>() Involve players in learning</p> <p>() Show you care</p>
<p>But then I got a dog. and I was with it every day...</p> <p>And all the sudden I wasn't scared of dogs anymore...</p> <p>People, with their fears, what they do is avoid them...</p>	<p>() Build trust and respect</p> <p>() Inspire and motivate</p> <p>() Involve players in learning</p> <p>() Show you care</p>
<p>So they are always scared of them...</p> <p>Because they never come into contact with it...</p> <p>The more you come into contact with it, with something that's uncomfortable...</p> <p>The more familiar you get with it...</p> <p>It becomes less scary...</p> <p>It becomes more approachable...</p> <p>And you become more willing...</p> <p>To push yourself to that...</p> <p>That's all this is...</p> <p>You've gotta approach this...</p> <p>You've gotta come to this point...</p>	<p>() Build trust and respect</p> <p>() Inspire and motivate</p> <p>() Involve players in learning</p> <p>() Show you care</p>
<p>Every time you work out...</p> <p>So now it won't be as scary for you...</p>	<p>() Build trust and respect</p> <p>() Inspire and motivate</p> <p>() Involve players in learning</p> <p>() Show you care</p>

Conversation ¹	Behavior (Buckets/Groupings)
<p>It won't be as unattainable for you... That's like the secret, that's the real secret... That's the secret to all great players, they push themselves... To the point you're pushing yourself on the court... Have you ever pushed yourself to this point?...</p>	<p>() Build trust and respect () Inspire and motivate () Involve players in learning () Show you care</p>
<p>P: Not consistently... C: Not doing that consistently, leads to inconsistent results... Pushing yourself to this point consistently, leads to consistent results... Great job, it's hard to do, you're doing it...</p>	<p>() Build trust and respect () Inspire and motivate () Involve players in learning () Show you care</p>
<p>So keep it up, Monday be ready to go...</p>	<p>() Build trust and respect () Inspire and motivate () Involve players in learning () Show you care</p>

Task #3

Write your outcome from Task #1 in the table below. Now provide two values-driven goals to help you achieve that desired seasonal outcome.

Note: If all your goals were values-driven, feel free to go get a snack, stretch your legs, and wait for the next module — it will start in about 5 minutes.

Outcome from Task #1:
Values-driven Goal 1:
Values-driven Goal 2:

Transformational coaching

Transformational coaching:		
An approach that builds on individuals' strengths to foster positive development		
3 components	4 athlete outcomes	5 leadership styles
<ul style="list-style-type: none"> • Professional • Interpersonal • Intrapersonal 	<ul style="list-style-type: none"> • Competence • Confidence • Connection • Character 	<ul style="list-style-type: none"> • Toxic • Laissez-faire • Neutral • Transactional • Transformational
11 behaviors		
<ul style="list-style-type: none"> • Show vulnerability and humility • Lead by example • Discuss goals and expectations • Express confidence in players' abilities • Provide meaningful tasks and roles • Apply a collective vision in practice 	<ul style="list-style-type: none"> • Focus on the learning process • Ask players for their input • Share some leadership/decision-making responsibilities • Show interest in your players' lives • Recognize individual roles and contributions 	

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TEAM CULTURE

In this section:

- [Follow-along](#)
- [More information](#)

Follow-along

Team culture 101

- Team culture is the collective behavior of individuals that are part of an organization or team

Benefits of team culture

- Establishes direction
- Clarifies expectations
- Makes for effective decisions
- Makes for effective communication
- Provides a formal basis for evaluation
- Players build it, players own it!!

Team culture together

- Minor Hockey Association values
- Coaches' philosophy and values
- Your staff's values
- Your players' values
- Team vision and identity
- Goals and outcomes

More information

Prepare the team values, vision, and goals – The big picture

Process – Keeping the end in sight – Keeping the future in front

Answer the question, “Where do we want to be?”. All plans begin with a vision of what can be. They are our dreams and we dream big. We dream of winning gold medals not just making the playoffs. Visions are based on core values. Values are qualities that we hold dear. Often, they form the foundation of our beliefs, attitudes, and behaviors. They are statements of our principles, or standards, of behavior. They are our judgments as to what will be important to our team this year.

Example of core team values for hockey

- Open and clear communication: Enthusiastic, positive, consistent, and demanding but considerate
- Trust: Reliability, confidence, belief, faith
- Accountability: Ownership, being responsible, being in the here and now, working for solutions rather than looking for fault, solving problems rather than judging

Example of a team vision

Team Vision: “Teamwork for excellence – athletes, leaders and citizens”

Our team will be a hard-working group of skilled athletes who are committed to the team vision, the team goals, and to one another. We will be coachable, adaptable, and flexible, and we will be willing to accept roles and execute them to the best of our ability. We will play an “in your face” style of hockey built on a foundation of passion and intelligence. Because of our passion, we will be prepared to pay the price for success, and we will be able to bounce back quickly from adversity. We will be known for our self-discipline, desire, and determination. In the community, we will be seen as leaders and role models.

Planning goals

Examples of expected outcomes

- Ultimately: Win the tournament
- Primary: Make the medal round
- Secondary: Enjoy the experience; make friends, grow as individuals

Examples of goals:

What must we BE to succeed?	What must we DO to succeed?	What must we HAVE to succeed?
<ul style="list-style-type: none">■ Skilled■ Character people■ Committed■ Passionate	<ul style="list-style-type: none">■ Work hard■ Execute under pressure■ Improve skills■ Commit to the team■ Prepare<ul style="list-style-type: none">◆ Physical◆ Mental◆ Technical/Tactical◆ Team	<ul style="list-style-type: none">■ A plan■ Trust and support■ Team atmosphere■ Leadership■ Organization

Sample checklist for planning a team-building event

Place a checkmark in the Yes column for each item you've completed.

Item No.	Activity	Yes
Purpose		
1	Ensure aims and outcomes of team-building event are clear	
2	Design and review the team-building activity	
3	Decide how long the event will last	
4	Identify success measures	
5	Consult team members, and act on feedback before event	
Logistics for the event		
6	Establish budget	
7	Identify suitable date	
8	Establish venue requirements – size of rooms, layout, location, etc.	
9	Book a venue	
10	Identify and organize resources required – AV requirements, flipcharts, markers, etc.	
11	Prepare the program and agenda	
Organizing the participants		
12	Send information and invitations to team members	
13	Assign responsibilities for tracking responses	
15	Consider group make-up if there will be small-group breakouts	
14	Issue agenda	
Executing the team-building event		
16	Explain process to team	
17	Check that everyone understands objectives	
18	Check team members' expectations	
19	Identify benefits of event to individuals and team	
20	Run event	
21	Debrief event	
22	Agree on action plan for next steps	
Follow-up		
23	Circulate agreed-on action plan to team members for feedback	
24	Revise action plan as needed	
25	Schedule follow-up meetings as needed	

Example of team culture together

Here's an example of how one team specified its mission and values to help clarify and maintain its team culture.

Team mission

We, the players, and staff, commit to the common goal of becoming League champions. We commit to the process we all must follow to achieve this common goal. We commit to establishing a culture of professionalism and being the best prepared team. We will hold ourselves and each other accountable to our mission, team blueprint and to the expectations we must place upon ourselves for success.

Team blueprint

Professional	<ul style="list-style-type: none">■ Represent the team and club with maturity and character■ Respect the game. Play with character.■ Take responsibility...accept accountability■ Meet and fulfill expectations■ TEAM first...no personal agendas■ Be leaders in every aspect...on ice and off■ Control emotions. Channel your energy for positive outcomes.■ Commit...to our mission...to the team...to each other■ Trust in the team...trust in the coaching
Preparation	<ul style="list-style-type: none">■ Maintain all equipment in good working condition■ Arrive with all equipment for training, practice and games■ Manage your time...arrive on time...be ready■ Care for your health (proper nutrition, hydration, and rest)■ Study materials provided to you in the team's Google Drive■ Know your role...know our structure■ Practice with the focus and preparation of a game■ Watch video of our games...watch NHL games■ Create personal routines for game days and practices■ Create a positive attitude...be a "never give up" player

Performance	<ul style="list-style-type: none"> ■ Play as a team...play with commitment to our mission and process ■ Play with awareness...see the game around you and react ■ Play within team structure...with discipline...with good habits ■ Play 200ft...committed in all three zones ■ Play hard/fast without the puck...commit to the defensive game ■ Pressure pucks with aggressive speed and intensity ■ Create speed with the puck...fast/hard passes...quick up ice ■ Pucks to net quickly - bodies to net quickly and hard ■ Move feet quickly. Skate hard...HUNT. ■ Win puck races...be 1st!! Win puck battles...be aggressive. ■ Own the front of both nets...defend our house hard ■ Backcheck! Backcheck! Backcheck!...be relentless. ■ Own the boards and the dirty areas...without hesitation ■ Manage ice time and make smart changes at proper times ■ Make in game adjustments...commit to them...trust them
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Team Protocols and Expectations

Professional

- 1 Players will dress for all team activities (practice, dryland, meetings, meals, etc.) in an appropriate manner. Attire will be clean, neat, and tidy at all times. No ball caps.
- 2 Dress code for all games (or when directed for other team activities) will be shirt and tie, dress pants, dress shoes and socks and a team jacket. Team toques can be worn on cold days.
- 3 Players will be expected to maintain proper conduct at all times when representing the team. This is not limited to public spaces but also includes private areas such as dressing rooms, hotel rooms, etc. This expectation and standard of conduct will apply to practices, games, dryland, travel, etc.
- 4 Player conduct on the ice will be expected to be respectful of the game. Respect to the opponent, on and off ice officials, coaches, fans, and teammates will be required and disrespect will not be tolerated.

Preparation

- 1 All players will maintain a warm up kit in their equipment bag at all times that contains sneakers, team shorts, team shirt(s) and foam roller. Warming up prior to all practices and games will be part of the program.
- 2 All players will attend practice and games with minimum 2 sticks, water bottle, hockey gear in proper working condition.
- 3 Practice timing and protocols:

- 45 minutes - players present in the dressing; changing into warm up kit
 - 40 minutes - team warm up starts
 - 10 minutes - all players dressed and ready for pre-ice
- 4 Game timing and protocols:
 - 60 minutes – players in the dressing room; changing into warm up kit
 - 50 minutes – team warm up
 - 30 minutes – pre-game with coaches
 - 5 minutes – players ready for game; starting line up
 - 5 Players are expected to abide by proper guidelines for nutrition, hydration and rest as provided by the team. Players need to arrive at training and competition events properly rested, hydrated, and fed and need to take responsibility for this part of their development.
 - 6 Players are expected to plan for their post training/game nutrition and hydration. They will come to training sessions and games with the proper sport drinks and or nutrition to replenish the body within the first 30 minutes of training or competing.
 - 7 All players are expected to maintain and improve their flexibility at home following the stretching program provided by the team.
 - 8 All players will undergo periodic fitness testing throughout the season.

Performance

- 1 Players will be expected to break bad habits, replace with good habits, and bring those good habits into practice and games. Continued use of bad habits will impact ice time and/or roles within games.
- 2 High work rates and effort levels will be an expectation in all practices and games. Players that do not compete and work at high levels will have ice time reduced and/or roles diminished.
- 3 All players will be expected to execute within structures and game plans outlined by the coaching staff. Creativity can exist within these structures and plans. Players that are unwilling to play within the team structure or plan will have ice time reduced and/or roles diminished.
- 4 Players will be expected to make in game adjustments and change their roles on cue from the coaching staff. Players unwilling to make these necessary changes will have ice time reduced and/or roles diminished.
- 5 Players will be expected to play for the benefit and outcome of the team, not for personal rewards and recognition. Players that do not play for the team and are deemed to be playing for themselves will face reduced ice time and/or have their roles diminished.

Miscellaneous

- 1 Decisions to remove injured players from practice or games will rest solely with the trainer and head coach. We will not hesitate to err on the side of caution and ask for full cooperation when we make such decisions.

Injury reports will be completed by the team trainer and provided to the player's family for completion by the physician.

- 2 A player's return to play after an injury will follow the club's return to play policy. Proper sign off by a physician will be required for clearance along with details on the physician's prescription for rehab and integration back into full competition.

COMMUNICATION

In this section:

- [Follow-along](#)
 - [Task #1](#)
- [More information](#)

Follow-along

Stakeholders

Stakeholders in hockey programs include:

- Staff
- Players
- Parents
- Officials
- Opposition coaches
- Arena attendants
- Scouts/Recruiters (u15 and up)
- Media (u15 and up)

What is communication?

- Communication is an exchange of information.
- When we communicate, we *send* or *receive* information such as feedback:
 - We *send* information to another person, and we use our communication skills to *link* to that person.
 - We *receive* information from other people, and we use our communication skills to better read and understand what they mean.
- Feedback can be specific, positive, and effective. It can also be vague, negative, and ineffective.

Types of communication

- Verbal
 - Use language appropriate for the age and level
- Non-verbal
 - Be aware of the messages your body is sending
- Listening
 - Let people complete their thoughts
- Written
 - Key teaching and execution points on a drill sheet
- Visual
 - Time spent on the rink board / iPad / tablet

Effective communication skills

- Being:
 - Enthusiastic
 - Positive
 - Consistent
 - Demanding but considerate
- Listening actively
- Giving effective feedback
- Explaining contributions
- Treating players as individuals

The power of communication

Confidence builders	Confidence busters
■ We can	■ We can't
■ We will	■ If
■ Expect the best	■ Doubt
■ Commit	■ Try
■ We know	■ We don't think
■ We'll make the time	■ We don't have the time
■ Positively	■ Maybe
■ I'm confident	■ I'm afraid of
■ I believe	■ I don't believe
■ Anything's possible	■ It's impossible

Communication concerns in the game

- Social media – not knowing/following MHA and HC policies
- Coaches talking the game – standing, screaming, directing, over-coaching
- No visual cues – lack of whiteboard
- Talking to players in DR without sitting – back turned, no eye contact, abuse of power
- Body language – arms flailing, negative gestures, profane gestures
- Inappropriately addressing players – put-downs
 - Bench honor: Coaches don't talk/yell at/challenge the other team's players
- Profanity – obvious! zero tolerance!
- Post-game comments – replaying game, highlighting mistakes, demoralizing players

- Disrespectful communication with players and opposing coaching before/during/after play
- Disrespectful communication with officials

Communication with officials

- Always address officials at ice level
 - Step down off the bench
 - Eye-to-eye contact
 - Good body language
 - Calm demeanor
- Shared respect
 - Avoiding abuse and harassment
- Who and when
 - Bench staff
 - Team leader (captains)?

A communication plan

Here are some examples of the kinds of communication you could have with the stakeholders in your hockey program:

- Staff (staff meetings, written set of roles and responsibilities)
- Players (one-on-one interviews or team builders)
- Parents (team meetings, fair play codes)
- Officials (off-ice meetings, communication code of conduct)
- Club or association (invitations to team meetings, copies of seasonal plan)
- League (contact list, invitations to participate in league meetings)
- Arena attendants (seek assistance on Emergency Action Plan and adherence to rules or guidelines)
- Scouts/Recruiters (u15 and up) (team roster, team bios)
- Media (u15 and up) (team roster, news releases)

As you build your seasonal plan, you will need to specify the steps you will take to create open and clear channels of communication with the stakeholders in your hockey program. In other words, you will need to indicate when, how, and why you will communicate with those stakeholders.

Task #1

Your Learning Facilitator will assign stakeholders for this task.

Think about the first three months of a season (September to November). When during that period do you think it would make sense to communicate with the stakeholder(s) you were assigned?

Using the example in italics as a guide, fill in the table below the example to indicate when, how, and why you would communicate with the assigned stakeholder(s).

Example:

My stakeholder(s): Parents

<i>I plan to communicate with my stakeholder(s)...</i>		
<i>When?</i>	<i>How?</i>	<i>Why?</i>
<i>September</i>		
<i>Early September</i>	<i>Sending an email to all parents</i>	<i>Explain what I expect of parents throughout the season</i>
<i>Late September</i>	<i>Having a meeting with team members and parents</i>	<i>Make plans for the coming season</i>

My stakeholder(s): Enter name of stakeholder(s) here

<i>I plan to communicate with my stakeholder(s)...</i>		
<i>When?</i>	<i>How?</i>	<i>Why?</i>
September		
October		
November		

More information

Team meetings

Team meetings help you keep communication channels open. They also:

- Give you a chance to share your leadership skills
- Ensure that all stakeholders are aware of your coaching philosophy and plans
- Reinforce key team issues with parents

When should you meet?

Meetings should occur as often as necessary. Generally, the pre-season, mid-season, end of season, and other special occasions are the optimum times.

Pre-season meeting

Purpose

- Introduce coaching staff and summarize qualifications and responsibilities
- Present coaching philosophy
- Provide an overview of the seasonal plan, including skills to be taught
- Enlist the support of parents to handle various team duties
- Explain basic team rules and expectations of players, parents, and coaches

Mid-season meeting

Purpose

- Reinforce program's key points
- Introduce new ideas for the next part of the season
- Summarize current player development
- Solicit parent involvement for specific projects, e.g., tournaments

End-of-season meeting

Purpose

- Allow parents and players to evaluate the year, particularly program and player development, and to give coaches feedback about the season and plans for the upcoming season
- Give players opportunities to seek further development in the off-season
- Celebrate the season with an end-of-year social, including ribbons and trophies
- Always end the year on a positive note

Special meetings

Purpose

- Organize tournaments
- Plan fundraising projects
- Plan special events like team-building activities and community events

Conducting the first parent/coach meeting (after the team is formed)

Getting started (5 – 10 minutes)

- Introduce yourself, assistant coaches, manager, and trainer
- Give a brief explanation of the importance and purpose of the meeting

Coaching philosophy (10 – 15 minutes)

- Provide information on the goals and objectives of the program and discuss your expectations of the players
- Explain your coaching approach and coaching outcomes

Details of your program (10 – 20 minutes)

- Present specific information on the operation of your hockey program
- Discuss your expectations of the players and parents
- Give out copies of the Fair Play Codes

Your expectations of the parents (15 – 20 minutes)

- Organize a parents' committee to coordinate roles and responsibilities
- Let the parents participate, along with you and your support staff, in deciding the rules of parent conduct at games and team functions (e.g., parents, as well as coaches, should be positive role models for players)

Wrapping up (20 –25 minutes)

- Ask parents for further suggestions and/or comments
- Tentatively schedule next meeting

PLANNING TO TEACH

DRILL DESIGN AND PROGRESSION

In this section:

- [Follow-along](#)
 - [Task #1](#)
 - [Task #2](#)
- [Hockey Canada coaching resources](#)

Follow-along...

Design and deliver a drill

- Four steps:
 - Step 1: Select the skill or tactic to be taught and explain its purpose
 - Step 2: Define 1 or 2 key teaching points
 - Step 3: Create a clear diagram of the drill with a description
 - Step 4: Deliver/teach the drill

Design a drill

- Step 1: Select the skill or tactic to be taught and explain its purpose
 - Is age and level appropriate
 - Fits with seasonal plan
 - Has a “why”
- Step 2: Define 1 or 2 key teaching points
 - Key teaching points (KTPs) provide a teaching focus for each drill
 - Too many KTPs create overload...young players can only process 2-3 things at a time
 - Feedback and corrections should be based on KTPs

Design a drill

- Step 3: Create a clear diagram of the drill with a description
 - This involves using a drill-design template to document your drills

DRILL:	COACH:	TIME:
GOALIE PURPOSE:	WORK/REST RATIO:	
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

Step 4: Deliver/teach the drill

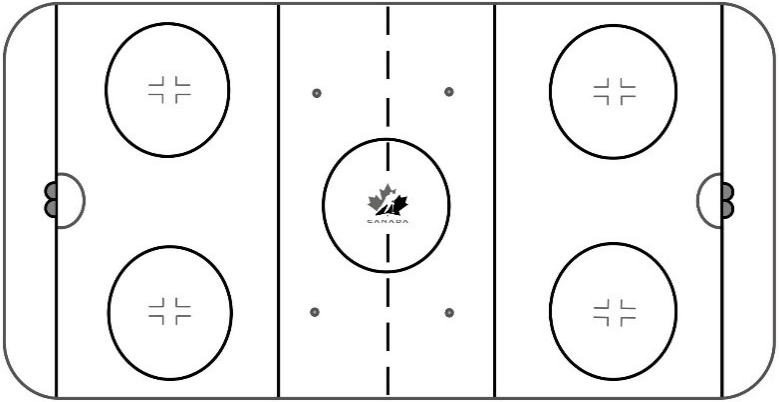
- Decide how to demonstrate the drill
- Plan and allow for feedback

Drill design: Example

DRILL:	COACH:	TIME: 10 Minutes
GOALIE PURPOSE: Steer pucks to corner on outside shots	WORK/REST RATIO: 3 / 1	
<p>DESCRIPTION:</p> <ul style="list-style-type: none"> - O1 and O3 skate wide across the blueline. - O2 passes to O3 and O3 returns the pass. - O4 passes to O1 and O1 returns the pass. - O1 and O3 stay wide then accelerate into mid-ice for a pass from their original line (O4 to O3; O2 to O1). - Drive wide for a shot. 		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> - One-touch passing. - Show a target while moving to mid-ice. - Skaters must save their ice and look back to their original line before accelerating with timing to receive the final pass. - The passer must lead the receiver with the pass. 		

Task #1

In your assigned group, use the drill-design template below to design and deliver a drill for a technical skill or individual tactic. This involves following the 4-step process for designing and delivering a drill introduced earlier (Design and deliver a drill, page 34).

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Note: This is the starting point for designing drills and practices.

Drill progression

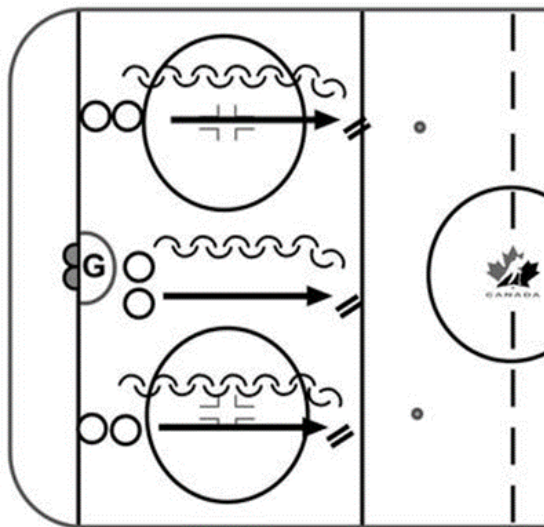
- What is a drill progression?
 - The process of increasing the complexity of a drill in a logical manner

Progression: 3 phases

- Introduction
 - Teaching the skill in a controlled environment
 - Blocked drills, no decision making or creativity
 - More focused on technique
- Development
 - Reviewing, refining, and practising the skill to develop proficiency
 - Using the technique in an applicable skill
 - Random drills, some pressure, some decision making and thinking
- Application
 - Specificity that simulates game application
 - Drills contain pressure, decision making, problem solving
 - Drills have an objective, and the players have to determine how to achieve it

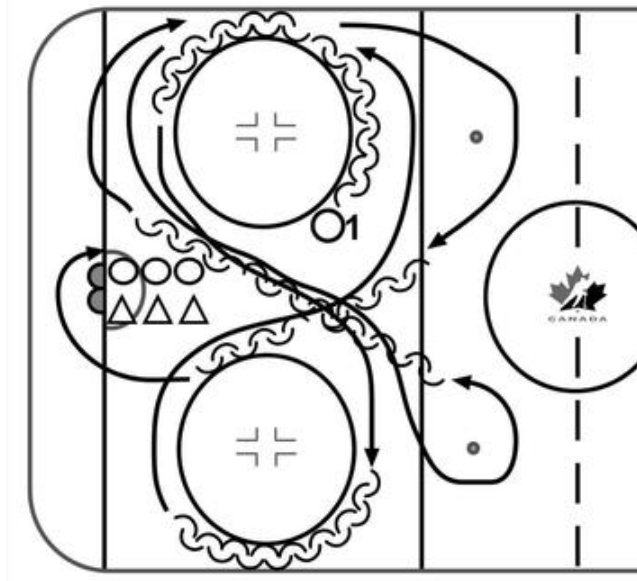
Progression: Example of Introduction phase for an individual skill

- Skill – Transition skating
 - Heels first
 - ◆ Players focus on heels-first transition from forward to backward
 - Toes first
 - ◆ Players focus on toes-first transition from forward to backward
 - Ride inside edge
 - ◆ Players focus on transition, which allows an aggressive gap but also the possibility of containing



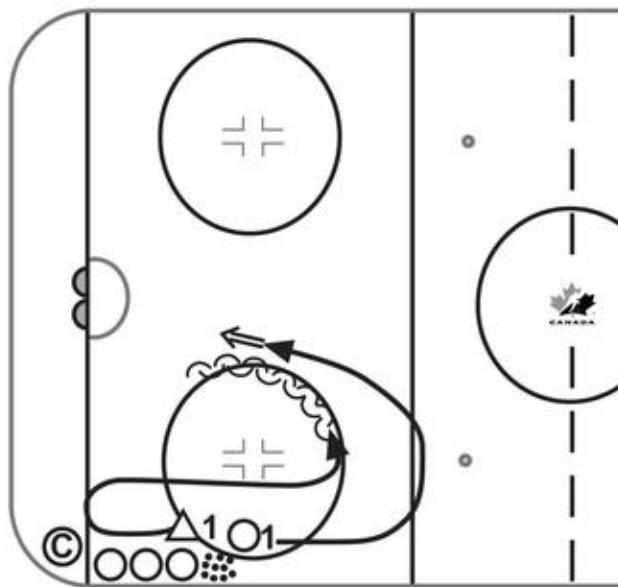
Progression: Example of Development phase for an individual skill

- Skill – Transition skating



Progression: Example of Application phase for an individual skill

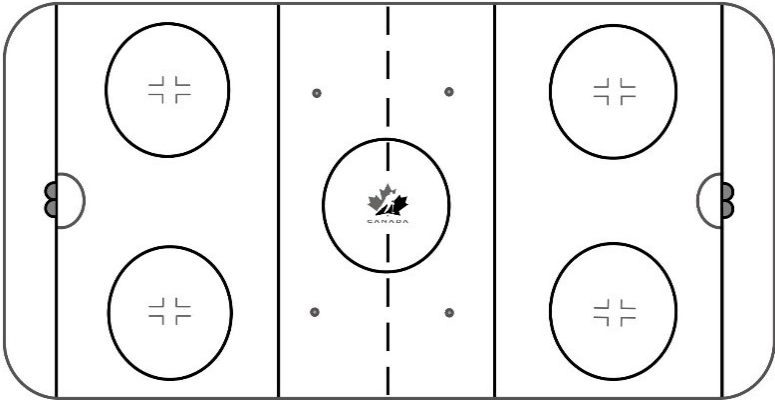
- Skill – Transition skating



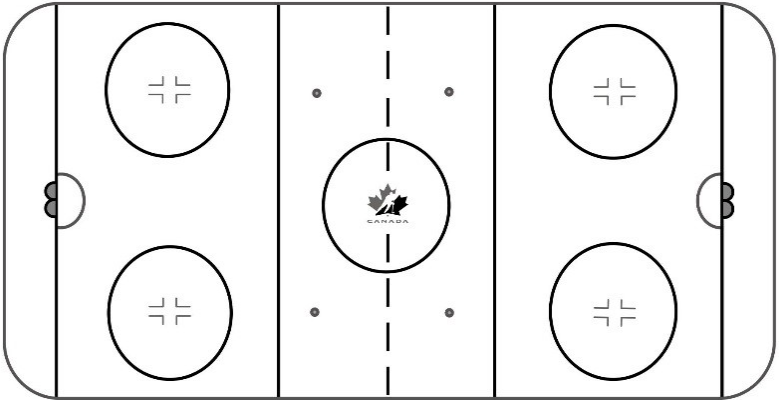
Task #2

In your assigned group, use the 3 drill-design templates below to design a 3-drill progression to introduce, develop, and apply an individual tactic for the technical skill or individual tactic you used in [Task #1](#) (page 36).

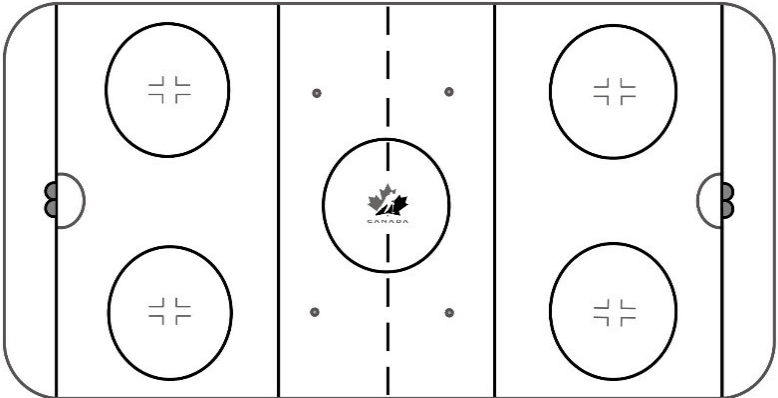
Drill #1

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Drill #2

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Drill #3

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Food for thought

- Concepts you can introduce when designing drills
 - Starting drills with skills
 - Starting drills from face-offs
 - Retrieving loose-pucks
 - Stealing pucks

Hockey Canada coaching downloads

Check [Hockey Canada's coaching downloads](https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads)² for these resources on drill design and progression:

- Drill design and progression: Additional resources

² <https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads>

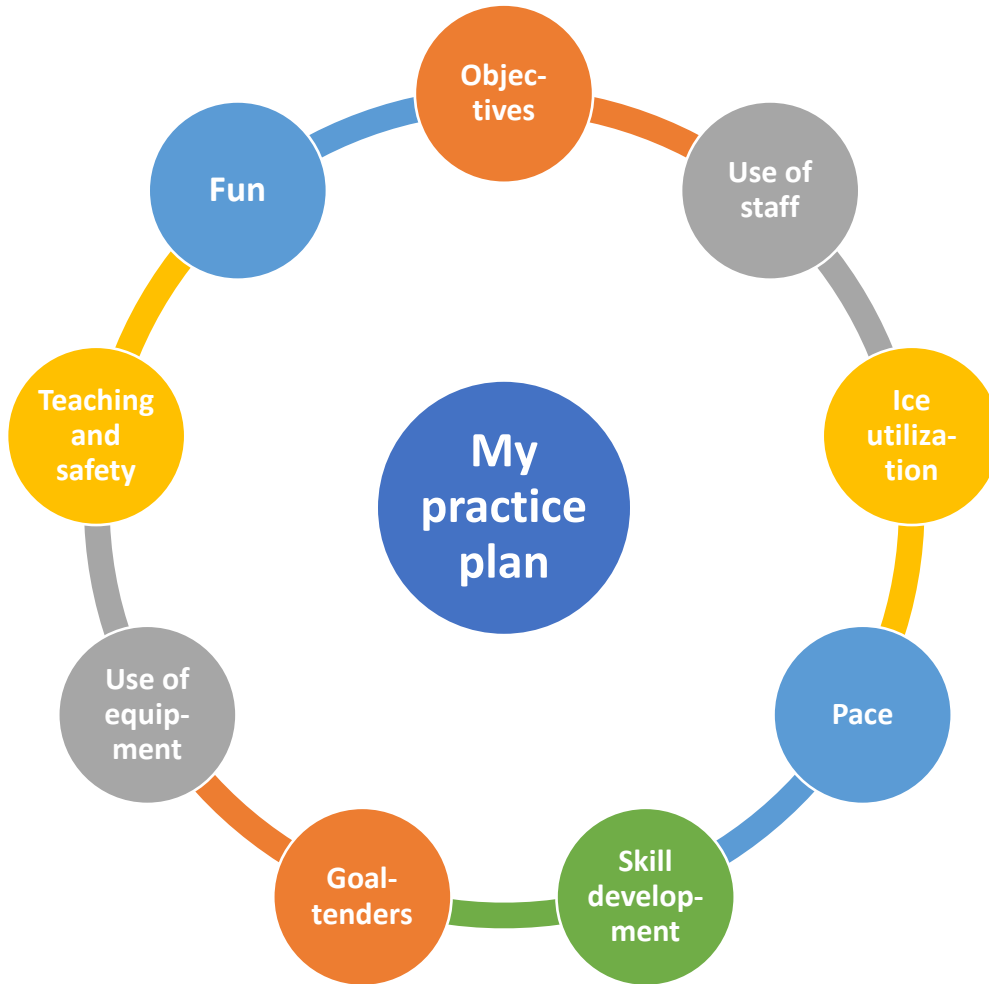
PRACTICE DESIGN AND ON-ICE PREP

In this section:

- [Follow-along](#)
 - [Task #1](#)
 - [Task #2](#)
- [Hockey Canada coaching downloads](#)

Follow-along...

9 components of a practice plan



Individual components of a practice plan

- Objectives
 - Current
 - Seasonal plan
 - Based on schedule
 - Based on individual and/or team performance
- Use of staff
 - Instruct
 - Demonstrate
 - Correct
 - Detect
 - Praise
 - Motivate

- Ice utilization
 - Safety
 - Specificity
 - Goaltender instruction
 - Goals of coaching staff
 - Repetition
- Pace
 - Timing
 - Work/rest ratio
 - Volume of work
 - Energizer
 - Cool-down

Individual components of a practice plan cont'd

- Skill development
 - Identify skills
 - Execution points
 - Teaching points
 - Repetitions
 - Progressions
- Goaltenders
 - Skills
 - Incorporate in every drill
- Use of equipment
 - Safety
 - Drill design
 - Visual cues
 - Whistle
- Teaching and safety
 - Instructional content
 - Review
 - Polish/Mastery
 - Methodology
 - Feedback
- Fun
 - Small-area games
 - Competition drills
 - Low-organized games

Tips for effective practices

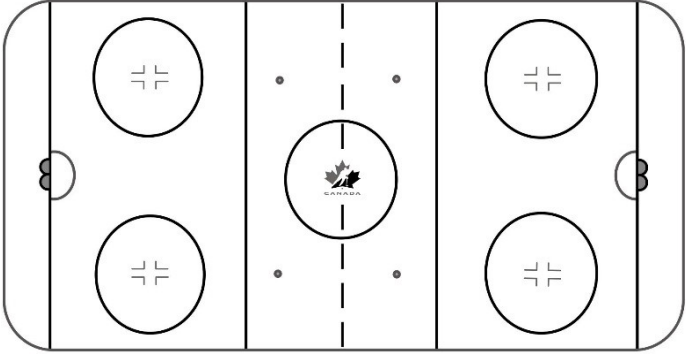
- Appropriate use of whistle
- Use of whiteboard
- Posting/sharing the practice plan
- Reinforcing safety
- Effective group organization (at board, in rink)
- Pre-practice coach meeting
- Pre-icing players before practice
- Proper placement of coaches for feedback/safety
- Post-practice evaluation/debrief (players/coaches)
- Use of technology, Drill Hub, Hockey Canada Network app, etc.

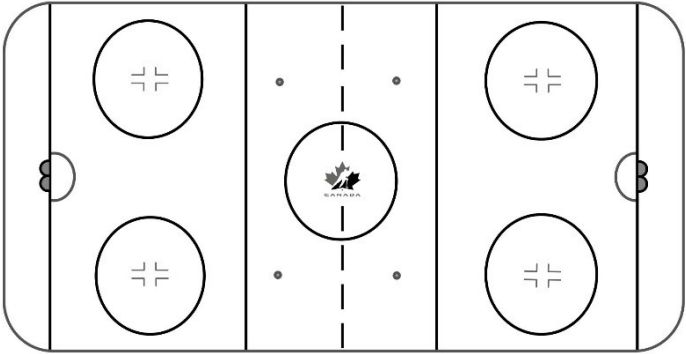
Task #1

In your assigned group, use the drill-design templates on the pages below to design a practice that includes a progression of individual skills, individual tactics, and a related small-area game.

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Drill:	Coach:	Time:
Goalie purpose:	Work/rest ratio:	
Description:		
Key teaching & execution points:		

Drill:	Coach:	Time:
Goalie purpose:	Work/rest ratio:	
Description:		
Key teaching & execution points:		

Drill:	Coach:	Time:
Goalie purpose:	Work/rest ratio:	
Description:		
Key teaching & execution points:		

Drill:	Coach:	Time:
Goalie purpose:	Work/rest ratio:	
Description:		
Key teaching & execution points:		

Drill:	Coach:	Time:
Goalie purpose:	Work/rest ratio:	
Description:		
Key teaching & execution points:		

Drill:	Coach:	Time:
Goalie purpose:	Work/rest ratio:	
Description:		
Key teaching & execution points:		

Task #2

- In your assigned groups, prepare to deliver a 3-drill progression that you will execute on-ice to the larger group.
- Use the 3-drill progression you developed earlier, in [Task #2 of the Drill design and progression module](#).
- Decide on coach responsibilities, etc.

Coach's notes:

Hockey Canada coaching downloads

Check [Hockey Canada's coaching downloads](https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads)³ for these resources on practice design and on-ice prep:

- Hockey Canada practice plan template
- Practice design and on-ice prep: Additional resources

³ <https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads>

SEASONAL PLANNING: TYING IT ALL TOGETHER

In this section:

- [Follow-along](#)
 - [Task #1](#)
- [More information](#)
- [Hockey Canada coaching downloads](#)

Follow-along...

Seasonal planning

- Review of a seasonal plan

Seasonal plan – Overview

- Follow along as the Learning Facilitator presents an overview of what one month in a U15/18 seasonal plan looks like
- There's a 1-page summary for every month with appropriate sections for training elements
- A seasonal plan is a 'living' document — adjust it and add supporting details as needed

Seasonal plan – Calendar

- The calendar:
 - Lists the number of practices / games
 - Identifies different periods and phases
 - Indicates specific events on appropriate days of the month

Seasonal plan – Goals

- Set SMART goals for each month.
- Set goals for each training element (i.e., technical / tactical, physical preparation, mental preparation, team development).
- Specific training elements should support progress toward goals

Seasonal plan – Other training elements and evaluation and assessment

- Other training elements
 - There are separate boxes for physical preparation, mental preparation, team development.
 - List specific items to be trained during the month.
- Evaluation and assessment
 - Track progress on specific training elements in support of goals.
 - Identify training elements that require additional focus in subsequent months.

Seasonal plan – At-a-Glance

- 3-month snapshot (previous month, current month, next month).
- Specific week number within seasonal plan.
- Phases during each month.

Seasonal plan – Inventory

- Check the final page of the seasonal plan for an inventory of the technical skills, tactical skills, and other training elements to be added to your seasonal plan

Task #1

As a group, discuss and note the importance of using a seasonal plan:

- How will a seasonal plan help you with practice planning?
- How does charting tactics, skills, etc., help you plan your practices?
- How can a seasonal plan help you plan your travel? tournaments? etc.

Coach's notes:

More information
U13 seasonal plan

U13 – Seasonal Training Plan						
August 2022 (0 Practices)						<u>GOALS</u> 1.TBD 2.TBD 3.TBD 4.TBD
						<u>Skills/Concepts</u>
						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
<u>Physical Prep</u> •TBD		<u>Mental Prep</u> •TBD		<u>Team Development</u> •TBD		<u>Evaluation & Assessment</u> •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

U13 – Seasonal Training Plan						
September 2022 (0 Practices)						<u>GOALS</u> 1.TBD 2.TBD 3.TBD 4.TBD
						<u>Skills/Concepts</u>
						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
<u>Physical Prep</u> •TBD		<u>Mental Prep</u> •TBD		<u>Team Development</u> •TBD		<u>Evaluation & Assessment</u> •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

U13 – Seasonal Training Plan

October 2022 (0 Practices 0 Games)							<u>GOALS</u>					
							1. TBD 2. TBD 3. TBD 4. TBD					
							<u>Skills/Concepts</u>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<u>Preparation period (Weeks 1 - 8)</u>					
					01 Development 1	02 Development 1	<u>Development 1 phase (Weeks 7 - 8)</u>					
03	04	05	06	07	08	09	<ul style="list-style-type: none"> ▪ Skating – Agility/Quickness/Turning/Crossovers ▪ Puck Control – Core moves, individual puck time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending 					
Development 1	Development 1	Development 1	Development 1	Development 2	Development 2	Development 2	<u>Development 2 phase (Weeks 8)</u>					
10	11	12	13	14	15	16	<u>Pre-season tournament</u>					
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	<u>Competition period (Weeks 9 - 37)</u>					
17	18	19	20	21	22	23	<u>Regular season 1 phase (Weeks 9 - 11)</u>					
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	<ul style="list-style-type: none"> ▪ Skating – Agility/Quickness/Turning/Crossovers ▪ Puck control – Deception/Creativity/Puck protection ▪ Individual tactics – Forwards/Defence ▪ Basic D zone coverage ▪ Introduction to forecheck 					
24	25	26	27	28	29	30	<u>Evaluation & Assessment</u>					
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	• TBD					
31							<u>Physical Prep</u>					
Regular Season 1							<u>Mental Prep</u>					
							<u>Team Development</u>					
							• 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	Tryout	Dev 1	Dev 2				RS 1			RS 2	RS 2

U13 – Seasonal Training Plan

November 2022 (0 Practices 0 Games)							<u>GOALS</u>					
							1. TBD 2. TBD 3. TBD 4. TBD					
							<u>Skills/Concepts</u>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<u>Competition period (Weeks 9 - 37)</u>					
	01 Regular Season 1	02 Regular Season 1	03 Regular Season 1	04 Regular Season 1	05 Regular Season 1	06 Regular Season 1	<u>Regular season 1 phase (Weeks 12 - 14)</u>					
07	08	09	10	11	12	13	<ul style="list-style-type: none"> ▪ 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 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	<u>Regular season 2 phase (Week 15)</u>					
14	15	16	17	18	19	20	<ul style="list-style-type: none"> ▪ No games ▪ Minimal ice/Time off ▪ Team building 					
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	<u>Regular season 3 phase (Week 16)</u>					
21	22	23	24	25	26	27	▪ TBD					
Regular Season 2	Regular Season 2	Regular Season 2	Regular Season 2	Regular Season 2	Regular Season 2	Regular Season 2	<u>Physical Prep</u>					
28	29	30					<u>Mental Prep</u>					
Regular Season 3	Regular Season 3	Regular Season 3					<u>Team Development</u>					
							• 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

U13 – Seasonal Training Plan

<div style="background-color: black; color: white; padding: 5px; display: inline-block;">December 2022</div> (0 Practices 0 Games)							<u>GOALS</u> 1. TBD 2. TBD 3. TBD 4. TBD					
							<u>Skills/Concepts</u> Competition period (Weeks 9 - 37)					
				01	02	03	04	<div style="background-color: #e0ffe0; padding: 2px;"> Regular season 3 phase (Weeks 16 - 19) <ul style="list-style-type: none"> ▪ Skating – Edge control, forward/backward skating ▪ Puck control – Core moves, individual puck time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending </div> <div style="background-color: #e0ffe0; padding: 2px; margin-top: 5px;"> Regular Season 4 Phase (Weeks 19 - 20) <ul style="list-style-type: none"> ▪ December holiday season tournament ▪ Minimal ice/Time off </div>				
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				

U13 – Seasonal Training Plan

<div style="background-color: black; color: white; padding: 5px; display: inline-block;">January 2023</div> (0 Practices 0 Games)							<u>GOALS</u> 1. TBD 2. TBD 3. TBD 4. TBD					
							<u>Skills/Concepts</u> Competition period (Weeks 9 - 37)					
						01	<div style="background-color: #e0ffe0; padding: 2px;"> Regular season 4 phase (Week 20) <ul style="list-style-type: none"> ▪ December holiday season tournament ▪ Minimal ice/Time off </div> <div style="background-color: #e0ffe0; padding: 2px; margin-top: 5px;"> Regular season 5 phase (Weeks 21 - 24) <ul style="list-style-type: none"> ▪ Skating – Edge control, forward/backward skating ▪ Puck control – Core moves, individual puck time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending </div>					
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		

U13 – Seasonal Training Plan

February 2023 (0 Practices 0 Games)														<u>GOALS</u>			
														<ol style="list-style-type: none"> 1. TBD 2. TBD 3. TBD 4. TBD 			
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY														Skills/Concepts			
01 02 03 04 05														Competition period (Weeks 9 - 37)			
Regular Season 5														Regular season 5 phase (Weeks 25 - 26)			
														<ul style="list-style-type: none"> ▪ Skating – Edge control, forward/backward skating ▪ Puck control – Core moves, individual puck time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending 			
06 07 08 09 10 11 12														Regular season 6 phase (Week 27)			
Regular Season 6														Regular season 6 phase (Week 27)			
														<ul style="list-style-type: none"> ▪ Minimal Ice/Time off 			
13 14 15 16 17 18 19														Regular season 7 phase (Weeks 28 - 29)			
Regular Season 7														Regular season 7 phase (Weeks 28 - 29)			
														<ul style="list-style-type: none"> ▪ Skating – Edge control, forward/backward skating ▪ Puck control – Core moves, individual puck time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending 			
20 21 22 23 24 25 26																	
Regular Season 7																	
27 28																	
Regular Season 7																	
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									

U13 – Seasonal Training Plan

March 2023 (0 Practices 0 Games)														<u>GOALS</u>			
														<ol style="list-style-type: none"> 1. TBD 2. TBD 3. TBD 4. TBD 			
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY														Skills/Concepts			
01 02 03 04 05														Competition period (Weeks 9 - 37)			
Regular Season 7														Regular season 7 phase (Weeks 29 - 33)			
														<ul style="list-style-type: none"> ▪ Skating – Edge control, forward/backward skating ▪ Puck control – Core moves, individual puck time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending 			
06 07 08 09 10 11 12																	
Regular Season 7																	
13 14 15 16 17 18 19																	
Regular Season 7																	
20 21 22 23 24 25 26																	
Regular Season 7																	
27 28 29 30 31																	
Regular Season 7																	
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									

U13 – Seasonal Training Plan

<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <h2 style="margin: 0;">April 2023</h2> <p style="margin: 0;">(0 Practices 0 Games)</p> </div> <div style="text-align: right;"> <p>GOALS</p> <ol style="list-style-type: none"> 1. TBD 2. TBD 3. TBD 4. TBD </div> </div>																																																																																			
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<p>Skills/Concepts</p> <p>Competition period (Weeks 9 - 37)</p> <p>Regular season 7 phase (Weeks 33 - 34)</p> <ul style="list-style-type: none"> ▪ Skating – Edge control, forward/backward skating ▪ Puck control – Core moves, individual puck time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending <p>Playoff phase (Weeks 35 - 37)</p> <ul style="list-style-type: none"> ▪ Playoffs ▪ Minimal ice/Time off 																																																																																			
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Inventory – U13

	Skating	Puck control	Passing/Receiving	Shooting	Checking	Goaltending
Technical skills	<ul style="list-style-type: none"> ■ Balance and agility ■ Edge control ■ Starting and stopping ■ Forward skating and striding ■ Backward skating ■ Turning and crossovers 	<ul style="list-style-type: none"> ■ Stationary ■ Moving 	<ul style="list-style-type: none"> ■ Stationary ■ Moving 	<ul style="list-style-type: none"> ■ Forehand - wrist shot ■ Backhand - shot ■ Forehand/backhand shots in motion ■ Forehand - flip shot ■ Backhand - flip shot ■ Tips/Deflections ■ Snap/Slap shot 	<ul style="list-style-type: none"> ■ Skating/Agility ■ Angling/Positioning ■ Stick checks 	<ul style="list-style-type: none"> ■ Skating ■ Hands ■ Slides ■ Rebound control
Tactical skills	Individual offensive tactics		Individual defensive tactics		Team tactics	
	<ul style="list-style-type: none"> ■ Body fakes/shot fakes ■ Stick fakes/fake pass ■ Dukes ■ Moves in combination ■ Net drives ■ Change of pace ■ Puck protection ■ Control skating ■ Saving ice 		<ul style="list-style-type: none"> ■ Angling ■ Basic 1 on 1's ■ Gap control ■ Escape moves ■ Puck retrievals ■ Tracking 		<ul style="list-style-type: none"> ■ Basic positioning – D ■ Zone ■ Basic breakouts ■ Regroups ■ Entries ■ Forechecks 	
Other	Physical prep		Mental prep		Team development	
	<ul style="list-style-type: none"> ■ Warm-up and cool-down ■ Testing (on-ice and off-ice) ■ Conditioning ■ Nutrition & hydration ■ Recovery 		<ul style="list-style-type: none"> ■ Goal-setting ■ Positive self-talk 		<ul style="list-style-type: none"> ■ Team building ■ Player meetings ■ Parent meetings ■ Admin 	
Period	Phase	Timing				
Preparation	Prep/Tryout phase	■ Refers to the period of time before the season starts, typically when pre camps and/or tryouts are held.				
	Development phase	■ Refers to the period of time following tryouts or evaluation before the regular season starts.				
Competition	Regular season phase	■ Refers to the period of time from the first regular season game to the start of playoffs or provincial/branch championships.				
	Playoff phase	■ Refers to the period of time from the end of the regular season through to the end of playoffs.				
Transition	Off-season phase	■ Refers to the period of time from the end of the playoff season to the start of the next prep or tryout season. No tryouts are allowed during the off season.				

U15/18 seasonal plan

U15/18 – Seasonal Training Plan																																																							
August 2022 (0 Practices)											<u>GOALS</u>																																												
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											<u>Skills/Concepts</u>																																												
											Off-season phase																																												
											<ul style="list-style-type: none"> ▪ Minimal ice/Time off ▪ Play other sports 																																												
											Preparation period (Weeks 1 - 8)																																												
											Preparation phase (Weeks 1 - 3)																																												
											<ul style="list-style-type: none"> ▪ 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 																																												
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											Tryout Phase (Weeks 4 - 7)																																														
											<ul style="list-style-type: none"> ▪ Minimum 3 tryout sessions 1 skills session 1 small area games session 1 formal game 																																														
<u>Physical Prep</u> • TBD				<u>Mental Prep</u> • TBD				<u>Team Development</u> • TBD			<u>Evaluation & Assessment</u> • TBD																																														
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August				September						October																																															
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Off Season 2				Preparation				Tryout		Dev 1		Dev 2		Regular Season 1																																											

U15/18 – Seasonal Training Plan

<div style="background-color: black; color: white; padding: 5px; display: inline-block;">October 2022</div> (0 Practices 0 Games)							<u>GOALS</u> 1. TBD 2. TBD 3. TBD 4. TBD					
							<u>Skills/Concepts</u> Preparation period (Weeks 1 - 8) Development 1 phase (Weeks 7 - 8) <ul style="list-style-type: none"> ▪ 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) <ul style="list-style-type: none"> ▪ Skating – Agility/Quickness/Turning/Crossovers ▪ Puck control – Deception/Creativity/Puck protection ▪ Individual tactics – Forwards/Defence ▪ Basic D zone coverage ▪ Introduction to forecheck 					
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												
<u>Physical Prep</u> •TBD		<u>Mental Prep</u> •TBD		<u>Team Development</u> •TBD		<u>Evaluation & Assessment</u> •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

<div style="background-color: black; color: white; padding: 5px; display: inline-block;">November 2022</div> (0 Practices 0 Games)							<u>GOALS</u> 1. TBD 2. TBD 3. TBD 4. TBD					
							<u>Skills/Concepts</u> Competition period (Weeks 9 - 37) Regular season 1 phase (Weeks 12 - 14) <ul style="list-style-type: none"> ▪ 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) <ul style="list-style-type: none"> ▪ No games ▪ Minimal ice/Time off ▪ Team building Regular season 3 phase (Week 16) <ul style="list-style-type: none"> ▪ 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										
<u>Physical Prep</u> •TBD		<u>Mental Prep</u> •TBD		<u>Team Development</u> •TBD		<u>Evaluation & Assessment</u> •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		

U15/18 – Seasonal Training Plan													
December 2022 (0 Practices 0 Games)											GOALS		
											1. TBD		
											2. TBD		
											3. TBD		
											4. TBD		
											Skills/Concepts		
											Competition period (Weeks 9 - 37)		
											Regular season 3 phase (Weeks 16 - 19)		
											<ul style="list-style-type: none"> ▪ 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)		
											<ul style="list-style-type: none"> ▪ 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		
											Skills/Concepts		
											Competition period (Weeks 9 - 37)		
											Regular season 4 phase (Week 20)		
											<ul style="list-style-type: none"> ▪ December holiday season tournament ▪ Minimal ice/Time off 		
											Regular season 5 phase (Weeks 21 - 24)		
											<ul style="list-style-type: none"> ▪ 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)							<u>GOALS</u>	
							1. TBD 2. TBD 3. TBD 4. TBD	
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY							Skills/Concepts	
							Competition period (Weeks 9 - 37)	
							Regular season 5 phase (Weeks 25 - 26) <ul style="list-style-type: none"> ▪ 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) <ul style="list-style-type: none"> ▪ Minimal Ice/Time off 	
							Regular season 7 phase (Weeks 28 - 29) <ul style="list-style-type: none"> ▪ Skating – Edge control, forward/backward skating ▪ Puck control – Core moves, individual puck time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending 	
<u>Physical Prep</u> •TBD		<u>Mental Prep</u> •TBD		<u>Team Development</u> •TBD		<u>Evaluation & Assessment</u> •TBD		
January					February		March	
02 <small>(Week 21)</small>	09 <small>(Week 22)</small>	16 <small>(Week 23)</small>	23 <small>(Week 24)</small>	30 <small>(Week 25)</small>	06 <small>(Week 26)</small>	13 <small>(Week 27)</small>	20 <small>(Week 28)</small>	27 <small>(Week 29)</small>
Regular Season 5					Regular Season 6		Regular Season 7	

U15/18 – Seasonal Training Plan

March 2023 (0 Practices 0 Games)							<u>GOALS</u>				
							1. TBD 2. TBD 3. TBD 4. TBD				
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY							Skills/Concepts				
							Competition period (Weeks 9 - 37)				
							Regular season 7 phase (Weeks 29 - 33) <ul style="list-style-type: none"> ▪ Skating – Edge control, forward/backward skating ▪ Puck control – Core moves, individual puck time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending 				
<u>Physical Prep</u> •TBD		<u>Mental Prep</u> •TBD		<u>Team Development</u> •TBD		<u>Evaluation & Assessment</u> •TBD					
February				March			April				
06 <small>(Week 26)</small>	13 <small>(Week 27)</small>	20 <small>(Week 28)</small>	27 <small>(Week 29)</small>	06 <small>(Week 30)</small>	13 <small>(Week 31)</small>	20 <small>(Week 32)</small>	27 <small>(Week 33)</small>	03 <small>(Week 34)</small>	10 <small>(Week 35)</small>	17 <small>(Week 36)</small>	24 <small>(Week 37)</small>
R5 7							Playoff				

U15/18 – Seasonal Training Plan

<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <h2 style="margin: 0;">April 2023</h2> <p style="margin: 0;">(0 Practices 0 Games)</p> </div> <div style="text-align: right;"> <p>GOALS</p> <ol style="list-style-type: none"> 1. TBD 2. TBD 3. TBD 4. TBD </div> </div>												
<div style="display: flex; justify-content: space-between;"> SATURDAY SUNDAY </div>												
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												
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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												
<p><u>Physical Prep</u></p> <ul style="list-style-type: none"> • TBD 			<p><u>Mental Prep</u></p> <ul style="list-style-type: none"> • TBD 		<p><u>Team Development</u></p> <ul style="list-style-type: none"> • TBD 		<p><u>Evaluation & Assessment</u></p> <ul style="list-style-type: none"> • 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				

- 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

Inventory – U15/18

	Skating	Puck control	Passing/Receiving	Shooting	Checking	Goaltending
Technical skills	<ul style="list-style-type: none"> ▪ Agility/Balance ▪ Edge control ▪ Forward skating ▪ Backward skating ▪ Turning ▪ Crossovers ▪ Transition and pivots ▪ Quickness 	<ul style="list-style-type: none"> ▪ Stationary ▪ Moving ▪ Small-area skills ▪ Agility ▪ Puck protection ▪ Creativity 	<ul style="list-style-type: none"> ▪ Stationary ▪ Moving ▪ Puck support 	<ul style="list-style-type: none"> ▪ Stationary ▪ Moving ▪ 1-timers ▪ Quick release ▪ Shooting fakes ▪ Changing puck angle ▪ Shooting off pass ▪ Forehand to backhand/Backhand to forehand ▪ Shooting for sticks 	<ul style="list-style-type: none"> ▪ Skating/Agility ▪ Angling/Positioning ▪ Stick checks ▪ Body contact ▪ Body checking 	<ul style="list-style-type: none"> ▪ Balance and agility ▪ Moving skills ▪ Positioning ▪ Save selection ▪ Basic puck control ▪ Advanced skating ▪ Eye skills ▪ Advanced hands ▪ Advanced puck handling ▪ 10 scoring situations ▪ Defensive team play ▪ Offensive team play ▪ Hockey sense
Tactical skills	<p style="text-align: center;">Individual offensive tactics</p> <ul style="list-style-type: none"> ▪ Attacking 1 on 1 ▪ Shaking a defender 1 on 1 ▪ Screening without the puck 		<p style="text-align: center;">Individual defensive tactics</p> <ul style="list-style-type: none"> ▪ Defending 1 on 1 ▪ Defending in the corner ▪ Defending along the boards ▪ Backchecking 		<p style="text-align: center;">Team tactics</p> <ul style="list-style-type: none"> ▪ Offensive: Entries, offensive zone play ▪ Defensive: Defensive zone coverage, breakouts ▪ Special team: PP breakouts, PP setup, PK forecheck, PK in the DZ ▪ Forechecking: Offensive zone, neutral zone ▪ Transition/Regroups: Neutral zone play ▪ Face-offs: Techniques, OZ/DZ zone-offs 	
Other	<p style="text-align: center;">Physical prep</p> <ul style="list-style-type: none"> ▪ Warm-up and cool-down ▪ Testing (on-ice and off-ice) ▪ Conditioning ▪ Nutrition & hydration ▪ Recovery 		<p style="text-align: center;">Mental prep</p> <ul style="list-style-type: none"> ▪ Imagery ▪ Goal-setting ▪ Positive self-talk ▪ Relaxation 		<p style="text-align: center;">Team development</p> <ul style="list-style-type: none"> ▪ Team building ▪ Player meetings ▪ Parent meetings ▪ Admin 	

Period	Phase	Timing
Preparation	Prep/Tryout phase	Refers to the period of time before the season starts, typically when pre camps and/or tryouts are held.
	Development phase	Refers to the period of time following tryouts or evaluation before the regular season starts.
Competition	Regular season phase	Refers to the period of time from the first regular season game to the start of playoffs or provincial/branch championships.
	Playoff phase	Refers to the period of time from the end of the regular season through to the end of playoffs.
Transition	Off-season phase	Refers to the period of time from the end of the playoff season to the start of the next prep or tryout season. No tryouts are allowed during the off season.

Hockey Canada coaching downloads

Check [Hockey Canada's coaching downloads](https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads)⁴ for these resources on seasonal planning:

- Seasonal planning: Additional resources
- U13 seasonal plan
- U15/18 seasonal plan

⁴ <https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads>



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