|  |
| --- |
| **U13 – Yearly Training Plan** |
| **August 2021****(0 Practices)** | **GOALS**1. **TBD**
2. **TBD**
3. **TBD**
4. **TBD**
 |
|

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

 | **SKILLS / CONCEPTS** |
| **TRANSITION PERIOD (Weeks 51 - 52)****Off Season 2 Phase (Weeks 51 -52)*** 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** |
| **05**(Week 47) | **12**(Week 48) | **19**(Week 49) | **26**(Week 50) | **02**(Week 51) | **09**(Week 52) | **16**(Week 1) | **23**(Week 2) | **30**(Week 3) | **06**(Week 4) | **13**(Week 5) | **20**(Week 6) | **27**(Week 7) |
| **Off Season 2** | **Preparation** | **Tryout** |
| **U13 – Yearly Training Plan** |
| **September 2021****(0 Practices)** | **GOALS**1. **TBD**
2. **TBD**
3. **TBD**
4. **TBD**
 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **30** | **31** | **01** | **02** | **03** | **04** | **05** |
|  |  | **Preparation** | **Preparation** | **Preparation** | **Preparation** | **Preparation** |
| **06** | **07** | **08** | **09** | **10** | **11** | **12** |
| **Preparation** | **Preparation** | **Preparation** | **Preparation** | **Tryout** | **Tryout** | **Tryout** |
| **13** | **14** | **15** | **16** | **17** | **18** | **19** |
| **Tryout** | **Tryout** | **Tryout** | **Tryout** | **Tryout** | **Tryout** | **Tryout** |
| **20** | **21** | **22** | **23** | **24** | **25** | **26** |
| **Tryout** | **Tryout** | **Tryout** | **Tryout** | **Tryout** | **Tryout** | **Tryout** |
| **27** | **28** | **29** | **30** | **01** | **02** | **03** |
| **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 Session1 Small Area Games Session1 Formal Game |
| ***Physical Prep**** TBD
 | ***Mental Prep**** TBD
 | ***Team Development**** TBD
 | ***Evaluation & Assessment**** TBD
 |
| **August** | **September** | **October** |
| **02**(Week 51) | **09**(Week 52) | **16**(Week 1) | **23**(Week 2) | **30**(Week 3) | **06**(Week 4) | **13**(Week 5) | **20**(Week 6) | **27**(Week 7) | **04**(Week 8) | **11**(Week 9) | **18**(Week 10) | **25**(Week 11) |
| **Off Season 2** | **Preparation** | **Tryout** | **Development 1** | **Dev 2** | **Regular Season 1** |

|  |
| --- |
| **U13 – Yearly Training Plan** |
| **October 2021****(0 Practices | 0 Games)** | **GOALS**1. **TBD**
2. **TBD**
3. **TBD**
4. **TBD**
 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **27** | **28** | **29** | **30** | **01** | **02** | **03** |
|  |  |  |  | **Development****1** | **Development****1** | **Development****1** |
| **04** | **05** | **06** | **07** | **08** | **09** | **10** |
| **Development****1** | **Development****1** | **Development****1** | **Development****1** | **Development****2** | **Development****2** | **Development****2** |
| **11** | **12** | **13** | **14** | **15** | **16** | **17** |
| **Development****2** | **Development****2** | **Development****2** | **Development****2** | **Development****2** | **Development****2** | **Development****2** |
| **18** | **19** | **20** | **21** | **22** | **23** | **24** |
| **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** |
| **25** | **26** | **27** | **28** | **29** | **30** | **31** |
| **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **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 8-9)*** Pre-season tournament
 |
| **COMPETITION PERIOD (Weeks 8 - 37)****Regular Season 1 Phase (Weeks 10 – 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** |
| **06**(Week 4) | **13**(Week 5) | **20**(Week 6) | **27**(Week 7) | **04**(Week 8) | **11**(Week 9) | **18**(Week 10) | **25**(Week 11) | **01**(Week 12) | **08**(Week 13) | **15**(Week 14) | **22**(Week 15) | **29**(Week 16) |
| **Prep** | **Tryout** | **Dev 1** | **Dev 2** | **Regular Season 1** | **Reg Season 2** | **Reg Season 3** |

|  |
| --- |
| **U13 – Yearly Training Plan** |
| **November 2021****(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** | **07** |
| **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** |
| **08** | **09** | **10** | **11** | **12** | **13** | **14** |
| **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** |
| **15** | **16** | **17** | **18** | **19** | **20** | **21** |
| **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** | **Regular Season 1** |
| **22** | **23** | **24** | **25** | **26** | **27** | **28** |
| **Seasonal Break** | **Seasonal Break** | **Seasonal****Break** | **Seasonal Break** | **Seasonal Break** | **Seasonal Break** | **Seasonal Break** |
| **29** | **30** | **01** | **02** | **03** | **04** | **05** |
| **Regular Season 3** | **Regular Season 3** |  |  |  |  |  |

 | **SKILLS / CONCEPTS** |
| **COMPETITION PERIOD (Weeks 8 - 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

**Seasonal Break (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** |
| **04**(Week 8) | **11**(Week 9) | **18**(Week 10) | **25**(Week 11) | **01**(Week 12) | **08**(Week 13) | **15**(Week 14) | **22**(Week 15) | **29**(Week 16) | **06**(Week 17) | **13**(Week 18) | **20**(Week 19) | **27**(Week 20) |
| **Dev 1** | **Dev 2** | **Regular Season 1** | **Seasonal Break** | **Regular Season 3** | **Regular Season 4** |

|  |
| --- |
| **U13 – Yearly Training Plan** |
| **December 2021****(0 Practices | 0 Games)** | **GOALS**1. **TBD**
2. **TBD**
3. **TBD**
4. **TBD**
 |
|

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

 | **SKILLS / CONCEPTS** |
| **COMPETITION PERIOD (Weeks 8 - 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

**Christmas Break (Weeks 19 - 20)*** Christmas Tournament
* Minimal Ice / Time off
 |
| ***Physical Prep**** TBD
 | ***Mental Prep**** TBD
 | ***Team Development**** TBD
 | ***Evaluation & Assessment**** TBD
 |
| **November** | **December** | **January** |
| **01**(Week 12) | **08**(Week 13) | **15**(Week 14) | **22**(Week 15) | **29**(Week 16) | **06**(Week 17) | **13**(Week 18) | **20**(Week 19) | **27**(Week 20) | **03**(Week 21) | **10**(Week 22) | **17**(Week 23) | **24**(Week 24) |
| **Regular Season 1** | **Reg Season 2** | **Regular Season 3** | **Christmas Break** | **Regular Season 5** |

|  |
| --- |
| **U13 – Yearly Training Plan** |
| **January 2022****(0 Practices | 0 Games)** | **GOALS**1. **TBD**
2. **TBD**
3. **TBD**
4. **TBD**
 |
|

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

 | **SKILLS / CONCEPTS** |
| **COMPETITION PERIOD (Weeks 8 - 37)****Christmas Break (Week 20)*** Christmas 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** |
| **06**(Week 17) | **13**(Week 18) | **20**(Week 19) | **27**(Week 20) | **03**(Week 21) | **10**(Week 22) | **17**(Week 23) | **24**(Week 24) | **31**(Week 25) | **07**(Week 26) | **14**(Week 27) | **21**(Week 28) | **28**(Week 29) |
| **Regular Season 3** | **Christmas Break** | **Regular Season 5** | **Regular Season 6** | **Regular Season 7** |

|  |
| --- |
| **U13 – Yearly Training Plan** |
| **February 2022****(0 Practices | 0 Games)** | **GOALS**1. **TBD**
2. **TBD**
3. **TBD**
4. **TBD**
 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 31 | **01** | **02** | **03** | **04** | **05** | **06** |
|  | **Regular Season 5** | **Regular Season 5** | **Regular Season 5** | **Regular Season 5** | **Regular Season 5** | **Regular Season 5** |
|  **07** | **08** | **09** | **10** | **11** | **12** | **13** |
| **Regular Season 5** | **Regular Season 5** | **Regular Season 5** | **Regular Season 5** | **Regular Season 5** | **Regular Season 5** | **Regular Season 5** |
| **14** | **15** | **16** | **17** | **18** | **19** | **20** |
| **Seasonal Break** | **Seasonal Break** | **Seasonal****Break** | **Seasonal Break** | **Seasonal Break** | **Seasonal Break** | **Seasonal Break** |
| **21** | **22** | **23** | **24** | **25** | **26** | **27** |
| **Regular Season 7** | **Regular Season 7** | **Regular Season 7** | **Regular Season 7** | **Regular Season 7** | **Regular Season 7** | **Regular Season 7** |
| **28** | **01** | **02** | **03** | **04** | **05** | **06** |
| **Regular Season 7** |  |  |  |  |  |  |

 | **SKILLS / CONCEPTS** |
| **COMPETITION PERIOD (Weeks 8 - 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

**Seasonal Break (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** |
| **03**(Week 21) | **10**(Week 22) | **17**(Week 23) | **24**(Week 24) | **31**(Week 25) | **07**(Week 26) | **14**(Week 27) | **21**(Week 28) | **28**(Week 29) | **07**(Week 30) | **14**(Week 31) | **21**(Week 32) | **28**(Week 33) |
| **Regular Season 5** | **Seasonal Break** | **Regular Season 7** |

|  |
| --- |
| **U13 – Yearly Training Plan** |
| **March 2022****(0 Practices | 0 Games)** | **GOALS**1. **TBD**
2. **TBD**
3. **TBD**
4. **TBD**
 |
|

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

 | **SKILLS / CONCEPTS** |
| **COMPEITION PERIOD (Weeks 8 - 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** |
| **07**(Week 26) | **14**(Week 27) | **21**(Week 28) | **28**(Week 29) | **07**(Week 30) | **14**(Week 31) | **21**(Week 32) | **28**(Week 33) | **04**(Week 34) | **11**(Week 35) | **18**(Week 36) | **25**(Week 37) |
| **Regular Season 5** | **Regular Season 6** | **Regular Season 7** | **Playoff** |

|  |
| --- |
| **U13 – Yearly Training Plan** |
| **April 2022****(0 Practices | 0 Games)** | **GOALS**1. **TBD**
2. **TBD**
3. **TBD**
4. **TBD**
 |
|

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

 | **SKILLS / CONCEPTS** |
| **COMPETITION PERIOD (Weeks 8 - 37)****Playoff Phase (Weeks 33 - 35)*** Playoffs
* Minimal Ice / Time off

**Off Season 1 (Weeks 36 - 37)*** Ideally 2 on ice skills session 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** |
| **07**(Week 30) | **14**(Week 31) | **21**(Week 32) | **28**(Week 33) | **04**(Week 34) | **11**(Week 35) | **18**(Week 36) | **25**(Week 37) | **02**(Week 38) | **09**(Week 39) | **16**(Week 40) | **23**(Week 41) |
| **Regular Season 7** | **Playoff** | **Off Season 1** |

|  |
| --- |
| **U13 – Yearly Training Plan** |
| **May 2022****(0 Practices)** | **GOALS**1. **TBD**
2. **TBD**
3. **TBD**
4. **TBD**
 |
|

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

 | **SKILLS / CONCEPTS** |
| **TRANSITION PERIOD (Weeks 38 - 52)****Off Season 1 (Week 38 - 42)*** Ideally 2 on ice skills session 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

**Member POE Programs (Week 38 - 39)*** TBD
 |
| ***Physical Prep**** TBD
 | ***Mental Prep**** TBD
 | ***Team Development**** TBD
 | ***Evaluation & Assessment**** TBD
 |
| **April** | **May** | **June** |
| **04**(Week 34) | **11**(Week 35) | **18**(Week 36) | **25**(Week 37) | **02**(Week 38) | **09**(Week 39) | **16**(Week 40) | **23**(Week 41) | **30**(Week 42) | **06**(Week 43) | **13**(Week 44) | **20**(Week 45) | **27**(Week 46) |
| **Reg Season 7** | **Playoff** | **Off Season 1** | **Off Season 2** |

|  |
| --- |
| **U13 – Yearly Training Plan** |
| **June 2022****(0 Practices)** | **GOALS**1. **TBD**
2. **TBD**
3. **TBD**
4. **TBD**
 |
|

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

 | **SKILLS / CONCEPTS** |
| **TRANSITION PERIOD (Weeks 38 - 52)****Off Season 1 (Week 42 - 44)*** Skating – Edge Control, Forward / Backward Skating
* Puck Control – Core Moves, Individual Puck Time
* Passing – Stationary / Moving
* Shooting – Stationary / Moving
* Individual tactics – Forwards / Defence
* Goaltending

**Off Season 2 (Week 45 - 46)*** Minimal Ice / Time off
* Play Other Sports
 |
| ***Physical Prep**** TBD
 | ***Mental Prep**** TBD
 | ***Team Development**** TBD
 | ***Evaluation & Assessment**** TBD
 |
| **May** | **June** | **July** |
| **02**(Week 38) | **09**(Week 39) | **16**(Week 40) | **23**(Week 41) | **30**(Week 42) | **06**(Week 43) | **13**(Week 44) | **20**(Week 45) | **27**(Week 46) | **04**(Week 47) | **11**(Week 48) | **18**(Week 49) | **25**(Week 50) |
| **Off Season 1** | **Off Season 2** |

|  |
| --- |
| **U13 – Yearly Training Plan** |
| **July 2022****(0 Practices)** | **GOALS**1. **TBD**
2. **TBD**
3. **TBD**
4. **TBD**
 |
|

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

 | **SKILLS / CONCEPTS** |
| **TRANSITION PERIOD (Weeks 38 - 52)****Off Season 2 (Week 46 - 50)*** Minimal Ice / Time off
* Play Other Sports
 |
| ***Physical Prep**** TBD
 | ***Mental Prep**** TBD
 | ***Team Development**** TBD
 | ***Evaluation & Assessment**** TBD
 |
| **June** | **July** | **August** |
| **06**(Week 43) | **13**(Week 44) | **20**(Week 45) | **27**(Week 46) | **04**(Week 47) | **11**(Week 48) | **18**(Week 49) | **25**(Week 50) | **01**(Week 51) | **08**(Week 52) | **15**(Week 1) | **22**(Week 2) | **29**(Week 3) |
| **Off Season 1** | **Off Season 2** | **2022-2023 Season** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **TECHNICAL SKILLS** | **Skating** | **Puck Control** | **Passing / Receiving** | **Shooting** | **Checking** | **Goaltending** |
| * Balance and agility
* Edge Control
* Starting and Stopping
* Forward skating and striding
* Backward Skating
* Turning and Crossovers
 | * Stationary
* Moving
 | * Stationary
* Moving
 | * Forehand ‐ wrist shot
* Backhand ‐ shot
* Forehand / backhand

shots in motion* Forehand ‐ flip shot
* Backhand ‐ flip shot
* Tips / Deflections
* Snap / Slap shot
 | * Skating / Agility
* Angling / Positioning
* Stick Checks
 | * Skating
* Hands
* Slides
* Rebound Control
 |
| **TACTICAL SKILLS** | **Individual Offensive Tactics** | **Individual Defensive Tactics** | **Team Tactics** |
| * Body fakes / shot fakes
* Stick fakes / fake pass
* Deception / Dekes / 1 on 1’s
* Moves in combination
* Net Drives
* Change of pace
* Puck protection
* Control skating
* Saving ice
 | * Angling
* Basic 1 on 1’s
* Gap control
* Escape moves
* Puck retrievals
* Tracking
 | * Basic Positioning – D

Zone* Basic Breakouts
* Regroups
* Entries
* Forechecks
 |
| **OTHER** | **Physical Prep** | **Mental Prep** | **Team Development** |
| * Warm-up and cool-down
* Testing (on-ice and off-ice)
* Conditioning
* Nutrition & Hydration
* Recovery
 | * Goal-setting
* Positive self-talk
 | * Team Building
* Player Meetings
* Parent Meetings
* Admin
 |

|  |  |  |
| --- | --- | --- |
| **Period** | **Phase** | **Timing** |
| **Preparation** | **Prep/Tryout Phase** | * Refers to the period of time prior to the season starting, typically when pre camps and/or tryouts are held.
 |
| **Development Phase** | * Refers to the period of time following tryouts or evaluation prior to the regular season starting.
 |
| **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.
 |