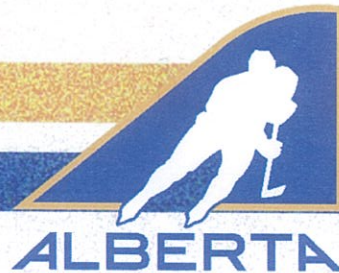
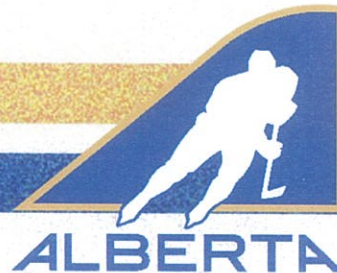
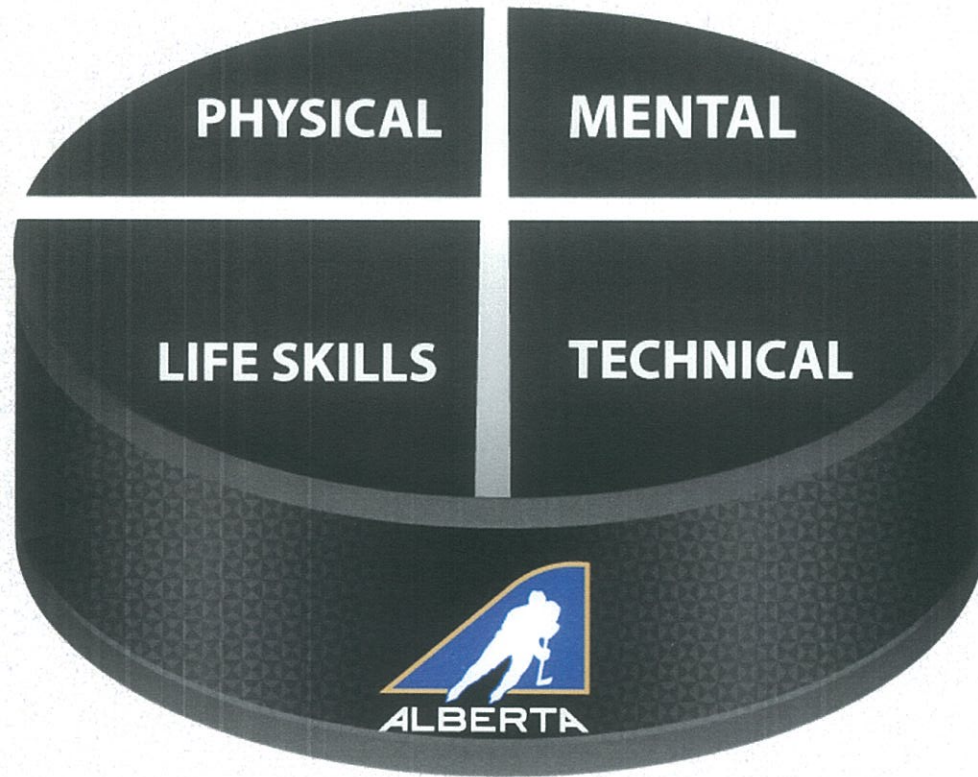


Seasonal Planning



4 PILLARS OF PLAYER DEVELOPMENT

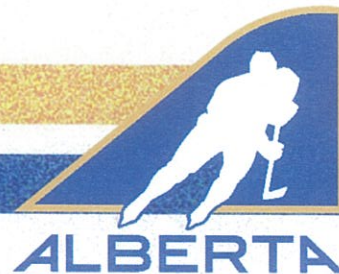


PHYSICAL

Physical capacities are trainable throughout a players lifetime.

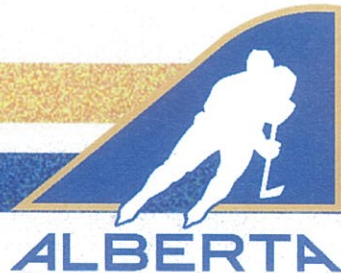
Sensitive periods are described as “windows” of accelerated adoption.

- Strength – (Girls 13-17) (Boys 17+)
- Speed – (Girls 6-8 and 11-13) (Male 7-9 and 13-16)
- Suppleness – (Girls and Boys 6-10)
- Stamina – (Girls 13) (Boys 16)



MENTAL

Mental – skills that enable the player to enhance personal performance in both training and competition.



MENTAL

Positive Attitude – is a choice

Motivation – make the rink a destination

Goal Setting – end in mind, something to strive for

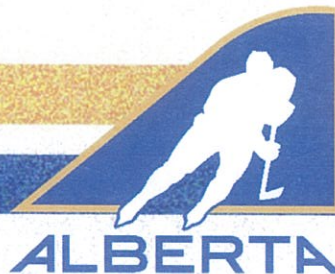
Positive Self Talk – reframe the negative to positive

Visualization – imagine yourself doing

Anxiety Reduction – create a comfort level in all areas

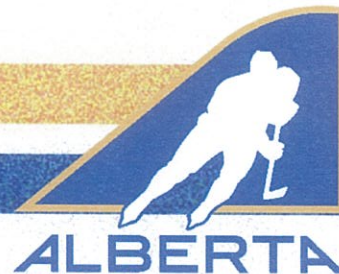
Emotional Control – recognize triggers, create defuses

Attention/Focus – age appropriate language, distractions



LIFE SKILLS

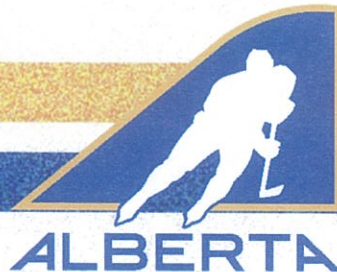
Life Skills – development of emotional, social and character skills to enable players to function effectively as individuals and as team members within the sport of hockey and in society.



LIFE SKILLS

Self-esteem – develop confidence through successful skill development, increased physical ability, self-respect and performance capacity.

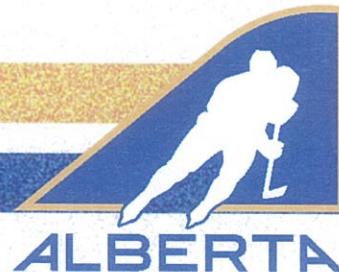
Team Member – environment of helping each other created, understanding of roles, opportunity to play different positions, make adjustments in own play to assist team and assist teammates on and off the ice.



LIFE SKILLS

Leadership Skills – learn to follow instructions, when to lead and when to follow, take on small leadership roles under guidance of coach and increase self-initiated leadership roles.

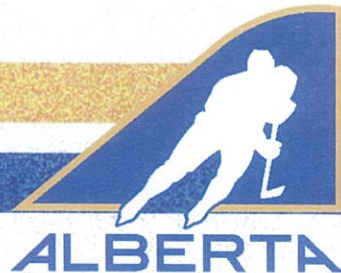
Coping with Setbacks – understand that failure is normal and is essential part of life and learning, reframing as an experience to learn what needs to be done to succeed, understand training and competition is a process not an outcome and develop a support group of friends.



LIFE SKILLS

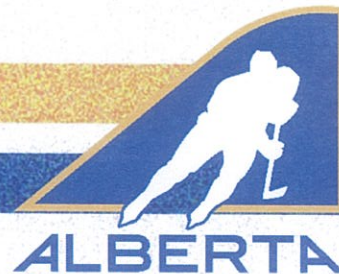
Professionalism – understand hockey is a vehicle for being a better person, everything matters and take pride in the details. Aspiring to a high level of professionalism is a way of communicating respect for the game. It's the greatest game in the world; your professionalism is a way to say 'thank you'.

Work Ethic – develop a high level of consistency in every aspect (practice, game, leading or trailing, supervised or not) and form a positive attitude around effort as exercise is not a punishment.



TECHNICAL

Technical – development of fundamental movement skills, foundational hockey skills and hockey specific technical, tactical and strategic skills. Focus is on developing and enhancing skill performance under pressure.

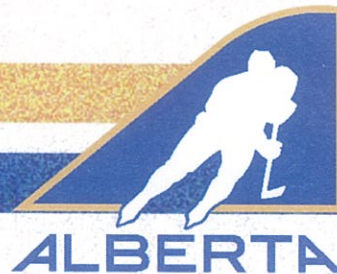
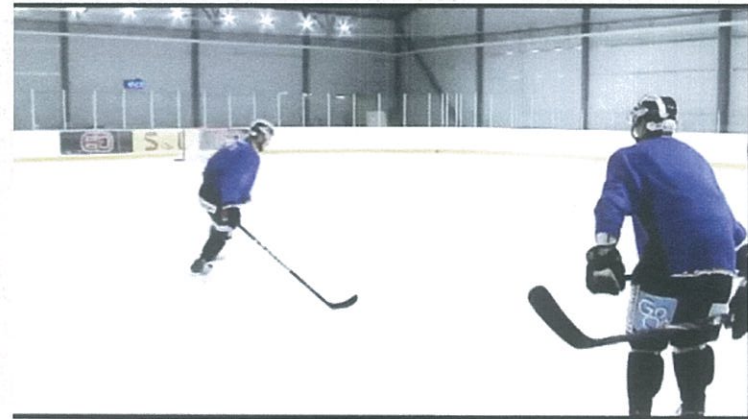


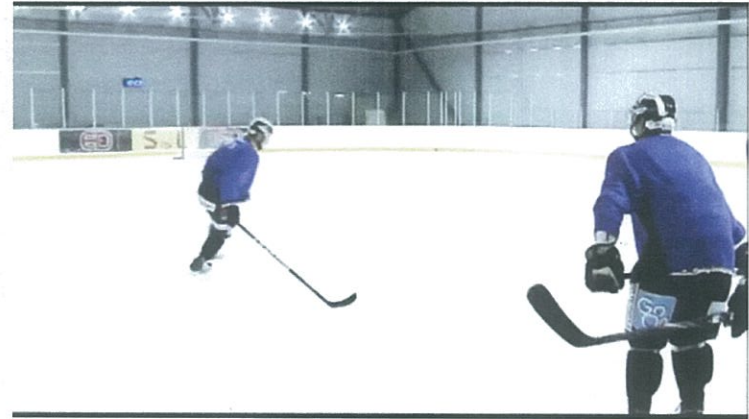
TECHNICAL

Our Focus

1. Skating
2. Offensive Skills
3. Defensive Skills
4. Hockey Sense

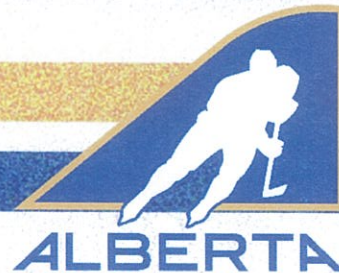
USA's Focus





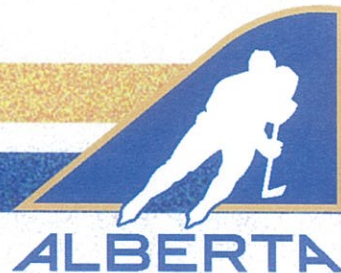
SKATING

Strong on Feet	Stability
Stride	Power
Edges	Agility
Transition & Pivots	Quick Feet
Change of Direction	Evasive Turns
Acceleration	Escapes



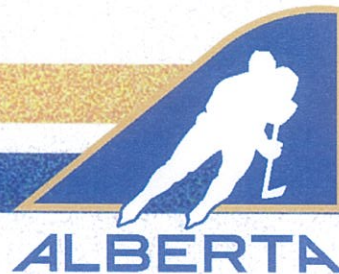
OFFENSIVE SKILLS

Puck Deception	Puck Management	Quick Shot Release
Carry With Speed	Passing	Shot Mentality
Puck Protection	Pass Reception	Find Shooting Lane
Driving the Net	Creativity	Being An Option



DEFENSIVE SKILLS

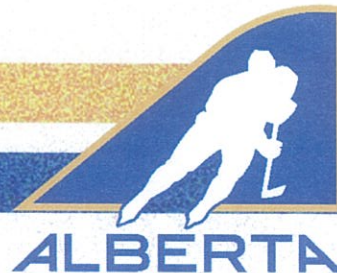
Angling	Controlled Skating
Stick On Puck	Tracking
Defensive Side	Transition
Fronting	Boxing Out
Gap Control	Communication



HOCKEY SENSE

How the player plays the game with and without the puck.

- Ability to make decisions that affect the play.
- Ability to understand the tactics necessary to be successful.
- Adaptability to modify their game to changing conditions or opponent tactics.



BREAK



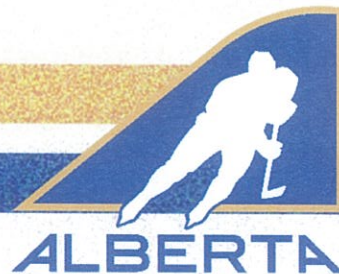
What is seasonal planning?

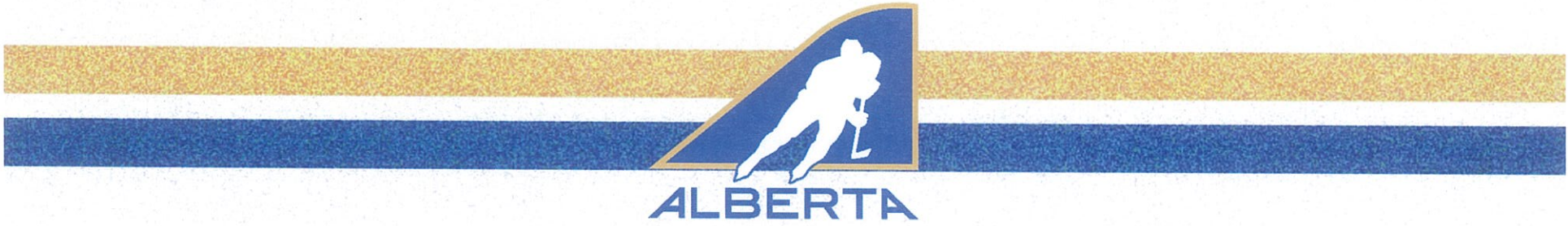
Seasonal planning is creating a roadmap that helps position coaches for a successful season.

1. Lets you know where you are
2. Lets you know where you want to go
3. Lets you know how to get there

The goal for all seasonal plans is to make sure coaches put a plan in place that will act as a guide and *ultimately provide players with the best hockey experience possible.*

...there will be curveballs, so be flexible.





ALBERTA

Why create a seasonal plan ?

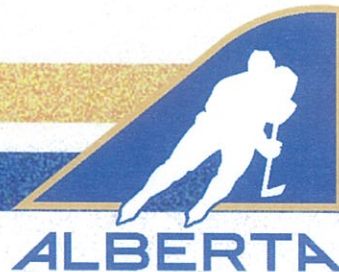
Seasonal plans help make sure you serve the player

Thinking about all the elements that go into the season will assure coaches are looking at the bigger picture

- Player development - Player centered approach

What will the coach do?

- A] Organize the information
- B] Determine what is useful to the coaches
- C] Determine what is useful to the players
- D] Plan how to have maximum effect with this information



Factors that shape your YTP

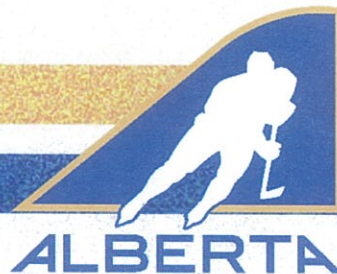
Age group (Novice and Midget plans will look different)

Level (Midget AAA plans not the same as Midget C)

Parent expectations

This will be closely tied to the age and level being coached

If your plan won't receive buy-in from parents, you're in for a long season



Seasonal Planning elements

Different seasonal plans will have varying levels of detail, but there are several elements that will be *in all* seasonal plans:

Coaching philosophy

What guides you as a coach?

Key dates

Regular season, tournaments, playoffs, exhibition games

Segments/focus areas

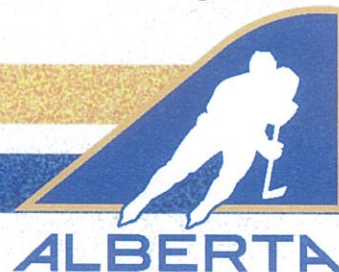
What will you be working on and when

Coaching duties

What will each coach on the staff be responsible for?

Goals

What are the goals for each segment, the season and how will they be measured?



STEP 1

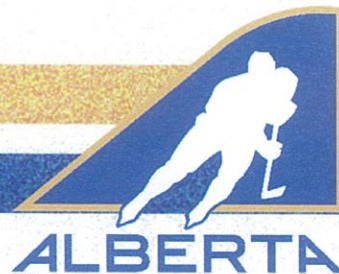
Describe the Coaching Culture

Where are we now?

SWOT – Knowing our strengths and limitations will help us set effective objectives

Prepare the Team Values, Vision and Goals – The Big Picture

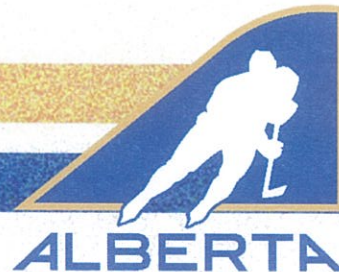
HANDOUTS 1,2,3



START WITH THE END IN MIND

The best coaches start with an end goal that will help guide everything they do

- What do I want my players to get out of the season?
- How will I be remembered as a coach by my players, or their parents?
- Purpose of the program [age/comp/rec]
- Are my own personal goals as a coach, and for the team, appropriate for the skill level and age group I'm coaching?



STEP 2

Identify training elements

- what areas or categories will be developed

Most common:

physical

technical/tactical skills

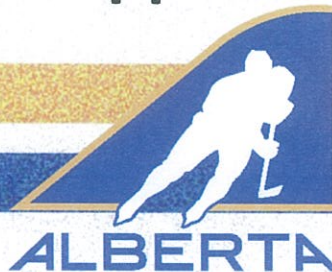
team play

mental

Prioritize

Hockey Canada Network App

HANDOUT 4



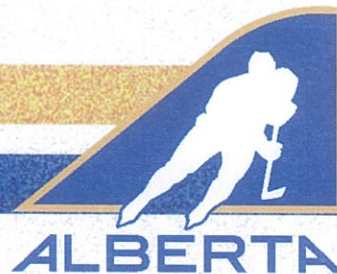
STEP 3

Dashboard Concept

Real world considerations play a role in your seasonal plan

- *Monthly timeline*
- *Phases- Preparatory-Competitive-Transition*
- *Macros – training units in each phase – 4 to 6 weeks with a theme*
- *Schedule Bar*
- *Classify your competitions- practice: game ratio*

HANDOUT 5



STEP 4

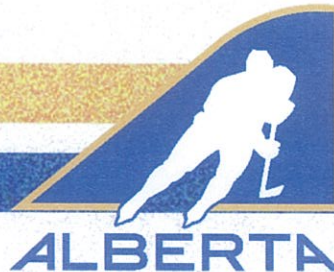
IDENTIFY SEGMENT FOCUS AREAS/GOALS

Every segment is unique and therefore should have its own focus areas and goals that fit within the coach's philosophy and help guide the team towards the seasonal goal.





Every segment should build on the previous segment:

- What will you work on to develop players individually? Within the team?
- Address both on and off-ice activities
- Have progression from segment to segment

HANDOUT 5



Do your seasonal and segment goals fit Hockey Canada's skill pyramid?

Programs	
	Bantam / Midget
	Pee Wee
	Atom
	Novice
	Initiation



STEP 5

ESTABLISH MEASURES TO TRACK SUCCESS

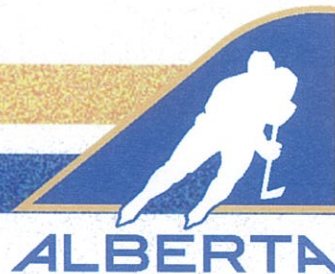
How will we know if our plans are working?

Coaches, players and parents all want to know whether or not the hard work is paying off, so establish measures that allow success to be tracked.

When creating measures be sure to keep in mind:

- Empirical benchmarks – Subjective benchmarks
- Am I measuring both individual and team success?

HANDOUT 6



Communicating your YTP

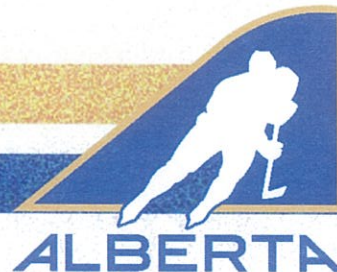
In order for the seasonal plan to be most effective, it must be communicated clearly to your hockey team.

Don't just tell your assistants you have a seasonal plan

- Your assistants should play a role in creating the seasonal plan
- Creates instant buy-in

Present your seasonal plan to parents and players

- Allows for questions
- Valid points will be raised that could help you tweak the seasonal plan to make it even better



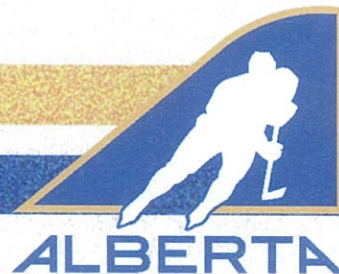
Communicating your YTP

Share, but don't give everything away

- Some specifics that you might have considered in your planning don't need to be 'public' (Strengths and weaknesses of individual players)
- Sharing your win-loss prediction for your team is a recipe for disaster; keep this to yourself

Keep your parents and players updated

- Make sure you let players and parents know about the progress of the team
- Are we achieving our segment goals?



SUMMARY

- Plan practices
- Seasonal planning will enhance coaching performance
- Have flexibility – re-evaluate

“FAILING TO PLAN, IS PLANNING TO FAIL”

