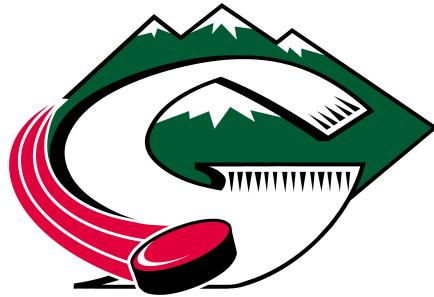


PINEDALE HOCKEY ASSOCIATION



DIVISION EXPECTATIONS

OUR VISION STATEMENT

PHA is here to develop youth hockey players in our area through committed personnel, a consistent message, and a solid structure. Through planning and preparation, we strive to achieve OUR highest result at the end of every season. By doing this, we ultimately aim to aid our players in achieving THEIR future goals, inside or outside the game of hockey, when they finish their PHA careers.

PHA COACHING COMMITTEE

Your support is invaluable to us. Please don't hesitate to contact any of the following members with ANY questions. We're here to help you!

Austin Bevilacqua- 414.708.1750 | bevilacqua.austin@gmail.com

Grant Golden- 307.760.5710 | grant.golden@gmail.com

Jeffrey Anderson- 906.370.4388 | jranders19@hotmail.com

Kevin Costello- 307.699.5590 | aikmcost@yahoo.com

Other Questions?

COMMITTEE LEADS

Tamara Currah- 307.231.4430 | tcurrah307@gmail.com

Matthew Hansen- 307.705.4761 | hansenfireman@gmail.com

6U MINI-MITE

FOCUS POINTS

90% Skill & Skating / 10% Gameplay & Situation - REPS, REPS, REPS.

PRACTICE FOCUS

Drills are designed to be fun and engaging, keeping players on their toes and excited about learning. Get pucks on sticks, do heavy reps, and limit time in lines and standing around. Push the puck toward an object. Keep players engaged by chasing pucks and working on skating fundamentals and edges. Utilize fun, game-heavy drills.

PLAYER KNOWLEDGE

Learn how to hold the stick and what the forehand/backhand is. Focus solely on getting the puck in the net. Know which door to go in and which door to go out. Line up on the correct side of the puck. Know the proper position and how to line up. Attempt to put on/remove hockey equipment. Be coachable and willing to learn.

INDIVIDUAL HOCKEY SKILLS

Stand on skates without a stick, and skate end-to-end without falling. Introduce backward skating and crossovers.

TEAM CONCEPTS

Emphasis on good sportsmanship and team camaraderie is something we're proud of. We encourage working as a group, having good sportsmanship, and cheering each other on.

GOALIE DEVELOPMENT

Have all kids put gear on to get the feel and possibly spark interest in goaltending. At this age, there should be no goalie-specific players.

8U MITE

FOCUS POINTS

80% Skill & Skating / 20% Gameplay & Situation - Reps with purpose.

PRACTICE FOCUS

Get pucks on sticks, do heavy reps, and limit time in lines and standing around. Push the puck toward an object. Keep players engaged by chasing pucks and working on skating fundamentals and edges. Utilize station-based game-heavy drills.

PLAYER KNOWLEDGE

Doing things with purpose. Introduction to positions/identifying positions. Identifying basic areas of the ice and finding open ice. Identifying defense vs offense. Complete edge awareness. Putting on/removing hockey equipment. Be coachable and willing to learn.

INDIVIDUAL HOCKEY SKILLS

Control pucks, make/catch passes, stay engaged, try your best, and give effort. Master skating backward and backward crossovers. Keep shooting. Execute a proper hockey stop. Introducing angling.

TEAM CONCEPTS

Working as a group, good sportsmanship, cheering each other on.

GOALIE DEVELOPMENT

Have all kids put gear on to get the feel and possibly spark interest in goaltending. At this age, there should be no goalie-specific players.

10U SQUIRT

FOCUS POINTS

75% Skill & Skating / 25% Gameplay & Situation - Spacing, timing, position. Playing with others.

PRACTICE FOCUS

Get pucks on sticks, do heavy reps, and limit time in lines and standing around. Keep players engaged and work on skating fundamentals and edges. Utilize station-based game-heavy drills. Develop hockey sense. Introduce breakouts/zone entries and work on timing and spacing. Push positioning, rules, and flow of the game.

PLAYER KNOWLEDGE

Doing things with purpose. Identifying positioning on the ice and identifying dangerous areas of the ice for/against you. Introduce breakouts and zone entries. Work on timing and spacing. Push positioning, rules, and flow of the game. Identify the no-nos. Be coachable and willing to learn.

INDIVIDUAL HOCKEY SKILLS

Shot variations. Introduction to deception. Execute a proper hockey stop. Work on angling, puck protection, proper backhand passing/shooting, and understanding. Have basic hockey knowledge. Learning to play on/off the puck.

TEAM CONCEPTS

Working as a group, having good sportsmanship, and cheering each other on. Team camaraderie. Good communication between players on the ice. Learn to compete. Introducing coaching to win.

GOALIE DEVELOPMENT

Should have more interest- down to a couple of players. Basics to angles, tracking puck, should be able to slide, able to make stick/glove/blocker saves, and have basic crease awareness.

12U PEEWEE

FOCUS POINTS

70% Skills & Skating / 30% Gameplay & Situation- Position duties, cohesive unit. -
Winning is fun!

PRACTICE FOCUS

Get pucks on sticks, do heavy reps, and limit time in lines and standing around. Keep players engaged and work on skating fundamentals and edges. Utilize station-based game-heavy drills. Build hockey sense. Be proficient in breakouts/zone entries, timing, and spacing. Push positioning, rules, and flow of the game. Introduce basic structure. Identify and build on defensive structure.

PLAYER KNOWLEDGE

Do things with purpose. Master positioning on the ice. Avoid dangerous areas of the ice for and against you. Work on advanced breakouts and zone entries. Work on timing and spacing, rules, and the flow of the game. Identify the no-nos. Learn to take responsibility on the ice. Recognize the opposing team's schematics. Be coachable and willing to learn.

INDIVIDUAL HOCKEY SKILLS

Taking one-timers and elevating the puck. Shooting off the inside/outside foot and picking up a puck from feet. Pass forehand/backhand proficiently. Play with head up and open hips. All transitions should be accomplished backward, forward, and laterally. Introduction to body contact, and stick positioning,

TEAM CONCEPTS

Working together, having good sportsmanship, cheering each other on, and having team camaraderie. Communicate on the ice. Compete to win. Introducing special teams. Practice coaching to win.

GOALIE DEVELOPMENT

Good crease movement, introduction to VH, RVH. Play puck behind the net, able to track/move with the puck. Stronger sense of crease awareness.

14U BANTAM

FOCUS POINTS

60% Skills & Skating / 40% Gameplay & Situation- How to win, help the team win. - 1st taste of achieving results!

PRACTICE FOCUS

Mastering breakouts and zone entries. Consistent edge work. Practice at full speed. Compete and battle. Proper checking. Speed, agility, and conditioning. Have a weekly practice structure.

PLAYER KNOWLEDGE

Understand personal goals and hone in on individual preparation. Take personal responsibility for your body. Learn basic athlete knowledge. Be coachable. *Take ownership of communication with the coach(es)*. Use coping strategies and focus. Learn to be a great teammate.

INDIVIDUAL HOCKEY SKILLS

All basic skills done at full speed. One-touch puck passing. Mastering playing with heads up.

TEAM CONCEPTS

Being a team. Buy-in. Coaching to win.

GOALIE DEVELOPMENT

Proficient at VH/RVH, crease awareness, ability to track puck. Able to play puck behind the net.

18U MIDGET / 19U GIRLS

FOCUS POINTS

50% Skills & Skating / 50% Gameplay & Situation- Execution, win games, standing focus, next-level preparation.

PRACTICE FOCUS

Weekly focus. Skill day. Work on conditioning, battle, compete, speed/flow, and systems.

PLAYER KNOWLEDGE

Having a plan to achieve goals. Training to compete. Knowing your role. Mental/physical preparation.

INDIVIDUAL HOCKEY SKILLS

Everything is done at full speed.

TEAM CONCEPTS

Being a team. Buy-in. Paying attention to how-to-win. Team goals. Coaching to win.

GOALIE DEVELOPMENT

Able to perform VH/RVH. Crease movements, tracking puck at full speed and increasing proficiency.