



Spartacats Girls Hockey

15U Coach Playbook

Preparing Players for High School Hockey Through Skill, Leadership, and Competition.

Welcome to the Spartacats Way

Mission: Prepare athletes for high school hockey by developing advanced skills, hockey IQ, leadership, resilience, and a commitment to being outstanding teammates.

- Leadership
- Accountability
- Compete
- Character
- Team First
- Continuous Improvement

The Spartacats Coach Promise

- Challenge every player to reach her potential.
- Teach the game with integrity and respect.
- Prepare athletes for the speed and expectations of high school hockey.
- Develop leaders, not just players.
- Create a competitive environment where effort is the standard.

Coaching 15U Players

- Increase game-speed decision making.
- Use video and whiteboard teaching when possible.
- Expect accountability and communication.
- Balance development with healthy competition.
- Prepare players mentally as well as physically.

60-75 Minute Practice Blueprint

- 10 min Dynamic warm-up
- 15-20 min Skating & speed development
- 20-25 min Position-specific skill stations
- 15-20 min Team systems
- 5-10 min Competitive small-area games
- 2 min Character Huddle & review

Season Roadmap

- Weeks 1-2: Elite Skating & Pace
- Weeks 3-4: Puck Protection & Transitions
- Weeks 5-6: Passing Under Pressure
- Weeks 7-8: Scoring & Net Drive
- Weeks 9-10: Defensive Details
- Weeks 11-12: Breakouts & Regroups
- Weeks 13-14: Forecheck & Backcheck
- Weeks 15-16: Special Teams
- Weeks 17-18: Game Management
- Weeks 19-20: Playoff Readiness

Weeks 1-2 | Elite Skating & Pace

Objectives

Increase execution at game speed while reinforcing hockey IQ and consistency.

Skating Progression

Overspeed drills, transitions, acceleration, edge control under pressure.

Position Skills

Forward scoring habits, defense gap control, puck retrievals, net-front play.

Team Systems

Breakouts, forecheck, neutral zone support, defensive zone coverage, special teams.

Small Area Competition

3v3 transition, corner battles, odd-man rushes, continuous games.

Coach's Corner

Demand high standards while maintaining a positive, growth-oriented environment.

Character Focus

Discipline

Weeks 3-4 | Puck Protection & Transitions

Objectives

Increase execution at game speed while reinforcing hockey IQ and consistency.

Skating Progression

Overspeed drills, transitions, acceleration, edge control under pressure.

Position Skills

Forward scoring habits, defense gap control, puck retrievals, net-front play.

Team Systems

Breakouts, forecheck, neutral zone support, defensive zone coverage, special teams.

Small Area Competition

3v3 transition, corner battles, odd-man rushes, continuous games.

Coach's Corner

Demand high standards while maintaining a positive, growth-oriented environment.

Character Focus

Confidence

Weeks 5-6 | Passing Under Pressure

Objectives

Increase execution at game speed while reinforcing hockey IQ and consistency.

Skating Progression

Overspeed drills, transitions, acceleration, edge control under pressure.

Position Skills

Forward scoring habits, defense gap control, puck retrievals, net-front play.

Team Systems

Breakouts, forecheck, neutral zone support, defensive zone coverage, special teams.

Small Area Competition

3v3 transition, corner battles, odd-man rushes, continuous games.

Coach's Corner

Demand high standards while maintaining a positive, growth-oriented environment.

Character Focus

Communication

Weeks 7-8 | Scoring & Net Drive

Objectives

Increase execution at game speed while reinforcing hockey IQ and consistency.

Skating Progression

Overspeed drills, transitions, acceleration, edge control under pressure.

Position Skills

Forward scoring habits, defense gap control, puck retrievals, net-front play.

Team Systems

Breakouts, forecheck, neutral zone support, defensive zone coverage, special teams.

Small Area Competition

3v3 transition, corner battles, odd-man rushes, continuous games.

Coach's Corner

Demand high standards while maintaining a positive, growth-oriented environment.

Character Focus

Courage

Weeks 9-10 | Defensive Details

Objectives

Increase execution at game speed while reinforcing hockey IQ and consistency.

Skating Progression

Overspeed drills, transitions, acceleration, edge control under pressure.

Position Skills

Forward scoring habits, defense gap control, puck retrievals, net-front play.

Team Systems

Breakouts, forecheck, neutral zone support, defensive zone coverage, special teams.

Small Area Competition

3v3 transition, corner battles, odd-man rushes, continuous games.

Coach's Corner

Demand high standards while maintaining a positive, growth-oriented environment.

Character Focus

Accountability

Weeks 11-12 | Breakouts & Regroups

Objectives

Increase execution at game speed while reinforcing hockey IQ and consistency.

Skating Progression

Overspeed drills, transitions, acceleration, edge control under pressure.

Position Skills

Forward scoring habits, defense gap control, puck retrievals, net-front play.

Team Systems

Breakouts, forecheck, neutral zone support, defensive zone coverage, special teams.

Small Area Competition

3v3 transition, corner battles, odd-man rushes, continuous games.

Coach's Corner

Demand high standards while maintaining a positive, growth-oriented environment.

Character Focus

Leadership

Weeks 13-14 | Forecheck & Backcheck

Objectives

Increase execution at game speed while reinforcing hockey IQ and consistency.

Skating Progression

Overspeed drills, transitions, acceleration, edge control under pressure.

Position Skills

Forward scoring habits, defense gap control, puck retrievals, net-front play.

Team Systems

Breakouts, forecheck, neutral zone support, defensive zone coverage, special teams.

Small Area Competition

3v3 transition, corner battles, odd-man rushes, continuous games.

Coach's Corner

Demand high standards while maintaining a positive, growth-oriented environment.

Character Focus

Team First

Weeks 15-16 | Special Teams

Objectives

Increase execution at game speed while reinforcing hockey IQ and consistency.

Skating Progression

Overspeed drills, transitions, acceleration, edge control under pressure.

Position Skills

Forward scoring habits, defense gap control, puck retrievals, net-front play.

Team Systems

Breakouts, forecheck, neutral zone support, defensive zone coverage, special teams.

Small Area Competition

3v3 transition, corner battles, odd-man rushes, continuous games.

Coach's Corner

Demand high standards while maintaining a positive, growth-oriented environment.

Character Focus

Preparation

Weeks 17-18 | Game Management

Objectives

Increase execution at game speed while reinforcing hockey IQ and consistency.

Skating Progression

Overspeed drills, transitions, acceleration, edge control under pressure.

Position Skills

Forward scoring habits, defense gap control, puck retrievals, net-front play.

Team Systems

Breakouts, forecheck, neutral zone support, defensive zone coverage, special teams.

Small Area Competition

3v3 transition, corner battles, odd-man rushes, continuous games.

Coach's Corner

Demand high standards while maintaining a positive, growth-oriented environment.

Character Focus

Resilience

Weeks 19-20 | Playoff Readiness

Objectives

Increase execution at game speed while reinforcing hockey IQ and consistency.

Skating Progression

Overspeed drills, transitions, acceleration, edge control under pressure.

Position Skills

Forward scoring habits, defense gap control, puck retrievals, net-front play.

Team Systems

Breakouts, forecheck, neutral zone support, defensive zone coverage, special teams.

Small Area Competition

3v3 transition, corner battles, odd-man rushes, continuous games.

Coach's Corner

Demand high standards while maintaining a positive, growth-oriented environment.

Character Focus

Love the Game

Hey Coach!

Your influence extends far beyond preparing athletes for their next level of hockey. You are helping shape confident young women who lead with integrity, compete with purpose, and support those around them. Thank you for investing in every Spartacats player and for leaving the program stronger than you found it.