

BYHA DEVELOPMENT PLAN

GOALS OF THE PLAN

1. Provide a Roadmap for development that can educate and integrate a focus to best maximize the growth and passion for each player every time they come to the rink.
2. Create a playercentric culture and long-term athletic development focus to provide the technical skills needed to help players succeed at the high school level and beyond.
3. Create a reference point for guidance in both season and practice planning for each specific stage of development.
4. Promote a culture of camaraderie that leads to organization, team and individual success.
5. Provide avenues for continued review of development throughout BYHA. Repeating a constant cycle of PLAN, EXECUTE, and REVIEW.

USA HOCKEY

Four Domains of Sports Performance

USA Hockey ADM is a “cradle-to-grave” concept, and like many other facets of human development involves the process of growth, maturing, and progress in all facets of the sport. With that said, coaches often focus upon the skills and drills and teaching the game; however, overall athlete development involves not only sport-specific skills and an understanding of the game, but also understanding kids while developing general athleticism and fitness, fundamental movement skills, recovery, nutrition, and mental skills. This holistic athlete development approach addresses the four domains of sports performance. We will adopt this approach.

Technical – sport skills

Tactical – game IQ

Physical – fitness and athleticism

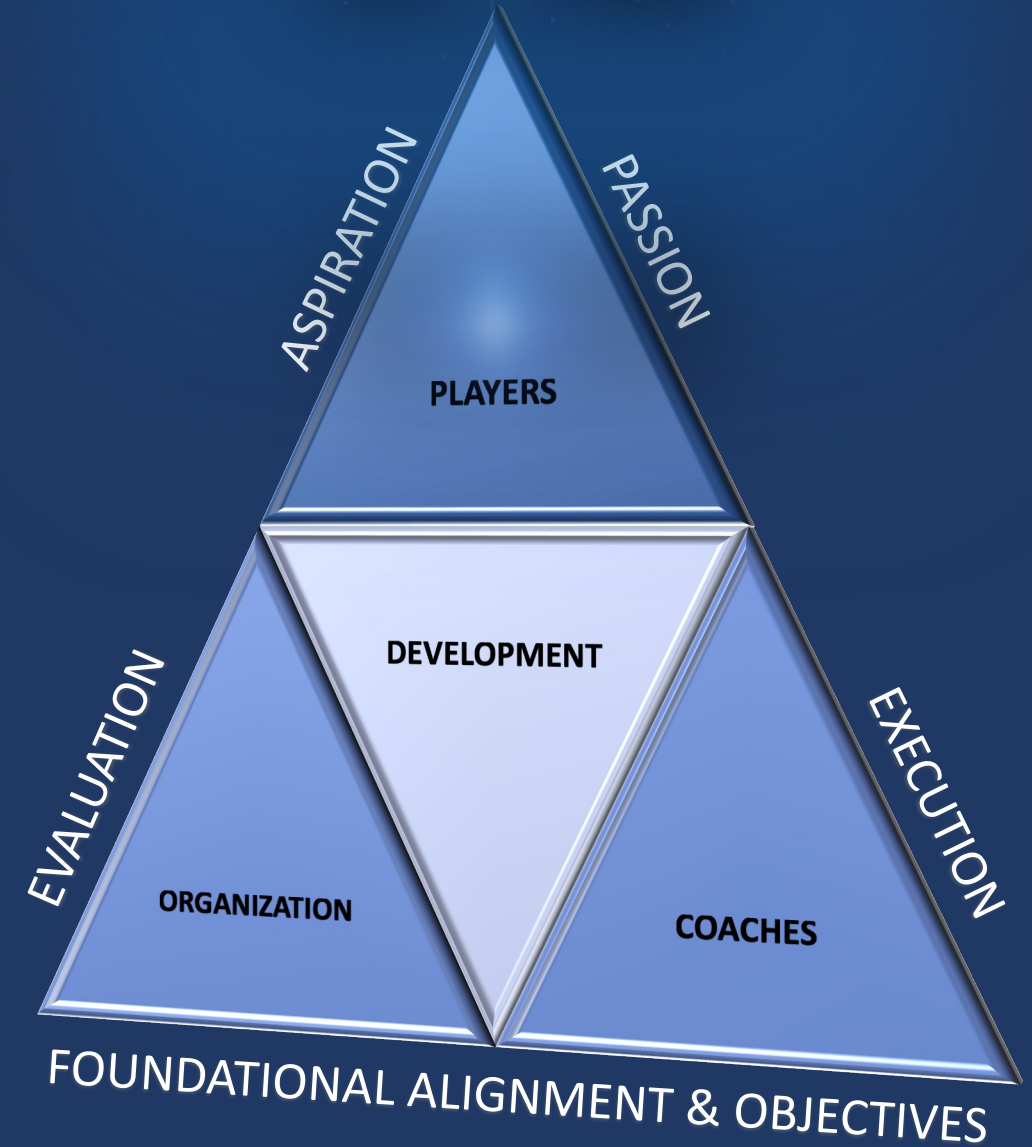
Psychological – focus, motivation, etc.



THE NORTH STAR

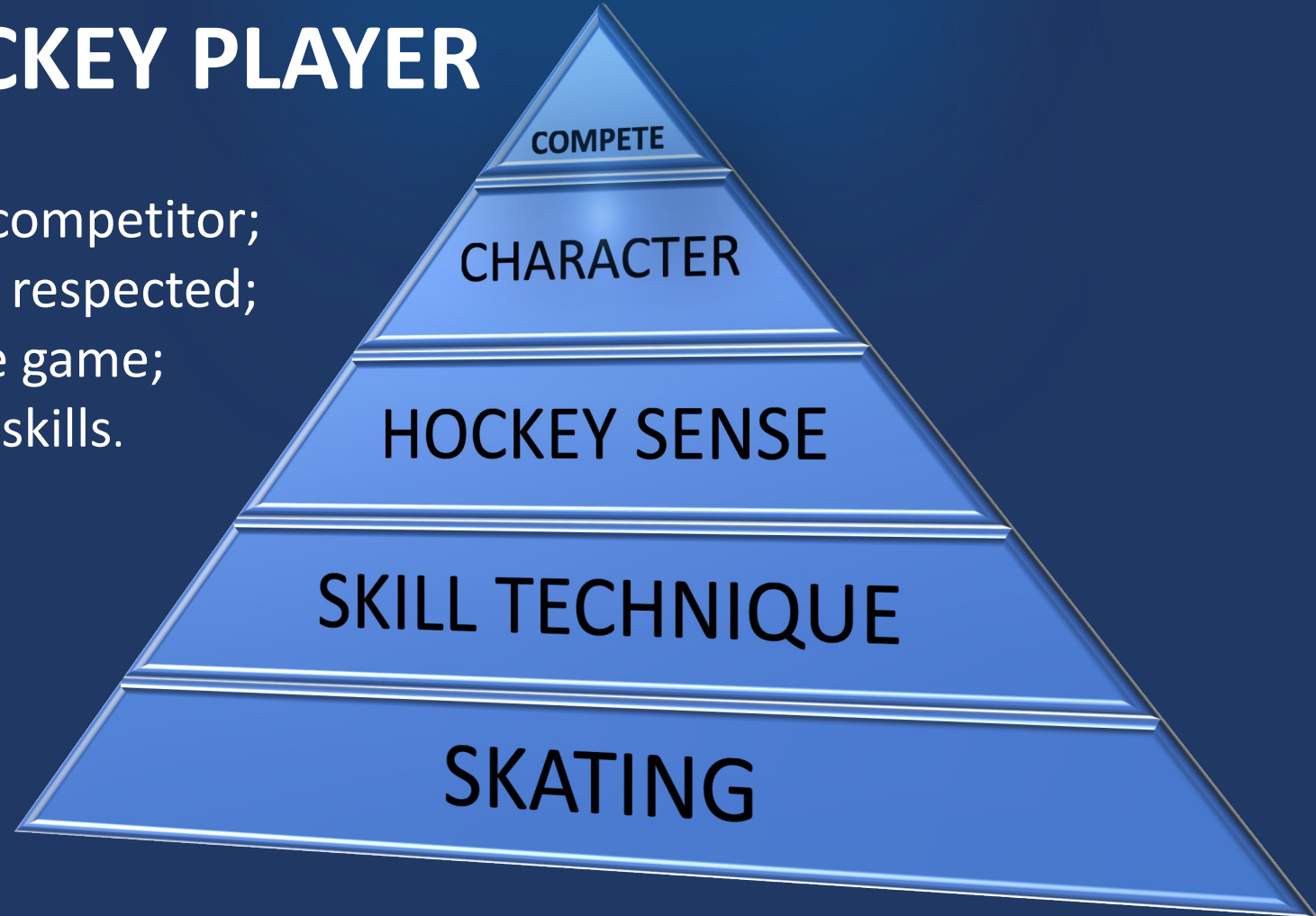
THE GUIDING LIGHT OF BYHA DEVELOPMENT

- Developed to define what the perfect Lumberjack hockey player looks like.
- Provides a guiding light of development from the BHS player through the heart of BYHA to the Termites.
- Input from past coaches, people connected to the program, and hockey professionals with connections to Bemidji.
- Used former BHS greats as inspiration and visuals in development of “The North Star”
- The Stakeholders of Development. Players, Organization, and Coaches must align with the light of the North Star as a guide to development. The developmental pyramid will fall apart if stakeholders do not align.



THE LUMBERJACK HOCKEY PLAYER

A tenacious and passionate competitor;
Who is trustworthy and well respected;
Has a natural feel for the game;
With all the necessary skills.



THE NORTH STAR CULTURE

ORGANIZATION: (BYHA, BCA, HDC)

- Stewards of the Development plan. Foundational Alignment & Objectives.
- Joint Development Committee for planning and quarterly review.
- Communication & Transparency.
- Develop Checks & Balances for measurement of plan.
- Defined roles in place to properly execute plan.
- Recruitment and retention of coaches & players. (Diversity & Inclusion)
- Coaching education. Development of coaches.
- Organized Coach and player evaluations. (Record keeping)
- Organized Scheduling with a template for practices.
- Develop and recruit skill coaches.
- Recognize the correlation of developing all levels of BYHA and success of our HS program.

THE NORTH STAR

CULTURE

COACHING

- Coaches Code of Conduct
- Executing the development plan. Become PLAYERCENTRIC.
- FUN FACTOR. Constant awareness of fun.
- Build a PASSION for the game in our players through a fun and enjoyable experience.
- Encourage our players ASPIRATION to be great. Goals & evaluations.
- Practice planning. Repeated cycle of PLAN, EXECUTE, REVIEW.
- Coaching certification. USA Hockey. Continued personal development.
- Drill share program
- Encourage position sampling
- Practice (Ice-time) sharing
- Dryland development
- Attend required development meetings.
- Beginning of season parent meeting. Encourage monthly informal “coffee talks.”
- Player Meetings: Mid-season and final meetings.
- Team Building exercises

BYHA COACH CODE OF CONDUCT

1. I recognize that as a coach, I am a servant leader, and that my job is all about the kids and their development as hockey players and as people.
2. I recognize that my job is about development, not winning at all costs. We are competitive and should encourage competition and winning our battles, but not at the costs of development.
3. I will be respectful of the parents. I will communicate with them upfront in a meeting prior to the year to set expectations and will listen when they have concerns about their kid.
4. I will not berate the officials and will always use good language on the bench.
5. I will work hard to provide feedback, both verbal and written, to my players throughout the year.
6. I recognize that the rink should be a place where kids feel safe and encouraged and I will provide a positive environment with my language and my actions.
7. I will not, under any circumstances, use drugs, tobacco, or alcohol while coaching.
8. I will be prepared for practice and games with a plan of what I want to accomplish.
9. I recognize that each player is different. I will work hard to get to know my players and will do my best to coach them individually as well as coaching the team. Every player is important to the team.
10. I understand that playing time is earned through effort or execution. Unless there is punishment for lack of effort, kids should not sit on the bench for long, extended periods of time.

The organization will have the grievance committee handle complaints about parent behavior. Upon hearing complaints, the committee will do a thorough review of reported incidents. Appropriate action based on policies and procedures.

Coach Name: _____

Coach Signature: _____

THE NORTH STAR

CULTURE

PLAYER

- Code of Conduct
- Team building activities
- Attend alumni, College, & Pro speaking sessions
- Be passionate about the game
- Aspire to be great
- Have a growth mindset
- Make your teammates better
- Be Honest and Trustworthy
- Do the right thing

BYHA PLAYER CODE OF CONDUCT

1. I will be on time. If for any reason I will be late, I will let my coach know ahead of time.
2. I understand that bullying will not be tolerated. Bullying will have severe consequences and will include a hearing with the hockey director.
3. I will not criticize another player's performance, the coach, or the officials. Positive communication is essential to our team.
4. I understand that MY effort and attitude in practice is where my development will come from.
5. I recognize that academics are more important than hockey. If my grades falter, hockey will be taken away.
6. I will do my best to attend every practice and game for the team. Commitment to the team is very important.
7. I will notify my coach or a trainer if I am injured or sick and feel like I cannot play.
8. I will not, under any circumstance, use alcohol, drugs, or tobacco. It is harmful for my health and does not show commitment to being an athlete.
9. I will make sure that the locker room remains clean. I understand that the rink and our locker rooms should be left in a better place than where I found it.
10. I understand that my family sacrifices a lot for me to be able to play hockey. It is a privilege to play, and I will appreciate the sacrifice that all of my family members have made.

The organization will have the grievance committee handle complaints about parent behavior. Upon hearing complaints, the committee will do a thorough review of reported incidents. Appropriate action based on policies and procedures.

Player Name: _____ Player Signature: _____

Parent Name: _____ Parent Signature: _____

THE NORTH STAR

CULTURE

PARENT

- Code of Conduct
- Give a helping hand when possible
- Encourage FUN and a Love for the game
- Embrace the lifelong lessons that the game provides.
- Reduce pressure of “Making it.” Every player has their own hockey journey.
- Attend Alumni, College, and Pro speaking sessions
- Parent's culture is just as important as the team's.

BYHA PARENT CODE OF CONDUCT

1. I will be on time. If I cannot be on time, we will alert the coaches beforehand.
2. I understand that yelling at the players, refs, or coaches during the game reflects poorly upon myself, my kid, and the organization.
3. I realize that my attitude and my conversation with my kid on the car ride home can have a significant positive or negative effect on their development.
4. I recognize that when I have a disagreement with the coach, healthy communication is essential. I will exercise the 24-hour rule. My kid should also be involved with the initial communication.
5. I will encourage my kid to play because he/she loves the game.
6. I acknowledge that negative parent gossip can be toxic for a team's culture. The blame game and/or ridiculing the coach or players will not be tolerated. If I hear this, I will do my best to stop it. I recognize that the parent culture is just as important to our team's success as our player culture.
7. I appreciate that youth hockey is meant to be fun and I will foster a positive environment for my kid and for the team.
8. I will make every effort to make sure my kid attends all practices and games. I will give proper notification to the coach if we are unable to attend.
9. I will be a good support for other parents that may need guidance or help throughout the year.
10. I understand that my behavior at the rink, and away from the rink on road trips, reflects upon myself, my kid, and the organization.

The organization will have the grievance committee handle complaints about parent behavior. Upon hearing complaints, the committee will do a thorough review of reported incidents. Appropriate action based on policies and procedures.

Parent Name: _____ Parent Signature: _____

THE NORTH STAR

CULTURE

MENTORSHIP PROGRAM

- Organization wide development days
- Older players on ice helping coach a younger team every practice.
- Encouragement of younger players watching older games. (Encourage Cheering)
- Alumni History & Recognition: Player advancement board, Murals, Captain Board, Past Coaches, State Championship teams. NHL Players.
- FUN development competitions. Puck Shooting. Shootout Champions, Athletic, etc.
- Organize partnership with BSU. In between period games and mentorship.
- Coach mentorship through presentations, zoom calls, utilizing local hockey knowledge.
- Recruit new coaches for mentorship. Like minded mentors for coaches. Old players and former HS players.

THE NORTH STAR

TECHNICAL SKILLS of the LUMBERJACK

SKATING	SKILL	PASSING	SHOOTING	PUCK PROTECTION	SENSE	DEFENSIVE	GOALTENDING
ALIGNMENT	HAND-EYE Coordination	DELIVERY	WEIGHT TRANSFER	PUCK SAFE ZONE	ANGLES	READ & REACT	SKATING
BALANCE	FOREHAND	RECEIVE	FOREHAND	BODY SHEILD	SUPPORT	ANGLES OF PURSUIT	BALANCE
EDGE CONTROL	BACKHAND	STICK DETAIL	BACKHAND	FENDING OFF	TIMING	CHANNELLING	AGILITY
FORWARD	PUSH & PULLS	FOREHAND	WRIST SHOT	CREATING DEPTH	AWARENESS	USE OF STICK (LENGTH)	ATHLETICISM
BACKWARD	STICK HANDLING	BACKHAND	STATIONARY	PRO-ACT	ANTICIPATION	LIFT & STEAL	USE OF HANDS
STARTS & STOPS	EYES UP/HEAD UP	VISION	FLUID	LEVERAGING WALL	ADAPTABILITY	POKE CHECK	PUCK SKILL
KNEE BEND	RANGE	ACCURACY	DEKES	DRAW & ESCAPE	CREATIVITY	BLOCK SHOTS	AWARENESS
STRIDE RECOVERY	TOP HAND Control	ONE-TOUCH	BACKLOAD	STUTTER STEP	DECEPTION	PUCK RECOVERY	TRACKING
GLIDE	QUICK HANDS	SAUCER	WHEELHOUSE		CREATE SPACE	ANTICIPATION	DEPTH CONTROL
LENGTH OF STRIDE	TOE DRAG	SORT	FRONTLOAD		UTILIZE SPACE	JUMPING PLAYS	ANGLES
TURN	RANGE	CHECKING OPTIONS	STICK DETAIL		FORETHOUGHT	BODY CONTACT	STANCE
EDGEWORK	TOUCH	LAYERS	SNAP		ATTACK ORIENTED	COMPETITIVE NATURE	SET-POSITION
PIVOTS	TRIANGLES	COMMUNICATION	ACCURACY				PROJECTION
AGILITY	DECEPTIVE SKILL	DECEPTIVE PASSING	PULL & SNAP				BUTTERFLY MOVEMENT
EVASIVE SKATING			SLAP SHOT				STICK SAVES
CHANGE OF SPEED			QUICK RELEASE				REBOUND CONTROL
CUTBACKS			1-TIMERS				OVERLAP
OVERSPEED			DISGUISED RELEASE				TIGHT vs. LOOSE
			SHOOT ON FLY				DESPERATION SAVES

THE NORTH STAR

HABITS of the LUMBERJACK

Focus and development of these habits during small games. Accountability on coaches with style of practice to utilize games with conditions that embrace and focus on these habits.

PLAY FAST

Ability to execute at high speed.

Quick puck movement.

PUCK HUNGER

Loose puck intensity. 1st to all loose pucks.

Puck Possession. Ability to keep the puck and not give it up.

ATTACK ORIENTED PLAYER

Getting to the slot. Slot driving plays, look to slot for plays, Slot presence. These equal Offensive success and develop offensive instincts.

CREATIVITY

Confidence to "Make Plays". Vision, Awareness, Deception. Encourage Achieve vs. Avoid.

COMPETITIVENESS

A Passion that fuels a desire to win your battles.

COACHABILITY

Thirst to improve. Respectful, accountable, trustworthy. Positive attitude.

TEAM SPIRIT

Doing the right thing. Selflessness. A true love for the game.

THE NORTH STAR

MONDAY NIGHT SKILLS

- Each individual age group will share ice.
- Focus is solely on skill development. Using Station type skills.
- Each coach from respective age groups will run a specific skill station.
- Each practice should end with small games that have conditions to improve hockey sense.
- Encourage High School players to attend the skill sessions and to help.
- HDC can meet quickly with coaches from each age group to go over any development questions or concerns
- Foster an environment where coaches share and learn drills from each other.

THE NORTH STAR

FALL & SPRING SKILL SESSIONS

- Provide added skill development with Fall and Spring practices.
- Enables us to get the numbers of practice recommended by USA Hockey.
- Focus is solely on technical skill development and Individual tactics.
- Voluntary basis for participation on these ice-times.
- Each practice should end with small games that have conditions to improve hockey sense.
- Focus on Fun and skill development.
- Utilize Passion and Skill development phase to guide practices.

THE NORTH STAR

Player Development Terms

TECHNICAL SKILLS

The fundamental skills that are required to play the game (i.e. skating, shooting, passing and checking).

INDIVIDUAL TACTIC

Action by one player using one or a combination of technical skills in order to create an advantage or to take away the advantage of an opponent. A tactic may be classified as offensive or defensive (i.e. 1-on-1 offensive fake and driving to the net).

TEAM TACTIC

A collective action of two or more players using technical skills and / or individual tactics in order to create an advantage or take away the advantage of an opponent (i.e. 3 vs.2 or 2v1).

TEAM PLAY SYSTEM

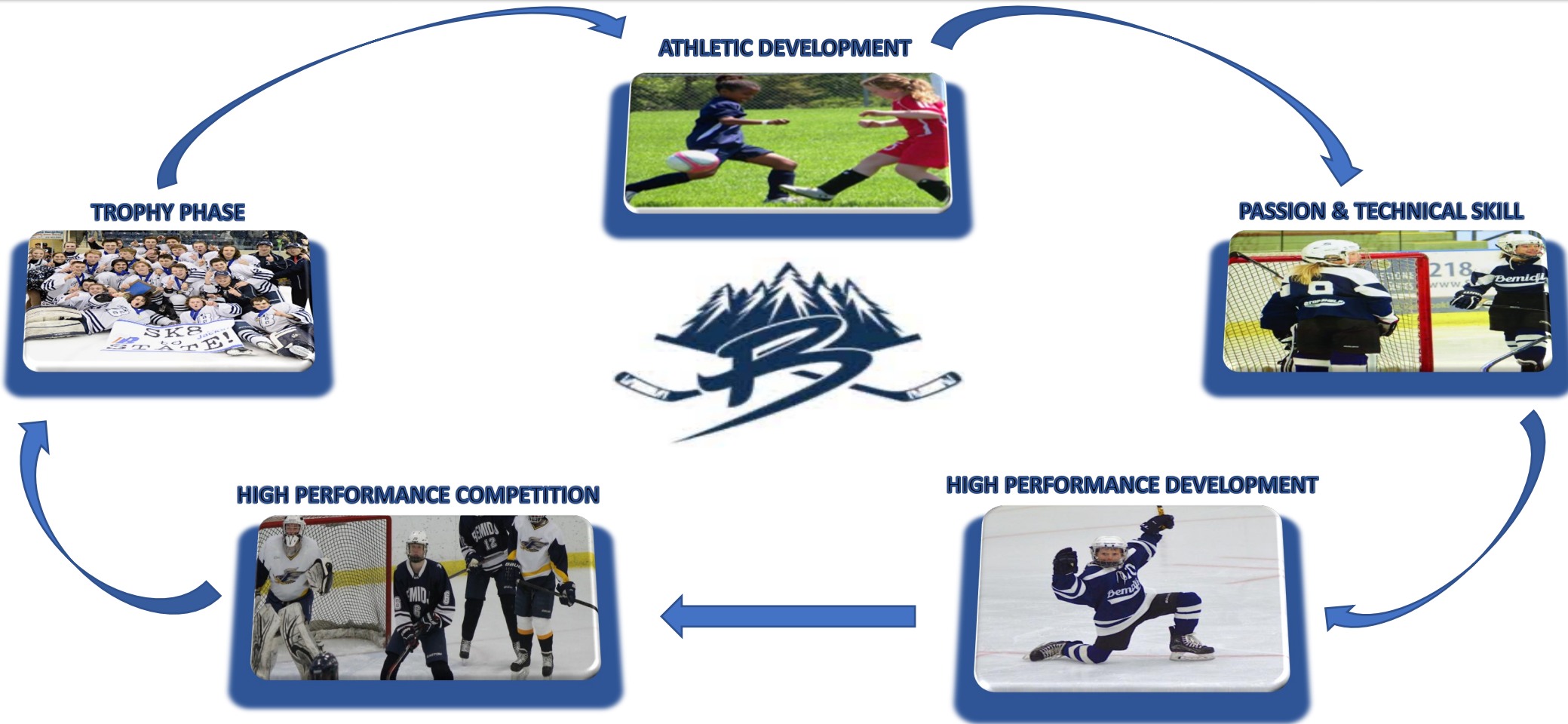
A pattern of play in which the movement of all players is integrated in a coordinated fashion in order to accomplish an offensive or defensive objective (i.e. 2-1-2 forechecking system).

STRATEGY

The selection of team play systems in order to impose upon the opposition, the style of play and tactics which will build on the coach's, team's strengths and neutralize those of the opponent while at the same time taking advantage of the opponent's weaknesses. For example: when opponent's defensive players have weak puck handling skills, the strategy might be to shoot the puck in and use a 2-1-2 aggressive forechecking system

THE NORTH STAR

PHASES OF DEVELOPMENT



ATHLETIC DEVELOPMENT

Parent & Athlete

1. LTAD (Long term Athletic Development) focus on the athlete. Building athleticism through other sports and range of movement.
2. OTHER SPORTS: Multi Sport Athlete approach. We do not want early specialization in hockey.
3. ABC'S / Athletic development / Training (AGE Appropriate)
 - A. ABC's (Agility, Balance, Coordination)
4. Mental Health Reset: Take a break and enjoy other life experiences
5. Self Skill introduction/refinement
 - A. Players Choice (Ball Hockey, Personal Development, Opportunity to fuel their own passion)
6. Team Bonding (Outside Hockey/Team Bonding/Activities)
7. Camps and Summer AAA programs are optional, not required for personal development.
8. Use of Unstructured Ice-Time. (open hockey, open skate, designated open ice.)

Passion & Technical Skill Development

Coach & Athlete

1. GENERAL FOCUS: Build a Passion and love for game. Playercentric Skills, Fun, & Competition.
2. PRACTICES: Focus on FUN, Skills & Competition (Skill Stations & Small area/Cross ice Games)
 - A. Add conditions to Small Area Games to help develop natural feel/sense for the game.
3. BUILD THE ATHLETE: Optional 1-2 off-ice workouts. (AGE APPROPRIATE). Skills & Athletic Development. (ABC's)
4. GAMES: No Games other than 3v3 and small area / cross ice.
5. DEVELOPMENT: Heavy focus on Technical Skills.
 - A. TECHNICAL SKILLS: Introduction, Develop, & Refine.
 - B. INDIVIDUAL TACTICS: Introduce, Develop.
6. All age groups have this option during Fall or Spring Sessions.

HIGH PERFORMANCE DEVELOPMENT

Coach & Athlete

1. GENERAL FOCUS: **“Fill up the toolbox.”** Playercentric development & growth.
2. PRACTICES: focus on Building Technical Skill , Sense (Small Games), and Competitiveness. Can start introducing Team tactics.
 - A. Add conditions to Small Area Games to help develop natural feel/sense for the game.
 - B. Skills Night once per week.
3. BUILD THE ATHLETE: 1-2 off-ice team workouts. (AGE APPROPRIATE). Skills & Athletic Development. (ABC's)
4. GAMES: Games and outcomes are not a priority.
5. DEVELOPMENT: Focus on Technical skills and Individual Tactics with Introduction of Team tactics.
 - A. TECHNICAL SKILLS. Introduction, Develop, & Refine.
 - B. INDIVIDUAL TACTICS. Introduction, Develop, & Refine.
 - C. TEAM TACTICS. Introduction.

HIGH PERFORMANCE COMPETITION

Coach & Athlete

1. GENERAL FOCUS: “**Making Plays**” Development, growth, and competition along with teammates. Learning how to utilize skills and tactics with others.
2. PRACTICES: Focus on Refining Technical Skills, tactics, Sense (Small Games), Competitiveness, and introducing Team Play System
 - A. Add conditions to Small Area Games to help develop natural feel/sense for the game.
 - B. Skills night once per week.
3. BUILD THE ATHLETE. 1-2 off-ice team workouts. (AGE APPROPRIATE). Skills & Athletic Development.
4. GAMES: Appropriate competition as specified for stage. Outcomes are not a priority.
5. DEVELOPMENT: Focus on Technical skills and Individual Tactics with Introduction of Team Play System.
 - A. TECHNICAL SKILLS. Introduction, Develop, & Refine.
 - B. INDIVIDUAL TACTICS. Introduction, Develop, & Refine.
 - C. TEAM TACTICS. Introduction. Develop, & Refine.
 - D. TEAM PLAY. Introduction. Develop.

TROPHY PHASE

Coach & Athlete

1. GENERAL FOCUS: **“Achieving goals through teamwork”**. Continued development, growth, and competition. Utilizing Skills and tactics to capitalize on team play.
2. PRACTICES: **Achieve vs. Avoid**. Prioritize making plays rather than avoiding mistakes. Continue to make plays for success rather than implement systems that avoid mistakes.
 - A. Refining Technical Skill, tactics, Sense (Small Games), and Competitiveness. Continue to develop Team Play and can introduce Strategy.
 - B. Add conditions to Small Area Games to help develop natural feel/sense for the game.
 - C. Skills night once per week.
3. BUILD THE ATHLETE. 1-2 off-ice team workouts. (AGE APPROPRIATE). Skills & Athletic Development.
4. GAMES: Successful outcomes can be desired but not sacrificed to the detriment of development. Healthy competition and learning to win as a team is priority.
5. DEVELOPMENT: Focus on Technical skills and Tactics with developing Team Play and introducing Strategy.
 - A. TECHNICAL SKILLS. Introduction, Develop, & Refine.
 - B. INDIVIDUAL TACTICS. Introduction, Develop, & Refine.
 - C. TEAM TACTICS. Introduction. Develop, & Refine.
 - D. TEAM PLAY. Introduction. Develop, (Refine at High School level)
 - E. STRATEGY Introduction. (Develop at High School Level)

THE NORTH STAR

STAGES OF DEVELOPMENT

AGE	BYHA Boys	BYHA Girls	STAGE
0-4			DISCOVERY
5	TERMITE	6U	FUNDamentals 1
6	TERMITE	6U	FUNDamentals 1
7	MITE 1's	6U	FUNDamentals 2
8	MITE 2'S	8U	FUNDamentals 3
9	MITE 2'S	8U	FUNDamentals 3
10	SQUIRT	10U	LEARN TO PLAY
11	SQUIRT	10U	LEARN TO PLAY
12	PEE WEE	12U	LEARN TO TRAIN
13	PEE WEE	12U	LEARN TO TRAIN
14	BANTAM	15U	TRAIN TO TRAIN
15	BANTAM	15U	TRAIN TO TRAIN
16-18	JV/JUNIOR GOLD		TRAIN TO TRAIN
16--19	HIGH SCHOOL		LEARN TO COMPETE

BYHA – Termites/6U – FUNdamentals 1

AGE GROUP	TRAINING / COMPETITION RATIO	TRAINING VOLUME	# OF PRACTICES	# OF COMPETITIONS	TOTAL # OF ICE SESSIONS	OFF-ICE TRAINING	TEAM STRUCTURE	COMPETITION FORMAT
5 - 6	100% Training	3 Times / week	40 - 55	No formal competition.	40-50	1 skill session per month with fun games/races	*Players are divided by like abilities for practice *Teams are divided equally for games	Cross-ice games ¼ ice games or 1/3 ice. Can mix it up

GUIDING PRINCIPLES:

- **Carnival atmosphere.**
- Make the First impression of hockey a positive one for players and parents.
- Create a Passion for hockey with a FUN, positive, and engaging environment.
- Promote self-confidence with developing Fundamental Movement, Basic Skills, and Motor Skills
- Invite players of all abilities to learn, develop, and grow at their own pace in a safe environment
- Play Games mostly in modified forms: cross-ice. In-house.
- Sensitivity to burnout. Flexibility on attendance

PRACTICE PLAN EMPHASIS:

- Development through combination of structured and unstructured play in a Fun and positive team environment.
- Blending skills with enjoyment (races, small games, props, balls, fun equipment) Lots of games that encourages competition.
- Station based practices; length 35-40 minutes with 20 minutes cross ice games or 2 practices with a game day. Can mix this up. Can mix in ¼ ice games.
- Introduce and development of foundational skills:
 - Fundamental Movement
 - Skating, Jumping, Twisting, and turning
 - Basic Skills
 - Shooting, Puck Control, Passing & Receiving.
 - Motor Skills
 - ABC's (Agility, Balance, Co-ordination)

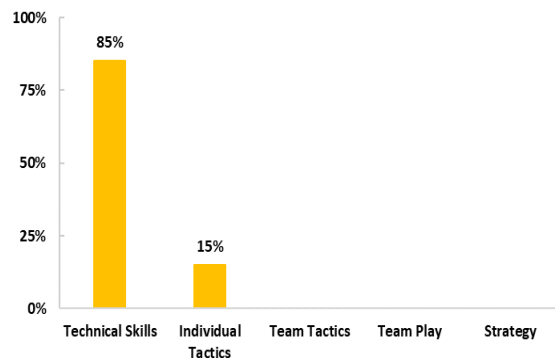
PSYCHOLOGICAL EMPHASIS

- Learn to Listen and follow simple instructions
- Focus and encourage participation by all players.
- Provide activities that:
 - Fun, positive, and motivating
 - Build confidence through high rate of success.
 - Promote individual and group participation
 - Introduce simple rules and sport ethics (fair Play)

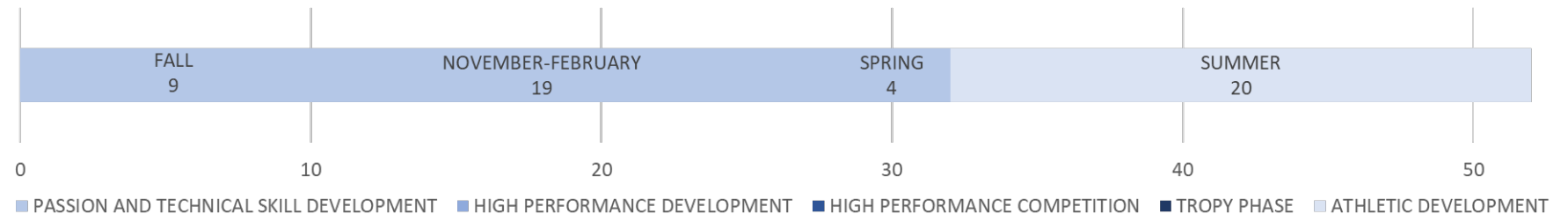
GOALS:

1. Have FUN. Everyone leaves with a smile!
2. Build a passion and love for game.
3. Development of foundational skills
4. Participation in many sports/activities encouraged. Athletic Development.

FUNdamentals 1: Termites/6U



DEVELOPMENT PHASES
Approximate # of weeks



BYHA – Mite 1/8U – FUNdamentals 2

AGE GROUP	TRAINING / COMPETITION RATIO	TRAINING VOLUME	# OF PRACTICES	# OF COMPETITIONS	TOTAL # OF ICE SESSIONS	OFF-ICE TRAINING	TEAM STRUCTURE	COMPETITION FORMAT
7 - 8	80% Training 20% Competition/Game	3 Times / Week.	40 - 55	10 to 16 ½ ice games In-house 2 Jamborees at end of season	45 - 56	1 skill session per month with fun games/races	*Players are divided by like abilities for practice *Teams divided equally for games	Half-ice games. Can mix in ¼ Ice or 1/3 ice cross ice games.

GUIDING PRINCIPLES:

- Continue providing a positive experience for players and parents while developing the player and introducing tactics.
- Create a Passion for hockey with a FUN, positive, and engaging environment. “Carnival”
- Promote self-confidence with developing Fundamental Movement, Basic Skills, and Motor Skills
- Invite players of all abilities to learn, develop, and grow at their own pace in a safe environment
- Introduce Team tactics.
- Play Games in modified forms: Cross-ice. Focus on In-House.

PRACTICE PLAN EMPHASIS:

- Development through combination of structured and unstructured play in a Fun and positive team environment.
- Blending skills with enjoyment (races, small games, props, balls, fun equipment) Lots of games that encourages competition.
- Station based practices; length 35-40 minutes with 20 minutes cross ice games or 2 practices with a game day.
- Introduce and development of foundational skills:
 - Fundamental Movement
 - Skating, Jumping, Twisting, and turning
 - Basic Skills
 - Shooting, Puck Control, Passing & Receiving.
 - Motor Skills
 - ABC’s (Agility, Balance, Co-ordination)
- Engage in Deliberate play and learn basic decision-making skills through activity games (tag) and small area hockey games.

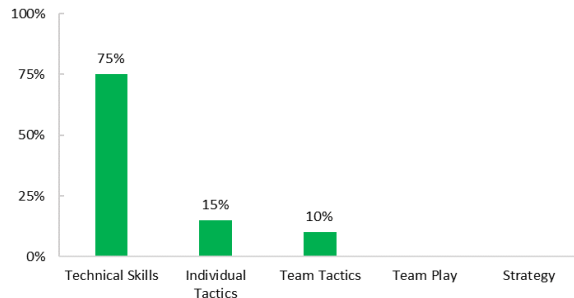
PSYCHOLOGICAL EMPHASIS

- Learn to Listen and follow simple instructions
- Focus and encourage participation by all players.
- Learn basic behavior within a team setting, such as how to support others and appropriate behavior in a locker room setting
- Provide activities that:
 - Fun, positive, and motivating
 - Build confidence through high rate of success.
 - Promote individual and group participation
 - Introduce simple rules and sport ethics (fair Play)

GOALS:

1. Have FUN. Everyone leaves with a smile!
2. Build a passion and love for game.
3. Continued development of foundational skills
4. Participation in many sports/activities encouraged. Athletic development
5. Build group Camaraderie and culture

FUNdamentals 2: Mite 1/8U



DEVELOPMENT PHASES

Approximate # of weeks



BYHA – Mite 2/8U – FUNdamentals 3

AGE GROUP	TRAINING / COMPETITION RATIO	TRAINING VOLUME	# OF PRACTICES	# OF COMPETITIONS	TOTAL # OF ICE SESSIONS	OFF-ICE TRAINING	TEAM STRUCTURE	COMPETITION FORMAT
8 - 9	80% Training 20% Competition/Game	3 Times / week	40 - 55	16 – 20 half-ice games in house 5-10 Full Ice games. Per organizational guidance. 2 Jamborees	60 - 85	1 skill session per month with fun games/races	*Players are divided by like abilities for practice * Teams divided equally for In-house games	*Half-ice games *Introduce formalized full-ice games

GUIDING PRINCIPLES:

- Continue providing a positive experience for players and parents while developing the player and tactics.
- Create a Passion for hockey with a FUN, positive, and engaging environment.
- Promote self-confidence with developing Fundamental Movement, Basic Skills, and Motor Skills
- Invite players of all abilities to learn, develop, and grow at their own pace in a safe environment
- Introduce team tactics.
- Play Games mostly in modified forms but can introduce formalized games later in year.
- More focus on in house games with less travel.

PRACTICE PLAN EMPHASIS:

- Development through combination of structured and unstructured play in a Fun and positive team environment.
- Blending skills with enjoyment (races, small games, props, balls, fun equipment) Lots of games that encourages competition.
- Station based practices; Introduce small games. Game Day.
- Introduce and development of foundational skills:
 - Fundamental Movement
 - Skating, Jumping, Twisting, and turning
 - Basic Skills
 - Shooting, Puck Control, Passing & Receiving.
 - Motor Skills
 - ABC's (Agility, Balance, Co-ordination)
- Engage in Deliberate play and learn basic decision-making skills through activity games (tag) and small area hockey games.
- Creative thinking. Problem solving. Ability to read and react.

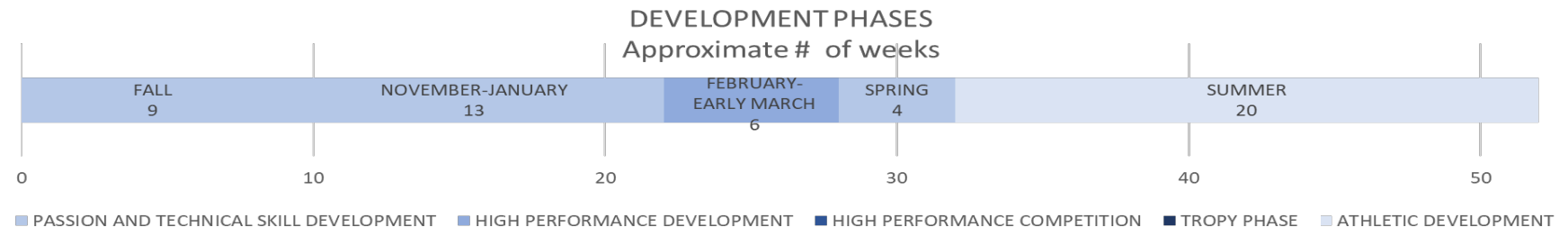
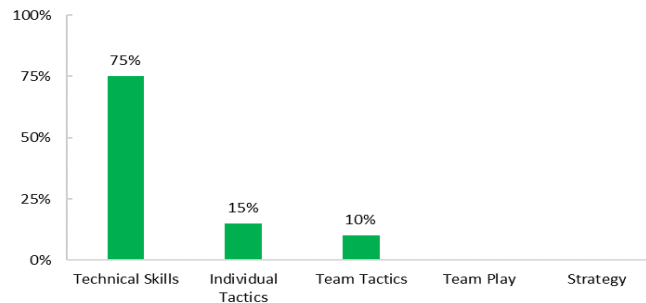
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- Provide activities that:
 - Fun, positive, and motivating
 - Build confidence through high rate of success.
 - Promote individual and group participation
 - Introduce simple rules and sport ethics (fair Play)

GOALS:

1. Have FUN. Everyone leaves with a smile!
2. Build a passion and love for game.
3. Continued development of foundational skills
4. Participation in many sports/activities encouraged. Athletic development
5. Build group camaraderie and culture
6. Foundation to solve problems, read and react, and encourage creative thinking.

FUNdamentals 3: Mite 2/8U



BYHA – SQUIRT/10U - LEARN TO PLAY

AGE GROUP	TRAINING / COMPETITION RATIO	TRAINING VOLUME	# OF PRACTICES	# OF COMPETITIONS	TOTAL # OF ICE SESSIONS	OFF- ICE TRAINING	TEAM COMPOSITION	COMPETITION FORMAT
9-11	75% Training 25% Competition	3 on ice per week 1 off ice per week Session length: 60-75 minutes	75 to 80	25-35 Including playoffs	100 - 115 ice sessions	1 Skill Session per week	10-12 Skaters 1 Goalies Teams Separated by like abilities. Continue Position Sampling! However, goalies can focus on position	Full – Ice. Game Length 60 to 75 Minutes

GUIDING PRINCIPLES:

- This age group is the beginning of the most important window to develop fine motor skills on an individual technical skill basis.
- What is learned in this stage will have a very significant effect on the level of play that is achieved later.
- Primary focus on hockey specific skill development. Introduce Team play and strategy.
- Achieve vs. Avoid. Demand to Make Plays vs. chips/dumps.
- Players should be able to begin to transfer skills and concepts from practices to games.

PRACTICE PLAN EMPHASIS:

- Focus on development and refinement of Technical Skill and individual tactics.
- Create ability to attack. Skating and skills in unison.
- Emphasis on passing & receiving,
- Heavy use of small games with conditions to develop core skills in decision making situations.
- Introduction of North Star on ice Habits through small games.
- Introduce game situation roles:
 - Puck carrier
 - Offensive support
 - Defender at puck
 - Defender away from puck

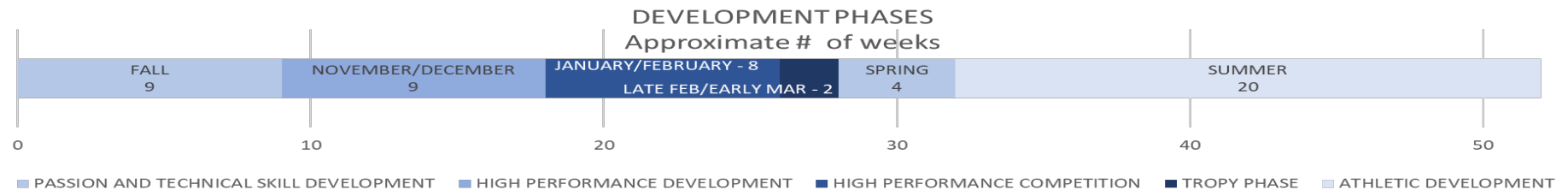
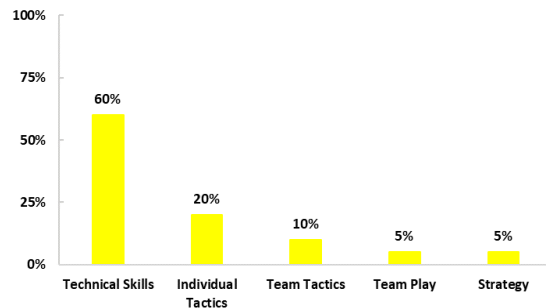
PSYCHOLOGICAL EMPHASIS

- This is the sampling stage; focus on fun, pleasure, and socialization.
- Encourage process-oriented goal setting.
 - Long term: Dream ahead
 - Short-term: Base on skill development not game results.
- Coachability and team spirit.
- Practices must be varied, interesting, and fun so players will build interest in our sport.
- Important Psychological skills;
 - Abilities to concentrate
 - Deliberate Effort; deliver effort and enjoy effort
 - Responsibility: associate joy with effort and competition.

GOALS:

1. Deliver FUN environment and grow the passion!
2. Develop overall athleticism.
3. Refine Skating and puck control. Create ability to attack.
4. Instill decision making skills. Encourage Creativity!
5. Use of teammates to create an advantage.
6. Introduce basic situational awareness.
7. Basic understanding of on-ice habits.
8. Grow team spirit, camaraderie, and coachability.
9. Develop skills to succeed at next level.

Learn to Play: Squirt/10U



BYHA – PEE WEE / 12U - LEARN TO TRAIN

AGE GROUP	TRAINING / COMPETITION RATIO	TRAINING VOLUME	# OF PRACTICES	# OF COMPETITIONS	TOTAL # OF ICE SESSIONS	OFF- ICE TRAINING	TEAM COMPOSITION	COMPETITION FORMAT
11 – 14	75% Training 25% Competition	3-4 times per week Session length: 60 minutes	75-85	35 – 45 Includes playoffs	110 – 130	1 Skill Session per week	13-15 Skaters 2 Goalies Teams separated by like abilities. Continue Position Sampling!	Full – Ice. Game Length 60 to 90 Minutes

GUIDING PRINCIPLES:

- This is the most significant period for development!
- This is the window of accelerated adaptation to motor coordination.
- Up to 85% of training spent on individual skills and tactics.
- Introduction and Development of advanced team tactics, team play, and introduction of strategy.
- Emphasize group interaction, team building, and social activities.

PRACTICE PLAN EMPHASIS:

- Focus on development and refinement of Technical Skill and tactics.
- Refine ability to attack. Skating, skills, and using teammates in unison.
- Heavy Emphasis on passing & receiving and use of deception.
- Development of shooting & scoring. 1-timing & shooting from different situations.
- Development of North Star on ice Habits
- Heavy use of small games with conditions to develop core skills in decision making situations and cement North Star habits.
- Introduction and development of coordinated attacks. 2v1, 2v2, 3v2, 3v3.
- Basic team systems can be introduced. However, on-ice time spent should be minimal.

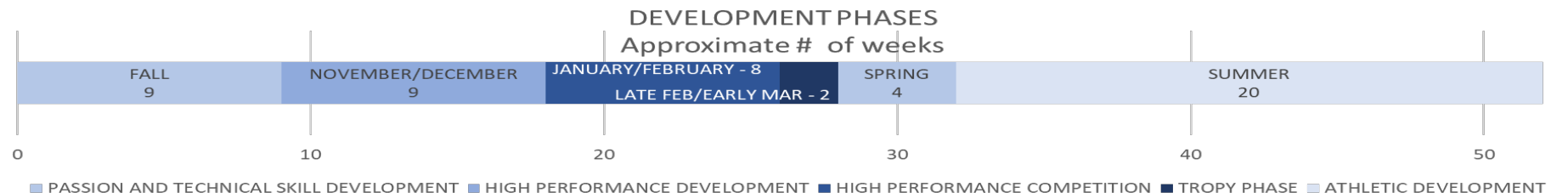
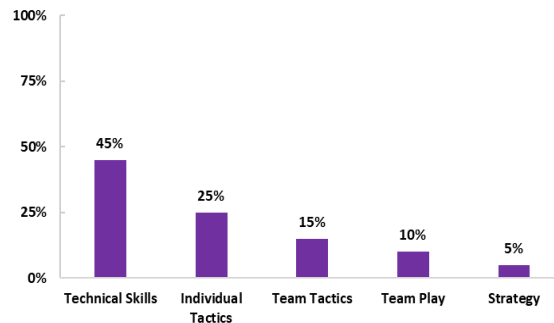
PSYCHOLOGICAL EMPHASIS

- This is continued sampling stage; focus on fun, pleasure, and socialization.
- Encourage process-oriented goal setting.
 - Long term: Dream ahead
 - Short-term: Base on skill development not game results.
- Coachability and team spirit.
- Practices must be varied, interesting, and fun so players will build interest in our sport.
- Important Psychological skills;
 - Abilities to concentrate
 - Visualization skills
 - Deliberate Effort; deliver effort and enjoy effort
 - Responsibility: associate joy with effort and competition.
 - Success; ability to take risk and accept failure as normal occurrence of sport
 - Introduce Mental preparation

GOALS:

1. Deliver FUN environment & grow the passion!
2. Develop overall athleticism.
3. Refine Skating & puck control. Develop ability to attack. Use of teammates.
4. Habits start to become natural.
5. Introduce Basic team systems.
6. Use of teammates and team play to create an advantage.
7. Develop ability to think quick. Encourage Creativity and deception.
8. Enhance team spirit, camaraderie, and coachability.
9. Develop skills to succeed at next level.

Learn to Train: Pee Wee/12U



BYHA –Bantam/15U - TRAIN TO TRAIN

AGE GROUP	TRAINING / COMPETITION RATIO	TRAINING VOLUME	# OF PRACTICES	# OF COMPETITIONS	TOTAL # OF ICE SESSIONS	OFF- ICE TRAINING	TEAM COMPOSITION	COMPETITION FORMAT
14 – 15	75% Training 25% Competition	4 times per week Session length: 60 – 75 minutes	75-85	35 – 45 Includes playoffs	110 – 130	1 -2 sessions. Mix of Skill and athletic training.	13-15 Skaters 2 Goalies Teams separated by like abilities.	Full – Ice. Game Length 60 to 90 Minutes

GUIDING PRINCIPLES:

- Focus remains on learning and developing the basics through training.
- Although increase in team tactics, Team Play, and strategy; Competition results are still of secondary importance to development.
- Training volume will start to increase.
- Encourage healthy competition in a fun and safe environment.

PRACTICE PLAN EMPHASIS:

- Continue to focus a significant time on development & refinement of Technical and deceptive Skills and tactics.
- Refine North Star Habits. Heavy use of small games with conditions: develop decision making, adaptability, and competitiveness.
- Introduce position specific drills
- Apply North Star habits into everyday application.
- Offensive and defensive support concepts.
- Develop basic team systems of Defensive Zone coverage and aggressive forecheck.
- Introduce active read and react penalty killing.
- Introduce Power Play concepts without specific positions. Encourage interchangeability.
- Transition Play: defense to offense & vice versa.
- On-ice time of 70% offensive skills, tactics, & concepts and 30% defensive skills, tactics & concepts.

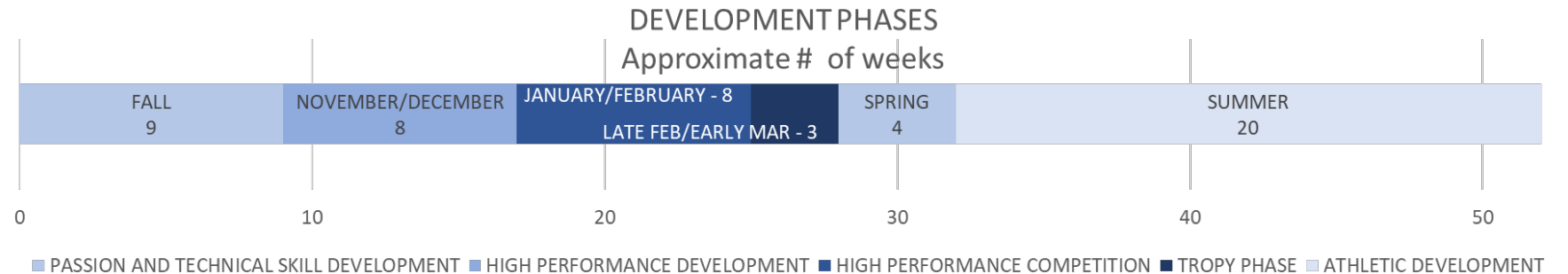
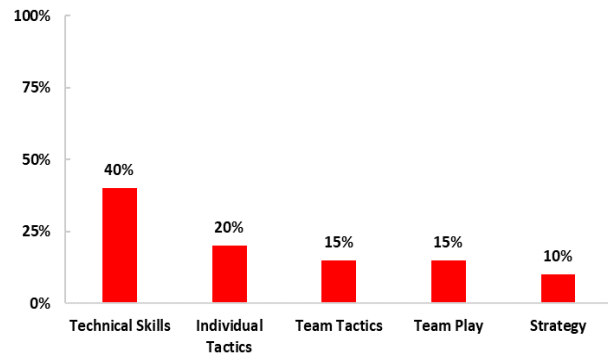
PSYCHOLOGICAL EMPHASIS

- Players take personal responsibility for training, preparation, performance, and recovery
- Bring consistent effort to training and competition.
- Become involved with coaches in decision making.
- Be coachable-accept constructive criticism. Ability to work with others.
- Coping strategy, goal setting, imagery, and self awareness.
- Athletes are ready to learn how to focus.
- Effective goal setting becomes more important.
- Teach athletes how to properly communicate with coaches a how to ask for feedback.

GOALS:

1. Deliver FUN and grow the passion for the game.
2. Develop consistency from training to competition.
3. Competency in position specific skills and tactics.
4. Develop strong adaptive skills.
5. Establish leadership skills, honesty, and trustworthiness.
6. Build internal drive and competitive spirit.
7. Establish lifestyle skills that help the individuals grow as a person and a teammate.
8. Develop skills to succeed at next level.

Train to Train: Bantam/15U



High School/ Ages 15-18 LEARN TO COMPETE

AGE GROUP	TRAINING / COMPETITION RATIO	TRAINING VOLUME	# OF PRACTICES	# OF COMPETITIONS	TOTAL # OF ICE SESSIONS	OFF- ICE TRAINING	TEAM COMPOSITION	COMPETITION FORMAT
15 -18	75% Training 25% Competition	4-6 times per week Session length: 75-90 minutes	85 to 90	25-31	110 - 121	1-2 times per week in season.	30 Skaters 2 Goalies Use of JV and Varsity. Some position flexibility	Full – Ice. Game Length 60 to 90 Minutes

GUIDING PRINCIPLES:

- Can start to optimize general athleticism and fitness and begin to specialize in hockey.
- Competitions become more important & the focus starts to shift from development to performance.
- Teach athletes to prepare for competition & learn to handle pressures in any situation.
- Position specific technical and tactical preparation & development.
- Continue to refine technical skills, adaptability, and develop the physical attributes.
- Preparing athlete for performance. Fitness, aerobic capacity, power, self awareness, nutrition, and hydration.
- Emphasis on team-building and team-centered focus/mindset

PRACTICE PLAN EMPHASIS:

- Refinement of skills at a high speed and in all conditions.
- Focus on execution of technical ability to enhance performance.
- Create good decision-making skills.
- Small games with conditions: refine decision making, adaptability, and competitiveness.
- Refinement of lumberjack habits and utilize for performance.
- Increase speed of transition. Offense to defense and vice versa.
- Plan regarding volume and intensity. Taking into consideration of rest and recovery.
- Team play and accountability
- Integrate off-ice training.

PSYCHOLOGICAL EMPHASIS:

- Athletes will have to learn to perform on demand.
- Training and practice in mental preparation for competition.
- Athletes should have input in setting goals and priorities. Should be included in decision making process.
- Athletes are capable of self coaching and should be encouraged to think for themselves, rather than relying solely on coach feedback.

GOALS:

1. Build a passionate and competitive environment.
2. Encourage a great culture with athletes that are Trustworthy and well respected that embrace a Team first mentality.
3. Grow commitment toward the game of hockey.
4. Develop skills to succeed at next level.

Learn to Compete: High School

