



Brampton Hockey Academy

The Academy that Brampton Hockey is introducing is a new way of delivering information to our membership. We will be supporting the coaches with new tools, intellectual property and extra ice time in an effort to revitalize and build a strong development program that will garnish elite players.

The coaches will be held to new standards with several new tools to identify their player's strengths and weaknesses every game and week. We are having the Academy use the same tools to also assess the player's strength and weakness so the coaches and the Academy are on same page.

These tools will allow us to customize an on and off ice program for each player. We will then give the players an off-ice program that will build strength and conditioning while working on technical and tactical skills on-ice each week.

The Academy have increased the number of hours of off-ice, and on-ice training to accommodate these new needs.

The Academy will also build a video piece into the skills development to allow players to see themselves in game and practice sessions. This will allow the Academy identify specifics. The Academy will also be using in game video for bench staff and players.

Off-ice the Academy will be utilizing many tools to enhance performance, such as but not limited to, skating treadmill, slide boards, power band training, plyometric and overspeed training. All players will have a summer strength program at the training facility.

The Academy will be running extra weekly position specific sessions along with regular scheduled practices.

Coaches will be provided with new tools for seasonal and practice planning. These will be reviewed by the Head coach and the Academy weekly.