



## ***Brampton Hockey Academy***

### **On-ice**

AAA

- 30 shared hours skills training facilitated by Nic Martins and Academy coaches
- Position specific, individual skills, shooting etc...
- Goalie specific training
- Ice time built into surcharge

AA / A

- 10 shared hours skills training facilitated by Nic Martins, Development Team and Coaches
- Position specific, individual skills, shooting etc..
- Goalie specific training
- Ice time built into your surcharges

### **Off-Ice**

AAA/AA/A - 2 60 minute sessions per week at Training center.

1st hour

- Combination strength and endurance and flexibility piece.
- 2 instructors + Coach from participating team
- Circuit type training
- Coaches participation mandatory (someone from the staff)

2nd hour

- Combination of skating treadmill, slide boards, deker boxes etc...
- 2 instructors + Coach from each participating team
- Circuit type training
- Coaches participation mandatory (someone from staff)
- Scheduled intervals will have team video sessions

### **Hockey Share Tool**

AAA/AA/A

- To be used by all rep coaches at all levels
- Practice plans to be shared amongst staff and players
- Practice plan to be shared with Academy for their review
- \$30 usd (\$41 cdn) to come from your budgets(added to fees)

### **Steva Pro**

- In game and out of game video software
- Try to get all involved several times during the year
- Eye in the sky and eye on the bench
- Video playback to player while in game setting
- Combine with team video sessions

### **Seasonal Plan**

- Build seasonal plan with age group relating to skills specific to age/level
- Build seasonal plan specific to your team
- Use seasonal plan to identify training phases and practice plans
- Build seasonal plans using ***Introduce, Refine and Develop***
- Seasonal plan will be from pre-season training camps to end of year exit interviews with players and parents

### **Team profiles / Player profiles**

- Coaches to do team ratings after each game
- Coaches to do player ratings after each game
- Go over ratings with Academy Staff
- Use team ratings to produce next practice plan in conjunction with seasonal plans
- Use player ratings to identify strengths and weaknesses of each player
- Use team ratings along with player ratings to identify team progress
- Use player ratings for parent/player feedback at scheduled intervals
- Use all ratings to identify progress of staff and team for next season

### **Coaches Meetings**

- Age level specific (Novice - Midget) AAA,AA and A coach attending
- Skill level specific ( all AAA or all AA or all A)