

Brampton Hockey Season Planning Tool

Schedule	Month	April	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	March	April	
Schedule	Events		Parent Meeting	BBQ	Pool Party	Pre-season tourny	Team meeting	Tourny	Tourny	Tourny Xmax bash	Tourny		Exit mtngs Yr end bash		
	Impoprtance	High	High			Low	Moderate		High / Very High				High		
	Periods	Selection	Prepatory / Pre season				League Play						SCTA/OMHA/Playoffs		
Training	Phases		Dry land / Strength & Power				Introduce Team Strategy/ Individual Skills/Tactrcal Skills/Team play						Team tactics/ group play		
	Macrocycles		Other sports			Camp	Phase 1 of skill develop		Phase 2		Phase 3		Fine tune/refine tactics		
	Microcycles	1	2	3	4	5	6	7	8	9	10	11	12	13	
	Individual						Skating/shooting/passing/Deking								
Skills	Technical														
	Group						1vs1/2vs1//2vs2/3vs2/3vs3								
	Team						Positioning / power play / penalty kill								
	Pos. specific						Specialty position specific training								
Physical Preparation	BHI practice						Regualr scheduled practices								
	Add practice						Additional scheduled practices								
	Pos. specific						Position specific Academy practices (shared)								
	Dry land				Summer Academy Dry land package			In season Academy dry land package							
Mental Preparation	Assessment	Try outs	Fitness test				Fitness test					Fitness test			
	Emotional	Encouraging	Connect	Building relationships			Encouraging team work / fair play / emotional health / Fun						Maintain fun and love of the game		
	Positive env.	Support to grow			Support to learn			Support to win/lose together							
	Strategy			Report card		Pre & post game talks		Report card		Pre & Post game talks		Report card			
Emphasis (1-5)	Physical	5	5	5	5	5	5	5	5	4	4	4	3	3	3
	Mental	5	3	3	3	4	4	4	4	5	5	5	5	5	5
	Technique		5	5	5	5	5	5	5	5	5	5	5	5	5
	Strategy	2	3	2	2	2	3	3	3	4	4	5	5	5	5
Time Committ	Hours/week	7	3	3	3	10	8	8	8	8	8	7	7	7	7