

Seasonal Plan Minor Atom AAA (EXAMPLE)

Nic Martins
Brampton 45's M Atom AAA
2016-2017

Mission:

To develop and deliver a hockey based program that will deliver the on and off ice skills necessary to inspire the players to learn and get to the next level.
To foster the love for the game that the coaches, parents and players share.

Vision:

We will be a teach first culture. We will have an organized and hard working approach to the dressing room and ice sessions.
We will try to partner the individual skills and the team tactics in order to give the boys an understanding of the game and the ability to compete.

Goals:

To raise the level of play and love of the game of each player
To be highly competitive

Check list:

Parent meeting	25-Apr
Budget	25-Apr
Coaching Certifications	1-Jun
Tournament List	25-Apr

Phase 1

Introduce a new culture in then dressing room and around the rinks. We will be a well behaved and focused group.
Introduce a series of individual skills such as, passing, shooting and mobility on their skates.
Introduce the basics for positioning in the Defensive zone
Introduce the roles of each specific position in each zone
Introduce the basics of a forecheck (2-1-2) in the offensive zone
Build endurance with skating embedded in drills also
Introduce Group play (1v1, 2v2, 3v2 etc..)
Introduce defenceman partnering

Phase 2

Introduce more advanced set of individual skills (high speed)
Introduce advanced skating drills and skills (more intricate pivots and direction changes with and without puck)
Introduce position specific skills and drills
Refine the roles of each position
Refine positioning in each zone
Potentially introduce team tactic if applicable (cycling, dump and retrieve with overload etc..)
Build endurance
Develop group play (1v1, 2v2, 3v2, regroup)
Develop Defence partnering

Phase 3

Refine all advanced individual skills
Refine all position specific tactics and skills
Refine all team tactics and group play
Refine all Group play teactics (1v1, 2v2, 3v2 etc)
Refine Defensman partnering

Practice Plan Time Allocation Chart

Component	Phase 1	Phase 2	Phase 3
Warm Up	10%	10%	10%
Technical(Individual skills)	50%	50%	50%
Tactical	10%	30%	20%
Team	30%	10%	20%

Goalie Instruction

We have a goalie instructor who is on the ice at each practice with our goalies this year. He will work with both and develop a plan for each week in accordance with the goalies, parents and coaches.