

## Stillwater Area Hockey Association Training Message to Coaches

---

We are working hard with the Professional Instructors, SAHA's scheduler, and Team Managers to implement the core components of our Player Development Model into each team's schedule. Please be patient as we are still awaiting schedules for the district games, tournaments and individual team events to be loaded in our systems.

**Please do not schedule scrimmages or attempt to move, modify or change events that fall under the Player Development Umbrella.**

### **A high level overview of our trainers is as follows:**

**Big Sheet Skate Training** – Jesse Sampair (Diane Ness Pro Edge) and Winny Brodt (OS Training) will be conducting on-ice training throughout the course of the season. These sessions will focus on our player's overall skating ability, edge control and strides. Sessions will be conducted on the big sheet either at the REC Center or Lilly.

**Lumberyard Small Ice Training** – Casey Rooney (Read React Hockey), Phil Fox, and Mira Jalosuo will be conducting all of the Lumberyard small ice sessions. Their focus will be on enhancing our players speed, agility, and quickness. They will develop all the plans and provide our players with a unique combination of small area skill development and game situation awareness. ***Coaches are expected to be on the ice.***

**Shooting** – Scott Bjugstad will be working with select teams on developing proper shooting habits. Scott's efforts will provide our players with the foundation for improved shooting techniques both on and off the ice. Scott will be conducting his training sessions during regularly scheduled practice time and his attendance will be coordinated/scheduled with the assistance of our ice scheduler.

**Goalies** – Justin Johnson's team from MEGA will be working with our goalies again this season. They will be conducting **two** large group training sessions during the season (planned early November and before playoffs). In addition, they will be attending **three** separate training sessions at the Lumberyard to work in a small group setting with our goalies. These sessions are intended to help create good habits and protocol for continued development throughout the season. ***It is imperative that each team's assigned goalie coach attend these sessions.***

**Lumberyard Skills Nights** – In an effort to mitigate confusion here is a list of important facts for the Lumberyard nights. Please refer to the attached schedules.

1. Lumberyard sessions have been reduced from 2 hours to 1.5 hours.
2. All coaches and players are expected to attend the sessions.
3. Sessions include 30 mins off ice, and 50 mins on-ice. (Check schedules for specific times)
4. MEGA will be attending 3 sessions for each team throughout the season. Not EVERY Session. Be sure to check the schedule to see if MEGA will be at the Lumberyard for your scheduled practice.
5. Casey Rooney, Phil Fox, and Mira Jalosuo will come prepared with the practice plan. It is imperative that our coaches jump in and help them and their team with excitement and enthusiasm.
6. Coaches are expected to run the 30 minute off-ice session. We have reserved the whole facility M-Thurs so you have choices. Off-ice examples include: stickhandling, shooting, dryland in the turf area, hockey IQ/chalk board sessions in the conference room.