

Skills & Systems Development Program



August/September	October	November	December	January	February	March	April
Individual Skills	Individual Skills	Individual Skills	Individual Skills	Individual Skills	Individual Skills	Individual Skills	Individual Skills
# of Practices	# of Practices	# of Practices	# of Practices	# of Practices	# of Practices	# of Practices	# of Practices
Individual Tactics	Individual Tactics	Individual Tactics	Individual Tactics	# o	Individual Tactics	Individual Tactics	Individual Tactics
# of Practices	# of Practices	# of Practices	# of Practices	# of Practices	# of Practices	# of Practices	# of Practices
Team Tactics	Team Tactics	Team Tactics	Team Tactics	Team Tactics	Team Tactics	Team Tactics	Team Tactics
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Team Systems	Team Systems	Team Systems	Team Systems	Team Systems	Team Systems	Team Systems	Team Systems
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Yearly Plan Example

Bantam "AAA" Yearly Plan - EXAMPLE																																																																																																																																																																																																																																																																																																																									
Head Coach: Manager: Assistant Coaches: Trainer:																																																																																																																																																																																																																																																																																																																									
MONTHS	August					September					October					November					December																																																																																																																																																																																																																																																																																																				
PEAK	Skill Combine					Main Camp/Fit Test					Main Camp					M. Royals Tour					Regular Season Start					Keloyna Tournament					Christmas Training																																																																																																																																																																																																																																																																																										
	Games Per/week					Practices/week					Dryland/Week					Regular Season Phase 1 of 3					Regular Season Phase 2 of 3					Regular Season Phase 3 of 3																																																																																																																																																																																																																																																																																															
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Development Program - Example	
August/September	October
Meetings	Meetings
Team Selection Team Training Weekend Coach Planning Team Building Sessions Team Goals Code of Conduct et al ie. Dressing room Heart and Hustle Game Award Post-Win Credence Pre-Game Warm-Up Parent Coach Meeting	October Review Meeting Tactical Systems Meetings (D-Zone, O-Zone, N-ZONE and Special Teams) Captains and Assistants Video Review Meeting As Needed. Pre-Game Preparation Planning Establish Practice Non-Negotiables Team Building Meetings Keloyna Team Building*** ***Will have use of Steva complements of association***
# of Games and Practices	# of Games and Practices
3 Main Camp Games 1 Green/White Game 5 Exhibition Games 5 Practices. 3-4 Regular season games	8 League Games 12 Practices
Team Goals	Team Goals
Arrive on time for all games and practices Create a Competitive Try-Out Environment	100% Practice Attendance Arrive on Time for all games and practices systems practice at. Win Keloyna Tournament
Dryland Training	Dryland Training
Establish Testing Requirements Design Yearly Training Plan	Re-Evaluation of Requirements requirements Pre-Practice Stretching Review Pre-Game Warm-Up Review Nutrition Review Initial Dry-Land Testing

Skills & Systems Development Program	
August/September	October
Individual Skills	Individual Skills
7 Practices	10 Practices
FWD/BKWD Skating Tight Turns Mohawks Pivots Crossovers Stops and Starts Sweep Passes Puck Handling Wrist and Snap Shots Goaltender Position/Movement	General Skating Full Speed Passing Handling Back-Hand and Slap Shot Acceleration Puck Protection Checking & Angling Edges Goaltender Paddle Down
Individual Tactics	Individual Tactics
8 Practices	10 Practices
Drive Wide Forecheck Assignments 1 on 1 Gap Control Defensive Side Body Position Defensive Angling Goaltender-Odd Man Attacks Goaltender-Even Man Attacks	Pinning Net Drives Back Side Pursuit Drive Delay tactics Defensive Angling & Puck Scoring (One Timers, Tips, Screens) Offensive Zone Net Control Goaltender-Screens Goaltender-Deflections Goaltender-Wraparounds
Team Tactics	Team Tactics
8 Practices	10 Practices
Offensive Timing Attack Triangle & Center Drive Forechecking Defensive Support I-Up Positioning Goaltender Puck Setup behind net Goaltender Communication	Offensive 2 on 0 Drive/Delay Offensive 2 on 1 Drive/Delay 3 on 2 Center Drive More Work) Attack Triangle Cycling NZ Regroup & Attack Techniques 2 on 2 regroup Even/Odd Man Coverage, etc.)