

“The Eden Prairie Way”



A Playbook for Coaches, Players & Parents

2024-2025 Season



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MISSION STATEMENT



The Eden Prairie Hockey Association's mission is "Player Development." We are 100% committed to providing our athletes with the best possible age-appropriate training and coaching so they can fully realize their athletic potential. Through the fulfillment of our mission, we prepare our athletes to compete with excellence on our boys' and girls' youth and high school hockey teams.

Every decision that is made by the EPHA board is governed by USA Hockey's guidelines for Long Term Athlete Development. From team structure and bench philosophy to practice plans and dryland training programs, USA hockey has compiled decades of data and science to help guide how we at Eden Prairie develop young athletes.

Key Stages of USA Hockey's American Development Model



The following document provides prescriptive criteria for what we expect of coaches, players, and parents that are representing the Eden Prairie Hockey Association. Developing athletes, for both competitive sports and life, is a tremendous responsibility and one that we do not take lightly. Welcome **to The** Eden Prairie Way!



EXPECTATIONS FOR COACHES



The most important asset that we have in our association is our coaches. The experience, development, and environment that coaches create has a direct influence on our players and the long-term success of our association. Coaches do more than just teach skill and the game of hockey. Coaches teach kids how to compete in the world through lessons of teamwork, discipline, perseverance, leadership, sportsmanship, competition and mental toughness. As a result:

We expect all EPHA coaches TO DO the following:

- Set the tone as the team's leader.
- Create an environment of extremely hard work, sportsmanship and positivity.
- Be clear about behavioral expectations for players and parents very early in the season.
- Hold players and parents accountable that are not buying into the team construct.
- Provide constructive feedback and coaching to players.
- Be on time, be organized and have a plan for each practice and game.
- Create opportunities for others to give you feedback. Good or bad.
- Proactively communicate to all stakeholders on a consistent basis.

We expect all EPHA coaches to NOT DO the following:

- Yell at referees, whine, complain or otherwise carry on like a baby on the bench.
- Show up to practices or games drunk, hungover or otherwise incapacitated.
- Use e-mail or text to communicate when dealing with a confrontational matter.
- Facilitate an environment of bullying or poor on ice/locker room etiquette.
- Pick petty arguments with parents or play favorites as a result of specific relationships.
- Criticize aspects of a players' game that are out of their immediate control.
- Use alcohol and tobacco in front of players.

At the end of the day, it is not about wins and losses, it is about the character of the players in your locker room. These are young people that look up to you and respect you. If you make excuses, they'll learn how to be hockey players that make excuses. If you are uncompromising with matters of hard work and character, they'll become hockey players that are uncompromising with matters of hard work and character.



EXPECTATIONS FOR PLAYERS



Hockey is a long-term development sport and the contributions you make to your own personal development will be the single most important factor to your success. Never forget that hockey is a team sport. Coaches want players that give great effort and sacrifice for the good of the team. As an athlete, you are 100% in control of how you approach each practice and each game. Good things will always happen if you respect the game and show up with a positive attitude every time you step on the ice.

We expect all EPHA players TO DO the following:

- Conduct yourself like a winner.
- Buy into the "team first" mentality.
- Show up on time and communicate any absences to your coach.
- Be respectful of your teammates and exercise good locker room etiquette.
- Be respectful of your coaches, your parents, your competition and your referees.
- Listen intently at practice and be coachable.
- Work extremely hard and represent your family well.
- Make time to speak with a coach 1 on 1 if you don't agree with them.
- Refrain from using alcohol, tobacco or illicit drugs.

We expect all EPHA players to NOT DO the following:

- Show up to practices or games late.
- Give anything less than 100%.
- Whine, complain or otherwise carry on like a baby on the ice or bench.
- Bully, injure or verbally abuse your teammates.
- Talk back to coaches or be disrespectful to parents.
- E-mail or text a coach to complain or exercise your criticisms.

At the end of the day, how you carry yourself as an athlete will determine the reputation you develop within the association. If you carry yourself like a winner, it will follow you everywhere you go. If you carry yourself like a loser, unfortunately, that will also follow you everywhere you go. Enjoy the game, wherever you want to take it is truly up to you.



EXPECTATIONS FOR PARENTS

Your child's success or lack of success in sports does not indicate what kind of parent you are.

But having an athlete that is coachable, respectful, a great teammate, is mentally tough, resilient and tries their best is a direct reflection of your parenting.

There is nothing more thrilling than watching your child score a big goal, make a big save or throw a big hit. There is also nothing more difficult than watching your child struggle through adverse circumstances whether it's being cut from a team, making a mistake during a big game, or simply overcoming awkward development years. Hockey can be a very humbling sport with many highs and many lows. The best way that you, as a parent, can help your child navigate these challenges is to keep them focused on the things that are within their immediate control - primarily their attitude and effort. While your athlete can't control if the selection committee cuts them, the ref makes a bad call, or your goalie is having a bad game, your athlete can learn to respond to any situation, good or bad, like a winner.

We expect all EPHA parents TO DO the following:

- Reward your athlete for giving 100% and being a great teammate.
- Hold your athlete accountable for any inappropriate behavior.
- Buy into and encourage a "team first" mentality at home.
- Defer to the coaching staff for all hockey related issues.
- Be respectful of the other parents on the team.
- Get your athlete to the rink on time.
- Support the volunteer referees on the ice during games.
- Cheer loud and help foster a positive environment for your athlete's team.
- Make time to speak with coaches 1 on 1 if you don't agree with them.

We expect all EPHA parents to NOT DO the following:

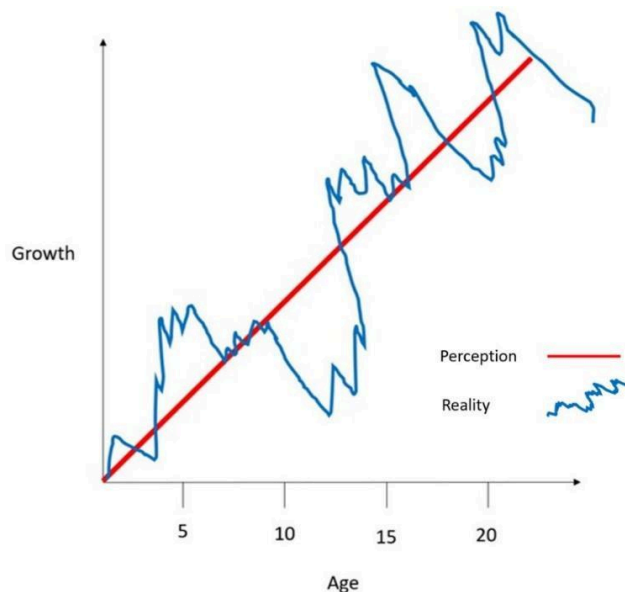
- Offer your athlete money or other bribes for scoring points.
- Make excuses for your athlete's selfish behavior or poor sportsmanship.
- Show up to practices or games intoxicated.
- Consistently get your athletes to practice late.
- Whine or complain about the referees, competition, or coaching staff in the stands.
- Publicly or privately berate your athlete for their performance.
- Criticize the performance of, or place blame on, other players on the team.



AN INTRODUCTION TO DEVELOPMENT








Why is it that two athletes with similar ability develop on completely different trajectories? How does one kid continue to get better, year over year, while the other remains stagnant? We could easily tell you that it is simply natural athletic ability in the case of the former or a slower maturation process in the case of the latter. But the proven scientific truth is that the athlete who is consistently improving over time is likely the product of more effective hockey player development. A study on elite performance conducted by professor Anders Ericsson at the University of Florida found that early aptitude is not a predictor for success in sports – or any endeavor – without consistent and deliberate practice over a long period of time. The perception of most non-experts is that hockey players develop in a “linear” fashion similar to the red line in the chart below. The reality is that hockey players actually develop in a “non-linear” fashion similar to the blue line in the same chart below. Consistent and deliberate practice is what keeps the elite athlete progressing in an upward trajectory while inconsistent practice is what keeps the low to average athlete’s progression stagnant.





So, what is effective hockey player development? And how does the Eden Prairie Hockey Association ensure that each of our athletes is the recipient of effective hockey player development? At EPHA, we believe that there are 5 athletic development pillars that need to be met consistently in order for young hockey players to optimize their long-term athletic potential.

1		Coaching & Direction	<ul style="list-style-type: none">• Focus on the “right” coaching, not just coaching• Kids have opportunities to expand their knowledge of the game• Parents are educated on positive communication and appropriate coaching at home• Parents are educated on opportunities for additional development outside of the association
2		Team Construct & Game Environment	<ul style="list-style-type: none">• Kids are on the “appropriate” team for their skill level• Kids can keep up with the pace of play, get puck touches• Coaching focus is on playing time and development
3		Attitude & Effort	<ul style="list-style-type: none">• “Development” mindset over “Fixed” mindset• “Team First” mentality over “Star First” mentality• Kids held accountable for showing up on time and behaving properly• Kids rewarded for giving 100% effort by coaches and parents• System of meritocracy based on effort
4		Practice Time & Repetitions	<ul style="list-style-type: none">• Minimum 3:1 practice to game ratio• 2/3 of ice time should be structured and 1/3 should be unstructured• Age appropriate practice frequency per USA Hockey guidelines• When on the ice, athletes are getting high-quality reps
5		Physical Literacy & Development	<ul style="list-style-type: none">• Emphasis on playing multiple sports, especially prior to 14 years old• Participation in age-appropriate off-ice strength training• Establish healthy nutrition and hydration habits

All of Eden Prairie’s hockey programs, at every age level and tier, are structured according to these 5 pillars. The development curriculum provided in this document **is** specifically designed to be age and level appropriate and with the sole purpose of optimizing the long-term athletic potential of our athletes.



MITE & 8U CURRICULUM



In addition to having fun, making friends and developing a love for the game, the single most important thing children can learn at the Mite/8U level is proper skating technique. Our mites must graduate to the Squirt/10U level with a strong skill base and ability to skate well in order to effectively compete. As a Mite/8U coach, it is your responsibility to ensure these kids grasp the following Skill Development Concepts marked with an (x) before moving on to Squirt hockey.

Mite/8U practice plans will be provided to all coaches prior to the start of the season.

Skating		Stickhandling		Shooting	
X	Hockey Position	X	Head Up	X	Wrist Shot
X	Forward	X	Wrist Rolls	X	Backhand
X	Backward	X	Front to Back	X	Flip Shot
X	Starting - Left/Right	X	Lateral Side to Side	X	Rebounding
X	Stopping - Left/Right	X	Wide Pulls - Forehand/Backhand		Snap Shot
X	Edges - Inside/Outside	X	Heel to Toe		Tipping/Screening
X	Forward Crossover		Toe Drag		Slap Shot
X	Backward Crossover		Give and Take		One-Timer
X	Power Turn - Left/Right		Backwards Puck Control		
	Backward/Forward Transition		Puck Protection		
	Mohawk Turns				
	T-Stop - Inside/Outside				
	Power Knee Bend				
	Full Stride Extension				
	Cross Under-Forward/Backward				
	Pivot/Transition				
	Squat/Balance on 1 Leg				



Passing/Receiving		Team Play Concepts		Goaltending	
X	Forehand	X	Head Up/Move The Puck	X	Goalie Stance
X	Backhand	X	Feet In Motion/Hustle	X	Challenging Shooter
X	Receiving with skate	X	Communication		Moving Side to Side In Crease
	Receiving with hand	X	Puck Possession		Up/Up - Down/Down
	Drop pass	X	Faceoff Positioning - All Zones		T Pushes
	One touch	X	Forecheck - F1, F2, F3		Catching the Puck
	Saucer - forehand/backhand	X	Backcheck		Blocking the Puck
	Area passes	X	Stick/poke check		Freezing the Puck
			Angling/Body Positioning		Deflections – Pads, Stick, Skate
			Pinching		Butterfly
			Forward/Full Ice Responsibilities		Playing the Puck
			Defense Full Ice Responsibilities		
			Zone Entry - 2-on-1/3-on-2		
			2 and 3 Man Weave		
			1-on-1, 2-on-1, 3-on-1, 3-on-2		
			Breakouts - D to D, Reverse		
			Defensive Zone Coverage		
			Offensive Zone Cycling		
			Neutral Zone Re-Group		
			Power Play		
			Penalty Kill		
			Body Checking (intro at PW)		

At the Mite/8U level, practices should be fun, upbeat and high tempo. The ice should be broken up into two halves and the primary focus should be skating, skill development and small area games. All competitive games should either be played cross ice or in small areas. During the last year of mites, athletes should transition to playing 50% of their games on full ice to prepare them for Squirt/10U.

As far as positioning, athletes should play all positions. If a player is gravitating towards only playing on the offensive or defensive side of the puck during game play, encourage them to think about the game in its entirety. If a child is showing a particular leaning/interest towards being a goaltender, then we should accommodate those interests while giving them plenty of opportunity to skate out as well. We have a strong preference that all goalies learn how to skate, and skate very well, before committing to the position full-time.



SQUIRT & 10U CURRICULUM



At the Squirt/10U level, kids graduate to learn how to play the game on full ice. Athletes at this age are mature enough to begin learning critical concepts such as "Hustle," "Team First," and "Puck Movement." They should also be held accountable for their actions and behaviors both on and off the ice, including showing up on time, paying attention and respecting their teammates. While we do not advocate taking ice time away from less talented players, we do advocate taking ice time away for poor attitude, poor sportsmanship and poor effort. As a Squirt/10U coach, you are responsible for making sure players have a strong grasp of all the skill development concepts marked with an (x) before moving on to Pee Wee/12U. Squirt/10U practice plans will be provided to all coaches prior to the start of the season.

Skating		Stickhandling		Shooting	
X	Hockey Position	X	Head Up	X	Wrist Shot
X	Forward	X	Wrist Rolls	X	Backhand
X	Backward	X	Front to Back	X	Flip Shot
X	Starting - Left/Right	X	Lateral Side to Side	X	Rebounding
X	Stopping - Left/Right	X	Wide Pulls - Forehand/Backhand	X	Snap-Shot
X	Edges - Inside/Outside	X	Heel to Toe	X	Tipping/Screening
X	Forward Crossover	X	Toe Drag		Slap Shot
X	Backward Crossover	X	Give and Take		One-Timer
X	Power Turn - Left/Right	X	Backwards Puck Control		
X	Backward/Forward Transition	X	Puck Protection		
X	Mohawk Turns/Lateral Skating				
X	T-Stop - Inside/Outside				
X	Power Knee Bend				
	Full Stride Extension/Recovery				
	Cross Under-Forward/Backward				
	Pivot/Transition				
	Squat/Balance on 1 Leg				



Passing/Receiving		Team Play Concepts		Goaltending	
X	Forehand	X	Head Up/Move The Puck	X	Goalie Stance
X	Backhand	X	Feet In Motion/Hustle	X	Challenging Shooter
X	Receiving with skate	X	Communication	X	Moving Side to Side In Crease
X	Receiving with hand	X	Puck Possession	X	Up/Up - Down/Down
X	Drop pass	X	Faceoff Positioning - All Zones	X	T Pushes
	One touch	X	Forecheck - F1, F2, F3	X	Catching the Puck
	Saucer - forehand/backhand	X	Backcheck	X	Blocking the Puck
	Area passes	X	Stick/poke check	X	Freezing the Puck
		X	Angling/Body Positioning	X	Deflections – Pads, Stick, Skate
		X	Pinching	X	Butterfly
		X	Forward/Full Ice Responsibilities		Playing the Puck
		X	Defense Full Ice Responsibilities		
		X	Zone Entry - 2-on-1/3-on-2		
		X	2 and 3 Man Weave		
		X	1-on-1, 2-on-1, 3-on-1, 3-on-2		
		X	Breakouts - D to D, Reverse		
		X	Defensive Zone Coverage		
		X	Offensive Zone Cycling		
		X	Neutral Zone Re-Group		
			Power Play		
			Penalty Kill		
			Body Checking (intro at PW)		

At the Squirt/10U level, practices should be upbeat and high intensity with minimal standing around between drills. Coaches must understand that players will play at the pace in which they practice. Fast practices equate to fast teams. Slow practices equate to slow teams. The ice should continue to be broken up into stations for skill work, and small area games should be utilized to develop Hockey IQ and game concepts. On ice conditioning should be introduced at this level as well.

At the Squirt/10U level, kids should have the opportunity to play every position. Coaches should continue to push players out of their comfort zone and to learn how to play on both the offensive and defensive side of the puck. If somebody only wants to play forward, then put them at defense. If they don't like to backcheck, sit them down for a few shifts until they're ready to backcheck.

Coaches should set high expectations for the players and help them strive to achieve them.



PEE WEE & 12U CURRICULUM



At Pee Wee/12U, kids begin to develop physically and there are dramatic inconsistencies in height, weight, strength and coordination among athletes. It is critical that coaches ensure all kids learn to “think the game” properly and force the bigger, stronger kids to make the “right play” as opposed to the “easy play” because of a size advantage. “Team play,” “Heads up Hockey,” “Rapid Puck Movement,” and “High Compete” are all things that each player should be well-versed in when they graduate from the Pee Wee/12U ranks. As a Pee Wee/12U coach, you are responsible for making sure players have a strong grasp of all the skill development concepts marked with an (x) before moving on to Bantam/15U hockey. Pee Wee/12U practice plans will be provided to all coaches prior to the start of the season.

Skating		Stickhandling		Shooting	
X	Hockey Position	X	Head Up	X	Wrist Shot
X	Forward	X	Wrist Rolls	X	Backhand
X	Backward	X	Front to Back	X	Flip Shot
X	Starting - Left/Right	X	Lateral Side to Side	X	Rebounding
X	Stopping - Left/Right	X	Wide Pulls - Forehand/Backhand	X	Snap Shot
X	Edges - Inside/Outside	X	Heel to Toe	X	Tipping/Screening
X	Forward Crossover	X	Toe Drag	X	Slap Shot
X	Backward Crossover	X	Give and Take	X	One-Timer
X	Power Turn - Left/Right	X	Backwards Puck Control		
X	Backward/Forward Transition	X	Puck Protection		
X	Mohawk Turns/Lateral Skating				
X	T-Stop - Inside/Outside				
X	Power Knee Bend				
X	Full Stride Extension/Recovery				
X	Cross Under-Forward/Backward				
X	Pivot/Transition				
X	Squat/Balance on 1 Leg				



Passing/Receiving		Team Play Concepts		Goaltending	
X	Forehand	X	Head Up/Move The Puck	X	Goalie Stance
X	Backhand	X	Feet In Motion/Hustle	X	Challenging Shooter
X	Receiving with skate	X	Communication	X	Moving Side to Side In Crease
X	Receiving with hand	X	Puck Possession	X	Up/Up - Down/Down
X	Drop pass	X	Faceoff Positioning - All Zones	X	T Pushes
X	One touch	X	Forecheck - F1, F2, F3	X	Catching the Puck
X	Saucer - forehand/backhand	X	Backcheck	X	Blocking the Puck
X	Area passes	X	Stick/poke check	X	Freezing the Puck
		X	Angling/Body Positioning	X	Deflections – Pads, Stick, Skate
		X	Pinching	X	Butterfly
		X	Forward/Full Ice Responsibilities	X	Playing the Puck
		X	Defense Full Ice Responsibilities		
		X	Zone Entry - 2-on-1/3-on-2		
		X	2 and 3 Man Weave		
		X	1-on-1, 2-on-1, 3-on-1, 3-on-2		
		X	Breakouts - D to D, Reverse		
		X	Defensive Zone Coverage		
		X	Offensive Zone Cycling		
		X	Neutral Zone Re-Group		
		X	Power Play		
		X	Penalty Kill		
		X	Body Checking (intro at PW)		
		X	Shot Blocking (intro at PW)		

As for practices, the kids at this level need to be focused on consistently giving 100%. They should begin to develop an understanding of how hard they can push themselves and develop a feeling for their pain thresholds. Practice environments should remain intense with minimal downtime between drills. Coaches should take a zero-tolerance approach towards proper effort and attitude on the ice. Kids that are not working hard, are not listening, or are goofing off in practice should be asked to take a seat on the bench until they're ready to do so. Specialized training for forwards, defensemen and goalies should be introduced at this age as well.

At the Pee Wee/12U level, kids should still have the opportunity to play every position. However, good coaches should begin to see which kids have a knack for playing certain positions. It is important at this age that kids understand how to play with and without the puck in all three zones. Kids that do not learn to play in all three zones will be at a significant deficit at the next level.



BANTAM & 15U CURRICULUM



At Bantam/15U, kids should begin to focus in on developing expertise at a specific position. While there will inevitably be utility players, most athletes will know by this time whether they are a defenseman, a forward, or a goaltender. Most players have passed their Peak Height Velocity and differences in height, strength and maturity begin to level off. For boys, body checking is introduced and it is very important that athletes are taught how to properly use their bodies to separate opponents from the puck. As a Bantam/15U coach, you are responsible for making sure players understand all the skill development concepts marked with an (x) in order to prepare them for high school competition. Bantam & 15U practice plans will be provided to all coaches prior to the start of the season.

Skating		Stickhandling		Shooting	
X	Hockey Position	X	Head Up	X	Wrist Shot
X	Forward	X	Wrist Rolls	X	Backhand
X	Backward	X	Front to Back	X	Flip Shot
X	Starting - Left/Right	X	Lateral Side to Side	X	Rebounding
X	Stopping - Left/Right	X	Wide Pulls - Forehand/Backhand	X	Snap Shot
X	Edges - Inside/Outside	X	Heel to Toe	X	Tipping/Screening
X	Forward Crossover	X	Toe Drag	X	Slap Shot
X	Backward Crossover	X	Give and Take	X	One-Timer
X	Power Turn - Left/Right	X	Backwards Puck Control		
X	Backward/Forward Transition	X	Puck Protection		
X	Mohawk Turns/Lateral Skating				
X	T-Stop - Inside/Outside				
X	Power Knee Bend				
X	Full Stride Extension/Recovery				
X	Cross Under-Forward/Backward				
X	Pivot/Transition				
X	Squat/Balance on 1 Leg				



Passing/Receiving		Team Play Concepts		Goaltending	
X	Forehand	X	Head Up/Move The Puck	X	Goalie Stance
X	Backhand	X	Feet In Motion/Hustle	X	Challenging Shooter
X	Receiving with skate	X	Communication	X	Moving Side to Side In Crease
X	Receiving with hand	X	Puck Possession	X	Up/Up - Down/Down
X	Drop pass	X	Faceoff Positioning - All Zones	X	T Pushes
X	One touch	X	Forecheck - F1, F2, F3	X	Catching the Puck
X	Saucer - forehand/backhand	X	Backcheck	X	Blocking the Puck
X	Area passes	X	Stick/poke check	X	Freezing the Puck
		X	Angling/Body Positioning	X	Deflections – Pads, Stick, Skate
		X	Pinching	X	Butterfly
		X	Forward/Full Ice Responsibilities	X	Playing the Puck
		X	Defense Full Ice Responsibilities		
		X	Zone Entry - 2-on-1/3-on-2		
		X	2 and 3 Man Weave		
		X	1-on-1, 2-on-1, 3-on-1, 3-on-2		
		X	Breakouts - D to D, Reverse		
		X	Defensive Zone Coverage		
		X	Offensive Zone Cycling		
		X	Neutral Zone Re-Group		
		X	Power Play		
		X	Penalty Kill		
		X	Body Checking (intro at PW)		
		X	Shot Blocking (intro at PW)		

Practices should be run at game pace and, while skill development and skating should continue to be part of the Bantam/15U practice plan, significantly more practice time should be spent focusing on positional play. **Defensemen**, forwards, and goalies should all have focused positional coaching with emphasis on game concepts such as breakouts, zone entry, cycling, etc. Increased time should also be spent teaching the players hockey systems such as forechecking, power play and penalty kill options.

Approach to games should transition from “development” to “competition.” Coaches must develop a system of meritocracy for ice time and should take a zero-tolerance approach towards proper effort and attitude in the locker room, practices and games. Bantam/15U coaches should be aligned with high school coaches on key development and training concepts. This age is the last step of youth hockey where coaches have the opportunity to get the athletes ready to compete at the high school level and beyond.



IN SEASON DRYLAND TRAINING



Dryland and off ice training should be a key component in all athlete's development from Mite/8U through high school and beyond. Understanding how to build strength, speed and power is an essential part of success for ice hockey players. USA Hockey has identified specific "Windows of Trainability" where boys' and girls' bodies are most receptive to developing five major physical capacities based on their biological and chronological maturation. These five capacities are Speed, Stamina, Strength, Skill and Suppleness (flexibility). The "Windows of Trainability" for boys and girls to develop their athletic packages like no other point in their lives are as follows:

SPEED WINDOW 1

- Boys ages 7-9 and Girls 6-8 (Based upon chronological age)
- Speed in this stage is defined as agility and quickness in linear, lateral and multi- directional patterns.
- The duration of the intervals/activities should be five seconds and under while allowing young athletes to have fun and become more athletic.

SPEED WINDOW 2

- Girls ages 11-13 and Boys 13-16 (Based upon chronological age)
- Anaerobic Lactic Power and Capacity Window.
- Linear, Lateral, Multi Directional and Chaotic Speed.
- Duration of Intervals 5–20 Seconds.
- Speed is always trainable, but adaptability declines with age.

SUPPLENESS (FLEXIBILITY) WINDOW 1

- Boys and Girls ages 6-10 (Based upon chronological age)

SUPPLENESS (FLEXIBILITY) WINDOW 2

- Girls at 12 years old and for Boys at 14 years old (Based upon chronological age)

SKILL WINDOW

- Girls ages 8-11 and Boys ages 9-12 (Based upon chronological age)
- This stage of development is referred to as the "Golden age of skill development."
- Coaches should focus on technical skills and individual tactics as opposed to team system
- Our players are wiring themselves at a rate never offered again.
- We can always train skill but it will take more time and effort later in their hockey careers.

STAMINA WINDOW

- Girls ages 11-13 and Boys ages 13-16 (Based upon chronological age)
- Accelerated Adaptation to Aerobic Training (Endurance) begins with the Onset of Peak Height Velocity (PHV-at the start of the adolescent growth spurt).

STRENGTH WINDOW

- Girls-Immediately after Peak Height Velocity (PHV) ages 12-16 (Based on biological age)
- Boys-12 to 18 months after Peak Height Velocity ages 16-20 (Based on biological age)

In addition to on ice coaching responsibilities, we expect all coaches to conduct dryland training with the athletes weekly during the season.



OFF SEASON TRAINING RESOURCES



Preparation is a huge component of success in hockey. The “off-season,” or the period of time when an athlete is not participating competitively, is the single most important opportunity for them to prepare their minds and bodies for the upcoming season. Off season training can help athletes recover both physically and mentally, help them gain strength, speed and power, and address any physical imbalances to help prevent any acute and/or long-term injuries. A good off-season training program varies by age and likely includes skill development, fundamental and foundational movement patterns, speed training, strength/weight training, flexibility training, and anaerobic conditioning. David Lynne is currently Eden Prairie high school hockey team’s strength coach in addition to training and preparing hockey players for elite performance out of his facility in Golden Valley.

Training & Development Resources

Hockey Skills Programs	Individual Skills Instructors	Hockey Dryland Training
Competitive Edge www.competitiveedge.com	Joe Krmpotich – Hockey Skills (952) 393-8567	Lynne Elite Performance (603) 856-6340
Velocity Hockey Center www.velocityhockey.com	Avi Friedman – Hockey Skills (954) 415-2332	Velocity Hockey Center www.velocityhockey.com
MAP www.maphockey.com	Mike Craig – Hockey Skills (218) 251-3289	1st Athlete www.1stathlete.com
Karn Skating Dynamics (Barry Karn) www.karnskatingdynamics.com	Mike Sylvia – Hockey Skills (617) 212-1900	ETS Performance www.etsperformance.com
Laura Stamm Power Skating www.laurastamm.net	Laura Mitchell – Skating (612) 859-7122 Alex Volpicelli – Skating Specific (508) 614-5545 Mak Langei – Skating (218) 779-7705	Ice Edge - Off Ice Training www.edgeaaahockey.co m

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NUTRITION & SLEEP HABITS



Just like dryland and off ice training, paying attention to an athlete’s nutrition and sleep habits is a critical element of performance success as well. An athlete that eats a balanced pre-game meal that includes lean protein, carbs, and healthy fats will have far more energy late in a game than an athlete who eats food heavy in processed fats, starchy carbs or cane sugar. Athletes that consistently eat well along with a healthy exercise regimen will begin to develop lean muscle mass, while athletes with poor nutritional habits will generally begin to carry excess weight. Following are recommended nutrition and sleep guidelines for competitive athletes of all ages to follow:

Sleep Guidelines	Nutrition Guidelines	Food Examples
<ul style="list-style-type: none"> • Target 9 to 10 hours per night • Have a small snack 1-2 hours before bed • Limit caffeine during the day • No electronics in the bedroom • Kids that have trouble falling asleep should see a specialist to rule out specific conditions 	<ul style="list-style-type: none"> • 3 balance meals per day that includes Protein, Carbohydrates and Healthy Fats • Try to eat every 3 to 4 hours • 3 servings of vegetables per day • 3 servings of fruit per day • Drink half your body weight in water per day (i.e. 100lbs = 50 oz) 	<p>Pre-Training:</p> <ul style="list-style-type: none"> • Protein – Turkey, Chicken, Ham, Lean Red Meat, • Carbohydrate – Bagel with PB, Egg Sandwich, Oatmeal, Fruit with Toast, Sandwiches/Heroes, Protein Bars, French Toast, Pita Bread, Whole Wheat Bread • Vegetables – Beans, Hummus, Leafy Greens, Tomatoes, Cauliflower, Broccoli, Green Beans, etc. <p>During Game:</p> <ul style="list-style-type: none"> • Electrolytes/Fluids – Applesauce, Orange Slices, Fruit Chews, Gatorade/Propel, Cliff Bars/Protein Bars, Banana, Fruit Leather <p>Post Training:</p> <ul style="list-style-type: none"> • Fresh Fruit, Low-Fat Chocolate Milk, Whole-Grains, Brown Rice, Quinoa, Oats, Chicken, Salmon, Turkey Breast, Lean Steak, Ham, Sausage, Eggs, Bacon, Beef Jerky, Pizza <p>Foods to Avoid Regularly or Eat Sparingly</p> <ul style="list-style-type: none"> • Sugar Soda, Candy, Fruit Juices, All Fast Food, Processed Meats, Potato Chips, Donuts, Breakfast Deserts, Sugar Cereals, Starchy and/or Creamy Pastas



AAA/SUMMER HOCKEY RESOURCES



All athletes should take a break from hockey each spring/summer. How much time an athlete should take off is truly dependent upon their desire to be on the ice. While some kids have no desire to be on the ice in the summer, there are other kids that you cannot keep off the ice. Nobody knows a child better than their parents and it is up to the parents to determine how much or how little off season training they should pursue. While we advocate playing multiple sports, we also advocate keeping kids on the ice for a few hours each week in addition to doing consistent dryland training and/or stickhandling **regularly**. Following are some resources parents can consider for summer hockey and training. With so many programs available, the list is truncated to those known to be in the EP vicinity. Training programs offered by "invitation only" are not included. Please bring to our attention any missing programs that can be added to the list.

AAA Teams

Off-season AAA teams are typically tiered according to overall team skill, how tryouts are managed, the level of instruction and ice time provided, as well as the expected level of commitment by the athlete. Many programs offer teams at the following tiers:

"Elite/Invite" teams are typically by invitation only and geared toward fully committed, top-level players. They have the potential for multiple travel games and tournaments.

"Invite/AAA" teams also attract top players that are often multisport athletes. They typically offer a slightly reduced schedule commitment with the potential for local games and tournaments.

"Open" teams are selected based on number of players through open tryouts and typically offer a more reduced schedule, tournament and time commitment.

The following table provides a list of several popular AAA programs. Most of these programs have both Boys and Girls teams and compete at some or all of the AAA levels.



Bauer Vapor www.unitedaaahockey.com	Ice Edge www.edgeaaahockey.com/	MN Ice Cougars (Girls Only) www.mniceougars.com
Blue Army www.bluearmy.hockey	Miracle Gold www.unitedaaahockey.com	Minnesota Performance Hockey www.mphhockey.com
Breakaway www.breakawayhockey.net	MN Blades www.minnesotablades.com	MN Wave www.mnwavehockey.com
Euro American www.euroamericanhockey.com	MN Blizzard www.mnblizzardhockey.com	OS Hockey (Girls Only) www.oshockey.com
Yuro Stars www.yurosk8.com	MN Machine www.machinehockey.com	Velocity AAA www.velocityhockeycenter.com
Jr. Moose www.unitedaaahockey.com	MN Generals www.minnesotagenerals.com	
Midwest Mustangs site.midwesthockey.net		