



Texas Junior Stars: 10uAA DSTHL

Head Coach: Ryan J Raya

Assistant Coach: Jason Maurer

Team Manager: Junella Sgro

I understand that we (player and parents) have received the TJS 10uAA Season Plan for 2018-19 season and understand all expectations explained within.

Parents Printed Name

Parent Signature

Date

Player Printed Name

Players Signature

Date

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A. Introduction

Dear Stars Family,

Welcome to the 2018-2019 Texas Junior Stars hockey season. I come to the organization by way of many different organizations and experiences as both a player and a coach. I have played hockey for 20+ years within organized hockey and longer than that if you include pond hockey during the long winters back in Massachusetts.

My high school hockey was played at Wachusett Regional High School where we were perennially state playoff qualifiers and always within the top 10 in the state. Despite many injury problems, I had opportunities to play both DI and DIII hockey, but chose to attend Elon University in North Carolina where I played DII club hockey. At Elon, the Phoenix hockey team won 3 consecutive South Eastern division championships, were never ranked outside the top 20 among 126 national club hockey teams, and reached the Elite 8 twice in the three invites to the national tournaments. Personally, I was awarded the 2005 Student-Athlete of the Year award while posting team records in wins, saves, and playoff save percentage as the starting goaltender for the Phoenix.

As a coach, I am entering my 20th year as a youth coach, camp instructor, or goalie camp demonstrator. My experience ranges from years as mite, squirt, and peewee coaching to instructing at Robby Glantz Powerskating schools, Puckstopper Goaltending Services, and as an on-ice Atlanta Thrashers clinic instructor.

Coming from the Virginia Wild after 4 successful seasons coaching U16 and U18 Midget hockey, 7 seasons coaching the Herndon High School Hornets, taking over the Piedmont Predators Midget Program and entering my 2nd season as a coach with the Stars hockey club, I have a good base in local hockey. Texas hockey is a different animal; the range of skill, background, dedication, and exposure to the game ranges widely. As a coach with the Stars, I hope to bring along every member on my team in all categories, provide the opportunity for all player to have most productive and enjoyable season yet, while still keeping the focus on TEAM play.

I choose to work with 10u Squirt players because I believe it is the first true opportunity to begin developing internal leaders, the true concept of individual responsibility, and gives me an opportunity to begin engaging these young men and women as young men and women. My expectations are simple: respect the game, respect your team, respect yourselves, and respect anyone else who loves the game as much as I hope you do. My only mantra during the season is a very simple one, it comes from the basics of the game, and you will hear me say it from day 1 until the end of our season. If we are successful in it, we will have a successful and enjoyable season. The mantra is this: *"First step, first shot, first goal"*. I look forward to seeing everyone around the rink.

Cheers,

Coach Ryan Raya

B. Team Philosophy

How we play

Hockey is the fastest, most engaging, and challenging game on the planet. There is no other game where each participant, coach, and official needs to learn a whole different mode of transportation before they can even begin learning the game. Hockey takes focus, talent, dedication, and passion to be successful. If you lack any of these key components, you will not reach your true potential and your team will always suffer because the team will never be fully developed.

This team will play hard and it will play smart. Each team I have coached has had some things in common regardless of the level of play or the division declaration that we make:

- 1) We will be among the top in the league in scoring chances/ goals
- 2) We will be among the teams with the fewest penalties in minutes
- 3) We will not be fun to play against
- 4) We will focus on quality shots and still be among the teams with the most shots per game in the league
- 5) We will allow for our goaltenders to have their best statistical seasons in their careers

Our game is a simple one; it is tailored to the team and allows for every player to successfully participate in it while giving the freedom to our most talented and confident players to maximize those attributes. This team will not restrict the way we play to the coach's system desires nor will it attempt to limit our strengths. This team will put everyone in the best position to succeed, teach our players to play as a team, know where they should be, and to be accountable for their own actions while being in position to cover for the opponent's opportunities that risk taking ultimately allows to happen.

We will play for the team first and if we do that, the team will play in a way that your personal success will ultimately be recognized.

Defensive Zone

Often neglected as a boring and tedious chore, sound defense leads to offense. Recently the Swedish Elite League did a study on all the goals scored during a season and found that about 30% of goals scored resulted directly on free flow rushes that began with a turnover forced in the defensive zone. This makes sense because the opposition is focused almost entirely on offense, not defense. Also, the only player near the opposing net is the goaltender with nothing, but open and fast ice between the point of turnover and the red light being lit up.

We will begin the season with an extremely basic defensive system that can be best described as an even strength penalty kill. We will operate in a "Box + 1" system. We will also expect that forwards and defenseman will end up both behind the net and at the points. We have 5 zones in this system; the first man into the zone goes to the puck. This

is zone 1. The next man fills in the penalty kill box from the crease out, followed subsequently by the next 3 players back into the zone until the puck carrier is man covered and the penalty kill box is set up in front of the net. The only trick to this is that only 1 man is to be behind the net when the puck is controlled by the opposition and when the opposition puck carrier make a pass that enters the Stars defensive zone, that player in the zone is now only responsible for pressuring the puck carrier, while the previous Stars player fills in the nearest zone to him.

We will eventually have no assigned locations as we begin to learn the basics of the system. You are not a defenseman or a forward; you are responsible for playing the position that is needed. From this comes a lot less skating, fewer odd man low zone scoring situations, and the ability for the goaltending to read and predict the play with the majority of shots against coming from outside of the scoring zones. We will add other variation as the season goes on ranging from a “Triangle + 2” to a man pressure system (which is a pre-cursor to an overload defense), but the “Box + 1” will be our base.

Our breakout is much the same and just as fluid with very few rules. It is a team breakout that allows for any player to immediately become the puck carrier and encourages a short pass, puck possession game. We will frown upon routine puck throwing and panic plays and will build our practices to give each player experience handling the puck. In much the same vein, a strong backcheck to the puck and front of the net is important to making this system work and putting your teammates in the best position to succeed.

Our defensive zone targets:

- 1) Allow less than 25 shots per game
- 2) Allow less than 25% scoring opportunities in relation to total shots (ex: 25 shots- 6 scoring opportunities)
- 3) Team save percentage > 90%

Neutral Zone

In youth hockey, this is otherwise known as the neglected zone. Hockey coaches today have not spent the time teaching players how to create space, where the most dangerous places on the ice to make turnovers are, and how to break IN to the offensive zone. The North American dump and chase hockey is an overused and misunderstood way of play. It has a place, but it should not be the basis of your team and systems.

This team will understand what opportunities for immediate offense are available out of good speed, spacing, and team positioning that are available through the neutral zone. We will also understand that any turnover in the neutral zone is NOT an immediate panic situation if the players are positioned correctly away from the boards, fall back to the middle of the ice, and aim to make the opposing team turn to dump and chase hockey as their best option to get into the Stars defensive zone.

Simple body contact and body positioning goes a long way to creating space for offense to arise from as well as a constructive way to slow opposition speed through the neutral

zone. This team will always understand that everything we are trying to do is the same thing that a quality coached team will be trying to do to us. It only comes down to execution in the neutral zone. The players with the most skill have very limited advantage over a player that understands the game and how to play it in the neutral zone and thereby can frustrate and stifle players supposedly better than them leading to other mental advantages that are not charted in the statistics, but are otherwise the “intangibles” that always seem to be present on successful teams.

Our neutral zone goals:

- 1) Fewer turnovers than opposition in neutral zone
- 2) Puck possession offensive zone entry more than 70% of the time
- 3) No fewer than 2 Stars players behind the red line before the puck enters the offensive zone (both playing middle third of ice)
- 4) At least 1 pass coming between each blue line per possession in the neutral zone
- 5) At least 2 of 3 thirds of blue line being used by offensive players entering zone on each possession

Offensive Zone

Even as a goalie, the offensive zone is the most enjoyable zone on the ice in which to see your team succeed. The more success we have as a team in the offensive zone the more aggressive and free a goaltender can play, the more turnovers we can capitalize off of weak opposition shots as they scamper to try and put meaningless pressure on us, the quicker we will be able to transition through the neutral zone as the opposition has to work harder and lower in the low to create chances, and the more offense that ALWAYS follows behind previous offensive successes.

We will run a transition game through the neutral zone that will also find defenseman carrying the puck, forwards playing the point, and the puck moving as much as the players. This team will play a zone triangle offense. It again is extremely simple concept where the puck carrier must enter the zone with speed or make a pass to a teammate who can create the separation that speed creates. We have a team goal to take shots not from the outside, bad angles, or flip pucks into the chest. We will shoot to score; we will aim to shoot from the scoring zone between the dots and the top of the circles, and try to get off the shots as quickly and accurately as possible. Most goals are dirty goals and typically are not scored off the first shot, however a challenging first shot limits the ability for the opposing goalie to control the rebound, and for the opposition to maintain the disciplined spacing that quality defense requires.

The same Swedish study that showed that 30% of goals started on clean rushes out of the defensive zone, showed that 25% of goals came off pucks that were not in clear possession of any team within 3 feet of the crease. These are the dirty goals that we hear about. Quality flow, good shot selection, and pressure on the net create dirty goals. These goals do not just happen.

Being that we have shown that 55% of goals start 100 ft or 3ft from the crease, the other 45% come from puck possession, passing, and strong shot execution. Our triangle offense is meant to create odd-man situations in our favor both high and low in the offensive zone. We will attempt to isolate individual players on the opposition team forcing them to continuously make the correct decision and execute their defensive maneuvers correctly. As games go on, this becomes less and less likely for teams to continuously do. Our 5 zones of offense will be the basis of our power play as well. It is hoped that by keeping our defensive and offensive system closely linked to how we play even strength that our repetitious nature of play will lead to great power play and penalty kill executions.

The forecheck will key a lot of instance offense. We will have multiple forechecks throughout the season, however the base 1-2-2 and 2-1-2 forechecks will be most prevalent. The key to either's success will be that the first man in the zone had NO other responsibility other than pressure on the puck or puck carrier. Without this pressure, we will not force mistakes, will be caught out of position, our spacing will become too condensed, and overall team effort will be effected. The rest of our forecheck and neutral zone defense will focus on protecting the inner third of the ice, turning the opposition into a dump and chase or off the board offense. Our 2-1-2 forecheck will NOT be a stacked forecheck, the second man in will be expected to play from middle third of the ice out and spy the pass before making and movement towards or with/against the flow of the first forechecker. Our forecheck will be the first line of defense and the spark to our offense.

Our offensive zone goals:

- 1) To take 70% of our shots from the high scoring zone
- 2) To get second chance opportunities from at least 60% of our shots that do not go in
- 3) To target 30 shots per game and average more scoring opportunities than shots that are not scoring opportunities per game (ex: 30 shots- 16 scoring opportunities vs 14 other shots)

C. Goals and Objectives

Leadership Development

This team will focus a considerable amount of energy on developing leadership in everyone on this team. My history of putting each player on the ice in close game situations, using mistakes as teaching moments, and holding everyone on the team to the same standard of contributing positively to a successful and conducive team environment is all done with the attempt of creating ownership of this team by its players. If by the end of the season players are self-correcting, positively criticizing each other, managing difficult situations with composure, and insisting that the team comes before the player, then I have done my job. My goal is to reach a point where some of the team decisions such as which drill we use in practice and how some of the lines are structured is turned over to the captains and the coaching staff is responsible for managing the thought process and the impact of these decisions on the team, and having knowledge about and opinions in team discipline, on ice player performance evaluations, and team awards. Please see the section of the season plan dedicated for captains for more details.

Skill Development

Skating

We will focus on ensuring players are using the most efficient technique of skating (pushing out to the side and not back) while getting low into a power position. In the selection process we identified many strong skaters who still skate very upright which is contrary to the position that generates the most speed, power, balance with the least ability to be checked off the puck.

We will also drive skaters to skate faster and harder while on the ice during game situations, executing quicker stops, starts and turns and share choices of how to drive acceleration from a stopped position, reversing direction or moving into the play.

This approach intersects with our game philosophy of quick, very fast paced shifts for our players, which means it is incumbent on the player if shifting on the fly to immediately get involved in the play.

Technically we will measure player's ability to skate at speed forward and back, using inside and outside edges and again ensuring they are staying low and powering their legs through.

During the season it is our intent to be able to bring outside expert skating instructors to augment the work we will do as a core coaching staff and we encourage you to review the practice session for more details.

At this competitive level we will often see several skaters who are simply faster than anyone else on the ice (and we hope to have a few of these as well!) however it is not just

important how fast you skate but in what direction and to what location. As such our skating drills will look to enhance the technical skills while applying them to our intended style of play.

Two technical aspects of skating we will be emphasizing is proper technique to drive acceleration and quick changes in directions.

Technical Skills that will be covered in our practice plans:

- | | | |
|--|-------------------------------|-----------------------------------|
| ➤ Edge Control | ➤ Quick Starts (jack rabbit) | ➤ Forward Stopping
One skate |
| ➤ Skating Posture (Low, well balanced) | ➤ Obstacles-Jumping-Running | ➤ Forward Stopping
Two skate |
| ➤ Power Turns | ➤ Quick Transition on the Fly | ➤ Backwards Stopping
One skate |
| ➤ C Cuts Backwards | ➤ Quickness Drills w/ Cones | ➤ Backwards Stopping
Two skate |
| ➤ Backwards Crossovers/Unders | ➤ Slalom Drills w/ Cones | ➤ Mohawk Turns |
| ➤ Push Offs | | ➤ Acceleration |
| ➤ Cross Over/Unders Forward | | |

Puck Control and Protection

The key to winning games is often as simple as maintaining the ability to control the puck both in the defensive, neutral and offensive zones. Puck control begins with excellent positional play and support of key concepts like “support the puck carrier” and “opening up the ice” discussed later. We will also teach and run drills on the basics of “heads up” stick handling, shielding the puck with your body, defensive moves against the boards to push out and create space and distance to work the puck.

As a team we intend to “own the boards” and as such we will also run specific drills on ensuring we win the 50-50 battles for the puck along the boards and in the corners.

Technical Skills that will be covered in our practice plans:

- | | | |
|--------------------------------|-------------------------------|-----------------------------------|
| ➤ General Vision (head up) | ➤ Skate Use | ➤ Tight Quarter. Control |
| ➤ Open Ice Carry | ➤ Attack Triangle | ➤ Escape Moves |
| ➤ Forehand to Backhand | ➤ Puck Protection
Corners | ➤ Stutter - Acceleration
Moves |
| ➤ Figure Eights (switch hands) | ➤ Puck Protection Open
Ice | ➤ Puck Lead and Chase |
| ➤ Toe Drags | ➤ One Hand Puck
Control | ➤ Using Board |
| ➤ Single Fakes | ➤ Control Puck
Backwards | ➤ Small Area Stick
handling |
| ➤ Double Fakes | ➤ Between Legs | |
| ➤ Head - Shoulder
Fakes | | |

Passing

Successful passing involves two players executing a “tape to tape” transfer of the puck and this may be done straight across the ice, off the boards, using a “saucer pass” or a host of other approaches but the bottom line is we want this team to pass the puck.

Passing the puck “opens up more ice” than any single other play we can run and when attacking this is a huge advantage. Despite having a number of excellent skaters on the team, none of them can out skate the speed of a good pass to cover and subsequently create open ice.

We will be looking for “heads up” play looking for the open man but more importantly based on our pre-determined plays “knowing” where your open man is going so you can anticipate where the pass should be executed to. This is the difference of executing plays well at game speed.

We’ll work both on the technical aspects of making great passes but also look to train our response to “pass first” and to “head man” the puck and then skate like the wind to get back into the play so you can be passed back to. This type of aggressive skating and passing is demoralizing for our opponents when executed properly.

It also works best only when **ALL** players are fully bought into the program and working it thereby increasing all players chances of being both the passer and recipient of a great pass.

I absolutely believe we have players that can, will and should rush the puck end to end during a game however this cannot be the norm in our model of offense and repeated puck hogs will be coached to pass more frequently.

Technical Skills that will be covered in our practice sessions:

- | | | |
|--------------------------------------|---------------------------------|-------------------------------|
| > Passing Fundamentals (LSGP) | > Passes Forehand (cradle) | > Looking to Open Ice |
| > Backhand Passing | > Catching Passes Backhand | > One Touch Passes |
| > Flip Passes | > Catching In Skates (boards) | > Snap Passing |
| > Saucer Passes | > Catching In Skates (open ice) | > Give and Go |
| > Passing Off Boards. Catching | > Leading the Receiver | > Movement After Pass |
| > Indirect passing (off kick boards) | | > Controlling Passes w/ Glove |

Scoring

I am a firm believer that a hard quick shot is better than a slow, deliberate, long wind up shot that telegraphs your every move to the goalie and their defense.

Shooting is one skill where the transfer to play from the driveway is very high. By practicing basic shooting, timing, optimum location of puck relative to body, quick release, power and muscle memory off ice we can spend more time on ice with things that are a little harder like; off balance shooting, one timers, shots that are really passes (especially from the point) and most of all shooting while skating at game speed.

The objective is to score not just shoot the puck, so we will focus on creating situations that result in goals through screen shots, shooting on the fly, against the grain, one timers, etc.. during our practice sessions and also decisions on shot selection, location etc.

A solid low screened shot is still one of the best ways to score or create a “tip in” or “re-direct” opportunity and we will practice and master this with shots from the point, the corner or the hash marks and tipping the puck facing the goal, the shooter or side one.

In the concepts section we will discuss in more detail several “scoring scenarios” we want to re-create during game situations and set these up as plays. Ideally we create scenarios where we have an un-balanced play (like a 3 on 2) and the whole notion of opening the ice, passing, and ultimately “shooting to score” really comes through.

We also want to create “reflex” plays whereby if as an example one of our forwards is digging the puck in the corner as soon as he wins the battle he “knows” he has three options he is looking for and he also has then three players moving to be in the place to take advantage of this. This movement is distracting to a defensive system and creates unique scoring opportunities.

We want our players to be evaluating a set of choices before they win the puck so they can then make one of the most likely successful pre-determined choices versus just make it up on the fly whereby their team mates have difficulty aligning to support them in the best manner.

Technical skills that will be covered in our practice sessions:

- | | | |
|----------------------------|---------------------------|-------------------------|
| > Wrist Shot | >Rebounds (follow) | >Head and Eye Fakes |
| > Snap Shot | >Readiness (stick on ice) | >Shot Fakes |
| > Slap Shot (peewee) | >Roofing in Tight | >Getting Goalie to Move |
| >One Timers | >Against the Grain | >Shooting Hard |
| >Backhands | >Cutting Ice In Half | >Quick Release |
| >Tips – Deflections | >Puck Eyes | >Walking the puck |
| >Flipping | >Screens and Tips | >Quick Release |
| >Backhand Roofing In Tight | >Leg Fakes | >Avoiding block shots |

Body Contact and Stripping the Puck

Poke checking, body contact, and playing the body is part of the game and nothing sends a signal more that you are here to play then pressure on the puck. Good body position is designed to knock the player off the puck and a good player knows how to balance this with the objective that you are fighting to gain position of the puck or prevent the forward progress of your opponent. Proper body contact can change the tone of the game if it is clear that the Stars own the areas in the corners and in front of the net.

I will not tolerate body checks that appear designed to intentionally hurt an opponent or “dirty” hits (high elbows, knees etc) or hitting from behind. USA Hockey recently removed full body checking that has the intent solely of initiating body contact and is not incidental. Skating the angle to a puck and squeezing the play along the boards is fair play, but any situation of taking a run at a player or the stick leaving the ice will not be tolerated on our team as well.

We will teach our players to position our bodies (and be protect our space) clean and hard, along the boards, open ice, stick to stick, in pursuit, using shoulders, chests and hips. We will also emphasize what I believe is a bit of a lost art which is a good sweeping “poke checking” especially on defense. After all we want the puck back!

We will also teach the right way to use the body along the boards to avoid incurring unnecessary penalties for boarding while ensuring we win the battle for the puck at both ends of the ice.

Technical Skills that will be covered in our practice sessions:

> Taking Contact

- Body Position (balance), Safe Zones, Using Boards to Absorb, Avoiding Checks, Head First into Boards Safety

> Delivering Body Contact

- Angling, *Shouldering for position*, Open Ice shoulder position, Body Position in various scenarios, Tying Up (general coverage), Stick Lift, Stick Press, Poke, Check, Hook Checking, Backchecking

Positioning

This team will rely on positioning. Without a specific emphasis on positioning our style of play, the freedom that it offers, and the risk-taking that is ever apparent will be our undoing. Without solid fundamental positioning from everyone from goaltenders to forwards, we will not have the successful season we are striving for this year. If we commit to solid positioning, we will be successful.

Technical Skills that will be covered in our practice sessions:

- 8-10 foot maximum
Distance from
teammates
- Correct angles
- Distance from shooters
- Play away from the
boards
- Reading of the play
- Play to the middle third
- Correct direction of turn
- Face the opposition
- Riding opposition to
outside
- Stick toward the puck
- Goaltending and
blocking angles
- Weak side angles
- Strong side angles
- Board use

D. Practices

Practice will be a place where we challenge the limits, not go through the motions. The emphasis in practice will be skill development in a fun and conducive atmosphere. This begins with attendance; attendance at practice is mandatory for all players (please see team rules for procedures). We will not be able to develop as a team if the WHOLE team is not present. Also, there will be segments of the weeks practice dedicated to different positions and different skill developments. As a coaching staff, we ask our players to understand WHY we are doing each drill.

The mighty question on this team is WHY. Every drill and every practice should have a purpose and the coaches should communicate this to the players. It is important that we all understand where we are going because we can only get there together. If any player does not understand WHY we are doing something, ASK! You will not be punished for it; in fact if I do not have a reasonable answer, I will allow that player to choose our next drill as reward for their diligence and commitment to the team. Asking "why" is not complaining; it is stimulating. Only complaining is complaining and that will not be confused with engagement.

One unique aspect to our practices is that water is not provided by the coach, if you want water, bring your own bottle and during the time you would spend waiting your turn or between drills, help yourself! You will never be penalized for getting water as long as it is quick and timely chosen. The activity of game never stops, it won't stop in practice. The lack of designated water times is contemplated in how we run our practices and hard skating drills rarely follow each other back to back, but the players will still be challenged.

Another point to consider: our goalies will practice as they play. In shot heavy drills, the goalies will be instructed to leave the net every 3-6 shots, refocus, then return to the net. Also, if fatigue sets in, practices may be altered as goaltenders MUST maintain good form, and practicing when fatigued will set bad form into their game. Fatigue will not be confused with laziness. I am a goaltender and I know our abilities.

Finally, game time is earned at practice. Frequent absences, poor effort, lack of homework, and general poor adherence to our team goals in practice will be directly reflected in ice time (see AMHA progressive discipline policy).

August is hugely important for us as once September is here, I will have to rely on you guys to make sure the house coaching stays in line and support our goals. We will only have 45 minutes of on-ice team specific teach team each week followed by 30 minutes powerskating, then off-ice conditioning on Wednesdays each week. Those 45 need to be well thought out.

Off-ice conditioning and chalks talks are mandatory. Smarthockey skills will be coordinated with what we are covering in practice, those are HIGHLY SUGGESTED. The AMHL team practices will be coordinated with me and my assistant coaches, our drills will be shown for the first time at AMHL practice then done at a higher tempo for the second time at TJS practice. If you miss AMHL team practice, you will fall behind.

Wednesday Practice layout:

0-5 mins: high pace warm up/ probably a fun game like full ice 1v1s/ battles/ sharks and minnows/ zone tag/ etc...

5-15 mins: core drills we ran at house practice once already (see below)

15-30 mins: teaching based on our goal for the month (position specific)

30-45 mins: full ice flow/ tactics/ game play OR half zone situations... PULLING IT ALL TOGETHER

45-75 mins: powerskating

Season Progressions:

1. July: weekly skill sessions are hockey 101, we focus on what off-sides is, how to change lines, how to position on faceoffs, how to follow the puck, how to go to the net, when to shoot... All of this will be disguised in scrimmages to keep it fun. Scrimmages will have different rules that will force kids into situations that will allow us to teach but not be annoying
2. August: COMPETITION, conditioning, fundamentals of skating, passing, shooting, stopping at the net, moving puck around zone, BASIC defensive positioning (Box+1), BASIC breakouts (terminology, wall usage, getting low in zone, etc), BASIC puck possession based zone entry (only time we dump the puck is if everyone stops skating), BASIC offensive options (shoot in the house/ indirect passes/ lateral zone puck movement)... every choice will be A or B, no thinking
3. September: Refine all the Breakouts/ zone entries/ offensive puck movement... introduce powerplay and penalty kill... introduce regroupings and some situational decisions... faceoffs
4. October: games start, focus on body position, gap, angling, stick positions intensively
5. November: really start looking for that flow, kids should have basic skills right now, goalie will start stopping dump ins, we will start focusing on where to go off situational faceoffs
6. December: we should be heavy into being able to make the right decision and predictive play, keep pushing the pace, introduce different forechecks and defensive zone concepts
7. January: heavy work on pushing to the next level with tactics
8. February: no more new stuff, we pick our best drills and keep running them getting ready for playoffs, integrate lessons learned from games, refine lines, discuss match-ups, discuss with each player how to play to their strengths and cover weaknesses
9. March; ready to win

E. Season

The overarching goal of this season is: progress. All team decisions, practice plans, in game corrections, and team business will be done with player progression in mind. The Texas Junior Stars Hockey Club is first and foremost of about skill and team play development. If all aspects of leadership development, skill development, team development, and hockey knowledge development come together, we will win. However, winning at all costs and at the detriment of any level of development will not be the focus of this team. The coaching staff truly believes that from fundamentals comes success and by stressing the key developmental points outlines above we will achieve a successful and winning season the right way.

With development comes assessment. Along with standard on the spot coaching and correction, the staff of this team will issue formal skill evaluations at 2 points in the year:

- 1) Early season evaluation done between weeks 6-8
- 2) End season evaluations done the final week of the season

The process by which these evaluations will be done is as follows:

- 1) Players will be rated 1-5 (5 being best) in the following categories:
 - a. Skating
 - b. Shooting (inclusive of accuracy, power, and quickness)/ Puck stopping (goalies)
 - c. Puck handling
 - d. Passing
 - e. Scoring (inclusive of successful decision making, goals, assists, and scoring opportunities)
 - f. Hockey awareness (inclusive of offensive and defensive zone positioning, decision making, and ability to make other player better/ put them in position to succeed)
 - g. Team play
 - h. Attitude
 - i. Leadership
- 2) Evaluations will be discussed with and distributed to each player individually
- 3) Evaluations will NOT be released to other players or parents, they are teaching tool and not a means of reward or punishment
- 4) Overall totals and individual evaluation scores will be kept together on a spreadsheet in order to track progression throughout the year and give benchmark for coaching reference

A successful season will be evaluated as a coaching staff by the following criteria listed in order of priority:

- 1) Overall skill evaluation progressions from beginning to end of year
- 2) Leadership development of all players with specific focus on captains
- 3) Record of wins and losses

This season will unfold in an unpredictable manner that will challenge the ability of players, coaches, and all other interested parties to keep their perspective on what is important and what the focus of this team will be at all times. As a coaching staff will put emphasis on putting all players in the best position to succeed, contribute to team success, and challenge each player to grow without sacrificing the ability of the team to produce. All this said, ice time is a valuable

commodity and depending on skill levels, game situations, understanding of team concepts, behavior, and effort levels game ice time will be allotted.

Powerplay, penalty kill situations and end of game situations will be managed on a game by game basis. Players that find themselves on the ice are expected to hold to all team cores and disciplines. One game's decisions do not impact another's game's decisions with the coaching staff reserving full and autonomous decision making abilities. Any questions and concerns must be initiated by the players themselves to the coaches directly and in private. Should the player not feel comfortable addressing all of the details of the situation themselves, they must at least begin the conversation by saying "coach, can you talk with me and my parents after practice about XYZ". The player will be expected to remain and participate in the any discussion regarding their performance, behavior, or perceived slighting as they will be called on to begin learning how to speak for themselves as a core tenant of developing a Squirt (10U) ready for the next level and the real world.

Conflicts are not expected, but should they occur they will be handled as team matters and input from outside sources other than AMHA discipline committee, coaches, and players will not play a role in the final outcome of the matter. This team places an extreme amount of focus on leadership, facing difficulties head on, internal character building, and resolution making. At this level and age of play, the players will be expected to represent themselves at all times (with the assistance of parents when necessary) and their opinions and decisions will be respected and evaluated as such and on their own merit.

Interaction with other parties other than those mentioned above regarding team matters will be held to a minimum and will have limited exceptions. All disciplinary matters and matters revolving around our TEAM RULES and PROCEDURES will be explained to the affected parties directly. Those parties will be consulted at all stages of the decision making process with any discipline serving as a benchmark for future decisions.

All players per TEAM RULES and PROCEDURES are expected to have read this document and ignorance will not be an acceptable excuse. All issues involving absences, injuries, illnesses, etc that result in time away from the team, early dismissal/ late arrival MUST be discussed beforehand unless otherwise unable (sudden injury, family emergencies, etc). Communication will be heavily weighted in any decision made and those who go through the proper channels and with proper notice will be favorably viewed.

F. Captains

Captains will not be selected until January as 10u players take a long time to evolve and we do not need the added “lord of the flies” pressure in the locker room. However, anyone interested should attend “Captain School” when announced by the AMHA.

The team as constructed is built upon leadership. On any team, captains are a valuable source of leadership and this is magnified on this team. The captains of this team will always remain loyal to their teammates and will represent them as they would hope to be represented by others. No captain will wear a letter unless they fully understand that they are not entitled to any special treatment, but are expected to undertake more responsibility than those who do not wear the letter.

Captains will play an integral role in this team’s success. They will be involved in practice planning, game management, pre and post game wrap ups, disciplinary measures/ decisions, and will be credited as such. Their opinions will represent not only themselves, but their team’s opinion as well. Coaches will reserve the right to remove captaincy and letters associated with it if they determine the captain(s) are not representing their team, begin feeling entitled to special treatment, or behaving/displaying any other characteristic not in line with team goals, mandates, or expectations.

Captains will be chosen by the team. The process of selection will be:

- 1) The week prior to winter break, players will be asked to nominate 1 captain and 2 alternate captains from the roster of the team as comprised at that time
- 2) Coaches will ask that players put aside skill and focus on personality and ability to trust, respect, and follow their nominees
- 3) Coaches will tally these votes and make final decisions independent of the vote, however the voting will direct the coaches
- 4) When captains are selected, announcements will be made in front of entire team, specific tallies of votes will not be announced, however a brief justification will be made by the coaches, so that the team understand WHY the decision was made

Captains will be held to a higher standard of behavior, levels of respect, effort, and conformity to team goals than other players.

The letters on your jersey are more important to your teammates and coaches than the name on the back or the front of the jersey. Captains have an effect on those on his team well beyond the rink and will have an indirect impact on how players view leaders in the future. Honor of the letter through your behavior is of utmost importance. Earning needless major penalties, mouthing off or insulting anyone, or otherwise disrespecting the team while in possession of those letters are all direct grounds for forfeiture of the responsibilities and privileges there within.

Captains will be expected to organize the team’s entry and exit onto the ice, begin and end drills in accordance with coaches’ wishes, and are responsible for shaking of opposing coaches hands prior to every game as well as every official and opposing captain after each game.

G. Season Synopsis

2018-19 Texas Jr Stars Season Overview

2018-19 TJS 10uAA	Head Coach: Ryan Raya Email: ryan.raya@gmail.com Phone: 480-208-1287
TIME COMMITMENTS	
<ul style="list-style-type: none"> Anticipate Regular Season practice days and times 	<p>Practices in Sportsngin app, please download.</p> <p>Starting September:</p> <p>10u skills: Mon 5-6pm 10u travel: Wed 515-630pm 10u house team: 5-6pm or 615-715pm depending on the team assigned</p>
<ul style="list-style-type: none"> Games 	<p>10u house games: Saturdays late morning or mid-evening 10u travel games: TBD hockey weekends start first week of October, 5-7 weekends total with 3-4 out of town</p> <p>Likely 1-2 scrimmages with San Antonio in mid- August: TBD</p> <p>Travel Tournaments: Texas Shootout (Dallas): September 1-3 Capitol City Classic (Austin): October 6-8 Any others added are up for majority vote: likely January if added</p> <p>House tournaments: Fall Showcase (Austin): November 17-19 Top Shelf Challenge (Dallas): February 16-18</p>
Total number of anticipated games	
<ul style="list-style-type: none"> Games 	20 regular season + playoffs (only top 4 seed make new playoff format and play series over a “travel weekend” style arrangement)
<ul style="list-style-type: none"> Pre-season Practices 	 10U Preseason.xlsx
First Team Meeting & Team Key Rule Impact Playing time:	
<ul style="list-style-type: none"> MANDATORY Parent/Player meeting: 	End July: Team rules/guidelines: To be discussed at meeting

H. Team Rules and Procedures

- 1) PLAYERS, with parent assistance, will need to confirm availability for **games** directly to COACH by SportsNgin App
 - a. Notice Not Given = Automatic 1 game suspension
 - b. Notice Given = Miss first 5 minutes of next game
- 2) PLAYERS with parent assistance will need to confirm availability for **practices** directly to COACH by SportsNgin App before noon for our practice days
 - a. Notice Not Given = Automatic 1 game suspension
 - b. Notice Given = Miss first 5 minutes of next game
- 3) For ALL games we will need to be at the rink 45 minutes before the game and dressed 10 minutes before the schedule game start time
 - Warm-ups will occur 45 minutes before game for 10-15 minutes
 - Players will have 15-20 minutes to get dressed
 - As with practice, we all come on the ice at the same time and we all leave at the same time. There will be no stragglers or early birds on this team.
 - As with practice, any players who are not ready in the appropriate amount of time will lead to the team skating more at the end of practice (if that player skips that practice the team will just keep skating each practice until that player returns)
- 4) Our bench and locker room will **not** be a place where we get on each other, I have seen too many talented teams come apart due to bench antics, and I have no problem putting a stop to that, so don't push it
- 5) We have 3 goals for the first period, we need the "first step, the first shot, and the first goal"... You are going to hear this a lot out of me, so get used to it
- 6) Positions: learn to play them all because the level of creativity and freedom that you will have on this team means that offense will end up low and defenseman playing offense pretty frequently
- 7) Water: if you want it, fill it up...
- 8) Game Wear: Warm-up Jacket and black athletic pants/ shorts (if available) is THE acceptable wear to our games. Athletic shoes can be worn.
- 9) **Jerseys are your responsibility, always bring home and away to EVERY game**

- 10) Jerseys: Players that do not have proper jerseys will not be allowed to play until the correct jerseys arrive
- 11) Respect: Any player showing disrespect to teammates, coaches, officials, parents, or themselves (through any abuse of illicit behavior) is not entitled to playing time. Any player showing hard work, respect, and playing within the team goals will find themselves very happy on this team
- 12) Powerplays: This team will have 1 top unit each week based on practice effort and coach discretion.
- 13) Penalty Kills: Players on the ice during PK will have to have sound defensive awareness and exceptional skating ability, however will be cycled based on effort and ability
- 14) Playing Time: Time on ice will be earned by high effort and making mistakes quickly and not repeating them. PK and PP time will be allocated differently game to game while the last few minutes of each period or game will likely see higher performing players on the ice.
- 15) Homework: Videos and proof of homework will impact total effort level calculation, it is expected that every player on team do off-ice training, watch videos, read materials, and view practice plans prior to practice. Proof of homework may vary, but is most likely to be videos submitted to SportsNgin App or assignments brought into locker.
- 16) Coach time: 5 minutes before and after every practice and 15 minutes before and after every game is coach only time in the locker, everyone needs to be ready and in attendance

AMHA Rules and Expectations:

CORE VALUES

Within the Texas Junior Stars and Texas Rising Stars 'winning' isn't everything but the commitment to competition is key. The core values we strive to teach and instill are:

- Integrity
- Discipline
- Respect
- Sportsmanship
- Excellence
- Leadership

PLAYER, PARENT, AND COACH EXPECTATIONS

1. It is expected that NO parents will be in the locker unless they have a specific role on the team, should skates or equipment need attention coaches and attendants will be expected to help or the player can leave the locker to find parent.
2. Locker room monitor is MANDATORY. Rinks and association will not allow kids to enter locker rooms without monitors or coaches present.
3. Attendance is considered mandatory at all TEAM PRACTICES (not including ADM and Smarthockey). Within 1 week of game, unexcused or late arrival for regular schedule practice will lead to a MINIMUM of sitting 5 mins with escalation for repeat offenders.
4. Social media (includes but not limited to text, email, facebook, or another written communication) will be monitored for any negative presentation of the Texas Junior Stars for any conducted deemed detrimental or disruptive.
5. Locker rooms are a social media and phone free area, any evidence of use or other inappropriate casting of actions such as locker boxing will lead to immediate discipline.
6. Coaches commit to holding a pre-season and mid-season townhall style meeting with parents to explain season direction, next steps, and any open items on parent agenda.
7. Coaches commit to mid and end season player evaluations with player (and parent at 10U and 12U age levels).
8. Coaches will be strongly encouraged to act as professionals on and off the ice at practices and games, including but not limited to alcohol, tobacco, and language. Repeat offenses will lead to hearing with Discipline Committee and discipline up to and including removal from team position.
9. Full team jerseys and kits are considered mandatory and if all articles are not available, players will not be allowed to represent the Texas Junior Stars in league games (Tournaments are at coach discretion).
10. It is expected that all grievances on or off ice will be addressed FIRST with the coaching staff, then if not resolution can be found, submitted in writing to the VP of Hockey Operations for review with the Discipline Committee.
 - a. Note: a player may approach the coach at any time, however adults must follow the 24 hour rule
11. It is expected that any behavior that is not in the best interest of team, coach, or association will follow the Escalation Rule:
 - a. Coaches will not be allowed to avoid conflict
 - b. Every infraction to the discipline code will suffer escalations immediately (for example: warning, to partial game, to full games, to entire seasons)

- c. Any serious infraction above the coaches' head will go to the Discipline Committee, not the board
 - d. Following due process of follow up with concerned parties and Discipline Committee rule, decision in final
12. Any action deemed disruptive or detrimental to any Game or Practice Disruption will follow the following process:
- a. Any behavior deemed disruptive or detrimental to the culture, environment, or success of the team will require initial verbal warning by any AMHA or Rink personnel
 - b. Second abuse will immediate request to leave building
 - c. Subsequent abuses will lead to request not to attend team events in future

I. Codes of Conduct

Players Code of Conduct

I hereby pledge to provide positive support and encouragement for all members of the Austin Stars by following the Code of Conduct. I agree to:

- 1- Adhere to USA Hockey governing rules and regulations, policies and procedures, as well as by – laws and decisions determined by the Austin Stars Board of Directors and live the philosophy of “Fun Hockey for Kids”.
- 2- Demand a drug and alcohol – free sports environment for my team, and abide by the Club’s policies.
- 3- Treat players, coaches, officials, parents and other fans, regardless of race, sex or creed, with respect relative to the use of abusive language, actions and gestures.
- 4- Arrive at practice ready to participate at the specified time.
- 5- Recognize the value and importance of TEAMWORK.
- 6- Develop an understanding of basic teamwork through participation in a variety of activities and adapted game situations.
- 7- Treat officials and opponents as honest in their intentions.
- 8- Accept officials’ decisions without becoming angry.
- 9- Understand that winning is desirable, but winning at any cost defeats the purpose of the game.
- 10- Understand that in hockey, as in life, you should treat others as you would have others treat you.
- 11- HAVE FUN!

I understand that a violation of this code of conduct or any action, which is detrimental to the club, may be brought to the discipline committee of the club for action and may result in my suspension or termination from any or all Austin Stars activities.

Parents Code of Conduct

I hereby pledge to provide positive support and encouragement for all members of the Austin Stars by following the Code of Conduct. I agree to:

1. Adhere to USA Hockey governing rules, regulations, policies and procedures, as well as the by-laws and decisions determined by the Austin Stars Board of Directors and live the Stars Philosophy of “Fun Hockey for Kids”.
2. Demand a drug and alcohol- free sports environment for my child, and agree to assist by refraining from drug and alcohol use at Club events.
3. Recognize that instructors are recruited on a volunteer basis.
4. Support my child and his/her teammates, provide encouragement, and show interest in my child’s team.
5. Leave the coaching to the coaches and not coach from the stands.
6. Remember that hockey is for those who play it, and everyone else should be a supportive spectator.
7. Believe that hockey is a GAME to be played for fun.
8. Accept that the policies of USA Hockey and the Board of Directors of the club should be regarded as mutual agreements in spirit and letter.
9. Treat players, coaches, officials, club volunteers, parents and fans, regardless of race, sex, or creed, with the respect relative to the use of abusive language, actions, and gestures.
10. Treat officials and opponents as honest in their intentions.
11. Accept officials’ decisions.
12. Understand that winning is desirable, but winning at any cost defeats the purpose of the game.
13. Understand that in hockey, as in life, you should treat others as you would have others treat you.

Coaches Code of Conduct

I hereby pledge to provide positive support and encouragement for all members of the Austin Stars by following the Code of Conduct. I agree to:

14. Adhere to USA Hockey governing rules, regulations, policies and procedures, as well as the by-laws and decisions determined by the Austin Stars Board of Directors and adhere to the philosophy of “Fun Hockey for Kids”.
15. Support my team, provide encouragement, and show interest in my teams overall development.
16. Remember that I serve as a role model for my team and that my players often exhibit my attitudes on the ice.
17. Believe that hockey is a GAME to be played for fun.
18. Accept that the policies of USA Hockey and the Board of Directors of the club should be regarded as mutual agreements in spirit and letter.
19. Treat players, other coaches, officials, club volunteers, parents and fans, regardless of race, sex, or creed, with the respect relative to the use of abusive language, actions, and gestures.
20. Treat officials and opponents as honest in their intentions.
21. Accept officials’ decisions.
22. Understand that winning is desirable, but winning at any cost defeats the purpose of the game.
23. Understand that in hockey, as in life, you should treat others, as you would have others treat you or your players.

J. Other/ Preseason Meeting Agenda



Team Meeting: TBD
Head Coach: Ryan Raya
Team: 10uAA

Agenda:

- 1) Introductions and playing/ coaching history
- 2) Team website and materials on it
 - a. <https://www.austinmetrohockey.org/page/show/4192973-10uaa>
 - b. Team Rules and Procedures
 - c. Codes of conduct
 - d. Resume
 - e. Synopsis
 - i. Practices
 - ii. Games
 - f. Coaches (Ryan/ Jason +1: Bench, Channing/ John: Video, Paul: Coach Rep, Rich: Homework, Stats?)
 - g. Contact information, group email, and social media
- 3) Expectations:
 - a. The style we play
 - i. Player Only Meeting
 - b. Players
 - i. Effort in games/practices
 - ii. Notification of non-participation
 - iii. Discipline
 - iv. Respect of team, coach, game, and officials
 - c. Parents
 - i. Developing Men/ Women from Kids
 - ii. Relationships with coaches
 - d. Captains
 - i. Leadership
 - ii. Input
 - iii. Setting the example
 - iv. Process of selection
- 4) Volunteers:
 - a. Introduce Team Manager
 - b. Penalty box and scorekeepers
 - c. Locker Monitor
- 5) Conditioning and Homework
- 6) Team building
- 7) Picture day
- 8) Logo Usage
- 9) Question and Answer