



Kristen Wright, ADM Manager Female Hockey

Mass Hockey: Girls Player Development

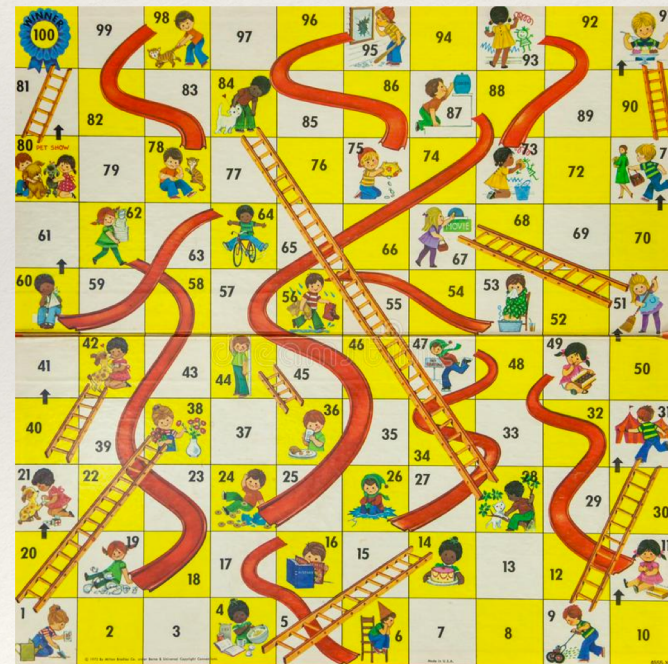


**Type one
hockey-related goal
in the chat**



How does this happen?

It's a journey



What are characteristics of successful athletes?

- **ABILITY TO KEEP UP PHYSICALLY AND MENTALLY**
 - **HOCKEY SENSE**
 - **HIGH, HIGH COMPETE LEVEL**
 - **ATHLETICISM**
- **BEHAVIOR/RESPECT/COACHABLE**
- **GOOD HABITS**

TAKE RESPONSIBILITY FOR YOUR DEVELOPMENT

- *What are you doing when no one is watching?*
- *Learn how to be a good teammate*
- *Learn how to be coachable*
- *Build your confidence*
- *Learn to make decisions*
- *Pick the best program for development*

BUILD ATHLETES AROUND THE 4 PILLARS

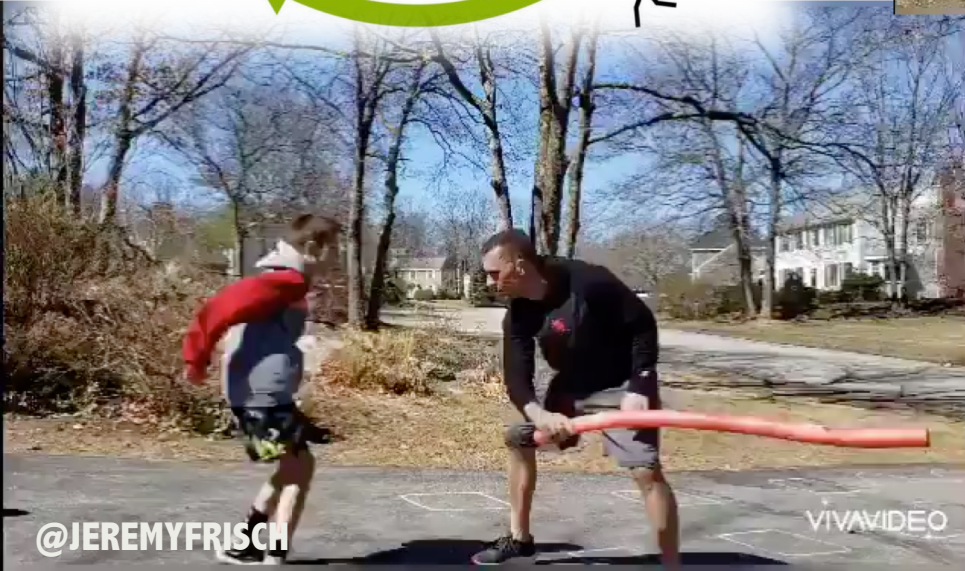
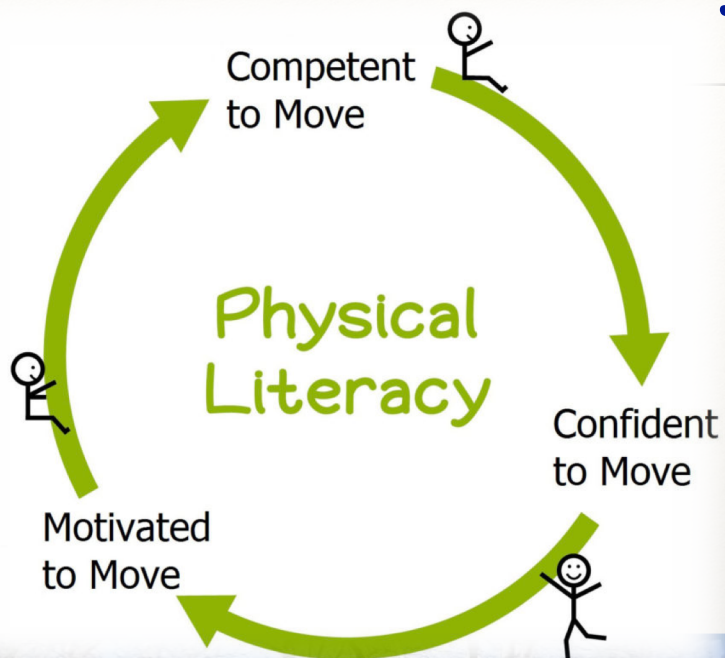
MENTAL SKILLS & TEAM BUILDING

ON ICE

OFF ICE

NUTRITION

Are you Athletic?



CREATING OFF-ICE CULTURE

FOAM ROLLING/MOBILITY



WARM UP & COOL DOWN



STRENGTH & CONDITIONING



STICK HANDLING



USA WOMEN'S NATIONAL TEAM PLAYER: HANNAH BRANDT

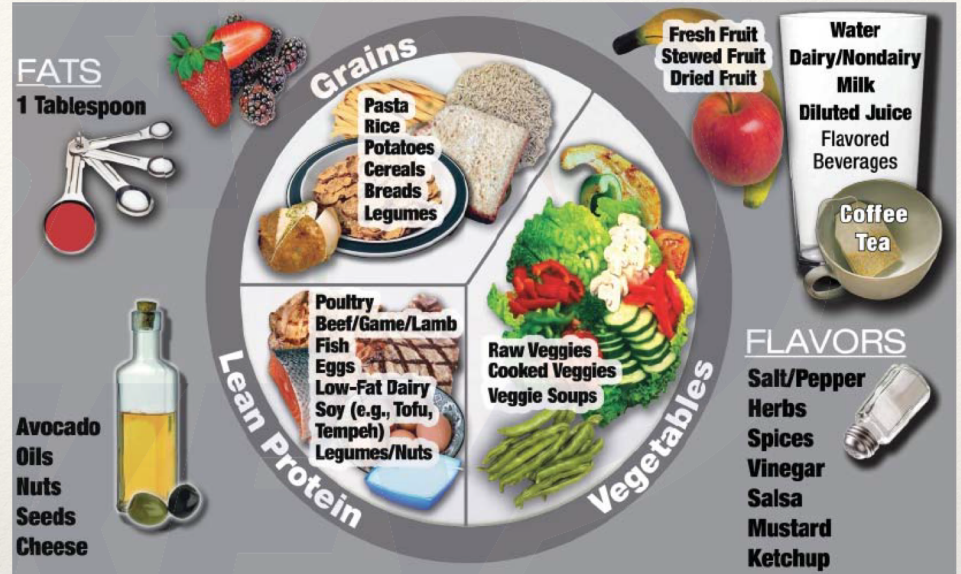
IMPORTANCE OF STRENGTH TRAINING



Nutrition



Food as Fuel



Balanced Plate



Hydrate



Healthy Snacks

Opportunities in Women's Hockey



Olympic & National Team



U22 Select and U18 WNT



National University Team
(WUG for ACHA players)



Coaching, Broadcasting, Equipment,, operations,
Video, Marketing,, Medical, volunteer, etc.

Opportunities in Women's Hockey

187 Women's Collegiate Programs



- ❖ NCAA DI – 41 teams
- NCAA DIII – 67 teams
- USCHO.com
- ACHA DI – 25 teams
- ACHA DII – 54 teams
- ❖ USCHO.com

Questions?

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