



2021/22

**INFORMATION
PACKAGE**

HOCKEY COALITION

Why We Started

The Hockey Coalition was founded in the spring of 2021 as a youth elite athlete development program that incorporates on-ice, and off-ice training as well as games to allow young players to continue to grow and maximize their potential.

Each of our programs will have access to a variety of professional skills instructors under a structured and unified development plan. This will ensure that each athlete receives equal opportunity to develop in each of the identified target areas.



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WHO WE ARE

Kane Lafranchise

Since my retirement from professional hockey in 2018, I've worked with a number of programs in the Edmonton area as a coach and technical skills instructor. I've had the privilege of working with some of the best coaches and instructors in the hockey community which has afforded me the opportunity to learn new concepts and adapt these methods into my own development planning.

Even though my experiences and training have been incredibly helpful in shaping me into a coach and skills instructor; I've noticed there is something lacking in a lot of youth hockey programs. More specifically, these programs are missing a shared vision when it comes to player development and ensuring that every player or team is given equal opportunity for success.

Without a clear path or shared vision, a lot of programming can appear to be disjointed or without purpose. When this happens in youth sports, there is a diminished understanding when it comes to the 'WHY', or the reasoning behind each skill component and how they translate to game situations. This impacts long-term development, as most players are then unprepared for the next level.

The Hockey Coalition is a program that strives to answer the 'WHY' in hockey development by focusing on research-based theory and skill development that translates to game situations.



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DEVELOPMENT PLAN

The Coalition program is centered around a consistent and purposeful development model that is implemented across each age group.

Our scheduling will allow for each team to have access to a variety of our professional skill instructors, with each day having a singular focus. Our sessions will be dedicated to power-skating, technical skills, individual/team tactics & the introduction of position specific work as it relates to each level.

We will also provide the 'WHY' behind each drill or skill component in order to ensure a common understanding and promote long term growth for each player.

DEVELOPMENT WITH PURPOSE!



Power Skating



Technical Skills



Off-Ice Training

The off-ice component will focus on movement fundamentals; Such as mobility, speed work and bodyweight exercises. This will provide a clear understanding of how to properly manage the athlete's body before the introduction of weight training in years to follow.



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ON-ICE FOCUS

The Coalition will encourage creativity in the three areas identified below. This will promote optimal development as players will not be inhibited by the constraints of team structure. For example, at the 8U level, position specific work is limited to encourage players to explore multiple positions of the game which is a proven method to better develop hockey IQ.

- 1** **Hard Skills:** Skating, shooting, passing & puckhandling
- 2** **Soft Skills:** Reading the game, anticipation & introduction to individual/team offensive & defensive tactics
- 3** **Position Specific:** Teaching skills within the game and skills that translate within the position

Focus Area (%) Age of Player	Hard Skills	Individual Tactical	Team Tactical	Game Situational Play (SA Games)	Position Specific
8U	60	15	15	10	N/A
10U	50	20	15	15	YES



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WEEKLY SCHEDULE

8U Schedule

Below is a sample of the weekly schedule for our 8U athletes:

- 1 hour On-Ice sessions (Tuesday/Thursday)
- 1 hour of Sprint and Mobility Training (Monday)
- 1 hour Flex Activity (Wednesday)
- Games (Saturday/Sunday) - 3 weekends/month
- Coalition Showcase (1 Fall and 1 Spring)

10U Schedule

The 10U Program will have an additional on-ice session every week

- 1 hour On-Ice sessions (Monday/Wednesday/Friday)
- 1 hour of Sprint and Mobility Training (Tuesday)
- 1 hour Flex Activity (Thursday)
- Games (Saturday/Sunday) - 3 weekends/month
- Coalition Showcase (1 Fall and 1 Spring)

*The winter portion of the program will run from September-March, with a spring program to follow from April-June. The spring program will still include on ice sessions with the potential of some modifications being made for off-ice activities.
Projected Cost: \$3500- \$4000 (September-March)*



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ENROLLMENT STEPS

1. Families interested in participating in the program are to confirm their intent by completing the registration form below and emailing to info@coalitionhockey.com
2. Upon receiving your registration form, Hockey Coalition staff will review your application and contact you with more information

Hockey Coalition Registration Form

Player's Name: First: _____ Last: _____
Address: _____
Postal Code: _____ Phone: _____
Birthday: _____ Email: _____
Parent's Names: Mother: _____ Father: _____
2020/21 Level & Division Played: _____ Position: _____

Please email this form to info@coalitionhockey.com with the subject field:
REGISTRATION



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