

BHC DEVELOPMENT EXPECTATIONS

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Development of individual skills is the primary focus for all participants; all ages (Mite thru Jr Gold) and all levels (A-C). Individual skating, puck handling, passing, shooting, and goaltending skill development is to be the major emphasis throughout the season. It is also important to introduce and teach the basic principles and strategies of the game at the appropriate level.

The ending developmental goal is to have all players develop the individual skills necessary to understand and execute basic team strategies and be able to compete at their current level. We will build a solid skill foundation in all players that will advance them to the next level. (Ex. C to B/A, Squirt to Pee Wee).

All players will be introduced to both forward and defense positions throughout the season at younger levels (Mites thru Peewee/U12). Players will be taught the individual skills necessary to compete at both forward and defense and be given the chance to utilize those skills in game situations.

Individual skill development is to be accomplished through structured practices and drills, small area games, unstructured play, and individual off season development. We will utilize indoor ice, outdoor ice, training center, and other off ice opportunities that are available to the BHC to accomplish this goal. We expect each coach will utilize the training center and off ice workouts at least once a week during the season.

An emphasis will be to develop not just the player, but the person as well. Teaching life skills will developing good citizens that have solid character, empathy for others, and who understand that dedication, preparation, discipline, commitment and attitude will make you a winner both on and off the ice.

Develop game awareness for all players at all levels (A-C). Teach the rules of the game, puck infractions, penalties, concepts and sportsmanship.

PRACTICE PLAN EXPECTATIONS

Practice plans should have a stated objective, and stated skill(s) to be taught during that session. Specific small area games & drills should be time defined on the practice plan. With individual skill development as priority 1, a high percentage of practice time (80+%) should be dedicated to player skill development.

Let the area games & drills play out as much as possible like games. Often times the best plays will take place after a broken play. This will encourage kids to keep playing and will force them to read and react to different unscripted situations. Basically the game of hockey is an hour of mistakes so players need to practice in situations that are constantly changing just like the game. We also know the kids enjoy practicing like this and not only does it improve their skill, but maybe even more importantly their hockey knowledge.

KEY TEACHING POINTS FOR DECISION TRAINING DURING PRACTICE

Communication- Makes the game easier. We believe in hockey the puck carrier is basically blind. He has to worry about controlling the puck and fending off opponents. If we can teach the players without the puck to communicate to the puck carrier it will make it easier for the puck carrier to make better decisions with the puck.

Creativity- Run small area games & drills that give the players options as to what type of play they will create. This will encourage them to talk, think and make drills more fun because the players are allowed to make decisions.

Competition- Force players to make decisions with pressure during drills.

Variables- Allow drills/players to change offense to defense during the course of a drill and let the drills play out around the net.

Read and React- Have area games & drills that force players to read and react in different situations. Allow players to choose routes for escaping pressure, it is harder for the defender and the potential teammate to read where to support the puck.

Puck support & timing- Encourage players without the puck to move and make themselves an option for the puck carrier when they are ready to give the pick up.

Anticipation- Encourage players to think about where the puck is going before it goes there and to think about what plays they will make with the puck before they have it.

Puck Protection- Encourage players to control the puck through elusive skating, speed escapes, deceptive puck movement, head fakes and body position.

Puck Movement- We believe that if kids are not challenged to move the puck and make plays when they are young the will have a harder time playing at a high level when they get older.