



HOCKEY CANADA

**Development 1:
Coach Workbook — In-class Component**

Version 1.1, 2022





The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/provincial/territorial sport organizations, and the Coaching Association of Canada.



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INTRODUCTION

YOUR COACH WORKBOOK

Welcome to the in-class component of your Development 1 training!

This workbook is for you to use during your in-class clinic. The workbook contains all the tasks your Learning Facilitator will assign during the in-class component, as well as material that will help you complete those tasks.

The workbook is organized in terms of the 10 modules in the in-class component:



The workbook presents some or all of the following information for each module:

- **Follow-along:** The text of the slides your Learning Facilitator presents. This helps you follow along at the time and also serves as a reminder of the clinic's content that you can refer to later.
- **Tasks:** The tasks you complete during the clinic. These are in the Follow-along parts of the workbook right where your Learning Facilitator assigns them.
- **More information:** Supplementary information such as examples that will help you complete your tasks.
- **Hockey Canada coaching downloads:** Links to additional information on each module's topic. You do NOT need to master this material to become certified as a Development 1 coach. It is, however, valuable information in and of itself, and understanding it will help make you a better coach.
- **Tools:** Forms and resources such as templates you can use in your own coaching.

HOCKEY CANADA NETWORK APP

The Hockey Canada Network App is a free download.

HOCKEY CANADA NETWORK

SUBS

DOWNLOAD: IOS / ANDROID

FRANCAIS

3,050 Teams. 17,900 Coaches.
REACHING OVER 100,000 PLAYERS.

3,250+
ARTICLES

1,500+
DRILLS

850+
VIDEOS

430+
SERIES

200+
GAME CLIPS

100+
PLANS

Drill videos, diagrams and descriptions help coaches get the most out of practice time

SPORTS TECHNOLOGY AWARDS

FINALIST 2017
Best Technology for Managers and Coaches- Performance

Short- and long-term practice plans designed by some of Canada's best coaches

To find out more, check out <https://www.hockeycanadanetwork.com/>.

PREPARING TO PLAN

SEASONAL PLANNING: INTRODUCTION

In this section:

- [Follow-along](#)
- [Hockey Canada coaching downloads](#)

Follow-along**Long Term Player Development model**

NCCP/Sport for Life	Hockey Canada
NCCP Competition – Development	
Sport for Life Train to Compete MALE 16 - 17 and FEMALE 16 - 18 NATIONAL During this stage players will participate in training with a focus on position specific technical and tactical preparation. There is as emphasis on fitness preparation and the development of position specific technical and tactical skills under competitive conditions. Important objectives are the development of aerobic capacity, power, self awareness and independence. The player may be introduced to international competitive experience at the end of this stage.	<ul style="list-style-type: none"> ■ Hockey Canada Coach 2 Coach Level (Recreational) ■ Hockey Canada Development 1 (Competitive) ■ HP1 (national competition) ■ Instructional Stream 3
Sport for Life Train to Train MALE 12 - 16 and FEMALE 11 - 15 PROVINCIAL The focus during this stage is on building an aerobic base, developing speed and strength and further developing and consolidating sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. This phase will also include the introduction and development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.	<ul style="list-style-type: none"> ■ Hockey Canada Coach 2 Coach Level (Recreational) ■ Hockey Canada Development 1 (Competitive) ■ HP1 (provincial competition) ■ Instructional Stream 2
NCCP Competition – Introduction	
Sport for Life Learn to Train MALE 11 - 12 and FEMALE 10 - 11 LOCAL / PROVINCIAL This is the most significant period for development. This is the window of accelerated adaptation to motor coordination. Group interaction, team building and social activities should be emphasized. A reasonable balance of practices and games will foster the ongoing development and mastery of essential skills in hockey.	<ul style="list-style-type: none"> ■ Hockey Canada Coach 2 Coach Level (Recreational) ■ Hockey Canada Development 1 (Competitive) ■ Instructional Stream 2
Sport for Life Learn to Play MALE 9 - 10 and FEMALE 8 - 9 LOCAL This stage is the beginning of the most important window to develop the fine motor skills on an individual technical skill basis that leads to utilizing these skills into individual and team tactics later on. During this phase, prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on. Players should be able to begin to transfer skills and concepts from practices to games.	

What is a seasonal plan?

- A plan of all team activities, events, and development
- In hockey, the 'seasonal plan' is really a series of plans rather than a single plan. For example, we make decisions about scouting and recruiting, player evaluation, training, technical and tactical play, fitness, and so on. Collectively, these map out our intentions for training and for competition.

What are the benefits of planning?

- Where are we now?
- Where do we want to be?
- How are we going to get there?
- Provides focus and direction
- Provides structure but must stay flexible

Periods and phases

- What are the three periods of a seasonal plan?
- What are the phases within each period?

There are 3 periods in a seasonal plan...	And phases within the periods...
Preparation	<ul style="list-style-type: none"> ■ Tryout ■ Development
Competition	<ul style="list-style-type: none"> ■ Regular season ■ Playoff
Transition	<ul style="list-style-type: none"> ■ The transition period usually isn't divided into smaller units like phases. Generally, the transition period occurs after the last competition of the season. It's a time for physical, mental, emotional, and social recuperation. ■ In Development 1, we are not focusing on the transition period, which turns a seasonal plan into a Yearly Training Plan.

What are key components of a seasonal plan?

- # of practices
- # of games
- Technical/Tactical
- Physical prep
- Mental prep
- Team development

Hockey Canada coaching downloads

Check [Hockey Canada's coaching downloads](https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads)¹ for these resources on seasonal planning:

- Long Term Player Development model
- Seasonal planning: Additional resources

¹ <https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads>

PILLARS OF PERFORMANCE

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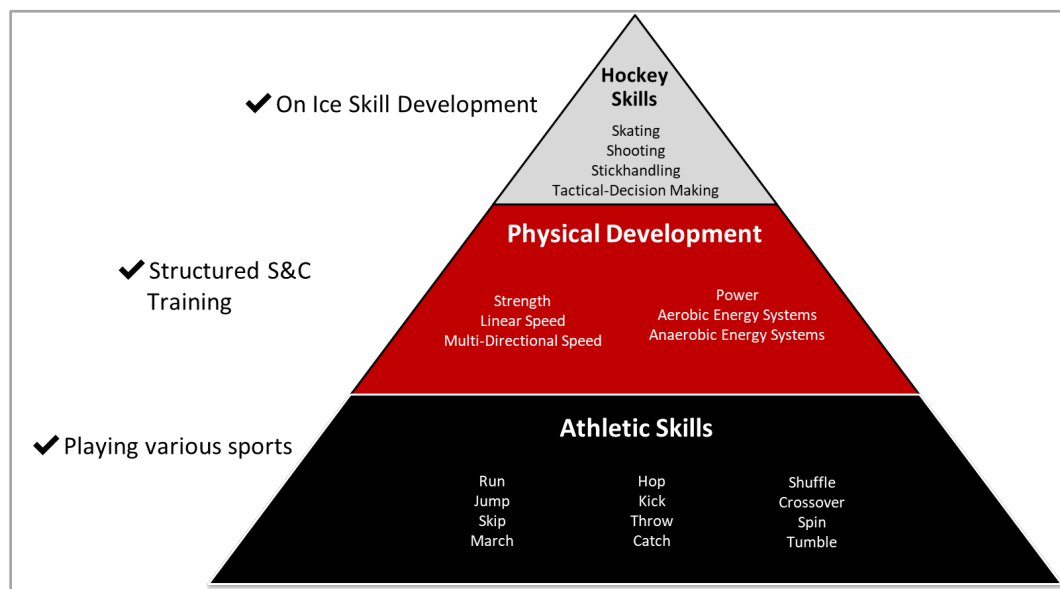
- [Follow-along](#)
 - [Task #1](#)
- [Hockey Canada coaching downloads](#)

Follow-along

Team and athlete success

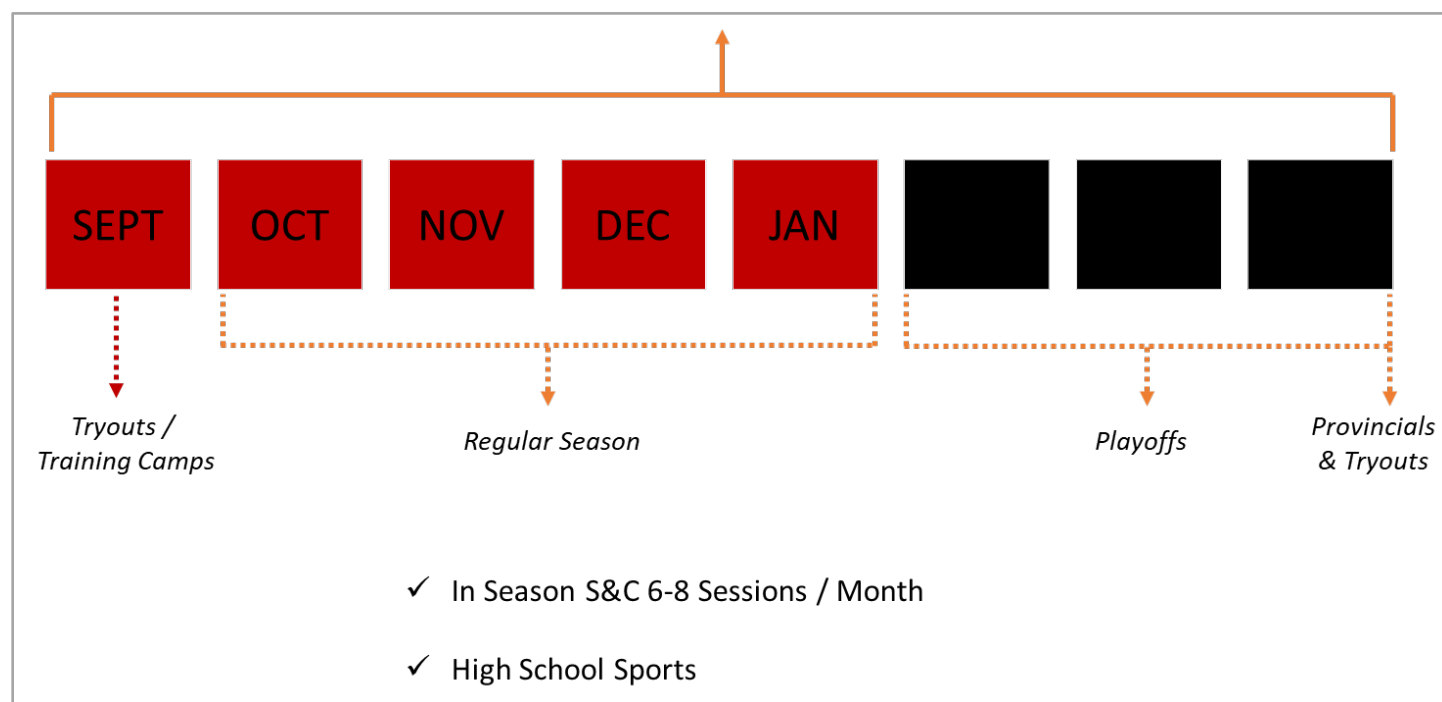
- Physical
 - Physical literacy
 - General physical abilities
 - Conditioning & athlete robustness
- Technical
 - Individual hockey skills
 - Skating, passing, shooting, etc.
- Tactical
 - Team systems
 - Game-day player & team execution
 - Player tactical development & decision-making
- MENTAL
 - Player mental well-being
 - Team & player confidence
 - Leadership development

Hockey development pyramid



Physical pillar

Anthropometrics	Speed	Strength	Power	Energy systems
<ul style="list-style-type: none"> ■ Height ■ Weight ■ Muscle mass ■ Body composition 	<ul style="list-style-type: none"> ■ Skating speed <ul style="list-style-type: none"> ◆ Acceleration ◆ Change of direction ◆ Top speed 	<ul style="list-style-type: none"> ■ Lower body <ul style="list-style-type: none"> ◆ Bilateral ◆ Unilateral ■ Upper body <ul style="list-style-type: none"> ◆ Pushing & pulling ◆ Bilateral ◆ Unilateral 	<ul style="list-style-type: none"> ■ Lower body <ul style="list-style-type: none"> ◆ Bilateral ◆ Unilateral ■ Upper body <ul style="list-style-type: none"> ◆ Pushing & pulling ◆ Bilateral ◆ Unilateral 	<ul style="list-style-type: none"> ■ Aerobic <ul style="list-style-type: none"> ◆ Low intensity ■ Recovery system ■ Anaerobic <ul style="list-style-type: none"> ◆ High intensity ◆ BIG outputs

Yearly Training Plan

Warm-up goals

- Increase tissue temperature
- Mobilize joints and soft tissues for positions needed
- Prime nervous system for movements and speeds of activity
- Mentally prepare for session, practice, game, etc.
- Build team cohesiveness

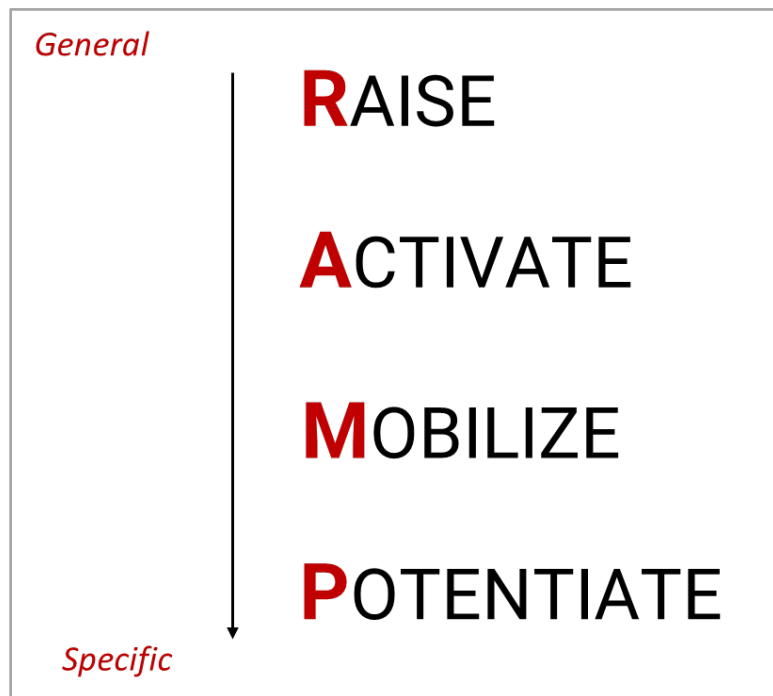
Positive impact of warming-up

- INCREASED strength & power outputs during training
- INCREASED explosiveness and ability to produce force
- INCREASED reaction time
- DECREASED injury risk
- DECREASED time to exhaustion

Warm-up principles

- General to specific
- Intensity should build gradually
- Primed and ready BUT NOT fatigued!

RAMP Warm-up



Raise – 2-3 minutes

- Increase core body temperature
- Break a sweat!
- Full body
- Move in multiple directions
 - Forward
 - Backwards
 - Left
 - Right
 - Up
 - Down
 - Diagonal

Activate and mobilize – 2-3 minutes

- ↑ activation of muscles that get “sleepy”
- ↑ activation of stabilizing muscles needed for proper joint mechanics
- ↑ mobility/stability of joints needed for activity
- Activate
 - Glute activation
 - Torso stability
 - Shoulder mobility & stability
 - Ankle mobility
- Mobilize
 - Full body
 - Multidirectional:
 - ◆ Sagittal plane
 - ◆ Frontal plane
 - ◆ Transverse plane

Potentiate – 2-3 minutes

- **Prime** nervous system
- Match **SPEED** of sport/training type
- Similar **patterns & directions** of sport/training type

Warm-up and training timelines

Timeline	15-minute option	Timeline	30-minute option
60 min	Player arrival, equipment drop, change into training clothes		
50 min	Begin RAMP warm-up		
35 min	End WU, get dressed	35 min	End WU, begin training
		20 min	End training, get dressed
5-10 min	Coach practice overview		
0:00	Practice start		

Simplified coach-led training

15-minute option	30-minute option
Raise	Raise
Activate	Activate
Mobilize	Mobilize
Potentiate	Power
	Speed
	Strength & torso

Simplified coach-led training

Power	Speed	Strength & torso
<ul style="list-style-type: none"> ■ 1-2 lower body power exercises ■ Multi-directional (vertical / horizontal / lateral) ■ Single leg & double leg ■ 2-3 sets x 4-5 reps 	<ul style="list-style-type: none"> ■ 1-2 speed drills ■ Linear (acceleration & top speed) ■ Change of direction ■ 2-3 sets x 1-2 reps 	<ul style="list-style-type: none"> ■ 2-3 strength exercises ■ 2 torso exercises ■ Lower body & upper body ■ 2-3 sets x 8-12 reps

Cool-down & recovery

Low intensity aerobic	Active mobility	Static stretch
<ul style="list-style-type: none"> ■ ↓ Core body temperature ■ ↓ Heart rate ■ ↑ Full body circulation ■ ↓ Metabolic by-products 	<ul style="list-style-type: none"> ■ ↑ Active ROM while ↑ circulation ■ ↓ Core body temperature & HR 	<ul style="list-style-type: none"> ■ ↑ Tissue length ■ ↓ Sympathetic activity (fight or flight) ■ ↑ Parasympathetic activity (rest & digest)
<ul style="list-style-type: none"> ■ Low intensity → HR 120-140 ■ “Talk test” ■ Full body ■ Low impact ■ Multidirectional 	<ul style="list-style-type: none"> ■ Low intensity → HR 100-120 ■ Full body ■ Multi-joint movements ■ Focus on breathing 	<ul style="list-style-type: none"> ■ Low intensity → HR < 100 ■ Focus on breathing ■ Hip flexors & rec fem ■ Glutes & hamstrings ■ Calves & soleus ■ Pecs & lats

Task #1

As a group, discuss and note considerations influencing performance:

- What are some simple ways to focus on hydration for your team?
- Knowing the age of your athletes, how can you realistically remove some barriers to improve sleep?
- Using the nutritional strategies outlined, can you sketch out the fueling requirements for your team during a tournament-format?

Coach's notes:

Hockey Canada coaching downloads

Check [Hockey Canada's coaching downloads²](https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads) for these resources on the pillars of performance:

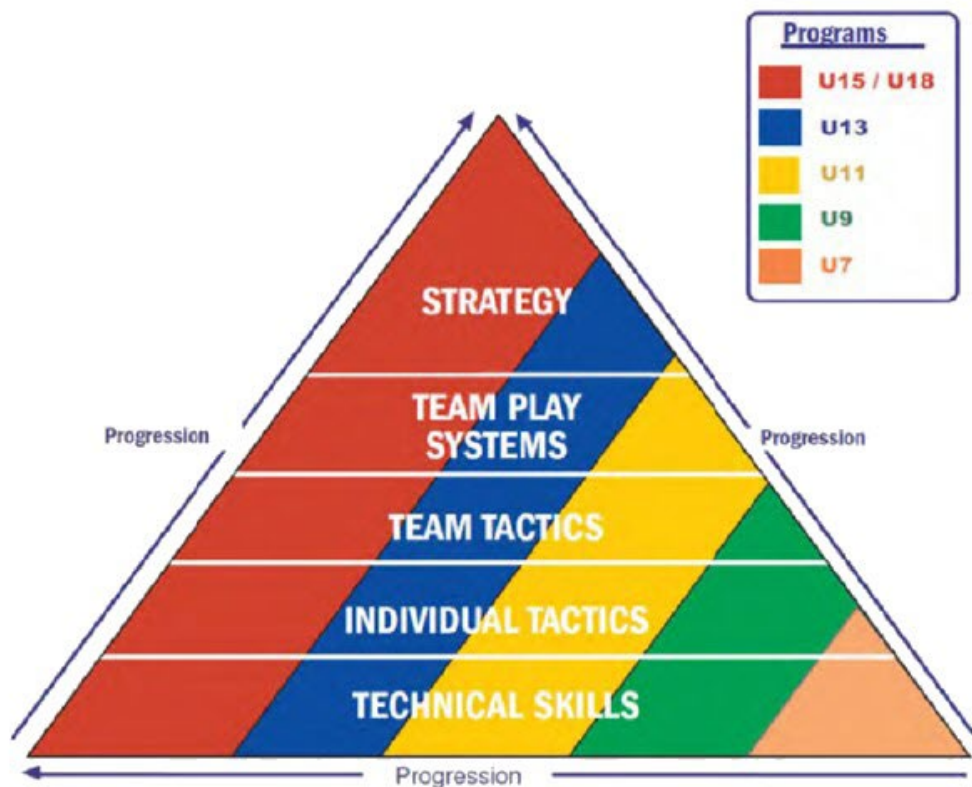
- Pillars of performance: Additional resources

² <https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads>

TECHNICAL SKILLS

In this section:

- [Follow-along](#)
 - [Task #1](#)
- [Hockey Canada coaching downloads](#)

Follow-along***Hockey development pyramid***

- Technical skills are the foundation for all other things to come — individual tactics, team tactics, transition, etc.

Hockey's technical skills

- 5 categories of technical skills:
 - Skating
 - Puck control
 - Passing / Receiving
 - Shooting
 - Checking

Inventory – U13 – Technical skills

Technical skills	Skating	Puck control	Passing/Receiving	Shooting	Checking	Goaltending
	<ul style="list-style-type: none"> ■ Balance and agility ■ Edge control ■ Starting and stopping ■ Forward skating and striding ■ Backward skating ■ Turning and crossovers 	<ul style="list-style-type: none"> ■ Stationary ■ Moving 	<ul style="list-style-type: none"> ■ Stationary ■ Moving 	<ul style="list-style-type: none"> ■ Forehand - wrist shot ■ Backhand - shot ■ Forehand/backhand shots in motion ■ Forehand - flip shot ■ Backhand - flip shot ■ Tips/Deflections ■ Snap/Slap shot 	<ul style="list-style-type: none"> ■ Skating/Agility ■ Angling/Positioning ■ Stick checks 	<ul style="list-style-type: none"> ■ Skating ■ Hands ■ Slides ■ Rebound control
Tactical skills	Individual offensive tactics		Individual defensive tactics		Team tactics	
	<ul style="list-style-type: none"> ■ Body fakes/shot fakes ■ Stick fakes/fake pass ■ Dekes ■ Moves in combination ■ Net drives ■ Change of pace ■ Puck protection ■ Control skating ■ Saving ice 		<ul style="list-style-type: none"> ■ Angling ■ Basic 1 on 1's ■ Gap control ■ Escape moves ■ Puck retrievals ■ Tracking 		<ul style="list-style-type: none"> ■ Basic positioning – D Zone ■ Basic breakouts ■ Regroups ■ Entries ■ Forechecks 	
Other	Physical prep		Mental prep		Team development	
	<ul style="list-style-type: none"> ■ Warm-up and cool-down ■ Testing (on-ice and off-ice) ■ Conditioning ■ Nutrition & hydration ■ Recovery 		<ul style="list-style-type: none"> ■ Goal-setting ■ Positive self-talk 		<ul style="list-style-type: none"> ■ Team building ■ Player meetings ■ Parent meetings ■ Admin 	

Note: This inventory is included in the U13 seasonal plan.

Inventory – U15/18 – Technical skills

Technical skills	Skating	Puck control	Passing/Receiving	Shooting	Checking	Goaltending
	<ul style="list-style-type: none"> Agility/Balance Edge control Forward skating Backward skating Turning Crossovers Transition and pivots Quickness 	<ul style="list-style-type: none"> Stationary Moving Small-area skills Agility Puck protection Creativity 	<ul style="list-style-type: none"> Stationary Moving Puck support 	<ul style="list-style-type: none"> Stationary Moving 1-timers Quick release Shooting fakes Changing puck angle Shooting off pass Forehand to backhand/Backhand to forehand Shooting for sticks 	<ul style="list-style-type: none"> Skating/Agility Angling/Positioning Stick checks Body contact Body checking 	<ul style="list-style-type: none"> Balance and agility Moving skills Positioning Save selection Basic puck control Advanced skating Eye skills Advanced hands Advanced puck handling 10 scoring situations Defensive team play Offensive team play Hockey sense
Tactical skills	Individual offensive tactics		Individual defensive tactics		Team tactics	
	<ul style="list-style-type: none"> Attacking 1 on 1 Shaking a defender 1 on 1 Screening without the puck 		<ul style="list-style-type: none"> Defending 1 on 1 Defending in the corner Defending along the boards Backchecking 		<ul style="list-style-type: none"> Offensive: Entries, offensive zone play Defensive: Defensive zone coverage, breakouts Special team: PP breakouts, PP setup, PK forecheck, PK in the DZ Forechecking: Offensive zone, neutral zone Transition/Regroups: Neutral zone play Face-offs: Techniques, OZ/DZ face-offs 	
Other	Physical prep		Mental prep		Team development	
	<ul style="list-style-type: none"> Warm-up and cool-down Testing (on-ice and off-ice) Conditioning Nutrition & hydration Recovery 		<ul style="list-style-type: none"> Imagery Goal-setting Positive self-talk Relaxation 		<ul style="list-style-type: none"> Team building Player meetings Parent meetings Admin 	

Note: This inventory is included in the U15/18 seasonal plan.

Skill analysis

As a group, watch the video on stick handling that the Learning Facilitator plays and identify the skills being worked on in the clip.

- Note that this is not just stick handling — it's heel-to-heel skating, head up, edge control/work, etc.

Skill analysis

- As a group, watch the game clip that the Learning Facilitator plays and identify the skills players are using in the clip.

Task #1

Watch the video the Learning Facilitator shows, and then complete the table below, using the [Analyze Technical Skills Tool](#) on the next page as a guide:

- For both players, write down all the technical skills you see them using.
- For both players, identify one error, and suggest one (or more) corrective measures.

This player...	Used these skills...	Made this error...	I suggest this corrective measure(s)
#1			
#2			

Analyze technical skills tool

For this skill...	Look for...
Skating	<input type="checkbox"/> Acceleration <input type="checkbox"/> Speed <input type="checkbox"/> Mobility <input type="checkbox"/> Agility <input type="checkbox"/> Balance <input type="checkbox"/> Stride <input type="checkbox"/> Crossovers <input type="checkbox"/> Pivots <input type="checkbox"/> Acceleration out of turns <input type="checkbox"/> Quick feet <input type="checkbox"/> Controlled skating <input type="checkbox"/> Change of pace.
Puck control	<input type="checkbox"/> Head up <input type="checkbox"/> Smooth and quiet <input type="checkbox"/> Good hands <input type="checkbox"/> Protection <input type="checkbox"/> In small spaces <input type="checkbox"/> In traffic
Passing/Receiving	<input type="checkbox"/> Passing <input type="checkbox"/> Receiving <input type="checkbox"/> Passing choices <input type="checkbox"/> On backhand <input type="checkbox"/> Unselfish with the puck <input type="checkbox"/> Presents a good target <input type="checkbox"/> Receives and retains with control <input type="checkbox"/> Touch passing
Shooting	<input type="checkbox"/> Power <input type="checkbox"/> Accuracy <input type="checkbox"/> Quick release <input type="checkbox"/> Can shoot in motion <input type="checkbox"/> Goal scorer <input type="checkbox"/> Rebounder <input type="checkbox"/> Variety of shots
Checking	<input type="checkbox"/> Concept of angling <input type="checkbox"/> Good body position with balance and control <input type="checkbox"/> Defensive side position <input type="checkbox"/> Aggressive checker <input type="checkbox"/> Strength <input type="checkbox"/> Taking checks

Note: This tool is available on the [Hockey Canada coaching downloads](#) page.

Hockey Canada coaching downloads

Check [Hockey Canada's coaching downloads](https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads)³ for these resources on technical skills:

- Technical skills: Additional resources

³ <https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads>

INDIVIDUAL TACTICS

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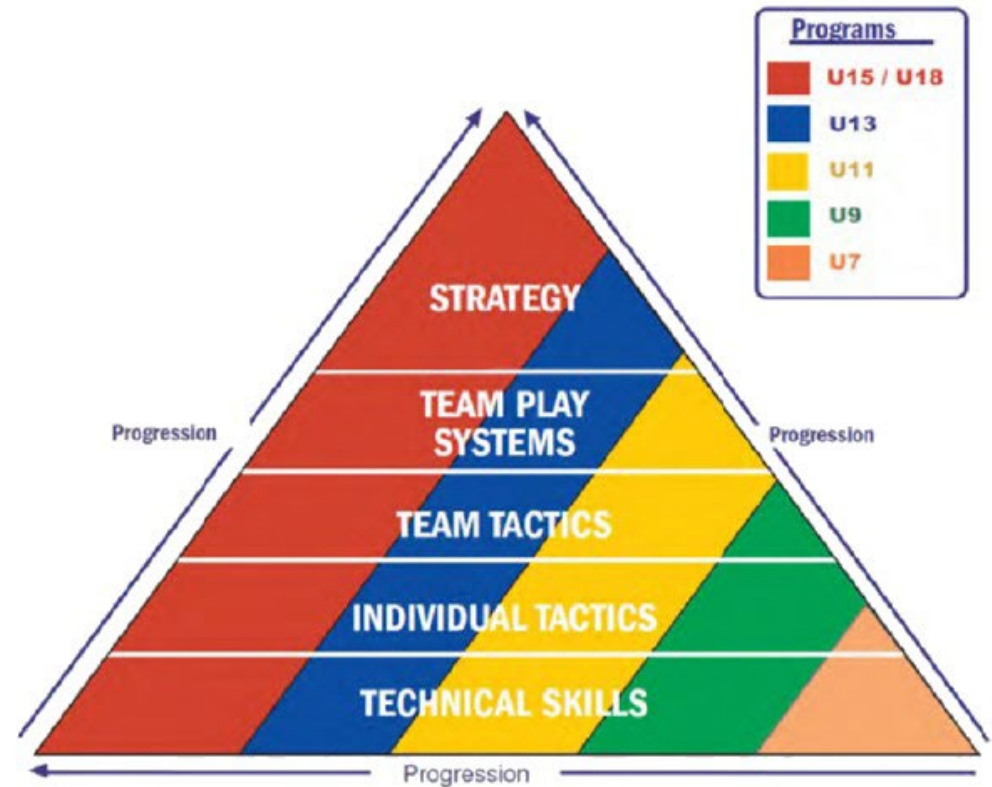
- [Follow-along](#)
 - [Task #1](#)
- [Hockey Canada coaching downloads](#)

Follow-along

What is an individual tactic?

- An action that combines 2 or more individual skills to gain an offensive or defensive advantage

Hockey development pyramid



Individual tactics – U13

- Individual tactics are defined as offensive when either the player or the team has the puck, as defensive when neither the player nor the team has the puck
- See the inventories for U13 and U15/18 on the next two pages for the individual tactics appropriate for these age groups

Inventory – U13 – Tactical skills

Technical skills	Skating	Puck control	Passing/Receiving	Shooting	Checking	Goaltending
	<ul style="list-style-type: none"> ■ Balance and agility ■ Edge control ■ Starting and stopping ■ Forward skating and striding ■ Backward skating ■ Turning and crossovers 	<ul style="list-style-type: none"> ■ Stationary ■ Moving 	<ul style="list-style-type: none"> ■ Stationary ■ Moving 	<ul style="list-style-type: none"> ■ Forehand - wrist shot ■ Backhand - shot ■ Forehand/backhand shots in motion ■ Forehand - flip shot ■ Backhand - flip shot ■ Tips/Deflections ■ Snap/Slap shot 	<ul style="list-style-type: none"> ■ Skating/Agility ■ Angling/Positioning ■ Stick checks 	<ul style="list-style-type: none"> ■ Skating ■ Hands ■ Slides ■ Rebound control
Tactical skills	Individual offensive tactics		Individual defensive tactics		Team tactics	
	<ul style="list-style-type: none"> ■ Body fakes/shot fakes ■ Stick fakes/fake pass ■ Dekes ■ Moves in combination ■ Net drives ■ Change of pace ■ Puck protection ■ Control skating ■ Saving ice 		<ul style="list-style-type: none"> ■ Angling ■ Basic 1 on 1's ■ Gap control ■ Escape moves ■ Puck retrievals ■ Tracking 		<ul style="list-style-type: none"> ■ Basic positioning – D Zone ■ Basic breakouts ■ Regroups ■ Entries ■ Forechecks 	
Other	Physical prep		Mental prep		Team development	
	<ul style="list-style-type: none"> ■ Warm-up and cool-down ■ Testing (on-ice and off-ice) ■ Conditioning ■ Nutrition & hydration ■ Recovery 		<ul style="list-style-type: none"> ■ Goal-setting ■ Positive self-talk 		<ul style="list-style-type: none"> ■ Team building ■ Player meetings ■ Parent meetings ■ Admin 	

Note: This inventory is included in the U13 seasonal plan.

Inventory – U15/18 – Tactical skills

Technical skills	Skating	Puck control	Passing/Receiving	Shooting	Checking	Goaltending
	<ul style="list-style-type: none"> ■ Agility/Balance ■ Edge control ■ Forward skating ■ Backward skating ■ Turning ■ Crossovers ■ Transition and pivots ■ Quickness 	<ul style="list-style-type: none"> ■ Stationary ■ Moving ■ Small-area skills ■ Agility ■ Puck protection ■ Creativity 	<ul style="list-style-type: none"> ■ Stationary ■ Moving ■ Puck support 	<ul style="list-style-type: none"> ■ Stationary ■ Moving ■ 1-timers ■ Quick release ■ Shooting fakes ■ Changing puck angle ■ Shooting off pass ■ Forehand to backhand/Backhand to forehand ■ Shooting for sticks 	<ul style="list-style-type: none"> ■ Skating/Agility ■ Angling/Positioning ■ Stick checks ■ Body contact ■ Body checking 	<ul style="list-style-type: none"> ■ Balance and agility ■ Moving skills ■ Positioning ■ Save selection ■ Basic puck control ■ Advanced skating ■ Eye skills ■ Advanced hands ■ Advanced puck handling ■ 10 scoring situations ■ Defensive team play ■ Offensive team play ■ Hockey sense
Tactical skills	Individual offensive tactics		Individual defensive tactics		Team tactics	
	<ul style="list-style-type: none"> ■ Attacking 1 on 1 ■ Shaking a defender 1 on 1 ■ Screening without the puck 		<ul style="list-style-type: none"> ■ Defending 1 on 1 ■ Defending in the corner ■ Defending along the boards ■ Backchecking 		<ul style="list-style-type: none"> ■ Offensive: Entries, offensive zone play ■ Defensive: Defensive zone coverage, breakouts ■ Special team: PP breakouts, PP setup, PK forecheck, PK in the DZ ■ Forechecking: Offensive zone, neutral zone ■ Transition/Regroups: Neutral zone play ■ Face-offs: Techniques, OZ/DZ face-offs 	
Other	Physical prep		Mental prep		Team development	
	<ul style="list-style-type: none"> ■ Warm-up and cool-down ■ Testing (on-ice and off-ice) ■ Conditioning ■ Nutrition & hydration ■ Recovery 		<ul style="list-style-type: none"> ■ Imagery ■ Goal-setting ■ Positive self-talk ■ Relaxation 		<ul style="list-style-type: none"> ■ Team building ■ Player meetings ■ Parent meetings ■ Admin 	

Note: This inventory is included in the U15/18 seasonal plan.

Individual tactics – Game application

- Watch the video to see how players combine techniques in games to create skills and ultimately individual tactics

Task #1

As a group, watch the video your Learning Facilitator shows, and then use the space below to note the following:

- The individual offensive or defensive tactic your group decided to work with: _____
- The definition of the tactic — what is it, when is it used in a game, why is it used?
- The individual skills required to perform the tactic

Hockey Canada coaching downloads

Check [Hockey Canada's coaching downloads](https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads)⁴ for resources on individual tactics.

⁴ <https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads>

TEAM TACTICS

In this section:

- [Follow-along](#)
 - [Task #1](#)
- [Hockey Canada coaching downloads](#)

Follow-along

What is a team tactic?

- An action by 2 or 3 players that combines two or more individual tactics to gain an offensive or defensive advantage

Team tactics – U13

- See the inventories for U13 and U15/18 on the next two pages for the team tactics appropriate for these age groups

Inventory – U13 – Team tactics

Technical skills	Skating	Puck control	Passing/Receiving	Shooting	Checking	Goaltending
	<ul style="list-style-type: none"> ■ Balance and agility ■ Edge control ■ Starting and stopping ■ Forward skating and striding ■ Backward skating ■ Turning and crossovers 	<ul style="list-style-type: none"> ■ Stationary ■ Moving 	<ul style="list-style-type: none"> ■ Stationary ■ Moving 	<ul style="list-style-type: none"> ■ Forehand - wrist shot ■ Backhand - shot ■ Forehand/backhand shots in motion ■ Forehand - flip shot ■ Backhand - flip shot ■ Tips/Deflections ■ Snap/Slap shot 	<ul style="list-style-type: none"> ■ Skating/Agility ■ Angling/Positioning ■ Stick checks 	<ul style="list-style-type: none"> ■ Skating ■ Hands ■ Slides ■ Rebound control
Tactical skills	Individual offensive tactics		Individual defensive tactics		Team tactics	
	<ul style="list-style-type: none"> ■ Body fakes/shot fakes ■ Stick fakes/fake pass ■ Dekes ■ Moves in combination ■ Net drives ■ Change of pace ■ Puck protection ■ Control skating ■ Saving ice 		<ul style="list-style-type: none"> ■ Angling ■ Basic 1 on 1's ■ Gap control ■ Escape moves ■ Puck retrievals ■ Tracking 		<ul style="list-style-type: none"> ■ Basic positioning – D Zone ■ Basic breakouts ■ Regroups ■ Entries ■ Forechecks 	
Other	Physical prep		Mental prep		Team development	
	<ul style="list-style-type: none"> ■ Warm-up and cool-down ■ Testing (on-ice and off-ice) ■ Conditioning ■ Nutrition & hydration ■ Recovery 		<ul style="list-style-type: none"> ■ Goal-setting ■ Positive self-talk 		<ul style="list-style-type: none"> ■ Team building ■ Player meetings ■ Parent meetings ■ Admin 	

Note: This inventory is included in the U13 seasonal plan.

Inventory – U15/18 – Team tactics

Technical skills	Skating	Puck control	Passing/Receiving	Shooting	Checking	Goaltending
	<ul style="list-style-type: none"> ■ Agility/Balance ■ Edge control ■ Forward skating ■ Backward skating ■ Turning ■ Crossovers ■ Transition and pivots ■ Quickness 	<ul style="list-style-type: none"> ■ Stationary ■ Moving ■ Small-area skills ■ Agility ■ Puck protection ■ Creativity 	<ul style="list-style-type: none"> ■ Stationary ■ Moving ■ Puck support 	<ul style="list-style-type: none"> ■ Stationary ■ Moving ■ 1-timers ■ Quick release ■ Shooting fakes ■ Changing puck angle ■ Shooting off pass ■ Forehand to backhand/Backhand to forehand ■ Shooting for sticks 	<ul style="list-style-type: none"> ■ Skating/Agility ■ Angling/Positioning ■ Stick checks ■ Body contact ■ Body checking 	<ul style="list-style-type: none"> ■ Balance and agility ■ Moving skills ■ Positioning ■ Save selection ■ Basic puck control ■ Advanced skating ■ Eye skills ■ Advanced hands ■ Advanced puck handling ■ 10 scoring situations ■ Defensive team play ■ Offensive team play ■ Hockey sense
Tactical skills	Individual offensive tactics		Individual defensive tactics		Team tactics	
	<ul style="list-style-type: none"> ■ Attacking 1 on 1 ■ Shaking a defender 1 on 1 ■ Screening without the puck 		<ul style="list-style-type: none"> ■ Defending 1 on 1 ■ Defending in the corner ■ Defending along the boards ■ Backchecking 		<ul style="list-style-type: none"> ■ Offensive: Entries, offensive zone play ■ Defensive: Defensive zone coverage, breakouts ■ Special team: PP breakouts, PP setup, PK forecheck, PK in the DZ ■ Forechecking: Offensive zone, neutral zone ■ Transition/Regroups: Neutral zone play ■ Face-offs: Techniques, OZ/DZ face-offs 	
Other	Physical prep		Mental prep		Team development	
	<ul style="list-style-type: none"> ■ Warm-up and cool-down ■ Testing (on-ice and off-ice) ■ Conditioning ■ Nutrition & hydration ■ Recovery 		<ul style="list-style-type: none"> ■ Imagery ■ Goal-setting ■ Positive self-talk ■ Relaxation 		<ul style="list-style-type: none"> ■ Team building ■ Player meetings ■ Parent meetings ■ Admin 	

Note: This inventory is included in the U15/18 seasonal plan.

- Watch the video to see how players execute tactics in a game

As a group, watch the video your Learning Facilitator shows, and then use the space below to note the following:

- Version 1.1, 2022 © Coaching Association of Canada and Hockey Canada

Hockey Canada coaching downloads

Check [Hockey Canada's coaching downloads](https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads)⁵ for resources on team tactics.

⁵ <https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads>

TRANSITION

In this section:

- [Follow-along](#)
 - [Task #1](#)
- [More information](#)

Follow-along**Principles of play**

Offensive play	Defensive play
<ul style="list-style-type: none"> ■ Pressure ■ Puck control ■ Support ■ Transition 	<ul style="list-style-type: none"> ■ Pressure ■ Stall/Contain ■ Support ■ Transition

What is transition?

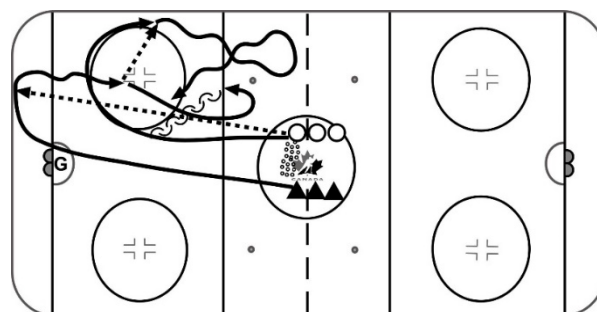
- Movement of a team from offence to defence or defence to offence

Transition – Example

- Watch the clip to see how a team goes from defence to offence and then from offence to defence

Individual tactics –**Breakout 1 on 1**

- Gap drill. Forward dumps pucks and defence retrieves and breaks out the forward
- F up ice and turns back for a 1-1
- D must close gap and play the 1-1
- Coaches need to decide if players will challenge in the neutral zone and “jump” the forward or be passive, pivot, and defend the middle of the ice
- Pressure
- Contain

**Key teaching points**

- Forwards want to hustle up ice and create some space to attack; use good individual tactics to challenge the defence
- D needs to gap up and decide whether to 1) close the gap and “jump” the forward before they get turned or 2) defend the middle of the ice and pivot and contain; the decision may depend on each situation and on team philosophy

Team transition

- Watch the examples of teams going from offence to defence and then defence to offence in both the offensive and defensive zone

Task #1

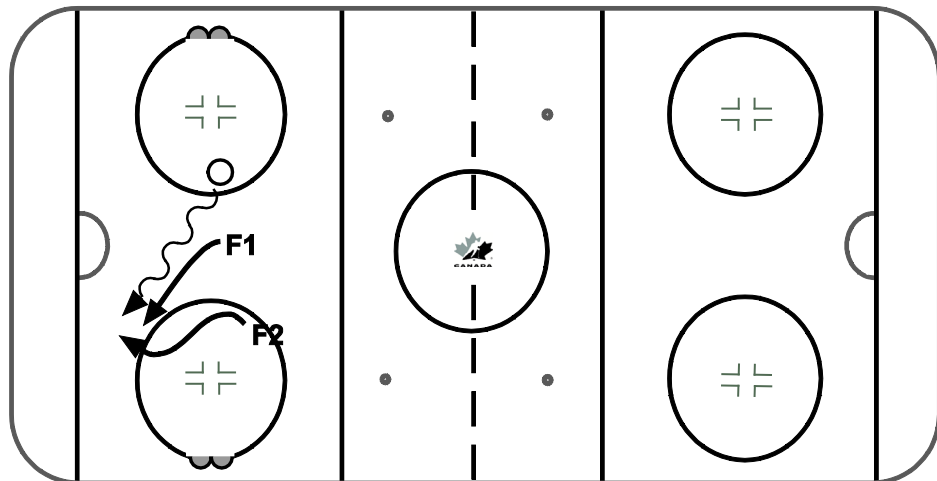
Watch the examples of players transitioning from offence to defence to offence and then discuss how to incorporate the principle of transition into existing drills:

- Don't stop on the whistle. Have D retrieve the puck off a rebound and skate up the ice.
- The play does not stop at the net or on a whistle. Let the D and the forward play it out. There are multiple opportunities to transition from offensive to defensive to offensive, etc.
- At the end of a rush defence, the D have to start the breakout for the next rep.
- At the end of a shooting drill rep, the shooter has to retrieve the puck that the goalie has directed to the corner.
- In a DZone drill (e.g., 2v2 low) when the defenders get possession, they have to break the puck out.
- In a backcheck drill when the play gets broken up, the defenders have to get the puck to the backcheckers, and the attackers now backcheck.

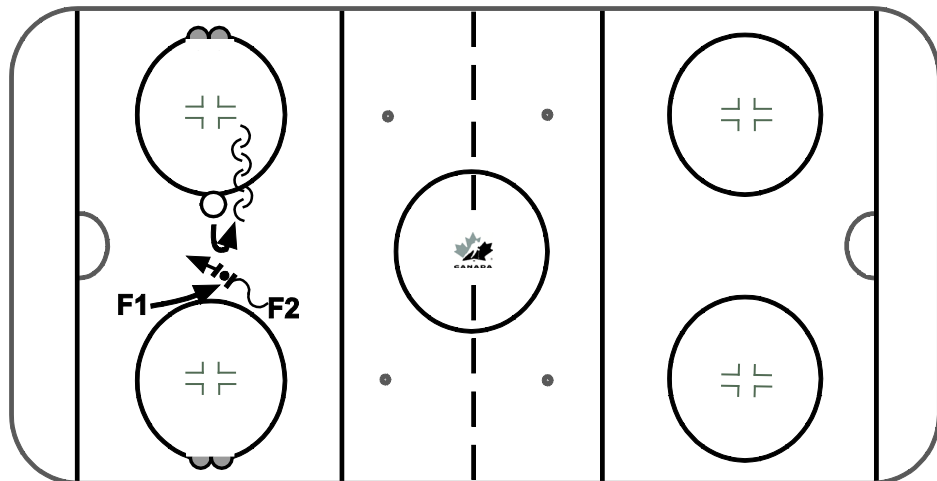
More information

1 on 2 cross ice game

- The idea is for O to carry the puck through the middle of the ice with control
- F1 should be trying to separate O from the puck and/or angling the puck carrier to the boards
- F2 should support and be prepared to jump on a loose puck or separate O from the puck

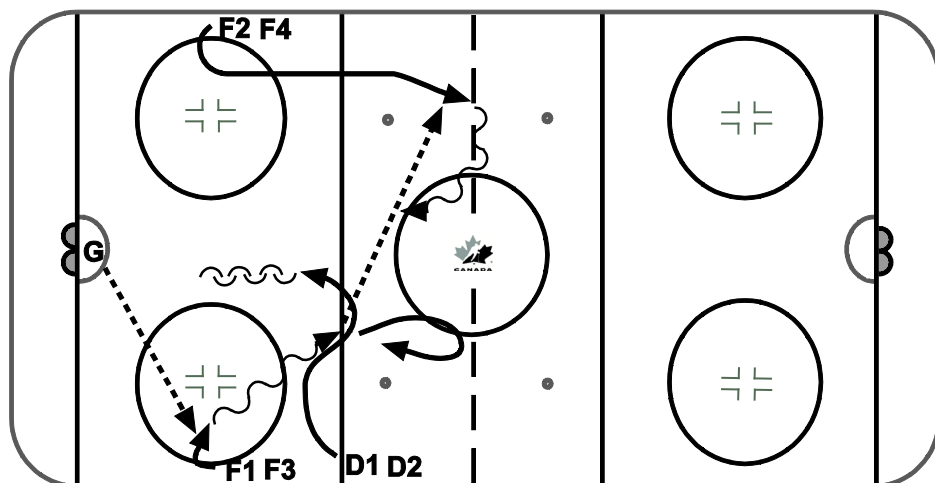


- F2 should carry to the middle of the ice with control, drop to F1 and screen or block O
- F1 must support behind puck carrier
- O should be defending and trying to keep F1 and F2 to the outside

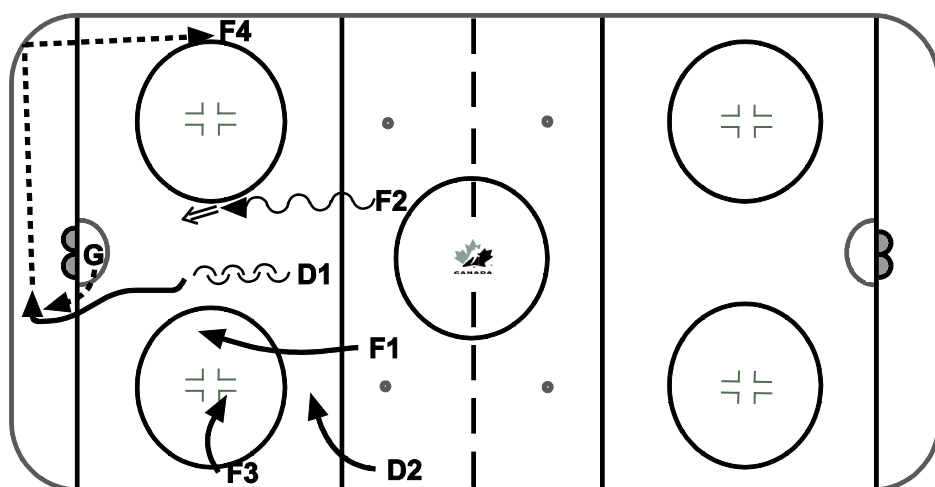


2 vs 1 – One-puck drill (in 1 end)

- Forwards have 2 objectives - to score and forecheck
- Defence has 3 objectives - prevent scoring, gain possession of puck, make breakout pass to next group of F's.
- Goalie starts with the puck and passes to F1. F1 skates to middle and passes to F2. F1 and F2 regroup to attack D1 2 on 1.
- D1 moves, reads and closes the gap to play the 2 on 1

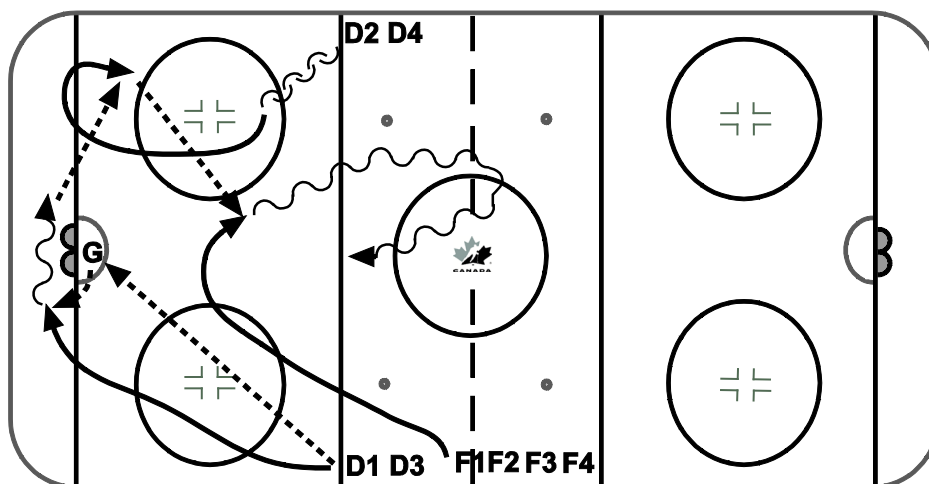


- F1 and F2 try to score or forecheck in order to try to score again. F1 and F2 play 2 on 1 against D1 below the dots. If the puck comes outside the dots O or X can control. D1 must gain possession of puck to pass to X or O, when O or X have control they clear zone and attack on D2. If the D or the goalie can't clear the zone in 20 seconds the coach blows the whistle and X and O start drill over.

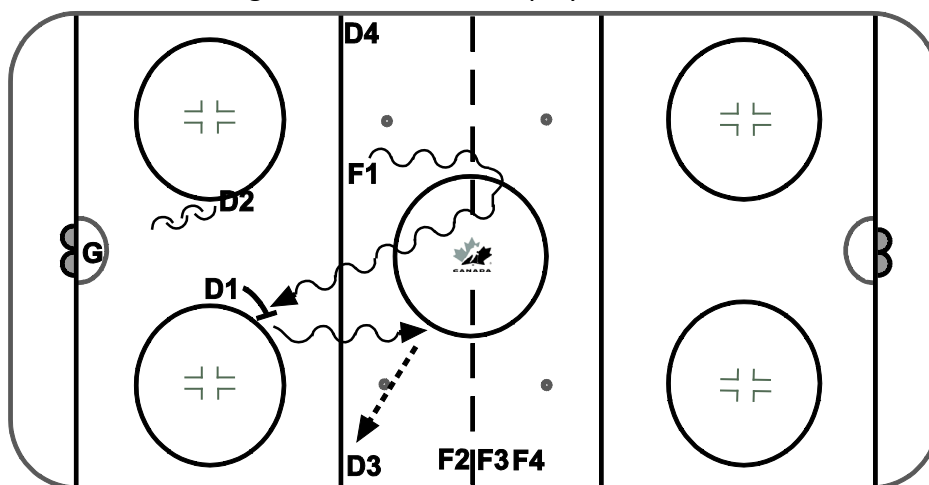


1 vs 2 – Using two nets (in 1 end)

- Forwards have 3 objectives: to score, to control the puck, and to backcheck.
- Defence have 3 objectives: to prevent scoring, to gain possession, and to start the offence by skating with the puck.



- D1 starts this drill by shooting at the goalkeeper or dumping the puck behind the net. The goalkeeper makes the save and passes to D1 or D2 who then passes to F1 (according to your break out system). Then D1 and D2 skate quickly in the neutral zone, pivot and play 1 vs. 2 against F1. F1 starts the drill at the same time as D1. F1 reads the play and skates with timing to open space for the break out pass. After receiving the pass F1 skates through the centre ice and plays 1 vs. 2.



- If F1 scores, then D3 starts the drill over. If D1 or D2 gain possession of the puck, D1 and D2 play 2vs 1 against F1. D1 and D2 try to carry the puck to the middle of the ice through the neutral zone face off dots which act as the second net.

GOALTENDING

In this section:

- [Follow-along](#)
- [Hockey Canada coaching downloads](#)

Follow-along

Introduction

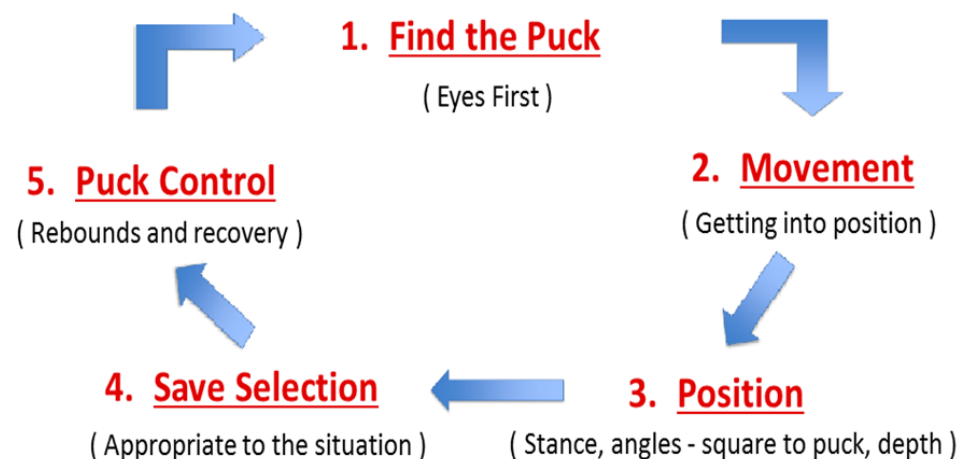
- Incorporate your goalies into each drill. Give them an individual skill or team concept to focus on (goalie purpose).
- Your goalies will improve doing team drills, but if you make time for one drill (10 minutes) per practice, you will be able to give them the attention they deserve.
- There is information on goaltender skills in the [Hockey Canada coaching downloads](#) link, but it won't be discussed in this module — the trend at D1 and HP1 is to access specialized help.
- Goaltending is a critical aspect of team play and requires direct, consistent, and unique coaching skills.
- Just as forwards and defenders get specific coaching for their respective positions, goalies need the same attention and guided skill development.

Pre-save/Save/Post-save

- Goaltending can be broken up into 3 major parts — pre-save, save, and post-save:
 - Pre-save: Maintain strong visual connection to the puck while moving into the shot line.
 - Save: Make the correct save selection/response to the shot.
 - Post-save: Move immediately to the new shot line to best defend the net if a rebound occurs.

The save cycle

- The save cycle consists of 5 key areas of focus for solid goaltending:



- This is how the save cycle and pre-save/save/post-save are related:

Save cycle	Pre-save/Save/Post-save
#1, Find the puck #2, Movement #3, Position	■ Pre-save
#4, Save selection	■ Save
#5, Puck control	■ Post-save

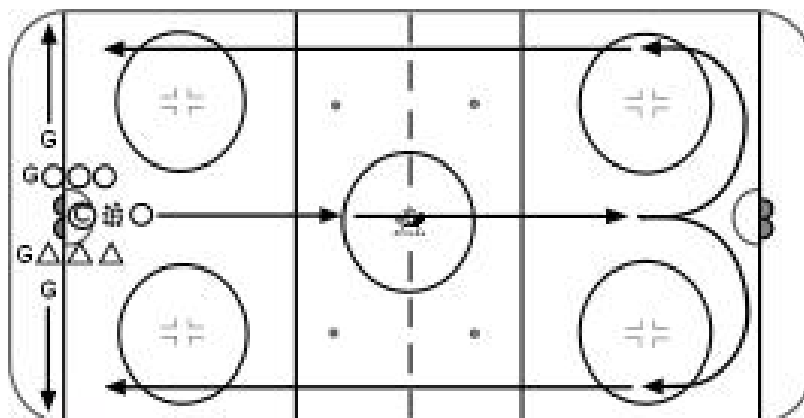
Ten scoring situations

- Hockey Canada's goaltender advisory group identified 10 scoring situations that goaltenders and coaches need to be aware of.
- The scoring situations are broken down into 10 categories to help the goaltender recognize the situation and select the best way to defend it.
- Goaltenders must be able to read both attacking players' options and their own teammates' defending position while processing the situation.
- The 10 scoring situations are:
 - Clear shots
 - Entries
 - Net drives
 - Breakaways
 - Rebounds
 - Low/High
 - East/West
 - Below the goal line
 - Deflections
 - Screens

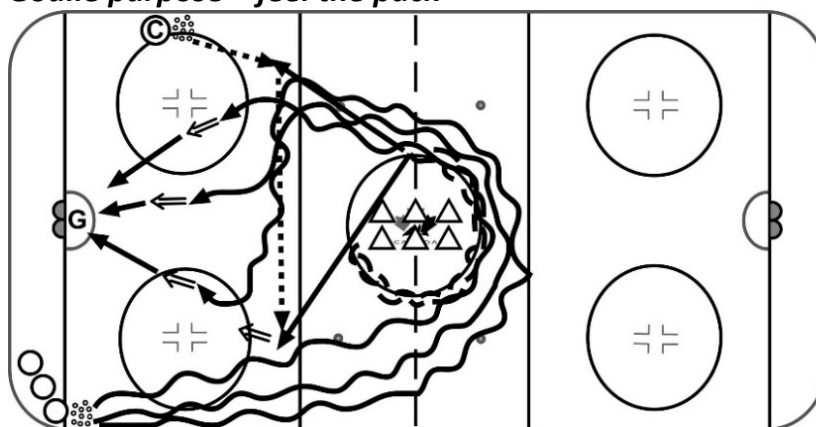
Practice tips

- Skating: Goaltenders' priorities should be goalie-specific skating ("C" cuts, T-push, shuffles and pivots); when not doing these, they should join in team skating drills for conditioning.
- Passing: Goaltenders should focus on goalie-specific passing drills when the team is doing passing drills.
- Drills: Explain to goalies the purpose of the drills *for them* and their role in the drills.
- Plan to have 3 or 4 coaches at practice. Whenever your goalies have some idle time, a 3rd or 4th coach can be a great deal of help.
- Space out your shooters.
- Use game-application drills.

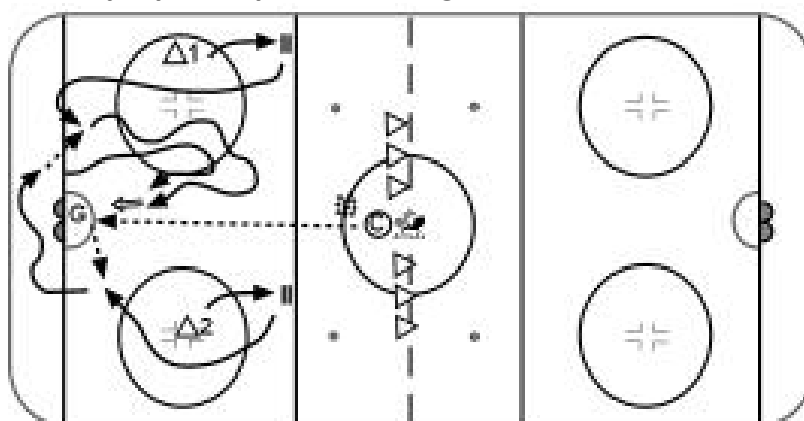
Team warm-up drill:
Goalie purpose – skating



Team warm-up drill:
Goalie purpose – feel the puck



Team drill:
Goalie purpose – puck handling



Communication:**Goaltenders / Goalie Coach**

- Communicate who is playing the next game
 - Give your goaltenders a minimum of one practice (if available) to mentally prepare for their next start
- Explain what is expected of them in game situations
 - Be sure that expectations align with individual and team goals
- Give feedback
 - Be open and honest, and try to provide feedback that is quantifiable, e.g., stats
- Set goals
 - Set individual and team goals

The role of the goalie coach

- Goalie coaches will be most effective when encouraged to do the following:
 - Design and implement drills
 - Act as a liaison between the goaltenders and the head coach
 - Help goaltenders with mental preparation and routine
 - Assess game and practice performance to identify strengths and areas for development
 - Use video as an effective coaching tool
 - Help goaltenders deal with pressure and poor performances

Hockey Canada coaching downloads

Check [Hockey Canada's coaching downloads](https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads)⁶ for these resources on goaltending:

- Goaltending: Additional resources

⁶ <https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads>

PLANNING TO TEACH

DRILL DESIGN AND PROGRESSION

In this section:

- [Follow-along](#)
 - [Task #1](#)
 - [Task #2](#)
- [Hockey Canada coaching resources](#)

Follow-along...***Design and deliver a drill***

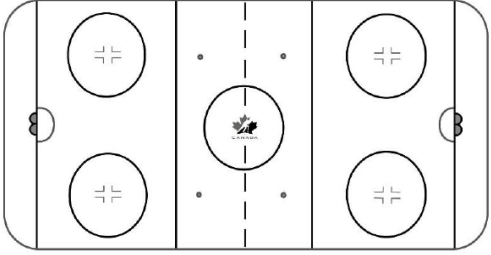
- Four steps:
 - Step 1: Select the skill or tactic to be taught and explain its purpose
 - Step 2: Define 1 or 2 key teaching points
 - Step 3: Create a clear diagram of the drill with a description
 - Step 4: Deliver/teach the drill

Design a drill

- Step 1: Select the skill or tactic to be taught and explain its purpose
 - Is age and level appropriate
 - Fits with seasonal plan
 - Has a “why”
- Step 2: Define 1 or 2 key teaching points
 - Key teaching points (KTPs) provide a teaching focus for each drill
 - Too many KTPs create overload...young players can only process 2-3 things at a time
 - Feedback and corrections should be based on KTPs

Design a drill

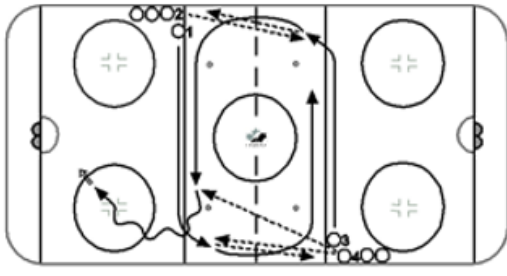
- Step 3: Create a clear diagram of the drill with a description
 - This involves using a drill-design template to document your drills

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

Step 4: Deliver/teach the drill

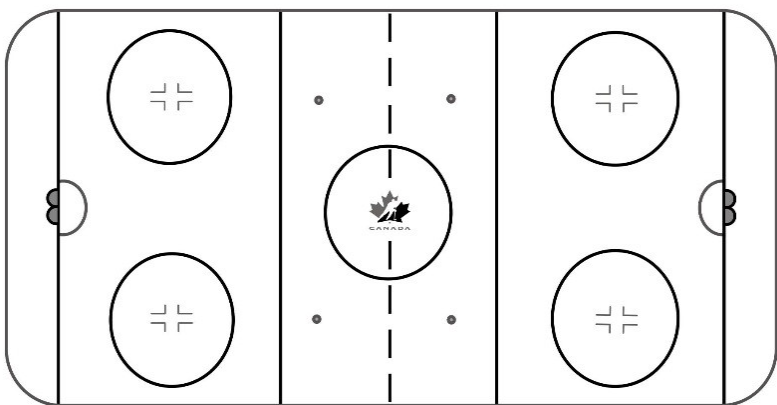
- Decide how to demonstrate the drill
- Plan and allow for feedback

Drill design: Example

DRILL:	COACH:	TIME: 10 Minutes
GOALIE PURPOSE: Steer pucks to corner on outside shots		WORK/REST RATIO: 3 / 1
DESCRIPTION: - O1 and O3 skate wide across the blueline. - O2 passes to O3 and O3 returns the pass. - O4 passes to O1 and O1 returns the pass. - O1 and O3 stay wide then accelerate into mid-ice for a pass from their original line (O4 to O3; O2 to O1). - Drive wide for a shot.		
KEY TEACHING & EXECUTION POINTS: - One-touch passing. - Show a target while moving to mid-ice. - Skaters must save their ice and look back to their original line before accelerating with timing to receive the final pass. - The passer must lead the receiver with the pass.		

Task #1

In your assigned group, use the drill-design template below to design and deliver a drill for a technical skill or individual tactic. This involves following the 4-step process for designing and delivering a drill introduced earlier (Design and deliver a drill, page 51).

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Note: This is the starting point for designing drills and practices.

Drill progression

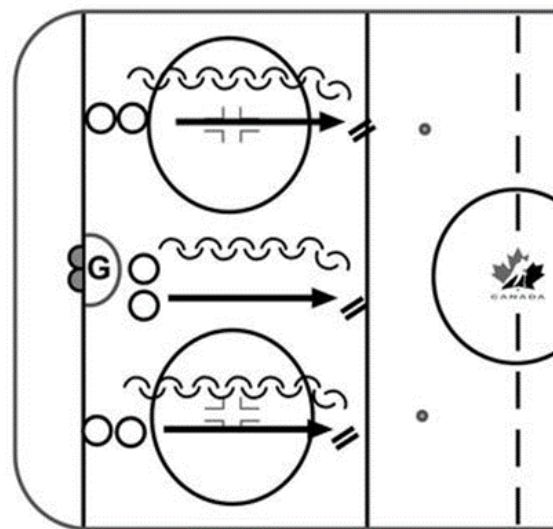
- What is a drill progression?
 - The process of increasing the complexity of a drill in a logical manner

Progression: 3 phases

- Introduction
 - Teaching the skill in a controlled environment
 - Blocked drills, no decision making or creativity
 - More focused on technique
- Development
 - Reviewing, refining, and practising the skill to develop proficiency
 - Using the technique in an applicable skill
 - Random drills, some pressure, some decision making and thinking
- Application
 - Specificity that simulates game application
 - Drills contain pressure, decision making, problem solving
 - Drills have an objective, and the players have to determine how to achieve it

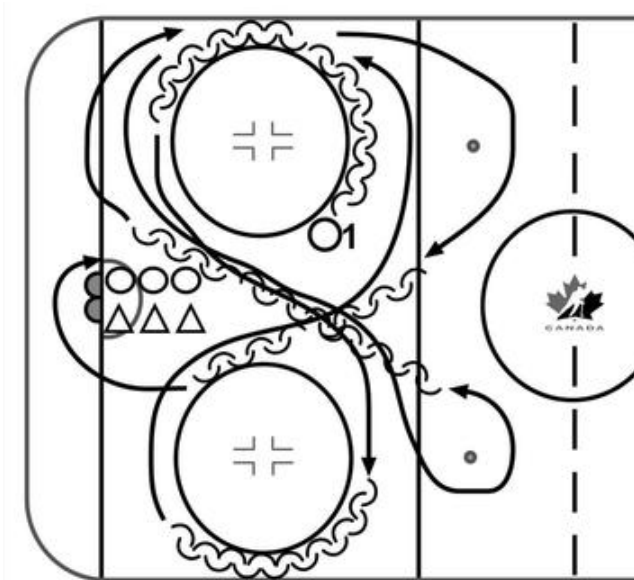
Progression: Example of Introduction phase for an individual skill

- Skill – Transition skating
 - Heels first
 - ◆ Players focus on heels-first transition from forward to backward
 - Toes first
 - ◆ Players focus on toes-first transition from forward to backward
 - Ride inside edge
 - ◆ Players focus on transition, which allows an aggressive gap but also the possibility of containing

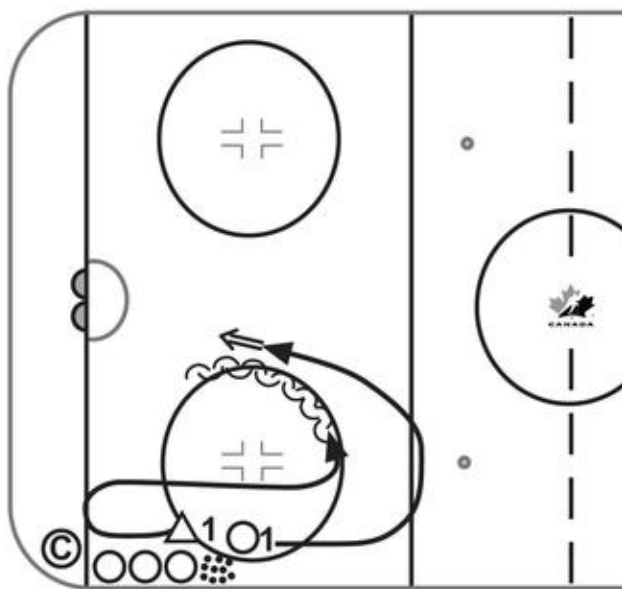


Progression: Example of Development phase for an individual skill

- Skill – Transition skating

**Progression: Example of Application phase for an individual skill**

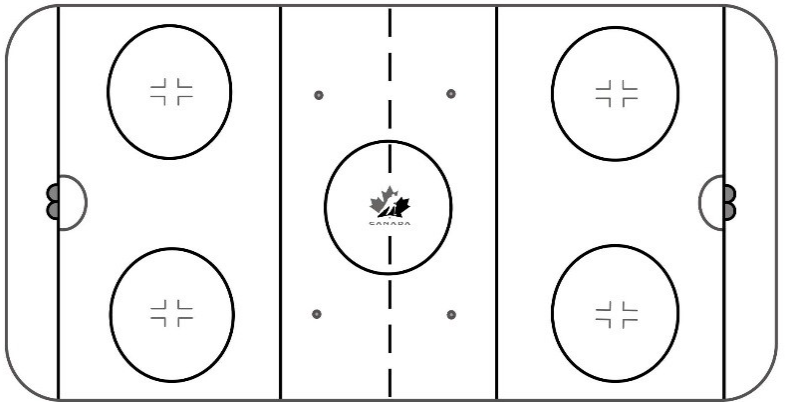
- Skill – Transition skating



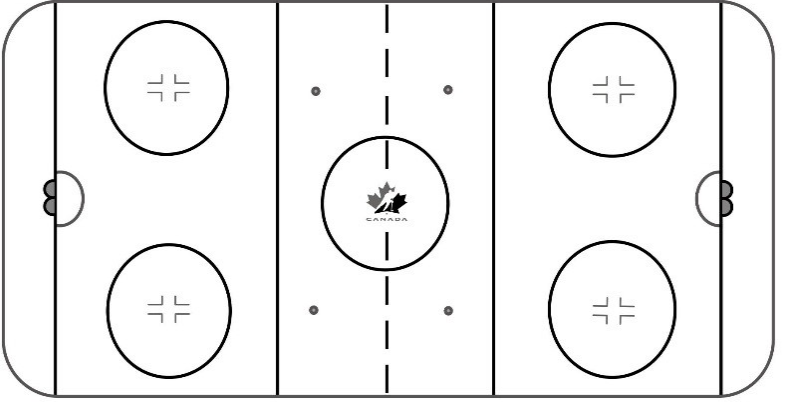
Task #2

In your assigned group, use the 3 drill-design templates below to design a 3-drill progression to introduce, develop, and apply an individual tactic for the technical skill or individual tactic you used in [Task #1](#) (page 53).

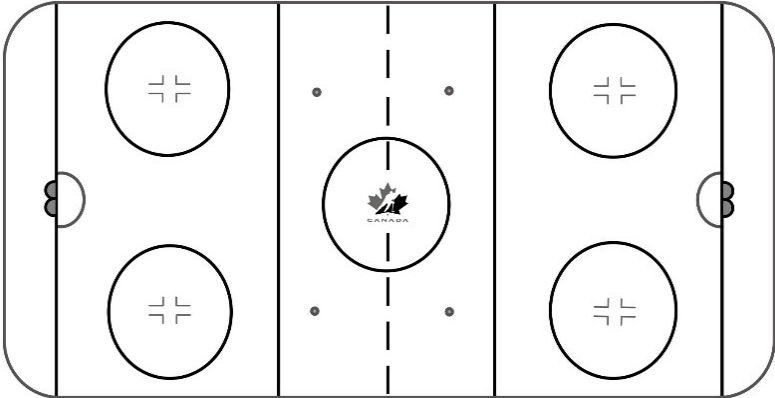
Drill #1

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Drill #2

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Drill #3

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Food for thought

- Concepts you can introduce when designing drills
 - Starting drills with skills
 - Starting drills from face-offs
 - Retrieving loose-pucks
 - Stealing pucks

Hockey Canada coaching downloads

Check [Hockey Canada's coaching downloads⁷](https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads) for these resources on drill design and progression:

- Drill design and progression: Additional resources

⁷ <https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads>

PRACTICE DESIGN AND ON-ICE PREP

In this section:

- [Follow-along](#)
 - [Task #1](#)
 - [Task #2](#)
- [Hockey Canada coaching downloads](#)

Follow-along...

9 components of a practice plan



Individual components of a practice plan

- Objectives
 - Current
 - Seasonal plan
 - Based on schedule
 - Based on individual and/or team performance
- Use of staff
 - Instruct
 - Demonstrate
 - Correct
 - Detect
 - Praise
 - Motivate

- Ice utilization
 - Safety
 - Specificity
 - Goaltender instruction
 - Goals of coaching staff
 - Repetition
- Pace
 - Timing
 - Work/rest ratio
 - Volume of work
 - Energizer
 - Cool-down

Individual components of a practice plan cont'd

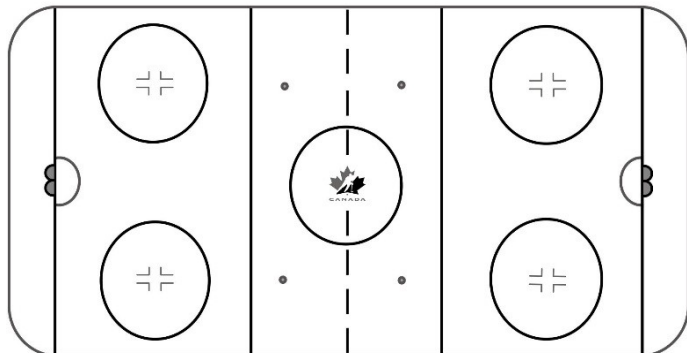
- Skill development
 - Identify skills
 - Execution points
 - Teaching points
 - Repetitions
 - Progressions
- Goaltenders
 - Skills
 - Incorporate in every drill
- Use of equipment
 - Safety
 - Drill design
 - Visual cues
 - Whistle
- Teaching and safety
 - Instructional content
 - Review
 - Polish/Mastery
 - Methodology
 - Feedback
- Fun
 - Small-area games
 - Competition drills
 - Low-organized games

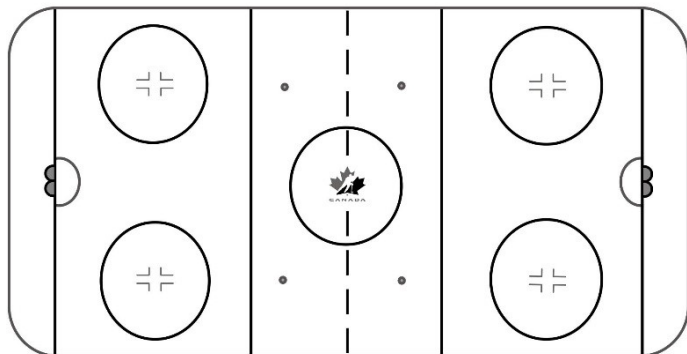
Tips for effective practices

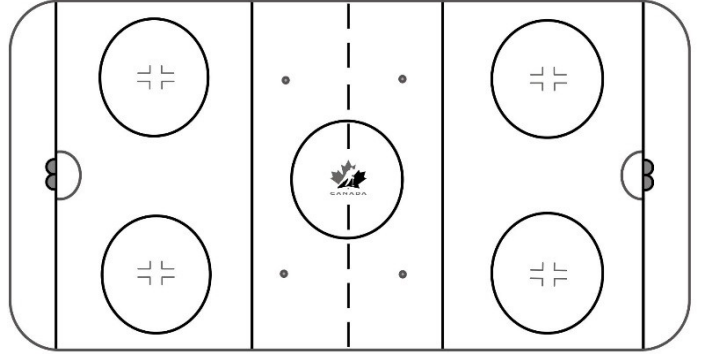
- Appropriate use of whistle
- Use of whiteboard
- Posting/sharing the practice plan
- Reinforcing safety
- Effective group organization (at board, in rink)
- Pre-practice coach meeting
- Pre-icing players before practice
- Proper placement of coaches for feedback/safety
- Post-practice evaluation/debrief (players/coaches)
- Use of technology, Drill Hub, Hockey Canada Network app, etc.

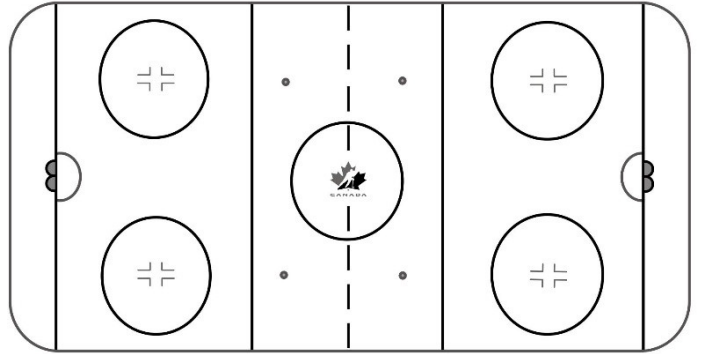
Task #1

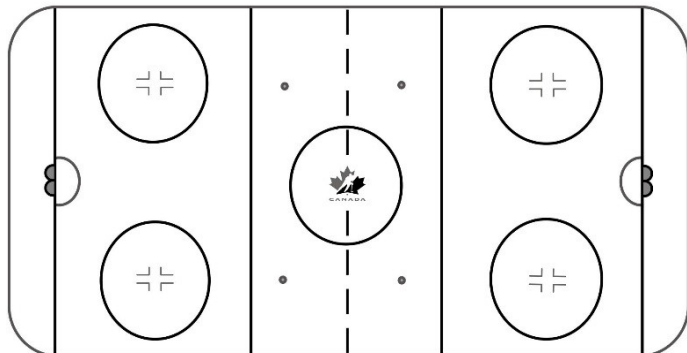
In your assigned group, use the drill-design templates on the pages below to design a practice that includes a progression of individual skills, individual tactics, and a related small-area game.

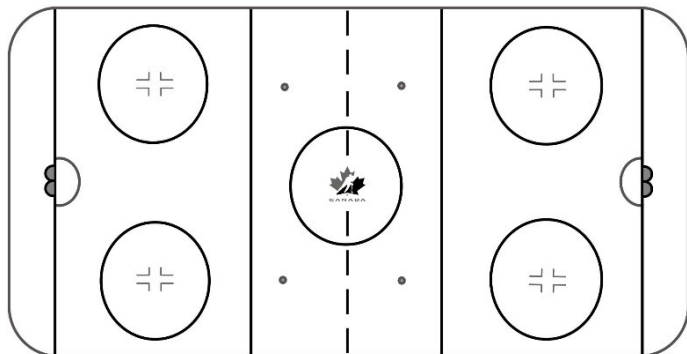
Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

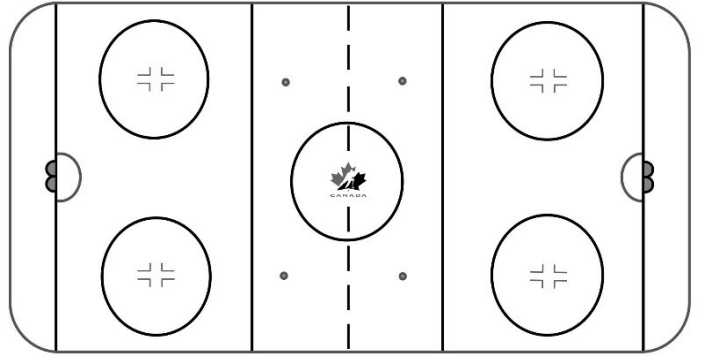
Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

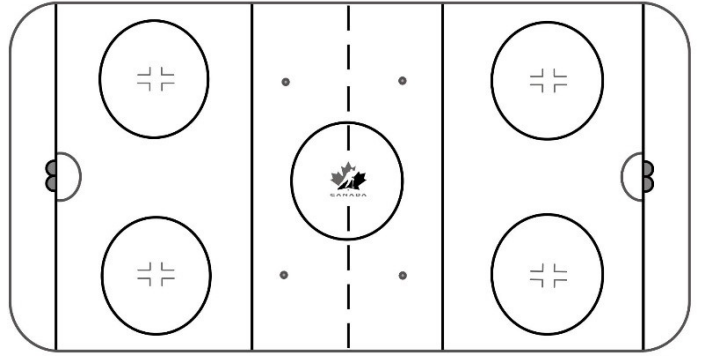
Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Drill:	Coach:	Time:
Goalie purpose:		Work/rest ratio:
Description:		
Key teaching & execution points:		

Task #2

- In your assigned groups, prepare to deliver a 3-drill progression that you will execute on-ice to the larger group.
- Use the 3-drill progression you developed earlier, in [Task #2 of the Drill design and progression module](#).
- Decide on coach responsibilities, etc.

Coach's notes:

Hockey Canada coaching downloads

Check [Hockey Canada's coaching downloads](https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads)⁸ for these resources on practice design and on-ice prep:

- Hockey Canada practice plan template
- Practice design and on-ice prep: Additional resources

⁸ <https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads>

SEASONAL PLANNING: TYING IT ALL TOGETHER

In this section:

- [Follow-along](#)
 - [Task #1](#)
- [More information](#)
- [Hockey Canada coaching downloads](#)

Follow-along...**Seasonal planning**

- Review of a seasonal plan

Seasonal plan – Overview

- Follow along as the Learning Facilitator presents an overview of what one month in a U15/18 seasonal plan looks like
- There's a 1-page summary for every month with appropriate sections for training elements
- A seasonal plan is a 'living' document — adjust it and add supporting details as needed

Seasonal plan – Calendar

- The calendar:
 - Lists the number of practices / games
 - Identifies different periods and phases
 - Indicates specific events on appropriate days of the month

Seasonal plan – Goals

- Set SMART goals for each month.
- Set goals for each training element (i.e., technical / tactical, physical preparation, mental preparation, team development).
- Specific training elements should support progress toward goals

Seasonal plan – Other training elements and evaluation and assessment

- Other training elements
 - There are separate boxes for physical preparation, mental preparation, team development.
 - List specific items to be trained during the month.
- Evaluation and assessment
 - Track progress on specific training elements in support of goals.
 - Identify training elements that require additional focus in subsequent months.

Seasonal plan – At-a-Glance

- 3-month snapshot (previous month, current month, next month).
- Specific week number within seasonal plan.
- Phases during each month.

Seasonal plan – Inventory

- Check the final page of the seasonal plan for an inventory of the technical skills, tactical skills, and other training elements to be added to your seasonal plan

Task #1

As a group, discuss and note the importance of using a seasonal plan:

- How will a seasonal plan help you with practice planning?
- How does charting tactics, skills, etc., help you plan your practices?
- How can a seasonal plan help you plan your travel? tournaments? etc.

Coach's notes:

More information

U13 seasonal plan

U13 – Seasonal Training Plan						
August 2022 (0 Practices)						
GOALS 1. TBD 2. TBD 3. TBD 4. TBD						
Skills/Concepts Off-season phase ▪ Minimal ice/Time off ▪ Play other sports						
Preparation period (Weeks 1 - 8) Preparation phase (Weeks 1 - 3) ▪ Association/League to provide 4 development skates prior to tryouts starting ▪ Skating – Edge control, forward/backward skating ▪ Puck Control – Core Moves, Individual Puck Time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending						
Physical Prep • TBD						
Mental Prep • TBD						
Team Development • TBD						
Evaluation & Assessment • TBD						
July 03 (Week 47) 10 (Week 48) 17 (Week 49) 24 (Week 50)						
August 01 (Week 51) 08 (Week 52) 15 (Week 1) 22 (Week 2) 29 (Week 3)						
September 05 (Week 4) 12 (Week 5) 19 (Week 6) 26 (Week 7)						
Off Season 2 Preparation Tryout						

U13 – Seasonal Training Plan						
September 2022 (0 Practices)						
GOALS 1. TBD 2. TBD 3. TBD 4. TBD						
Skills/Concepts Preparation period (Weeks 1 - 8) Preparation phase (Weeks 3 - 4) ▪ Association/League to provide 4 development skates prior to tryouts starting ▪ Skating – Edge control, Forward/Backward skating ▪ Puck Control – Core moves, individual puck time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending						
Tryout Phase (Weeks 4 - 7) ▪ Minimum 3 tryout sessions 1 skills session 1 small area games session 1 formal game						
Physical Prep • TBD						
Mental Prep • TBD						
Team Development • TBD						
Evaluation & Assessment • TBD						
August 01 (Week 51) 08 (Week 52) 15 (Week 1) 22 (Week 2) 29 (Week 3)						
September 05 (Week 4) 12 (Week 5) 19 (Week 6) 26 (Week 7)						
October 03 (Week 8) 10 (Week 9) 17 (Week 10) 24 (Week 11) 31 (Week 12)						
Off Season 2 Preparation Tryout Dev 1 Dev 2 Regular Season 1						

U13 – Seasonal Training Plan

October 2022 (0 Practices 0 Games)							<u>GOALS</u> 1. TBD 2. TBD 3. TBD 4. TBD					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Skills/Concepts					
					01	02	<u>Preparation period (Weeks 1 - 8)</u>					
					Development 1	Development 1	<u>Development 1 phase (Weeks 7 - 8)</u> ▪ Skating – Agility/Quickness/Turning/Crossovers ▪ Puck Control – Core moves, individual puck time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending					
03	04	05	06	07	08	09	<u>Development 2 phase (Weeks 8)</u> Pre-season tournament					
Development 1	Development 1	Development 1	Development 1	Development 2	Development 2	Development 2	<u>Competition period (Weeks 9 - 37)</u>					
10	11	12	13	14	15	16	<u>Regular season 1 phase (Weeks 9 – 11)</u>					
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	▪ Skating – Agility/Quickness/Turning/Crossovers ▪ Puck control – Deception/Creativity/Puck protection ▪ Individual tactics – Forwards/Defence ▪ Basic D zone coverage ▪ Introduction to forecheck					
17	18	19	20	21	22	23						
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1						
24	25	26	27	28	29	30						
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1						
31												
Regular Season 1												
<u>Physical Prep</u> •TBD		<u>Mental Prep</u> •TBD		<u>Team Development</u> •TBD		<u>Evaluation & Assessment</u> •TBD						
September				October			November					
05 (Week 4)	12 (Week 5)	19 (Week 6)	26 (Week 7)	03 (Week 8)	10 (Week 9)	17 (Week 10)	24 (Week 11)	31 (Week 12)	07 (Week 13)	14 (Week 14)	21 (Week 15)	28 (Week 16)
Prep	Tryout	Day 1	Day 2					PS 1		PS 2		

U13 – Seasonal Training Plan

November 2022 (0 Practices 0 Games)							GOALS 1. TBD 2. TBD 3. TBD 4. TBD
MONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAYSUNDAY							Skills/Concepts
010203040506							Competition period (Weeks 9 - 37)
Regular Season 1Regular Season 1Regular Season 1Regular Season 1Regular Season 1Regular Season 1Regular Season 1							Regular season 1 phase (Weeks 12 - 14) <ul style="list-style-type: none">Skating – Edge control, forward/backward skatingPuck control – Core moves, individual puck timePassing – Stationary/MovingShooting – Stationary/MovingIndividual tactics – Forwards/DefenceGoaltending
07080910111213							Regular season 2 phase (Week 15) <ul style="list-style-type: none">No gamesMinimal ice/Time offTeam building
Regular Season 1Regular Season 1Regular Season 1Regular Season 1Regular Season 1Regular Season 1Regular Season 1							Regular season 3 phase (Week 16) <ul style="list-style-type: none">TBD
14151617181920							
Regular Season 1Regular Season 1Regular Season 1Regular Season 1Regular Season 1Regular Season 1Regular Season 1							
21222324252627							
Regular Season 2Regular Season 2Regular Season 2Regular Season 2Regular Season 2Regular Season 2Regular Season 2							
282930							
Regular Season 3Regular Season 3Regular Season 3							
Physical Prep •TBD			Mental Prep •TBD		Team Development •TBD		Evaluation & Assessment •TBD
OctoberNovemberDecember							
03101724310714212805121926							
(Week 8)(Week 9)(Week 10)(Week 11)(Week 12)(Week 13)(Week 14)(Week 15)(Week 16)(Week 17)(Week 18)(Week 19)(Week 20)							
Dev 1Dev 2RS 1RS 2RS 3RS 4							

U13 – Seasonal Training Plan

December 2022 (0 Practices 0 Games)							<u>GOALS</u> 1. TBD 2. TBD 3. TBD 4. TBD						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Skills/Concepts						
			01 Regular Season 3	02 Regular Season 3	03 Regular Season 3	04 Regular Season 3	<u>Competition period (Weeks 9 - 37)</u> Regular season 3 phase (Weeks 16 - 19) <ul style="list-style-type: none">Skating – Edge control, forward/backward skatingPuck control – Core moves, individual puck timePassing – Stationary/MovingShooting – Stationary/MovingIndividual tactics – Forwards/DefenceGoaltending Regular Season 4 Phase (Weeks 19 - 20) <ul style="list-style-type: none">December holiday season tournamentMinimal ice/Time off						
05 Regular Season 3	06 Regular Season 3	07 Regular Season 3	08 Regular Season 3	09 Regular Season 3	10 Regular Season 3	11 Regular Season 3							
12 Regular Season 3	13 Regular Season 3	14 Regular Season 3	15 Regular Season 3	16 Regular Season 3	17 Regular Season 3	18 Regular Season 3							
19 Regular Season 3	20 Regular Season 3	21 Regular Season 3	22 Regular Season 3	23 Regular Season 4	24 Regular Season 4	25 Regular Season 4							
26 Regular Season 4	27 Regular Season 4	28 Regular Season 4	29 Regular Season 4	30 Regular Season 4	31 Regular Season 4								
<u>Physical Prep</u> •TBD													
<u>Mental Prep</u> •TBD													
<u>Team Development</u> •TBD													
<u>Evaluation & Assessment</u> •TBD													
November			December			January							
07 (Week 13)	14 (Week 14)	21 (Week 15)	28 (Week 16)	05 (Week 17)	12 (Week 18)	19 (Week 19)		26 (Week 20)	02 (Week 21)	09 (Week 22)	16 (Week 23)	23 (Week 24)	30 (Week 25)
RS 1		RS 2		RS 3		RS 4		RS 5					

U13 – Seasonal Training Plan

January 2023 (0 Practices 0 Games)							<u>GOALS</u> 1. TBD 2. TBD 3. TBD 4. TBD					
MONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAYSUNDAY							Skills/Concepts					
						01 Regular Season 4	<u>Competition period (Weeks 9 - 37)</u> Regular season 4 phase (Week 20) <ul style="list-style-type: none">December holiday season tournamentMinimal ice/Time off Regular season 5 phase (Weeks 21 - 24) <ul style="list-style-type: none">Skating – Edge control, forward/backward skatingPuck control – Core moves, individual puck timePassing – Stationary/MovingShooting – Stationary/MovingIndividual tactics – Forwards/DefenceGoaltending					
02030405060708												
Regular Season 5Regular Season 5Regular Season 5Regular Season 5Regular Season 5Regular Season 5Regular Season 5												
09101112131415												
Regular Season 5Regular Season 5Regular Season 5Regular Season 5Regular Season 5Regular Season 5Regular Season 5												
16171819202122												
Regular Season 5Regular Season 5Regular Season 5Regular Season 5Regular Season 5Regular Season 5Regular Season 5												
23242526272829												
Regular Season 5Regular Season 5Regular Season 5Regular Season 5Regular Season 5Regular Season 5Regular Season 5												
3031												
Regular Season 5Regular Season 5												
<u>Physical Prep</u> •TBD							<u>Mental Prep</u> •TBD					
<u>Team Development</u> •TBD							<u>Evaluation & Assessment</u> •TBD					
December				January			February					
05 (Week 17)	12 (Week 18)	19 (Week 19)	26 (Week 20)	02 (Week 21)	09 (Week 22)	16 (Week 23)	23 (Week 24)	30 (Week 25)	06 (Week 26)	13 (Week 27)	20 (Week 28)	27 (Week 29)
Regular Season 3			Regular Season 4		Regular Season 5			Regular Season 6		Regular Season 7		

U13 – Seasonal Training Plan

February 2023 (0 Practices 0 Games)							GOALS
							1. TBD 2. TBD 3. TBD 4. TBD
							Skills/Concepts
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Competition period (Weeks 9 - 37)
		01	02	03	04	05	Regular season 5 phase (Weeks 25 - 26)
		Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	<ul style="list-style-type: none">Skating – Edge control, forward/backward skatingPuck control – Core moves, individual puck timePassing – Stationary/MovingShooting – Stationary/MovingIndividual tactics – Forwards/DefenceGoaltending
06	07	08	09	10	11	12	
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	
13	14	15	16	17	18	19	
Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular season 6 phase (Week 27)
20	21	22	23	24	25	26	<ul style="list-style-type: none">Minimal Ice/Time off
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular season 7 phase (Weeks 28 - 29)
27	28						<ul style="list-style-type: none">Skating – Edge control, forward/backward skatingPuck control – Core moves, individual puck timePassing – Stationary/MovingShooting – Stationary/MovingIndividual tactics – Forwards/DefenceGoaltending
Regular Season 7	Regular Season 7						
Physical Prep •TBD		Mental Prep •TBD		Team Development •TBD		Evaluation & Assessment •TBD	
January							March
02 (Week 21)	09 (Week 22)	16 (Week 23)	23 (Week 24)	30 (Week 25)	06 (Week 26)	13 (Week 27)	20 (Week 28)
Regular Season 5					Regular Season 6		Regular Season 7

U13 – Seasonal Training Plan

<div>March 2023</div> <div>(0 Practices 0 Games)</div>							<div>GOALS</div> <div>1. TBD</div> <div>2. TBD</div> <div>3. TBD</div> <div>4. TBD</div>		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	<div>Skills/Concepts</div> <div>Competition period (Weeks 9 - 37)</div> <div>Regular season 7 phase (Weeks 29 - 33)</div> <div><div>▪ Skating – Edge control, forward/backward skating</div><div>▪ Puck control – Core moves, individual puck time</div><div>▪ Passing – Stationary/Moving</div><div>▪ Shooting – Stationary/Moving</div><div>▪ Individual tactics – Forwards/Defence</div><div>▪ Goaltending</div></div>		
		01	02	03	04	05			
		Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7			
06	07	08	09	10	11	12			
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7			
13	14	15	16	17	18	19			
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7			
20	21	22	23	24	25	26			
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7			
27	28	29	30	31					
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7					
<div>Physical Prep</div> <div>• TBD</div>		<div>Mental Prep</div> <div>• TBD</div>		<div>Team Development</div> <div>• TBD</div>		<div>Evaluation & Assessment</div> <div>• TBD</div>			
<div>February</div> <div>06 (Week 26)</div> <div>13 (Week 27)</div> <div>20 (Week 28)</div> <div>27 (Week 29)</div>				<div>March</div> <div>06 (Week 30)</div> <div>13 (Week 31)</div> <div>20 (Week 32)</div> <div>27 (Week 33)</div>			<div>April</div> <div>03 (Week 34)</div> <div>10 (Week 35)</div> <div>17 (Week 36)</div> <div>24 (Week 37)</div>		
RS 7							Playoff		

U13 – Seasonal Training Plan																			
<div>April 2023</div> <div>(0 Practices 0 Games)</div>										<div>GOALS</div> <div>1. TBD</div> <div>2. TBD</div> <div>3. TBD</div> <div>4. TBD</div>									
										<div>Skills/Concepts</div> <div>Competition period (Weeks 9 - 37)</div> <div>Regular season 7 phase (Weeks 33 - 34)</div> <div><div>▪ Skating – Edge control, forward/backward skating</div><div>▪ Puck control – Core moves, individual puck time</div><div>▪ Passing – Stationary/Moving</div><div>▪ Shooting – Stationary/Moving</div><div>▪ Individual tactics – Forwards/Defence</div><div>▪ Goaltending</div></div> <div>Playoff phase (Weeks 35 - 37)</div> <div><div>▪ Playoffs</div><div>▪ Minimal ice/Time off</div></div>									
										<div>Physical Prep</div> <div>▪ TBD</div>				<div>Mental Prep</div> <div>▪ TBD</div>		<div>Team Development</div> <div>▪ TBD</div>		<div>Evaluation & Assessment</div> <div>▪ TBD</div>	
<div><div>March</div><div>06 (Week 30)</div><div>13 (Week 31)</div><div>20 (Week 32)</div><div>27 (Week 33)</div><div>03 (Week 34)</div><div>10 (Week 35)</div><div>17 (Week 36)</div><div>24 (Week 37)</div><div>01 (Week 38)</div><div>08 (Week 39)</div><div>15 (Week 40)</div><div>22 (Week 41)</div><div>29 (Week 42)</div></div> <div><div>Regular Season 7</div><div>Playoff</div><div>Off Season 1</div></div>																			

Inventory – U13

Technical skills	Skating	Puck control	Passing/Receiving	Shooting	Checking	Goaltending
	<ul style="list-style-type: none">■ Balance and agility■ Edge control■ Starting and stopping■ Forward skating and striding■ Backward skating■ Turning and crossovers	<ul style="list-style-type: none">■ Stationary■ Moving	<ul style="list-style-type: none">■ Stationary■ Moving	<ul style="list-style-type: none">■ Forehand - wrist shot■ Backhand - shot■ Forehand/backhand shots in motion■ Forehand - flip shot■ Backhand - flip shot■ Tips/Deflections■ Snap/Slap shot	<ul style="list-style-type: none">■ Skating/Agility■ Angling/Positioning■ Stick checks	<ul style="list-style-type: none">■ Skating■ Hands■ Slides■ Rebound control
Tactical skills	Individual offensive tactics		Individual defensive tactics		Team tactics	
	<ul style="list-style-type: none">■ Body fakes/shot fakes■ Stick fakes/fake pass■ Dekes■ Moves in combination■ Net drives■ Change of pace■ Puck protection■ Control skating■ Saving ice		<ul style="list-style-type: none">■ Angling■ Basic 1 on 1's■ Gap control■ Escape moves■ Puck retrievals■ Tracking		<ul style="list-style-type: none">■ Basic positioning – D■ Zone■ Basic breakouts■ Regroups■ Entries■ Forechecks	
Other	Physical prep		Mental prep		Team development	
	<ul style="list-style-type: none">■ Warm-up and cool-down■ Testing (on-ice and off-ice)■ Conditioning■ Nutrition & hydration■ Recovery		<ul style="list-style-type: none">■ Goal-setting■ Positive self-talk		<ul style="list-style-type: none">■ Team building■ Player meetings■ Parent meetings■ Admin	
Period						
Phase		Timing				
Preparation	Prep/Tryout phase	■ Refers to the period of time before the season starts, typically when pre camps and/or tryouts are held.				
	Development phase	■ Refers to the period of time following tryouts or evaluation before the regular season starts.				
Competition	Regular season phase	■ Refers to the period of time from the first regular season game to the start of playoffs or provincial/branch championships.				
	Playoff phase	■ Refers to the period of time from the end of the regular season through to the end of playoffs.				
Transition	Off-season phase	■ Refers to the period of time from the end of the playoff season to the start of the next prep or tryout season. No tryouts are allowed during the off season.				

U15/18 seasonal plan

U15/18 – Seasonal Training Plan													
<div>August 2022</div> <div>(0 Practices)</div>										<div>GOALS</div> <div>1.TBD</div> <div>2.TBD</div> <div>3.TBD</div> <div>4.TBD</div>			
										<div>Skills/Concepts</div>			
										<div>Off-season phase</div> <div>▪ Minimal ice/Time off</div> <div>▪ Play other sports</div>			
										<div>Preparation period (Weeks 1 - 8)</div>			
										<div>Preparation phase (Weeks 1 - 3)</div> <div>▪ Association/League to provide 4 development skates prior to tryouts starting</div> <div>▪ Skating – Edge control, forward/backward skating</div> <div>▪ Puck Control – Core Moves, Individual Puck Time</div> <div>▪ Passing – Stationary/Moving</div> <div>▪ Shooting – Stationary/Moving</div> <div>▪ Individual tactics – Forwards/Defence</div> <div>▪ Goaltending</div>			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
01	02	03	04	05	06	07							
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2							
08	09	10	11	12	13	14							
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2							
15	16	17	18	19	20	21							
Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Preparation							
22	23	24	25	26	27	28							
Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Preparation							
29	30	31											
Preparation	Preparation	Preparation											
<div>Physical Prep</div> <div>▪ TBD</div>			<div>Mental Prep</div> <div>▪ TBD</div>			<div>Team Development</div> <div>▪ TBD</div>			<div>Evaluation & Assessment</div> <div>▪ TBD</div>				
July			August						September				
03 (Week 47)	10 (Week 48)	17 (Week 49)	24 (Week 50)	01 (Week 51)	08 (Week 52)	15 (Week 1)	22 (Week 2)	29 (Week 3)	05 (Week 4)	12 (Week 5)	19 (Week 6)	26 (Week 7)	
Off Season 2				Preparation				Tryout					

U15/18 – Seasonal Training Plan															
<div>September 2022</div> <div>(0 Practices)</div>										<div>GOALS</div> <div>1.TBD</div> <div>2.TBD</div> <div>3.TBD</div> <div>4.TBD</div>					
										<div>Skills/Concepts</div> <div>Preparation period (Weeks 1 - 8)</div> <div>Preparation phase (Weeks 3 - 4)</div> <div><div>▪ Association/League to provide 4 development skates prior to tryouts starting</div><div>▪ Skating – Edge control, Forward/Backward skating</div><div>▪ Puck Control – Core moves, individual puck time</div><div>▪ Passing – Stationary/Moving</div><div>▪ Shooting – Stationary/Moving</div><div>▪ Individual tactics – Forwards/Defence</div><div>▪ Goaltending</div></div>					
										<div>Tryout Phase (Weeks 4 - 7)</div> <div><div>▪ Minimum 3 tryout sessions</div><div>1 skills session</div><div>1 small area games session</div><div>1 formal game</div></div>					
<div>Physical Prep</div> <div>• TBD</div>				<div>Mental Prep</div> <div>• TBD</div>				<div>Team Development</div> <div>• TBD</div>				<div>Evaluation & Assessment</div> <div>• TBD</div>			
August				September						October					
01 (Week 51)	08 (Week 52)	15 (Week 1)	22 (Week 2)	29 (Week 3)	05 (Week 4)	12 (Week 5)	19 (Week 6)	26 (Week 7)	03 (Week 8)	10 (Week 9)	17 (Week 10)	24 (Week 11)	31 (Week 12)		
Off Season 2		Preparation			Tryout			Dev 1	Dev 2	Regular Season 1					

U15/18 – Seasonal Training Plan

October 2022 (0 Practices 0 Games)							<u>GOALS</u> 1. TBD 2. TBD 3. TBD 4. TBD					
							<u>Skills/Concepts</u>					
							<u>Preparation period (Weeks 1 - 8)</u>					
							<u>Development 1 phase (Weeks 7 - 8)</u> ▪ Skating – Agility/Quickness/Turning/Crossovers ▪ Puck Control – Core moves, individual puck time ▪ Passing – Stationary/Moving ▪ Shooting – Stationary/Moving ▪ Individual tactics – Forwards/Defence ▪ Goaltending					
							<u>Development 2 phase (Weeks 8)</u>					
							<u>Pre-season tournament</u>					
							<u>Competition period (Weeks 9 - 37)</u>					
							<u>Regular season 1 phase (Weeks 9 – 11)</u> ▪ Skating – Agility/Quickness/Turning/Crossovers ▪ Puck control – Deception/Creativity/Puck protection ▪ Individual tactics – Forwards/Defence ▪ Basic D zone coverage ▪ Introduction to forecheck					
<u>Physical Prep</u> ▪ TBD			<u>Mental Prep</u> ▪ TBD		<u>Team Development</u> ▪ TBD		<u>Evaluation & Assessment</u> ▪ TBD					
September				October			November					
05 (Week 4)	12 (Week 5)	19 (Week 6)	26 (Week 7)	03 (Week 8)	10 (Week 9)	17 (Week 10)	24 (Week 11)	31 (Week 12)	07 (Week 13)	14 (Week 14)	21 (Week 15)	28 (Week 16)
Prep	Tryout		Dev 1	Dev 2	RS 1					RS 2		RS 2

U15/18 – Seasonal Training Plan

November 2022 (0 Practices 0 Games)							GOALS 1. TBD 2. TBD 3. TBD 4. TBD					
Skills/Concepts							Competition period (Weeks 9 - 37) Regular season 1 phase (Weeks 12 - 14) <ul style="list-style-type: none">Skating – Edge control, forward/backward skatingPuck control – Core moves, individual puck timePassing – Stationary/MovingShooting – Stationary/MovingIndividual tactics – Forwards/DefenceGoaltending Regular season 2 phase (Week 15) <ul style="list-style-type: none">No gamesMinimal ice/Time offTeam building Regular season 3 phase (Week 16) <ul style="list-style-type: none">TBD					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
	01 Regular Season 1	02 Regular Season 1	03 Regular Season 1	04 Regular Season 1	05 Regular Season 1	06 Regular Season 1						
07 Regular Season 1	08 Regular Season 1	09 Regular Season 1	10 Regular Season 1	11 Regular Season 1	12 Regular Season 1	13 Regular Season 1						
14 Regular Season 1	15 Regular Season 1	16 Regular Season 1	17 Regular Season 1	18 Regular Season 1	19 Regular Season 1	20 Regular Season 1						
21 Regular Season 2	22 Regular Season 2	23 Regular Season 2	24 Regular Season 2	25 Regular Season 2	26 Regular Season 2	27 Regular Season 2						
28 Regular Season 3	29 Regular Season 3	30 Regular Season 3										
Physical Prep •TBD		Mental Prep •TBD		Team Development •TBD		Evaluation & Assessment •TBD						
October			November				December					
03 (Week 8)	10 (Week 9)	17 (Week 10)	24 (Week 11)	31 (Week 12)	07 (Week 13)	14 (Week 14)	21 (Week 15)	28 (Week 16)	05 (Week 17)	12 (Week 18)	19 (Week 19)	26 (Week 20)
Dev 1	Dev 2	RS 1				RS 2		RS 3			RS 4	

U15/18 – Seasonal Training Plan													
<div>December 2022</div> <div>(0 Practices 0 Games)</div>										<div>GOALS</div> <div>1. TBD</div> <div>2. TBD</div> <div>3. TBD</div> <div>4. TBD</div>			
										<div>Skills/Concepts</div> <div>Competition period (Weeks 9 - 37)</div> <div>Regular season 3 phase (Weeks 16 - 19)</div> <div><div>▪ Skating – Edge control, forward/backward skating</div><div>▪ Puck control – Core moves, individual puck time</div><div>▪ Passing – Stationary/Moving</div><div>▪ Shooting – Stationary/Moving</div><div>▪ Individual tactics – Forwards/Defence</div><div>▪ Goaltending</div></div> <div>Regular Season 4 Phase (Weeks 19 - 20)</div> <div><div>▪ December holiday season tournament</div><div>▪ Minimal ice/Time off</div></div>			
<div>Physical Prep</div> <div>•TBD</div>			<div>Mental Prep</div> <div>•TBD</div>			<div>Team Development</div> <div>•TBD</div>			<div>Evaluation & Assessment</div> <div>•TBD</div>				
<div><div>November</div><div>07 (Week 13)</div><div>14 (Week 14)</div><div>21 (Week 15)</div><div>28 (Week 16)</div><div>05 (Week 17)</div><div>12 (Week 18)</div><div>19 (Week 19)</div><div>26 (Week 20)</div><div>02 (Week 21)</div><div>09 (Week 22)</div><div>16 (Week 23)</div><div>23 (Week 24)</div><div>30 (Week 25)</div></div> <div><div>RS 1</div><div>RS 2</div><div>RS 3</div><div>RS 4</div><div>RS 5</div></div>													

U15/18 – Seasonal Training Plan												
<div>January 2023</div> <div>(0 Practices 0 Games)</div>						<div>GOALS</div> <div>1. TBD</div> <div>2. TBD</div> <div>3. TBD</div> <div>4. TBD</div>						
						<div>Skills/Concepts</div> <div>Competition period (Weeks 9 - 37)</div> <div>Regular season 4 phase (Week 20)</div> <div><div>▪ December holiday season tournament</div><div>▪ Minimal ice/Time off</div></div> <div>Regular season 5 phase (Weeks 21 - 24)</div> <div><div>▪ Skating – Edge control, forward/backward skating</div><div>▪ Puck control – Core moves, individual puck time</div><div>▪ Passing – Stationary/Moving</div><div>▪ Shooting – Stationary/Moving</div><div>▪ Individual tactics – Forwards/Defence</div><div>▪ Goaltending</div></div>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
						01						
						Regular Season 4						
02	03	04	05	06	07	08						
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5						
09	10	11	12	13	14	15						
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5						
16	17	18	19	20	21	22						
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5						
23	24	25	26	27	28	29						
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5						
30	31											
Regular Season 5	Regular Season 5											
<div>Physical Prep</div> <div>▪ TBD</div>		<div>Mental Prep</div> <div>▪ TBD</div>		<div>Team Development</div> <div>▪ TBD</div>		<div>Evaluation & Assessment</div> <div>▪ TBD</div>						
December				January			February					
05	12	19	26	02	09	16	23	30	06	13	20	27
(Week 17)	(Week 18)	(Week 19)	(Week 20)	(Week 21)	(Week 22)	(Week 23)	(Week 24)	(Week 25)	(Week 26)	(Week 27)	(Week 28)	(Week 29)
Regular Season 3		Regular Season 4		Regular Season 5				Regular Season 6		Regular Season 7		

U15/18 – Seasonal Training Plan

U15/18 – Seasonal Training Plan							
<div>February 2023</div> <div>(0 Practices 0 Games)</div>						<div>GOALS</div> <div>1. TBD</div> <div>2. TBD</div> <div>3. TBD</div> <div>4. TBD</div>	
<div>Skills/Concepts</div> <div>Competition period (Weeks 9 - 37)</div> <div>Regular season 5 phase (Weeks 25 - 26)</div> <div><div>▪ Skating – Edge control, forward/backward skating</div><div>▪ Puck control – Core moves, individual puck time</div><div>▪ Passing – Stationary/Moving</div><div>▪ Shooting – Stationary/Moving</div><div>▪ Individual tactics – Forwards/Defence</div><div>▪ Goaltending</div></div> <div>Regular season 6 phase (Week 27)</div> <div><div>▪ Minimal Ice/Time off</div></div> <div>Regular season 7 phase (Weeks 28 - 29)</div> <div><div>▪ Skating – Edge control, forward/backward skating</div><div>▪ Puck control – Core moves, individual puck time</div><div>▪ Passing – Stationary/Moving</div><div>▪ Shooting – Stationary/Moving</div><div>▪ Individual tactics – Forwards/Defence</div><div>▪ Goaltending</div></div>							
<div>Physical Prep</div> <div>▪ TBD</div>		<div>Mental Prep</div> <div>▪ TBD</div>		<div>Team Development</div> <div>▪ TBD</div>		<div>Evaluation & Assessment</div> <div>▪ TBD</div>	
<div>January</div> <div>02 (Week 21)</div> <div>09 (Week 22)</div> <div>16 (Week 23)</div> <div>23 (Week 24)</div> <div>30 (Week 25)</div> <div>06 (Week 26)</div> <div>13 (Week 27)</div> <div>20 (Week 28)</div> <div>27 (Week 29)</div>						<div>March</div> <div>06 (Week 30)</div> <div>13 (Week 31)</div> <div>20 (Week 32)</div> <div>27 (Week 33)</div>	
Regular Season 5						Regular Season 6	Regular Season 7

U15/18 – Seasonal Training Plan

U15/18 – Seasonal Training Plan						
<div>March 2023</div> <div>(0 Practices 0 Games)</div>						<div>GOALS</div> <div>1. TBD</div> <div>2. TBD</div> <div>3. TBD</div> <div>4. TBD</div>
<div>Skills/Concepts</div> <div>Competition period (Weeks 9 - 37)</div> <div>Regular season 7 phase (Weeks 29 - 33)</div> <div><div>▪ Skating – Edge control, forward/backward skating</div><div>▪ Puck control – Core moves, individual puck time</div><div>▪ Passing – Stationary/Moving</div><div>▪ Shooting – Stationary/Moving</div><div>▪ Individual tactics – Forwards/Defence</div><div>▪ Goaltending</div></div>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		01	02	03	04	05
		Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
06	07	08	09	10	11	12
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
13	14	15	16	17	18	19
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
20	21	22	23	24	25	26
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
27	28	29	30	31		
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7		
<div>Physical Prep</div> <div>•TBD</div>		<div>Mental Prep</div> <div>•TBD</div>		<div>Team Development</div> <div>•TBD</div>		<div>Evaluation & Assessment</div> <div>•TBD</div>
February				March		April
06	13	20	27	06	13	20
(Week 26)	(Week 27)	(Week 28)	(Week 29)	(Week 30)	(Week 31)	(Week 32)
RS 7				RS 7		RS 7

U15/18 – Seasonal Training Plan

<div>April 2023</div> <div>(0 Practices 0 Games)</div>										<div>GOALS</div> <div>1. TBD</div> <div>2. TBD</div> <div>3. TBD</div> <div>4. TBD</div>																			
										<div>Skills/Concepts</div> <div>Competition period (Weeks 9 - 37)</div> <div>Regular season 7 phase (Weeks 33 - 34)</div> <div><div>▪ Skating – Edge control, forward/backward skating</div><div>▪ Puck control – Core moves, individual puck time</div><div>▪ Passing – Stationary/Moving</div><div>▪ Shooting – Stationary/Moving</div><div>▪ Individual tactics – Forwards/Defence</div><div>▪ Goaltending</div></div> <div>Playoff phase (Weeks 35 - 37)</div> <div><div>▪ Playoffs</div><div>▪ Minimal ice/Time off</div></div>																			
<div>Physical Prep</div> <div>▪ TBD</div>					<div>Mental Prep</div> <div>▪ TBD</div>					<div>Team Development</div> <div>▪ TBD</div>					<div>Evaluation & Assessment</div> <div>▪ TBD</div>														
<div>March</div> <div>06 (Week 30)</div> <div>13 (Week 31)</div> <div>20 (Week 32)</div> <div>27 (Week 33)</div> <div>03 (Week 34)</div> <div>10 (Week 35)</div> <div>17 (Week 36)</div> <div>24 (Week 37)</div>										<div>April</div> <div>01 (Week 38)</div> <div>08 (Week 39)</div> <div>15 (Week 40)</div> <div>22 (Week 41)</div> <div>29 (Week 42)</div>										<div>May</div> <div>01 (Week 38)</div> <div>08 (Week 39)</div> <div>15 (Week 40)</div> <div>22 (Week 41)</div> <div>29 (Week 42)</div>									
Regular Season 7										Playoff										Off Season 1									

Inventory – U15/18

Inventory – 01/18

Technical skills	Skating	Puck control	Passing/Receiving	Shooting	Checking	Goaltending	
	<ul style="list-style-type: none">■ Agility/Balance■ Edge control■ Forward skating■ Backward skating■ Turning■ Crossovers■ Transition and pivots■ Quickness	<ul style="list-style-type: none">■ Stationary■ Moving■ Small-area skills■ Agility■ Puck protection■ Creativity	<ul style="list-style-type: none">■ Stationary■ Moving■ Puck support	<ul style="list-style-type: none">■ Stationary■ Moving■ 1-timers■ Quick release■ Shooting fakes■ Changing puck angle■ Shooting off pass■ Forehand to backhand/Backhand to forehand■ Shooting for sticks	<ul style="list-style-type: none">■ Skating/Agility■ Angling/Positioning■ Stick checks■ Body contact■ Body checking	<ul style="list-style-type: none">■ Balance and agility■ Moving skills■ Positioning■ Save selection■ Basic puck control■ Advanced skating■ Eye skills■ Advanced hands■ Advanced puck handling■ 10 scoring situations■ Defensive team play■ Offensive team play■ Hockey sense	
Tactical skills	Individual offensive tactics		Individual defensive tactics		Team tactics		
	<ul style="list-style-type: none">■ Attacking 1 on 1■ Shaking a defender 1 on 1■ Screening without the puck		<ul style="list-style-type: none">■ Defending 1 on 1■ Defending in the corner■ Defending along the boards■ Backchecking		<ul style="list-style-type: none">■ Offensive: Entries, offensive zone play■ Defensive: Defensive zone coverage, breakouts■ Special team: PP breakouts, PP setup, PK forecheck, PK in the DZ■ Forechecking: Offensive zone, neutral zone■ Transition/Regroups: Neutral zone play■ Face-offs: Techniques, OZ/DZ face-offs		
Other	Physical prep		Mental prep		Team development		
	<ul style="list-style-type: none">■ Warm-up and cool-down■ Testing (on-ice and off-ice)■ Conditioning■ Nutrition & hydration■ Recovery		<ul style="list-style-type: none">■ Imagery■ Goal-setting■ Positive self-talk■ Relaxation		<ul style="list-style-type: none">■ Team building■ Player meetings■ Parent meetings■ Admin		
Period		Phase		Timing			
Preparation	Prep/Tryout phase		<ul style="list-style-type: none">■ Refers to the period of time before the season starts, typically when pre camps and/or tryouts are held.				
	Development phase		<ul style="list-style-type: none">■ Refers to the period of time following tryouts or evaluation before the regular season starts.				
Competition	Regular season phase		<ul style="list-style-type: none">■ Refers to the period of time from the first regular season game to the start of playoffs or provincial/branch championships.				
	Playoff phase		<ul style="list-style-type: none">■ Refers to the period of time from the end of the regular season through to the end of playoffs.				
Transition	Off-season phase		<ul style="list-style-type: none">■ Refers to the period of time from the end of the playoff season to the start of the next prep or tryout season. No tryouts are allowed during the off season.				

Hockey Canada coaching downloads

Check [Hockey Canada's coaching downloads](https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads)⁹ for these resources on seasonal planning:

- Seasonal planning: Additional resources
- U13 seasonal plan
- U15/18 seasonal plan

⁹ <https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/essentials/downloads>



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