



	September	October
Schedule	10 - 12 Practice ice 1 Away Tournament Weekly CMS Training Scheduled games Team Dinner / Party Parents meeting + volunteers	10 - 12 Practice ice 1 Away Tournament Weekly CMS Training Scheduled games Fun team activity
Goals	Team building, bonding and identity Develop confidence Develop accountability Assess players on fundamentals	Confidence + Accountability Understand the goals of the players Skills training + fundamentals
Player Skills	Fundamentals (Skating, Shooting, Passing) Edgework	Build on September + Speed through the zone Acceleration Gap control
Goalie Skills	Visual targeting Telescoping Cushioning the puck	Build on September + Back door gap Post positioning Stick saves
Training	30 minute pre-practice warm up 30 minute pre-game warm up	60 minute pre-practice warm up 30 minute pre-game warm up
Tactical	Breakout skills Forechecking in the zones Shooting to score Puck possession Defense to rush + pinch	Build on September + Team play Small area games Increase the pace Protect the puck
Physical	Encourage off ice activity to increase core strength, flexibility, and cardio yoga, spinning, gym training	
Mental	Emphasize we are here as a team to have fun Display the progression to increase confidence Consistently ask to play to their best Respect your competition Challenge yourself to fail	



	November	December
Schedule	10 - 12 Practice ice 1 Away Tournament CMS Training Scheduled games 3 on 3 Small Area Games Practice or game video sessions	10 - 12 Practice ice 1 Tournament Weekly CMS Training Scheduled games Team Dinner / Christmas Party Rejuvenate during Christmas break!
Goals	Assess players on fundamentals Continue skills development Get the first goal!	Confidence + Accountability Instill competitiveness in the each player
Player Skills	Build on October + Fundamentals (Skating, Shooting, Passing) Increase chances for good scoring positioning	Build on December + Continue with fundamentals Speed through the zone Scoring positioning and action
Goalie Skills	Build on October + Transitions	Build on November + Challenging Butterfly
Training	30 minute pre-practice warm up 30 minute pre-game warm up	60 minute pre-practice warm up 30 minute pre-game warm up
Tactical	Build on October + Breakout skills Defense executing quick decisions Offense creating a target to pass Teach the goalie how to control the play	Build on November Breakout skills Focus on situational hockey (power play, penalty kill)
Physical	Encourage off ice activity to increase core strength, flexibility, and cardio yoga, spinning, gym training	
Mental	Emphasize we are here as a team to have fun Display the progression to increase confidence Consistently ask to play to their best Respect your competition Challenge yourself to fail	



	January	February
Schedule	10 - 12 Practice ice CMS Training Scheduled games 3 on 3 Small Area Games Practice or game video sessions	10 - 12 Practice ice 1 Tournament Weekly CMS Training Scheduled games
Goals	Assess players on fundamentals Continue skills development Get the first goal!	Confidence + Accountability Understanding the play Commenting on the opponent Peak Performance as a team
Player Skills	Fundamentals (Skating, Shooting, Passing) Increase chances for good scoring positioning How to play behind the net	Continue with fundamentals Speed through the zone Scoring positioning and action
Goalie Skills	Build on December + More butterfly	Building on January + Lateral movement Behind the net shoot-in
Training	30 minute pre-practice warm up 30 minute pre-game warm up	60 minute pre-practice warm up 30 minute pre-game warm up
Tactical	Build on December + Screening the goalie Defense to shoot in open lanes Individual skills Angling the play	Build on January + Balance Agility
Physical	Encourage off ice activity to increase core strength, flexibility, and cardio yoga, spinning, gym training	
Mental	Emphasize we are here as a team to have fun Display the progression to increase confidence Consistently ask to play to their best Respect your competition Challenge yourself to fail	

	March	April
Schedule	8 Practice ice Playoffs + Playdowns Scheduled games 3 on 3 Small Area Games Practice or game video sessions	Practice ice Provincials
Goals	Peak as a team Peak as an individual	Confidence + Accountability Instill competitiveness in the each player
Player Skills	Fundamentals (Skating, Shooting, Passing) Increase chances for good scoring positioning	Continue with fundamentals Speed through the zone Scoring positioning and action
Goalie Skills	Build on February + More butterfly	Building on March + Lateral movement Behind the net shoot-in
Training	30 minute pre-practice warm up 30 minute pre-game warm up	60 minute pre-practice warm up 30 minute pre-game warm up
Tactical	Build on February + Breakout skills Defense executing quick decisions Offense creating a target to pass Teach the goalie how to control the play	Build on March + Breakout skills Focus on situational hockey (power play, penalty kill) Focus on faceoffs
Physical	Encourage off ice activity to increase core strength, flexibility, and cardio yoga, spinning, gym training	
Mental	Emphasize we are here as a team to have fun Display the progression to increase confidence Consistently ask to play to their best Respect your competition Challenge yourself to fail	

