



Hockey Development
September 2009 - March 2010

Dear BH Parents

Balmoral Hall is excited to introduce the hockey development program. This program will encompass grades 6 - 12 and will be an opt-in fee based program. The intent of the program is to provide a holistic approach to student-athlete development with on-ice sessions being supplemented with classroom, video, as well as individual meetings as needed.

Students will be lead through a progression of skills that focus on developing their ice hockey abilities. Progression of these skills will focus on individual technical skills and tactics. There will be 12 one hour on-ice sessions every second Wednesday from 2:45 - 3:45 pm at the Winnipeg Winter Club, beginning September 23rd with an open skate. Grade 6 - 8 will start September 30th and Grade 9 - 12 will continue with their second ice time on October 7th. The program will aim to provide student-athletes with the skills necessary to pursue their endeavors within the sport of hockey and in life.

Classroom sessions will occur during the week in between ice sessions as the schedule allows, specific times and locations will be arranged following registration. They will focus on teaching the game of hockey through discussions around specifics to each position, individuals tactics, game concepts, as well as off-ice topics such as proper physical preparation, nutrition, and mental and emotional development. Video analysis will also be used to augment on-ice development and facilitate personal reflection. Student-athletes will be provided with a skill evaluation sheet before the Christmas break and following spring break. This program is an individualized program, therefore space is limited.

The program will be coordinated and instructed by Mr. Steven Macdonald, Development program coordinator of the BH Skating and hockey program.

Required equipment:

- Skates
- Stick & Gloves
- Neck-guard
- Helmet with Cage

NOTE:

- All students in the hockey development program will receive a discount voucher to Play it Again Sports on St. Anne's Road. It is a one time 10% discount. Please bring the voucher and notify the store at your time of purchase.

Cost: \$285 + GST = \$299.25

The following is recommended for safety reasons, but not required:

- Shin Pads & Elbow Pads

Please fill out the attached **Registration & Element of Risk** forms. Should you have any questions regarding the program, please email Coach Steve at smacdonald@balmoralhall.com

We look forward to working with the students on developing their skills and enjoyment in hockey.

Sincerely,

Steven Macdonald

25-Sept-09



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Ice times for Hockey Development Program - All are at the Winnipeg Winter Club

Gr 6 - 8	Sept 30 th	Oct 14 th	Oct 28 th	*Nov 4 th	Nov 25 th	Dec 9 th	
	Jan 6 th	Jan 20 th	Feb 3 rd	Feb 17 th	Mar 3 rd	Mar 17 th	
Gr 9 - 12	Sept 23 rd	Oct 7 th	Oct 21 st	*Nov 4 th	Nov 18 th	Dec 2 nd	Dec 16 th
	Jan 13 th	Jan 27 th	Feb 10 th	Feb 24 th	Mar 10 th		

* Combined session due to scheduling conflicts

Sample Areas of skill development

Skating		Puck control & Individual tactics	
Balance & Control	1 foot balance 2 foot glide 1 foot glide	Stationary & Moving Puck control	Stick-handling zones Open ice carry Toe Drag - side/front Attack personal triangle Fakes & movements
Edge Control	1/2 foot Slalom Crouch slalom 2 Foot C-Cut High step over	Passing & Receiving	Sweep/Saucer pass 1-Touch & Indirect pass Pass & follow lanes 90° support
Starting & Stopping	T-Start; V-start; X-start Bkwd X-over start Bkwd C-cut start 2-foot parallel stop 1/2-leg bkwd stop	Shooting & Scoring	Wrist/Snap/Slap shot Shoot while moving 1-timer/2-touch Scoring area & Seams Tips/deflections/screens
Fwd Skating & Striding	1 leg Skulling Fwd striding - side Scissor movement	Defensive individual tactics	Mirroring & Angling Toes up ice Gap control & active stick Pressure/Contain
Bkwd Skating & Striding	Weight transfer Transition skating 1 leg C-cuts Top C push	Offensive Individual tactics	Body position Walk-outs 1v1/2v1 Drive/Delay (attack tri)
Turning & Crossovers	Tight & Glide Turns Pivots - Mohawk Circle - C-cuts Fwd /Bkwd X-Over	Team Tactics (optional)	Defensive zone awareness Support tactics Cycle movements Zone entries

