

HIGH PERFORMANCE PEEWEE  
DEVELOPMENT CAMP 2017

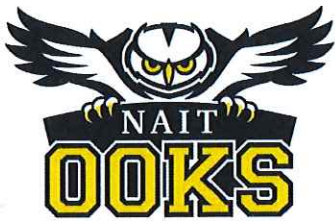


THE MEADOWS COMMUNITY RECREATION CENTER – EDMONTON, AB

2704 17 St NW, Edmonton, AB T6T 1H9

MARCH 31 & APRIL 1, 2017

Featuring coaches and trainers from:



body by  
B3NNETT



## PLAYER CONDUCT

### ALL ATHLETES AGREE TO:

- BRING APPROPRIATE EQUIPMENT FOR ALL SESSIONS
  
- PROVIDE OPTIMAL EFFORT AND ATTENTION IN ALL ON-ICE AND OFF-ICE SESSIONS
  
- TREAT THE FACILITIES WITH RESPECT
  - CLEAN UP AFTER YOURSELF!
  
- TREAT THE COACHES AND INSTRUCTORS WITH RESPECT
  
- TREAT FELLOW ATHLETES WITH RESPECT

Hockey Edmonton  
High Performance Peeewe Development Camp

DAY 1 - March 31, 2017

Session 1		
Start time	End time	Task/Event
8:30	9:00	<i>Arrive, register, dress for on-ice</i>
9:00	9:15	pre-ice session with Quantum Speed & Ian Gordon
9:15	10:15	on-ice session "Agility and Acceleration Skating" with Quantum Speed, "Goalie skills" with Ian Gordon
10:15	10:30	pre-ice session with Nathan Dempsey & Vimy
10:30	11:30	on-ice session "Developing optimal Technical Skills" with Nathan Dempsey & Vimy
11:30	11:45	<i>undress, change to off-ice equipment</i>
11:45	12:45	off-ice session "Developing Elite Off-ice habits" with Simon Bennett
12:45	13:35	Lunch and Learn session "High Performance Player Development Seminar - What does it take to make it to the next level?" with Fran Gow
13:35	14:00	<i>dress for on-ice</i>
14:00	14:15	pre-ice session with Shawn Belle
14:15	15:15	on-ice session "Excelling through Small Area Games" with Shawn Belle
15:15	15:30	pre-ice session with Bram Stephen
15:30	16:30	on-ice session "Developing Elite Team and Individual Tactics" with Bram Stephen
16:30	17:00	<i>undress, guardian pick-up</i>

Session 2		
Start time	End time	Task/Event
11:00	11:30	<i>Arrive, register, dress for on-ice</i>
11:30	11:45	pre-ice session with Quantum Speed & Ian Gordon
11:45	12:45	on-ice session "Agility and Acceleration Skating" with Quantum Speed, "Goalie skills" with Ian Gordon
12:45	13:00	pre-ice session with Nathan Dempsey & Vimy
13:00	14:00	on-ice session "Developing optimal Technical Skills" with Nathan Dempsey & Vimy
14:00	14:15	<i>undress, change to off-ice equipment</i>
14:15	15:15	off-ice session "Developing Elite Off-ice habits" with Simon Bennett
15:15	16:05	Lunch and Learn session "High Performance Player Development Seminar - What does it take to make it to the next level?" with Fran Gow
16:05	16:30	<i>dress for on-ice</i>
16:30	16:45	pre-ice session with Shawn Belle
16:45	17:45	on-ice session "Excelling through Small Area Games" with Shawn Belle
17:45	18:00	pre-ice session with Bram Stephen
18:00	19:00	on-ice session "Developing Elite Team and Individual Tactics" with Bram Stephen
19:00	19:30	<i>undress, guardian pick-up</i>



Hockey Edmonton

DAY 2 - April 1, 2017

High Performance Peeewe Development Camp

Session 3		
Start time	End time	Task/Event
8:30	9:00	<i>Arrive, register, dress for on-ice</i>
9:00	9:15	pre-ice session with Shawn Belle
9:15	10:15	on-ice session "Excelling through Small Area Games" with Shawn Belle
10:15	10:30	pre-ice session with Nathan Dempsey & Vimy
10:30	11:30	on-ice session "Developing optimal Technical Skills" with Nathan Dempsey & Vimy
11:30	11:45	<i>undress, change to off-ice equipment</i>
11:45	12:45	off-ice session "Developing Elite Off-ice habits" with Simon Bennett
12:45	13:35	Lunch and Learn session "High Performance Player Development Seminar - What does it take to make it to the next level?" with Fran Gow
13:35	14:00	<i>dress for on-ice</i>
14:00	14:15	pre-ice session with Quantum Speed & Ian Gordon
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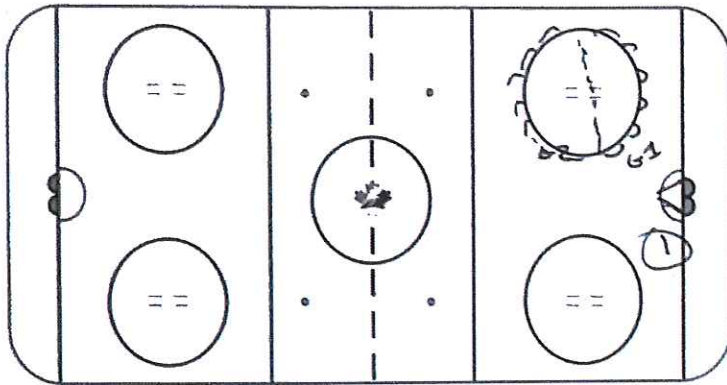
# DEVELOPING ELITE GOALIE SKILLS

With IAN GORDON





# Hockey Canada Program of Excellence



SKATING WARMUP  
 CIRCLE SKATE  
 C CUTS FWD & BKWD  
 T PUSH  
 SHUFFLED  
 RECOVERY TO FEET  
 BUTTERFLY SLIDE  
 INSIDE EDGE PUSH

## ① GLOVE & BLOCKER WARMUP

1, 2, 3 ✓

Start on Post

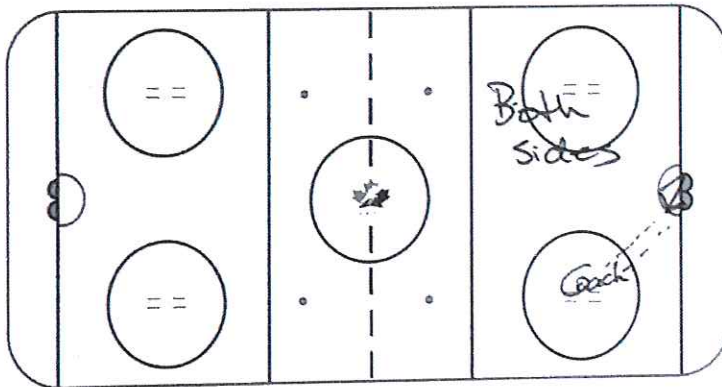
Challenge to middle top of crease

① standing glove

② butterfly glove

③ star down glove

Recover to opposite post & repeat with blocker



## ② Finland Stick & Hand

Step off shot side post

post

shot 1 on ice for side. Goalie executes a stick save & follows rebound to far post. Goalie comes back to middle & over to face each for a high shot ②

Repeat.

Repeat.

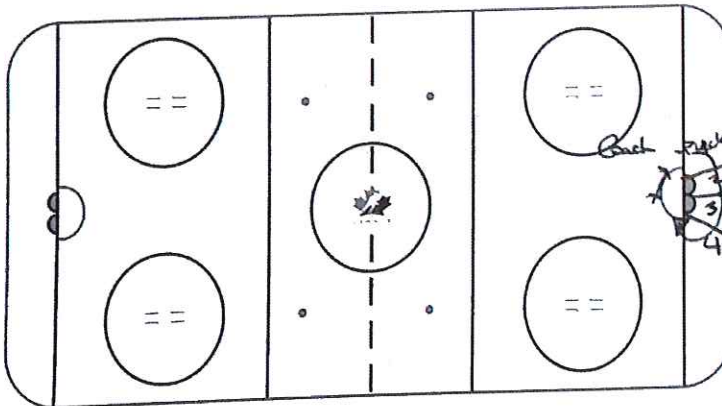
Repeat.

Repeat.

Repeat.

Repeat.

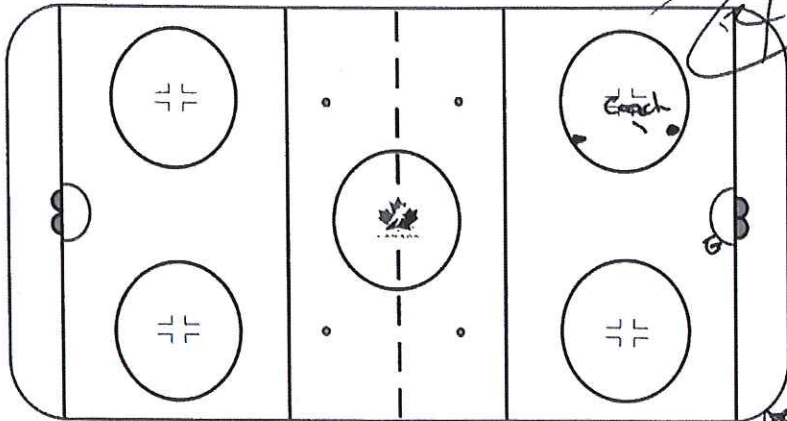
Repeat.



③ Jimmy walk 2 shot wrap  
 goalie starts @ top of paint  
 goalie comes over on feet  
 'C' quick shot & hole  
 & pick up puck & for long side wrap



# Hockey Canada Program of Excellence



## 2 Puck Recovery

Goalie starts down on  
far side of crease

"C" has 2 pucks

1 bottom of circle

2 top of circle

\* Coach bangs stick

if "C" goes low

goalie rotates 3

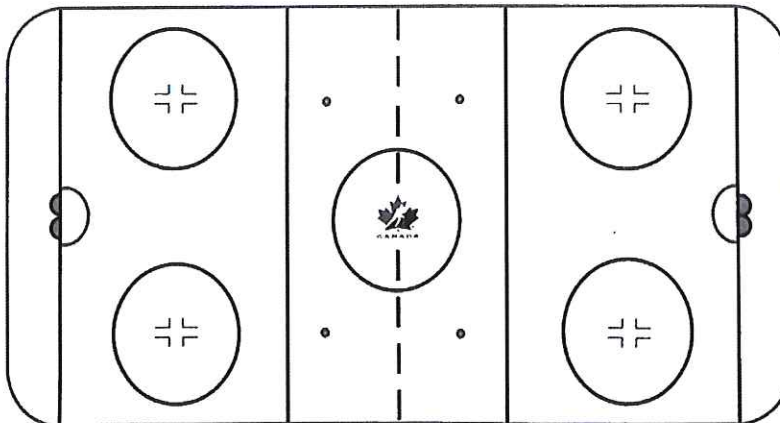
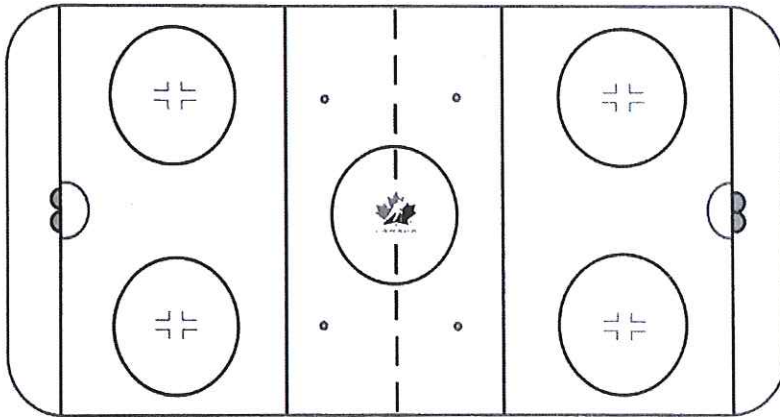
stays down with

power push.

if "C" goes high

goalie recovers

back to feet.





# AGILITY AND ACCELERATION SKATING

With QUANTUM SPEED





**Hockey Edmonton  
PeeWee High Performance Development Camp  
March 31 & April 1, 2017**

Welcome to your Quantum Speed experience!  
We're looking forward to skating with you.

The theme for your Quantum Speed Ice Session is:

**Agility and Acceleration Skating**

This ice session will focus on the skills and abilities required to develop your agility and acceleration long-term. Keep in mind that true acceleration is a result of your continuing commitment to refining technique, developing strength, mobility, and power. In other words:

$$\text{Technique} + \text{Power} = \text{Speed}^{\text{TM}}$$

Throughout this ice time, we will introduce you to tips and tricks that, though small, will make a huge impact on your game. The meaning of "Quantum" in Quantum Speed is:

**"Making the smallest possible change to see the biggest possible result"**

Be Prepared for Quantum Speed:

- Set an intention for what you want to get out of the ice time and the day
- Be fully dressed and ready for pre-ice, 15 minutes prior to your ice time
- Eat approximately 1-2 hours prior to your ice time
- Bring your water bottle
- Bring a snack for after your ice time

**Key Teaching Points for Acceleration:**

"Load Your Legs!"

"Stick position is part of every drill"

"Acceleration comes from your hips, not from your feet!"

"Eyes turn first"

"Your outside edge is your secret weapon"

"Fast Foot!"



# DEVELOPING OPTIMAL TECHNICAL SKILLS

With NATHAN DEMPSEY & VIMY



**DONNAN HOCKEY • VIMY HOCKEY**



*- Free -*

**SHADOW DAY**

*- Coupon -*

*Professional  
Full-time  
Hockey Staff*

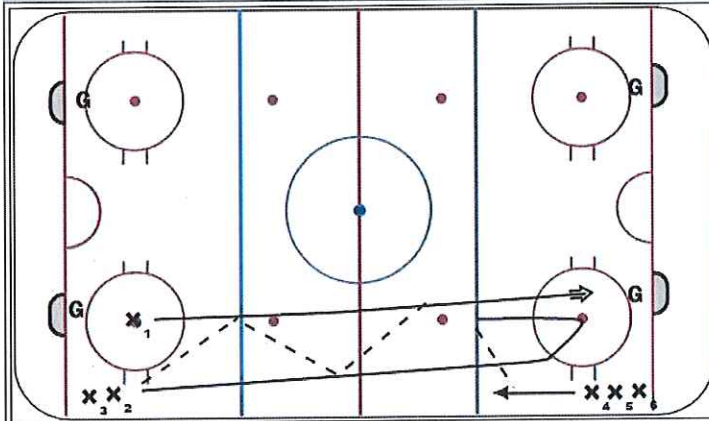
*In The  
Edmonton  
Public-School  
System*

**SIGN UP NOW AT**

**DONNAN.CA • VIMYEDMONTON.CA**

**Vimy - Regina Pairs Passing - 12 mins**

**10:30am**

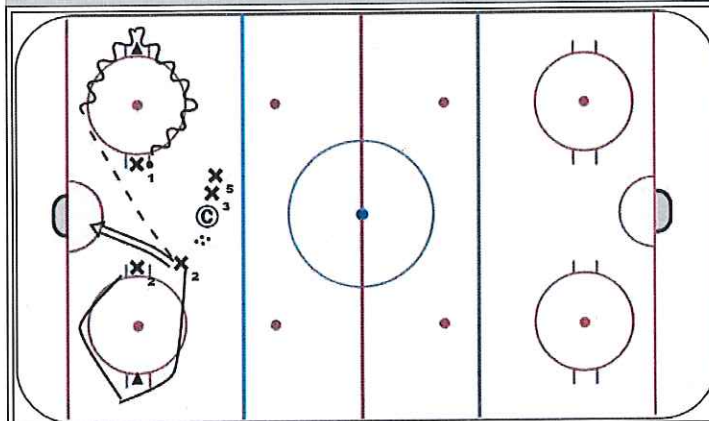


- Start drill with pass from X2 to X1. Players pair pass down the ice. Inside guys ALWAYS shoots. Outside guy curls to support line in opposite corner to become inside guy. Drill is continuous
- Drill can be done on both sides

Key Points: 4 Nets 4 Goalies Pucks in all 4 corners

**Over/Under Shooting - 8 mins**

**10:42am**

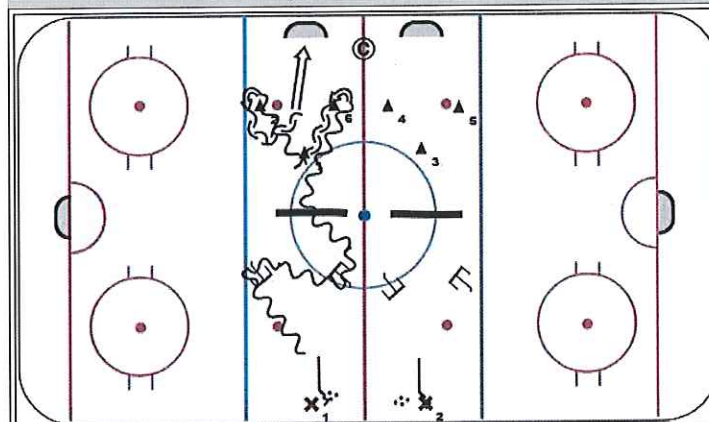


- Either X1 or X2 start with puck
- They can go either direction around their circle
- Puck carrier makes pass for a quick release shot
- Alternate puck carrier, direction around circle and starting circle
- Allows for many different passing, receiving and shooting angles

Key Points: Quick Release Timing Pass placement

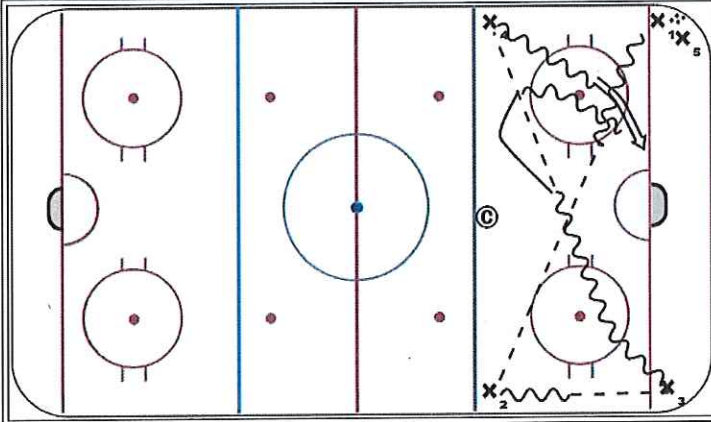
**NZ Puck Handling Circuit - 8 mins**

**10:50am**



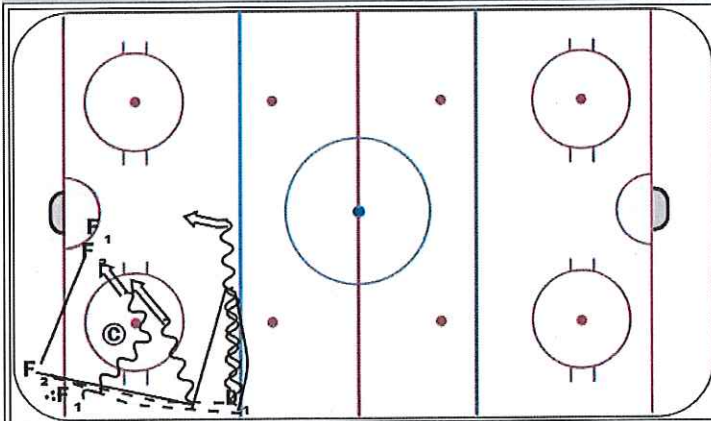
- Forehand or backhand over stick move to start
- Under stick figure 8 on attack triangles
- Flip and jump over plank
- Pivots at cones, quick shot after 3rd cone

Key Points: Edge work Puck skills Pivots

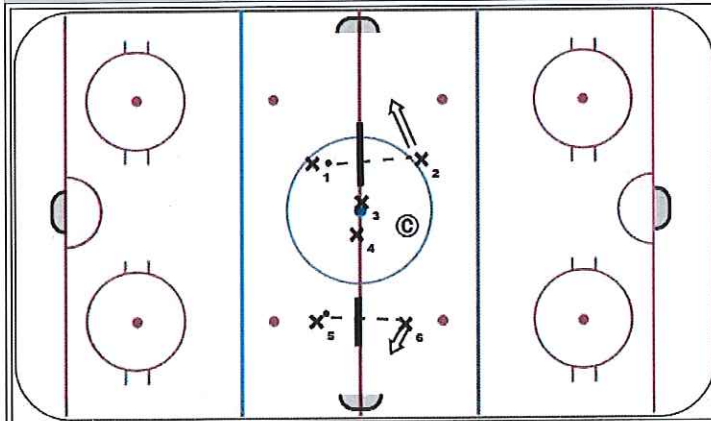
**3 pass angling or 1v1 - 8 mins****10:58am**

- X1 moves his feet then makes hard pass to X2, X1 then follows pass and becomes X2
- X2 pass to X3, follows pass to become X3
- X3 moves his feet, make solid pass to X4 who attacks the net. X3 must skate forward and have good angle to force X4 to outside
- X3 becomes X4, and X4 goes back to X1

Key Points: Pass in stride Take good angles Compete

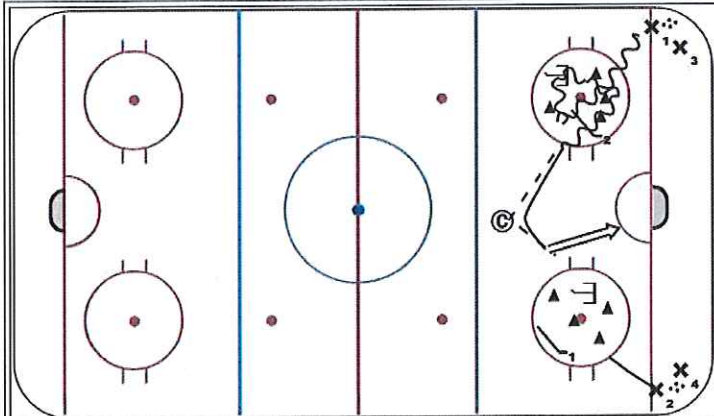
**Ozone 3 shot - 8 mins****11:06am**

- F1 attacks around coach for shot on net, stays in front.
- F2 pass to D1 who walks blueline. F2 works to high half wall for return pass and attacks seam for shot.
- F2 then returns to corner for 2nd pass to D1 who walks to middle for point shot with F1 screen and F2 backdoor.
- Ensure players play each position
- Change sides

**Sauce pass - 8 mins****11:14am**

- Work on technique of saucer pass across plank for quick release shot
- Make 3-4 passes then switch
- Can pass from either side to allow for one timer shot or catch and release

Key Points: Saucer pass Quick release



- X1 leaves on whistle with puck moving through obstacles and being creative while staying inside circle and moving feet
- On next whistle X2 jumps into opposite circle and X1 passes to coach for give and go shot
- Next whistle X3 jumps in and X2 passes, drill continues.
- Have players switch sides after every time they go.

Key Points: Quick hands Creativity Head up

# EXCELLING THROUGH SMALL AREA GAMES

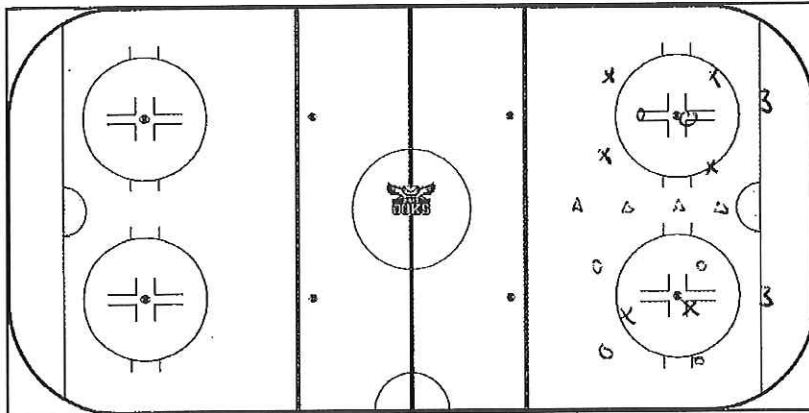
With SHAWN BELLE & NAIT HOCKEY



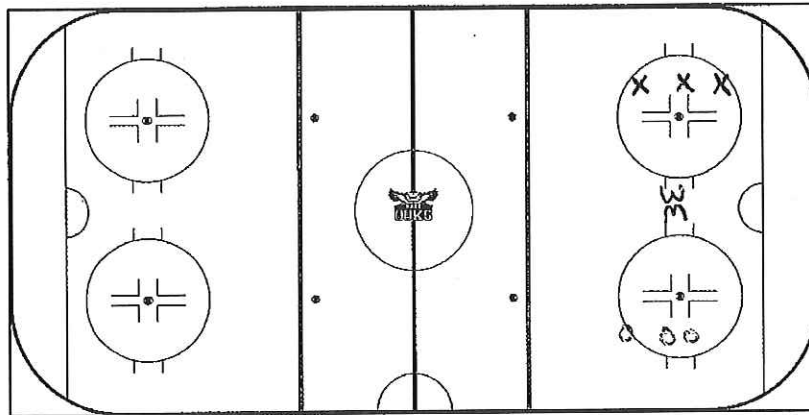


# N

# NAIT MEN'S HOCKEY



4 on 2 power play game  
 Working on power play  
 concepts, quick movement  
 of the puck. Two "O's"  
 defend against four "X's".  
 They must get puck to  
 offensive players. Players  
 cannot cross over the line



3 on 3 that turns into  
 a 3 on 2. Working on  
 power play concepts as well  
 as offence to defence  
 transition. Only two "X's" can  
 defend when "O's" have puck  
 and vice versa when "O's"  
 have puck

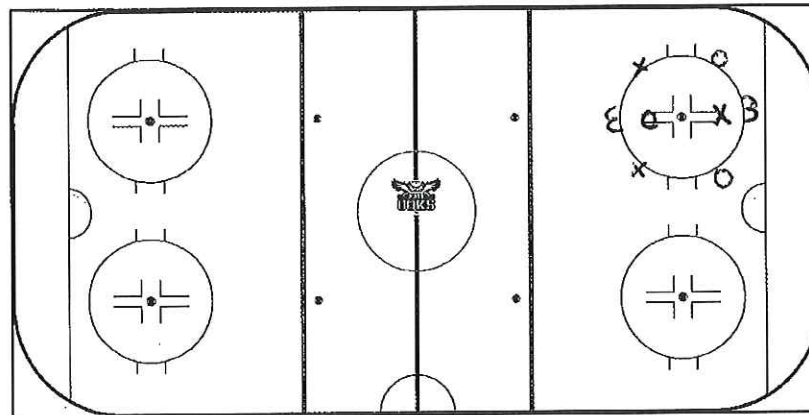
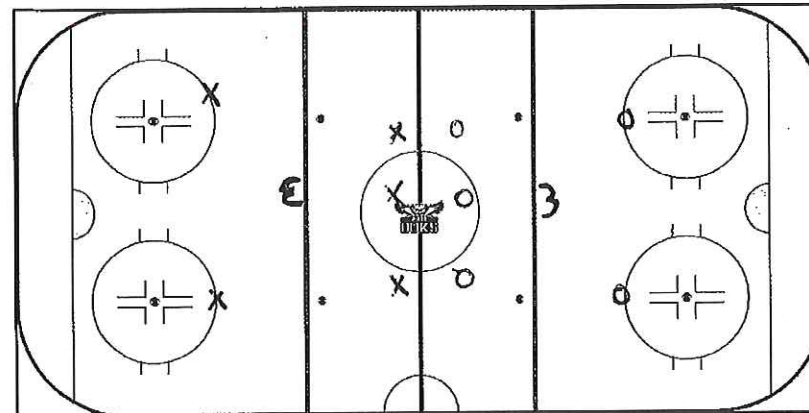


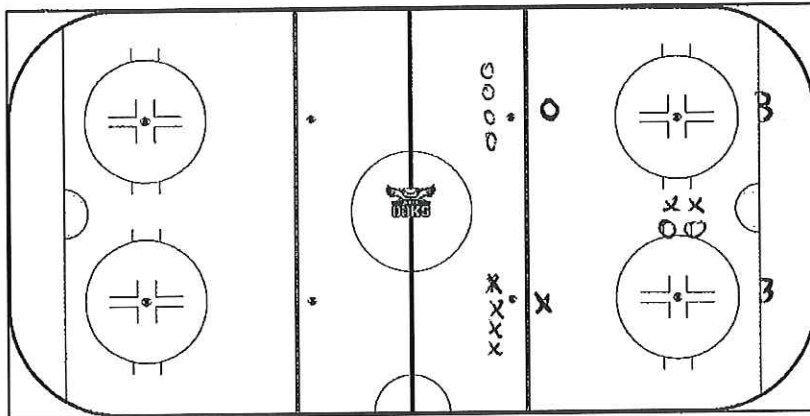
Table hockey  
 X's working together and  
 O's working together.  
 One on one inside the  
 circle but players can't  
 cross their half. Outside  
 player have to keep their  
 feet on the circle. Working  
 on quick puck movement.



3 on 3 with 2 players  
 acting as defencemen that  
 can be used in transition.  
 If puck enters zone you  
 can send one for checker  
 into the zone. The other  
 players must stay in the  
 neutral

# N

# NAIT MEN'S HOCKEY

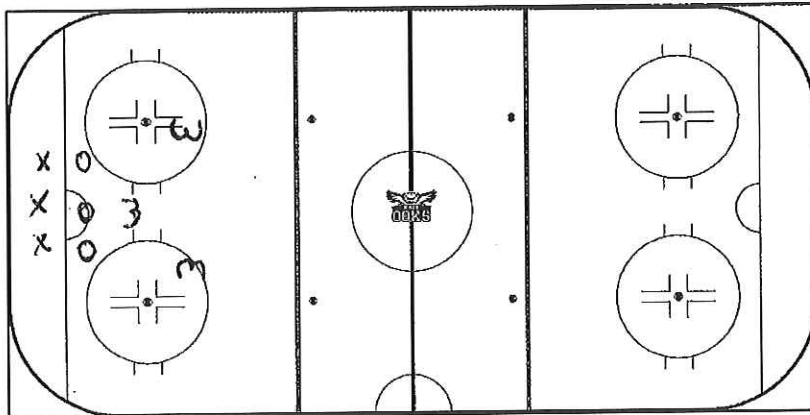


2 on 2 with a shooter  
for each team. This  
game teaches players to  
make quick decisions and  
to battle to get to the  
net with a point shot

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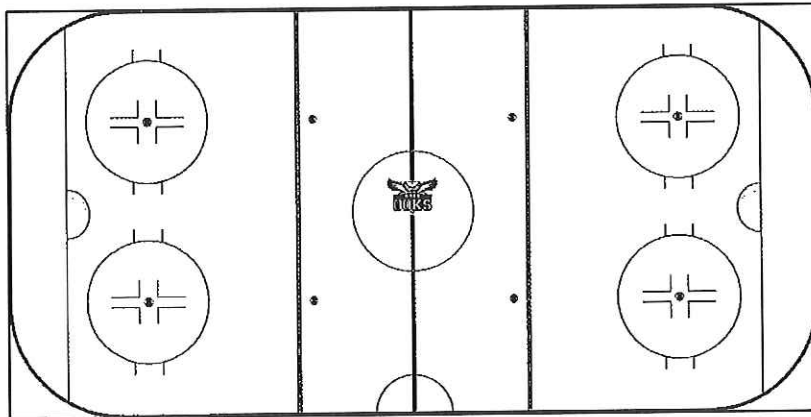


3 on 3 in zone shoot  
on any net. Teaches  
players quick movement  
and deception.

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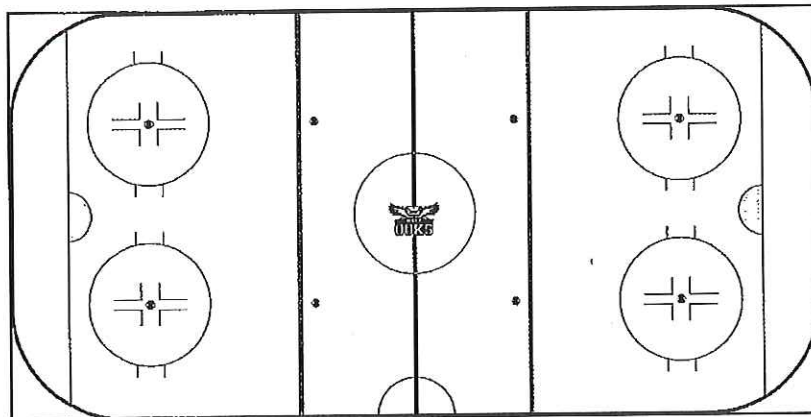
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# DEVELOPING ELITE TEAM & INDIVIDUAL TACTICS

With BRAM STEPHEN & STEPHEN ZIPP (MACEWAN HOCKEY)





# MacEwan Griffins Hockey

## Practice Plan

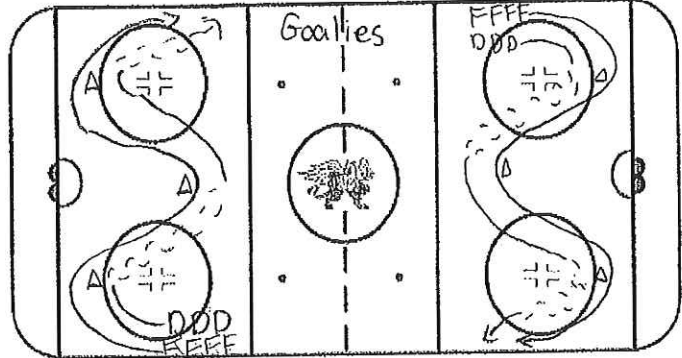


Date: March 31st / April 1st Duration: 60 mins

Arena: Meadows Arena

Page: 1

Time: 10 minutes Drill Name: Warmup.  
 - D/F Transition Skating Warmup  
↳ without + with pucks  
 - Goalie Warmup in Middle.



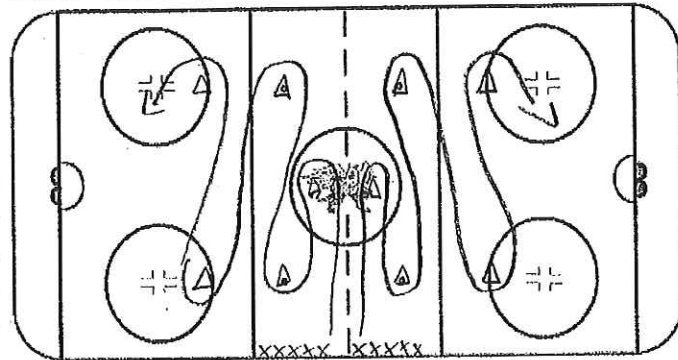
**Key Teaching Points (KTP)**

- Transition skating technique
- Body position + power stance

**Key Execution Points (KEP)**

- Warm-up drill mentality
- F → puck control / puck protection
- D → gap control in transition.

Time: 12-15 Drill Name: 5 pylon Skills  
 Skill Development w/ pucks → Skating + Puckhandling  
 1. Tight turns  
 2. 360's  
 3. Pivots → Forwards + Backwards  
 4. Open Pivots  
 5. Eagle Turns



- all progressions end with shot

**Key Teaching Points (KTP)**

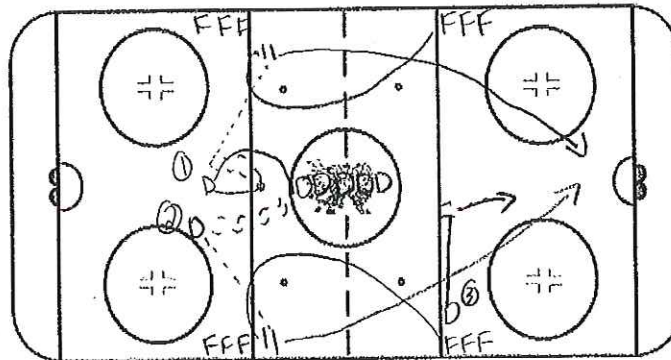
- Puck Protection
- Skating power stance

**Key Execution Points (KEP)**

- Speed Maintenance
- Skating Technique

Time: 12-15 Drill Name: Left Right Transition

- ① D recovers puck and makes pass to F on Left side
- ② D recovers puck and makes pass to F on Right side
- ③ D rubes puck up ice for 3rd shot



- 3 shots in drill
- F double net screen → stop on net after shot
- D walk line → hard low shot

**Key Teaching Points (KTP)**

- F timing in transition + Stop on net
- D passing moving N → transition habits

**Key Execution Points (KEP)**

- D staying inbetween dots
- Net front habits
- D walking Line



# MacEwan Griffins Hockey

## Practice Plan

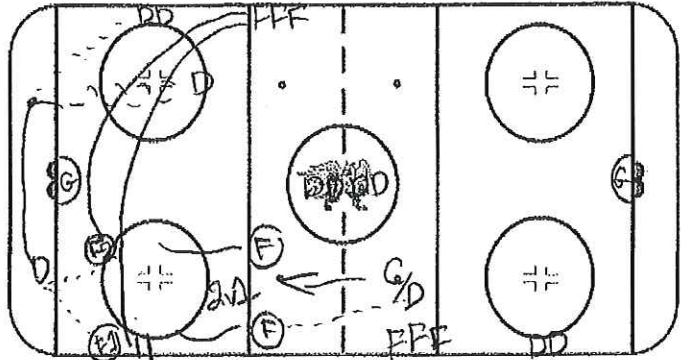


Date: March 31st/Apr 1st Duration: 60 mins

Arena: Meadows Arena Page: 2

Time: 12-15 Drill Name: 2v1 BO w Regroup

- D recovers puck + BO workside w friends
- ↳ D has middle or wall option
- Regroup w coach in NZ
- ↳ friends swing or post
- ↳ D gap to the inside
- 2v1 drive



**Key Teaching Points (KTP)**

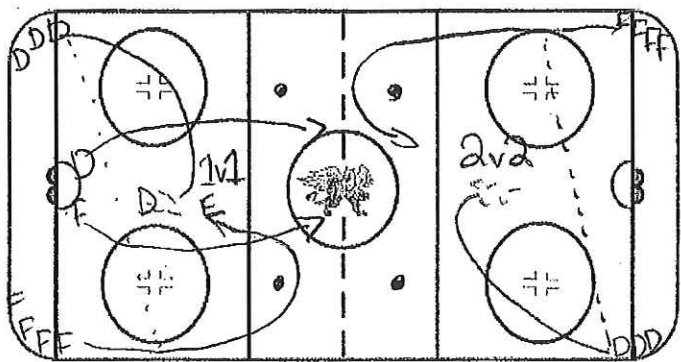
- D BO habits + pass execution
- F timing in BO

**Key Execution Points (KEP)**

- F timing in NZ
- D Gap → 2v1
- F 2v1 drive tactics

Time: 10-12 Drill Name: 2v2/1v1 Continuous

- D passes to F
- F goes around dot/plays 1v1 vs D
- On whistle, F backchecks + D joins rush
- ↳ 1v1 on other side turns into 2v2
- On whistle, other side starts into 2v2



**Key Teaching Points (KTP)**

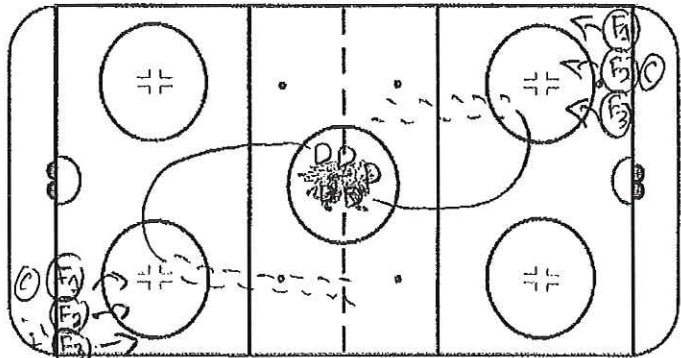
- Backcheck habits/communication
- 2v2 off. habits/tactics

**Key Execution Points (KEP)**

- Pace up ice
- 1v1 habits

Time: 10-12 Drill Name: Road Rush Drive Drill

- D gaps up to begin drill
- Coach can decide #s on rush
- Progress to 2 D.



**Key Teaching Points (KTP)**

**Key Execution Points (KEP)**

\* Depending on session/player personnel

# DEVELOPING ELITE OFF-ICE HABITS

With SIMON BENNETT & JOEL SCHNEIDER





**REGISTER NOW:** [WWW.EDMONTONOILERS.COM/YOUTHOCKEY](http://WWW.EDMONTONOILERS.COM/YOUTHOCKEY)



**B3NNETT**  
**HIGH PERFORMANCE HOCKEY**

**EDMONTON**  
**OILERS**  
ALUMNI ASSOCIATION

**“Developing Elite off ice Habits”**

**Habit #1: “Warm Up Like a Pro”**

**Habit #2: “Take your Parking Break off”**

**Habit #3: “Move the Big 3”**

**Habit #4: “Get Stiff”**

**Habit #5: “Get Moving”**

**Habit #6: “It all starts with Breakfast”**

**Habit #7: “Build an Athlete Plate”**


**Habit #8: “Weigh In and Weigh Out”**

**Habit #9: “Eat Within 30 Minutes”**


**Habit #10: “Eat the Athlete Plate Within 2 Hours”**

**Habit #11: “Sleep 70 hours per week”**






**"DEVELOPING ELITE OFF ICE HABITS"**



**HABIT #1 WARM UP LIKE A PRO!**

**HABIT #2 "TAKE YOUR PARKING BREAK OFF"**

- IT SLOWS YOU DOWN
- MAKES YOU WEAK



**MESSAGE AND ACTIVATE:**

1. Locate the site
2. Using your fingers
3. Sustained circular pressure 15-20 secs

- Area 1: Hips                    a. Abdominal area
- Area 2: Glutes                a. Base of skull b. behind the ear
- Area 3: Quads                a. Space btw rib & pelvis b. Quad
- Area 4: Pecs                 a. Just below the collar bone



**HABIT #3: "MOVE THE BIG 3"**

**Ankle -**

- Wall drill reaches
- Wall drill fall ins
- Lateral wall drill fall ins
- 


**Hip -**

- Quadraped hip extension
- Quadraped hip abduction
- Quadraped hip circles



**Shoulder**

- Bretzol w/ rotation
- Quadraped w/ arm reach



**HABIT #4: "GET STIFF"**

- Side plank abduction
- 1 leg RDL
- Balance drill ie tennis ball,
- Weighted exercises

**B3NNETT** HIGH PERFORMANCE HOCKEY | EDMONTON OILERS ALLIANCE ASSOCIATION

**HABIT #5: "GET MOVING"**  
Standard dynamic warm up:

- Track drills
- Play soccer
- Warm up skate

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**HABIT #6:**  
**IT ALL STARTS WITH BREAKFAST!**

**ENSURE PROTEIN + CARBOHYDRATES ARE PAIRED UP TOGETHER – NEVER JUST ONE OR THE OTHER**

**B3NNETT** HIGH PERFORMANCE HOCKEY | EDMONTON OILERS ALLIANCE ASSOCIATION

CARBOHYDRATES	PROTEIN
<ul style="list-style-type: none"> <li>• OATMEAL/ GRANOLA/ MUESLI/ CEREAL</li> </ul>	<ul style="list-style-type: none"> <li>• 2% Fat Greek Yogurt</li> <li>• Cook oatmeal w/ regular milk or any beverage (skip in mind almond milk is low in protein)</li> <li>• Energy Bars</li> <li>• Whey Protein Powder (WPP - Tested to ensure supplement safety)</li> <li>• Adding natural w/ whey Protein Powder or 2% Fat Greek Yogurt into a breakfast smoothie</li> <li>• Egg (precooked, quail/duck/leopard)</li> </ul>
<ul style="list-style-type: none"> <li>• WHOLE GRAIN YEAST/ BREAD/ ENGLISH MUFFIN/ TORTILLA WRAPS</li> </ul>	<ul style="list-style-type: none"> <li>• Natural soy-based butters – these are higher fat options, keep in mind fat is required for hormone (e.g. testosterone production)</li> <li>• Lean Kani</li> <li>• Organic Turkey or back bacon</li> </ul>
<ul style="list-style-type: none"> <li>• FRUIT (ESPECIALLY RIPE BANANAS)</li> </ul>	<ul style="list-style-type: none"> <li>• 2% Fat Greek Yogurt</li> <li>• 2% Fat Cottage Cheese</li> <li>• Natural soy-based butters – these are higher fat options, keep in mind fat is required for hormone (e.g. testosterone production)</li> </ul>
<ul style="list-style-type: none"> <li>• PANCAKES/ WAFFLES</li> </ul>	<ul style="list-style-type: none"> <li>• 2% Fat Greek Yogurt</li> <li>• 2% Fat Cottage Cheese</li> <li>• Whey Protein Powder (WPP - Tested to ensure supplement safety) – can add to pancake/waffle mix</li> <li>• Natural soy-based butters – these are higher fat options, keep in mind fat is required for hormone (e.g. testosterone production)</li> </ul>
<ul style="list-style-type: none"> <li>• QUINOA/ OATMEAL/ PORRIDGE/ CREAM OF WHEAT</li> </ul>	<ul style="list-style-type: none"> <li>• Cook quinoa w/ regular milk or any beverage (skip in mind almond milk is low in protein)</li> <li>• 2% Fat Greek Yogurt</li> <li>• Whey Protein Powder (WPP - Tested to ensure supplement safety)</li> </ul>

**ENSURE PROTEIN + CARBOHYDRATES ARE PAIRED UP TOGETHER – NEVER JUST ONE OR THE OTHER**

**HABIT #7: ATHLETE PLATE:**  
**LUNCH/DINNER PLATE SET-UP: EASY TRAINING OR OFF DAY**  
Sources: United States Olympic Committee

**EASY TRAINING / WEIGHT MANAGEMENT:**

**FATS**  
1 Teaspoon

**Whole Grains**  
Pasta  
Rice  
Potatoes  
Cereals  
Breads / Legumes

**Lean Protein**  
Poultry  
Beef/Chicken/Lamb  
Fish  
Eggs  
Low-Fat Dairy  
Soy (e.g. Tofu, Tempeh)  
Lentils/Peas

**Raw Veggies**  
**Cooked Veggies**  
**Veggie Soups**  
**Fresh Fruit**

**Sweets & Starchy**  
Water  
Dairy/Non-dairy Beverages  
Diluted Juices  
Flavored Beverages  
Coffee  
Tea

**FLAVORS**  
Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

**B3NNETT** HIGH PERFORMANCE HOCKEY | EDMONTON OILERS ALLIANCE ASSOCIATION

**HABIT #8: WEIGH IN AND WEIGH OUT**

- Exercise performance is impaired when an individual is dehydrated by as little as 2% of body weight. Losses in excess of 5% of body weight can decrease the capacity for work by about 30% (Armstrong et al. 1985; Craig and Cummings 1966; Maughan 1991; Sawka and Pandolf 1990).

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WT LOST	Fluid Replacement (L)	Sodium (mg) ~230-345 mg Sodium/500 mL (=460-690 mg/L) (Average = 575 mg/L)
1-2 LBS	0.70- 1.4 L	403-805 mg
2-3 LBS	1.4-2.0 L	805-1150 mg
3-4 LBS	2.0-2.7 L	1150-1550 mg
4-5 LBS	2.7-3.4 L	1550-1955 mg
5-6 LBS	3.4-4.0 L	1955-2300 mg
6-7 LBS	4.0-4.7 L	2300-2700 mg

**B3NNETT** | EDMONTON OILERS  
HIGH PERFORMANCE HOCKEY | ALLIANCE ASSOCIATION

- **HABIT #9: EAT WITHIN 30 MINUTES**

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BODYWEIGHT	Protein Target (0.25-0.4 g/kg) (Average = 0.33 g/kg)	Carbohydrate Target 0.8 g/kg
170-180 LB (77.2-81.8 KG)	25-27 grams	61-65 grams
180-190 LB (81.8-86.4 KG)	27-29 grams	65-69 grams
190-200 LB (86.4-90.9 KG)	29-30 grams	69-73 grams
200-210 LB (90.9-95.5 KG)	30-32 grams	73-76 grams
210-220 LB (95.5-100 KG)	32-33 grams	76-80 grams
220-230 LB (100-104.5 KG)	33-35 grams	80-84 grams

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PRE AND POST RECOVERY OPTIONS:

- 500ml water
- Sweet Potato Muffin  
Source: <http://notyourstandard.com/sweet-potato-paleo-muffins/>
- Cosmic Cookies  
Take canola oil and replace with Extra Virgin Olive Oil  
Replace Granulated Cane sugar and replace with 1 cup Apple sauce  
Source: <http://www.food.com/recipe/planet-organic-cosmic-cookies-292060>
- Blueberry Date Energy Balls  
Source: <http://www.thehealthymaven.com/2013/05/blueberry-muffin-energy-bites.html>

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HIGH PERFORMANCE HOCKEY | ALLIANCE ASSOCIATION

HEALTHY SMOOTHY OPTIONS:

- Option 1:  
Mango, Raspberries, Strawberries, Blueberries, Banana, Unsweetened Almond Milk, Skim Milk, Greek Yogurt 0-2% (Honey, Vanilla, Plain),
- Option 2:  
Bolthouse (Daily Greens, Acai +10 Superblend, 100% Pomegranate, Orange + Carrot), Unsweetened Coconut Water

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- **HABIT #10:**  
**EAT ATHLETE PLATE WITHIN 2 HOURS OF EXERCISE**

**B3NNETT** | EDMONTON OILERS  
HIGH PERFORMANCE HOCKEY | ALLIANCE ASSOCIATION

LUNCH/DINNER PLATE SET-UP: MODERATE TRAINING DAY  
Source: United States Olympic Committee

**MODERATE TRAINING:**

**FATS:** 1 Tablespoon  
Avocado, Nuts, Seeds, Cheese, Butter

**Grains:** Pasta, Rice, Potatoes, Corn, Bread, Cereals, Legumes

**Protein:** Poultry, Beef/Lamb, Fish, Pork, Eggs, Lentils, Soy (e.g., Tofu, Tempeh), Beans, Tofu, Cottage Cheese

**Vegetables:** Raw Vegetables, Cooked Vegetables, Veggie Burgers

**FLAVORS:** Salt/Pepper, Herbs, Spices, Vinegar, Salts, Mustard, Ketchup

**Other items:** Fruit, Fruit Flavored Fruit, Water, Dairy/Non-dairy Beverages, Skimmed Ales, Flavored Beverages, Coffee, Tea



- **HABIT #11:**  
**SLEEP 70 HOURS PER WEEK**



- Elite off-ice and on-ice skill coaching from professional fitness and conditioning coaches
- Access to world-class training facilities at Rogers Place and Downtown Community Arena
- Shooting and skill development sessions
- Personalized approach featuring small groups
- Off-ice training: 4-6 athletes
- On-ice training: 8-12 athletes
- Athlete and Parent Nutrition Education sessions



- **Program Options:**
- **Atom Elite Spring - \$1,200**
- 8 Weeks (May 1 – June 25)
- 6 players/group
- 18 off ice sessions, 6 on ice



- **Pee Wee Elite Spring - \$1,500**
- 8 Weeks (May 1 – June 25)
- 4 players/group
- 24 off ice sessions, 6 on ice



- **Atom Elite Summer - \$600**
- 8 Weeks (July 3 – August 27)
- 6 players/group
- 18 off ice sessions



- **Pee Wee Elite Summer - \$800**
- 8 Weeks (July 3 – August 27)
- 4 players/group
- 24 off ice sessions

**WHAT DOES IT TAKE TO MAKE IT TO THE  
NEXT LEVEL?**

With FRAN GOW



## Getting to the Next Level

Fran Gow  
Hockey Development - Hockey Alberta

My experience...  
Who they are...  
What gets you to the next level?



## Team Alberta Program

- Alberta Built – habits
- Player Evaluation – Intangibles evaluation
- Language – terminology
- Preparation - habits



## What do Scouts/Coaches look for?

My first view of a player I get a “general assessment” of can they:

1. Skate
2. Think
3. Courageous

Skills and Character traits are also evaluated



## Team Play Habits

- Mid lane drive
- Net presence
- Reloads – 5 hard strides
- Playing in the middle
- Pace – play fast
- Defensive play – Check
- F 1



## What do Scouts/Coaches look for?

- Not all players are 5 out of 5 in all categories
- Play to your strengths and be 5/5 in your strongest category
- The “intangibles” attract attention to you
- Someone is always watching...be consistent in your behavior and performing everyday



## Video



### Good Players will...

- block shots
- shoot the puck
- pass the puck unselfishly
- communicate verbally on the ice and from the bench
- finish checks
- minimize turnovers in high risk areas
- identify their defensive responsibilities
- drive the net
- use their sticks to take away passing lanes
- keep their bodies in the shooting lanes
- stay on the defensive side of battles for the puck



### Goalies

- minimize rebounds that bounce into the slot
- battle to make second saves (rebounds)
- communicate with the defense
- play the puck by setting it behind the net for a teammate or by passing it
- never quit until the puck is covered or is in the net
- deflect saves to corners
- skate hard to the bench on delayed penalties
- be square to shots by moving well in the crease and anticipating the play
- challenge shooters with appropriate depth, based on shooter position and other scoring threats



### Forwards - habits

- support the puck
- keep a forward high in the offensive zone
- back-check through the middle of the ice
- minimize turnovers
- cover for pressured or pinching defensive players



### Top 10

- Body language
- First on pucks
- No perimeter – attack the net
- Tracking / back-checking
- Finish checks



### Defense

- get up-ice with the play to keep tight gaps
- keep attacking forwards to the outside
- stay between the attacking forwards and the net
- use their partners instead of throwing the puck away when under pressure
- get shots thru and past shot blockers



### Top 10 cont.

- Hard/flat passes
- Turnovers / puck management
- Playing outside the structure
- Work ethic – don't be "shiftless"
- Block shots

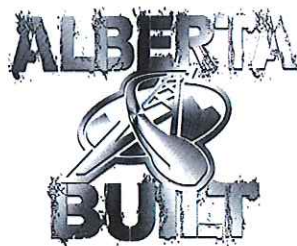


## Summary

All teams needs a player who can lead the league in scoring or stop the puck but they will not tolerate a poor attitude for very long.

To have the best chance to move on to the next level, a player needs athletic instincts, a team-first mentality and a passion for improving physical and mental skills.





## Character Traits & Habits

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Being a part of Hockey Alberta and the Team Alberta Program is a privilege, not a right. An ALBERTA BUILT player gives up the right to be selfish, average and apathetic, as others depend on you.

Alberta Built is defined as:

1. Good Person – Know who you are.
2. Character Player – Believe in Yourself.
3. Grit Player – Thrive on Adversity.
4. Leadership – Treat yourself & people Right
5. Standard of Performance – Focused approach on Process – ALWAYS COMPETE - EVERYDAYERS

### 1. GOOD PERSON – Know who you are.

#### **Integrity**

You are either in or out. No such thing as in between, we must have players who will push the belief button and live ALBERTA BUILT 24/7.

#### **Respectful**

Doing your best, doing what is right and doing it for the right reason (All for the team)

The Expectation on and off the ice with Team Alberta is that we will hold you accountable to excellence at the highest standard.

#### **Genuine**

Not a pretender. Honest, sincere and open in relationships with others.

#### **Loyal**

Faithful to ones commitments or obligations. No compromising or doubting on who or what you are.

#### **Work Ethic**

Our work ethic will be our foundation. Non-negotiable – nothing will work unless we do – no excuses/no passengers. Our Goal is to be the hardest working Team.

### 2. CHARACTER PLAYER – Believe in Yourself

#### **Execution**

Strive for perfection, consistently achieve excellence, attention to detail (pride in process)

#### **Consistency**

Not convenient, we want players who hate to lose at everything/anything, and will bring "it" no matter where, when why or How

#### **Passionate**

Expressing strong, intense desire and feeling towards a common goal or objective

#### **Preparation**

A habit that doesn't change whether you are winning or losing (even Kiel), business-like approach, razor sharp focus - on a mission and nothing will get in our way, humble and hungry, requires maturity, attention to detail, poise, commitment and principle centered leadership (walk the walk).



3. **GRIT PLAYER – Thrive on Adversity**

**Relentless**

Promising no reduction in severity, intensity, strength, or pace. Commitment to consistently pushing the limit.

**Skill/Hockey IQ**

Playing with speed, tempo and pace and executing at a high level. Push yourself to be better. The ability to follow and stick to a game plan, adjust and think on the fly, the right decisions (read/react)

**Mental Toughness**

The Edge that allows you to consistently perform at an elite level under pressure. It requires self-confidence, desire, focus and composure. Mental Toughness is not letting anyone break you. Thrive on adversity, getting motivated when others get intimidated or frustrated. Toughness has nothing to do with individual size or strength, it is a mindset.

4. **LEADERSHIP – Treat yourself & people right**

**Professionalism**

Approaching all aspects of the game both on & off the ice with a focused, purposeful and determined manner. The way we act, dress, compete, and respect the places and people we come in contact with will be done at the highest standard.

**Excellence**

If we want to be the hardest working team, we have to be the best conditioned team. The responsibility is on you, the athlete. You must also have the ability to follow and stick to a game plan, adjust and make the right decisions. Excellence is not an option.

5. **STANDARD OF PERFORMANCE – Focused Approach on Process**

A process oriented approach to being the best we can be is fundamental. Pushing and challenging yourself and others in a safe environment to raise the overall standard of performance. Standard of performance is an outcome of perfect practice meeting preparation. Do the work, spend the time, find the answers and care about the results, EVERYDAY.





## Language

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### **Team Toughness (Pack Mentality)**

Power in numbers, we are on the same page and will come at you in waves. We hunt as a pack, have each other's back and stick together no matter what. Toughness is Selfless plays (blocking shots, unleashing /taking hits to make plays) and paying a price for each other. Toughness has nothing to do with individual size or strength, it is a mindset.

### **Team Player**

Share the puck/credit and sacrifice themselves/ personal goals for the guy next to them, willing and able to take direction/responsibility/ownership of our vision and game plan, embrace our identity. **Players who make others around them better.**

### **Pace**

We want to **PLAY FAST**, in order to do that the puck must move quickly, your feet must be moving, your decisions must be quick (preparation) and your shifts short (sprints).

### **Grit**

Strong on pucks, heavy sticks, finish checks with purpose, willingness to play in dirty areas and pay a price, play tough Between whistles, discipline (eliminate lazy and selfish penalties), initiate no retaliation.

### **Reload**

"5 hard strides" in offensive zone in transition, create turnovers on transition, work above the puck.

### **Playing as a Unit 5**

In all zones, goal is to create odd man situations on both the offensive and defensive side of the puck. IE D up in the rush, cycles, F/C, forwards back on the track "vice", DZC overload, DZ transition, C low/slow and WSW overload create depth, WSD create width.

### **Quick transition Game**

D hard back for pucks/awareness, forwards hard back in support, stretch vs changes and loose gaps, short plays in traffic, Puck moves quicker than you do.

### **Strong on Pucks**

Relentless pursuit, heavy sticks, stop/start, hunger/pride/determination in winning these 1v1 battles (faceoff circle/walls/net front).

### **Momentum Builders**

Doing the little things the right way that make a big difference. IE shifts after goals both for and/ or against, or situations where we have won/lost momentum, big save, blocked shot, face off, puck battles, take/give a check to make a play, etc – Rising to the occasion

### **Triple Drives**

Puck carrier drive wide (D's back pocket,), middle drive 2 on1 SSD, drive near side post, create depth, wide drive just Inside far dot, stick parallel to puck carriers back foot, create width.

### **Playing/Attacking from the middle**

Ability to get the puck to middle – D/wingers penetration passes, center man (low n'slow) able to handle pucks/distribute pucks in the middle (timing/hockey sense).

### **Take Care of the House**

DEFENSIVELY – ability to control sticks/bodies, allowing goaltender to see shots and 1 shot mentality, no 2<sup>nd</sup> opportunities, and front pucks.

### **Net Presence**

Owning the house OFFENSIVELY- the ability, strength, desire, courage to get to the net with/without the puck.

### **Puck & people to net**

SHOT MENTALITY. Focus on getting pucks & bodies to the net as often as possible.



**Defensive side of puck**

Position yourself between your net & the opponent/puck, being able to see both the man and the puck

**Pressure or Contain**

Applies in all zones when checking, when you see numbers – hard pressure, when you see crests – control skate, angle, steer puck outside the dots

**Chip**

Pass off boards with support to maintain possession & beat a player

**COMMUNICATION CUES**

**Up** – Quick up the SS to wall or Middle

**Wheel** – Use the net.

**Over** – D-D, partner pass, use dots as guide, toe caps up ice.

**Reverse** – Sell the wheel and either short reverse if gap is tight with forechecker or long reverse bringing the forecheck to the strong side and reverse to weak side.

**Set** – Set the puck for the D wheeling the back of the net.

**Rim** – Hard rim on your forehand, to winger ½ wall.

**Play it** – Player let goalie know to play it hard due to pressure.



Player's Name: \_\_\_\_\_ Position: \_\_\_\_\_

1 = POOR    2 = BELOW AVERAGE    3 = AVERAGE    4 = ABOVE AVERAGE    5 = OUTSTANDING

INTANGIBLE CHARACTERISTICS		RANK				
Fitness Level	Physically fit	1	2	3	4	5
	Physically tough	1	2	3	4	5
	Not prone to injuries	1	2	3	4	5
Determination / Drive / Intensity / Work Ethic	Constant desire to excel	1	2	3	4	5
	Work Ethic in practices & games	1	2	3	4	5
	Never gives up	1	2	3	4	5
	Fire in his eyes	1	2	3	4	5
Coachability	Listens to instructions	1	2	3	4	5
	Executes to the best of his ability	1	2	3	4	5
	Takes tips & advice	1	2	3	4	5
	Asks questions	1	2	3	4	5
	Admits errors	1	2	3	4	5
	Shows he wants to learn	1	2	3	4	5
Concentration	Ability to focus on the task at hand	1	2	3	4	5
	Not distracted by fans, referees, external circumstances	1	2	3	4	5
Mental Toughness	Not easily discouraged	1	2	3	4	5
	Rebounds from errors	1	2	3	4	5
	Performs well under pressure	1	2	3	4	5
Discipline	Controls temper	1	2	3	4	5
	Follows team rules	1	2	3	4	5
	Sticks to game plan	1	2	3	4	5
Positive Team Player	Unselfish	1	2	3	4	5
	Puts team before self	1	2	3	4	5
	Remains positive	1	2	3	4	5
	Will accept role	1	2	3	4	5
Leadership	Leads by example	1	2	3	4	5
	Encourages others	1	2	3	4	5
	Respected by teammates	1	2	3	4	5



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## Team Alberta

### *Selection Camp Championship Habits*

***Did they get to see you?***

***Did you leave the best “painting” there?***

#### ***Pre Camp***

- Proper nutrition (high carbohydrates and protein). Start 1 week before the event
- Proper hydration (water is best).
- Proper rest.
- Ensuring all school work is taken care of
- Arrangements to get to the camp are set (rides, sleeping and eating).
- Arrival on time to register and prepare.
- Check to make sure all equipment is:
  - Taken (as you pack your bag, think of dressing and put gear in that order)
  - Not broken, cracked, loose screws etc...
  - Sharpen skates. Get done beforehand so you know who is doing it and can be trusted.
- Set camp goal(s):
  - What do you want to achieve?
  - How will you accomplish these?
- Approach the camp:
  - Wanting to enjoy the experience
  - Willing to do what it will take to make the team
  - Leaving everything on the ice
- routines (before, during, after)
  - time management
  - adaptability
  - enjoyment/having fun/finding a happy place
- Personal Choices:
  - eliminate the stressors
  - build and maintain physical resilience (fitness, nutrition, rest and recovery)
  - build and maintain relationships (team skills)
  - build and maintain inner strength
    - Perspective, energy, awareness, will



## **Pre Ice**

- Get there on time, don't be rushed.
- Warm up and cool down properly with each session.
- Review personal goals/intentions (how)?
- Understand the selection process/player criteria
- Positive and helpful in the dressing room. Be a leader.
- Watch the comments and language. Everyone is watching and listening.
- Plan rest periods between each ice session.
- Eat properly between each ice session.

## **On Ice**

- **Control what you can**
  - Be focused
  - Stay positive at all times
  - Communication skills
  - Know the type of player you are and don't try to do things that you aren't
  - Don't cheat on any drills.
  - Ask questions when you don't understand.
  - Equipment prep (extra stick, water bottle,...)
- **Championship habits**
  - Level of play is always higher
  - Separation of players based on this.
    - Win every battle.
    - Be the hardest worker on the ice (80's Oilers)
  - Don't be afraid to step out of the box and play a different position... "role player"
- **Be a leader.**
  - first on the ice
  - the first in line
  - the first into the board
  - the first on the bench to give encouragement.
- **Intangibles**
  - **citizenship**
  - Fitness level
  - Don't be afraid to step out of the box and play a different position or... every team needs role players.
  - Don't be fancy... meat and potatoes will get you where you want to go.
  - Consistency of effort, skill and intangibles
  - **Be a team player (make everyone around you better)**

### **Don't Fear Failure**

- focus on what you want and work towards that goal. As a high performer you need to embrace failures as things that will help you get better. Are you willing to push yourself outside your comfort zone enough that failure is an option? If you work to push yourself outside your comfort zone you will begin to stretch yourself and learn in positive new ways.

### **Close the Door on Excuses**

- accept your mistakes. Work on improving your strengths and your weaknesses. It would be a shame to not make an impression because you were so focused on your weaknesses that you forgot to demonstrate your strengths. Your strengths are the reason you were selected to be here. Work on the areas you need to improve but always show your strengths too.

### **Compete First = Win Second**

- don't be afraid to compete. Competition will make you better...in practice, training, and in games. You have time to be friends after the buzzer sounds. Be in the moment!

### **What Got You to This Level Will Not Get You to the Next!**

- whatever you did to reach this level will not get you to the next. You must continue to evolve and adapt your game at each level of play.
- Finish strong. The coaches want to see who will still be mentally and physically strong after a long camp of hard work and adversity. **Cream will always rise to the top!!!**
  - Show everyone you deserve to be on the **"TEAM"**! Make the coaching staffs' decisions extremely difficult!

**HAVE FUN AND GOOD LUCK!**