



CAC Bantam AAA Canadians 2020-21 Development Plan Overview

The objective is simple – to make better people and hockey players. Hockey is the driver that is used to support the player's individual growth and meet the player's needs.

Spring Online Enhancement Sessions - COMING IN MID-MAY

The Canadian Athletic Club will be providing online sessions for Bantam aged player for free! Sessions include presenters, interactive sessions and other opportunities for players to enhance their hockey game.

Fall Seasonal Development Plan (but not limited to)

Physical

- 3 x 1.25 average practices per week (with exception of multiple games during same week). *Practice breakdown focused on: 40% technical skills, 15% individual tactics, 20% team tactics, 15% team play, 10% strategies*
- Nutrition seminar and day-to-day planning
- Fitness Testing - included at beginning of season and mid-season
- 3-4 team off-ice conditioning session per month & Conditioning Coach - mix of sessions occurring at a centralized facility and CAC Arena (some sessions in conjunction with practices at the arena). Activities include water aerobics, yoga, spin sessions, weight workouts.
- 3-4 Individualized skill sessions per month focused on fundamental player skills
 - Includes a Power Skating & Skills Coach (each 1-2 times per month)
- Goalie Coach – attend practices regularly for player feedback and development

Mental

- Sport Psych. Coach - 1-2 times per month
- Individual and Team Goal Setting
- Regular team and player video sessions (I.e. game day, before practices, in-game)
- Weekly Player Logs - players will be logging their day to day routines and will be regularly reviewing with the coaching staff
- Day to day check-ins with players
- Virtual player/team meetings
- Game Reflections
- Academic support upon request



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Player Exposure

- AMBHL – 33 league games
- Attend 2-3 elite level Bantam AAA tournaments. The goal is to attend both highly touted NWCAA Bantam AAA Invitational (Calgary – November) and the John Reid Memorial Tournament (St. Albert).

Team Building

- Fall weekend team builder – paralleling Hockey Alberta's Alberta Cup experience, players will spend the weekend at CAC Arena
- Fire Hall Visit
- Monthly team meals at CAC Arena – in conjunction with team practices
- Attending junior and collegiate level games and practices
- Alternative sports: tennis, baseball, bowling, escape room, etc.

Guest Speakers

- Varying from current and former hockey professionals (players, coaches and management)
- Former CAC Alumni
- Scouting: NCAA / WHL presentations
- 'Life' speakers – persons who went through life altering experiences and willing to share their experience

Community / Life Skills

- Food bank drive
- Players working with designated youth teams at minor hockey practices
- Seniors home visits
- Winter shoveling program, etc.

Parent Communications

- Quarterly parent meetings
- Mid-point player/parents/coach meetings
- Intermittent player/parent/coach meetings

Extras

- Fall Enhancement Camp – to be announced at a later date