



# CAC Peewee AA Canadians 2020-2021 Development Plan Overview

## Seasonal development Plan

### League

All teams will play 27 league games in the hockey Edmonton Peewee AA METRO conference, 2 each against every city boundary team and once against all RURAL conference teams. Teams will also partake in a city-wide tournament called minor hockey week which occurs in January and consists of a double elimination format. Teams will also have the option to play in tournaments during the season, most teams will go to between 1 and 3 throughout the year across Alberta, British Columbia, Saskatchewan, and western United States all depending on coach and parents' preferences.

### Practices

All CAC peewee teams will be given 60 practices throughout the year with 40 being primetime city ice slots and another 20 provided by CAC at their home arena. Ice slots will range from between 1 hour and 1 hour and 30 minutes depending on day and arena.

### Development

All teams will be using **CK HOCKEY** as their Primary skill development coaches for the year. They will work on skating, shooting, passing, team skills, and fundamentals. Teams will get 3-4 sessions per month based on scheduling and availability

### Goalie Coaching

Goaltender coaching will be provided by **Ian Gordon goaltending**. We will have the instructors out for 3-4 times per month. Sessions will be in conjuncture with the rest of the team's development and or power skating to ensure they get individualized instruction.

### Power Skating

All power skating instruction will be provided by **Brittany Millar power skating**. The instruction will be focused on improving players skating, balance, technique, footwork, and confidence.

### Dryland Training

Each team will have a designated weekly off ice physical training session with **RVX**. During these sessions' players will learn proper training techniques, nutrition, and most importantly improve their physical conditioning in a safe fun environment.

### Mental Coaching

Sports psychology coaching with **ellipsis psychology** will be provided throughout the season 6 times to help the players with self-awareness training and learning to become the best players they can be from a mental standpoint. Teams will all engage in individual and team goal setting that will be monitored and evaluated on a monthly basis. Regular team and player video sessions will be provided by vid swap and watched in CAC classroom to help promote team and individual development.

### Team Building

Teams will have guest speakers come in and talk about not only hockey but life experiences to keep players motivated, provide a positive mental attitude and help employ the proper methods for planning their athletic development

### Community/Life Skills

Teams will partake in mentorship programs where bantam/midget players and coaches will come run practices and teams will also pair up with a Whitemud west team and do the same

### Parent Communication

All teams will have a parent meeting at the beginning of the season welcoming them to the club and outlining season plans, team goals, and player/parent expectations. Team will also have 3 meeting (Beginning, Middle, and end of season) With category director where they can talk about the season and club (what's going well or what's not meeting expectations)