



2020-21 SEASON (AFHL)

# EFAC PANDAS U18 AAA

HIGH-PERFORMANCE HOCKEY PROGRAM

# EFAC PANDAS CLUB

- CLUB WEBSITE: <http://efacpandas.com/>
- LEAGUE (AFHL) WEBSITE: <https://www.afhl.ca/home/>
- HOCKEY EDMONTON WEBSITE: <http://www.hockeyedmonton.ca/>
- HOCKEY ALBERTA WEBSITE: <https://www.hockeyalberta.ca/>
- HOCKEY CANADA WEBSITE: <https://www.hockeycanada.ca/en-ca/home>
  
- U18 AAA TWITTER: <https://twitter.com/edmpandasaaa>
- U18 AAA INSTAGRAM: <https://www.instagram.com/midgetaaapandas/>
- InStat: <https://hockey.instatscout.com/login.html>
  
- CLUB CONTACT: [info@efacpandas.com](mailto:info@efacpandas.com)
- U of A GREEN AND GOLD SPORT SYSTEM: <https://www.ualberta.ca/sport-system/our-sports/hockey/index.html>

# EFAC MISSION

**The Edmonton Female Athletic Club (EFAC)** hockey model shall be nationally recognized for the holistic development of Elite Female Athletes and Coaches. EFAC provides, through excellent integrated partnerships with renown sporting, academic, and community partners; strong leadership, and engaged member organizations, developmental programs and competitive opportunities that encourage and inspire holistic development of elite female hockey players, coaches and volunteers.



# TEAM VISION

## HIGH-PERFORMANCE HOCKEY PROGRAM

**“Someone's sitting in the shade today because someone planted a tree a long time ago.” – Billie Jean King**

### **Build our Panda Legacy**

**– To become the most nationally acknowledged UI8 AAA Hockey Program in Canada:**


- Develop life skills through sport;
- Respectfully challenge each athlete physically, mentally, tactically;
- Celebrate others' differences and successes;
- Promote athletes to the next level of play;
- Prepare athletes for the next level of play;
- Develop a love for the game of hockey;
- Develop a family and team-first atmosphere;
- Promote excellence in academics;
- Develop a lifelong network of friends through Pandas Alumni program;
- Coach Development & Promotion.

# #RELENTLESS

## **PANDAS ARE RELENTLESS:**

Showing or promising no reduction of severity, intensity, strength, or pace: unrelenting.

**Prepared**  
**Accountable**  
**Never Quit**  
**Determined**  
**Adaptable**



**IT'S NOT ABOUT LUCK.**  
**IT'S ABOUT**  
**HARD WORK AND**  
**A RELENTLESS**  
**DRIVE FOR** GYMQUOTES.CO  
**CONSTANT PROGRESS.**

# #PANDAPRIDE

- **PANDA PRIDE:**
  - Feeling extreme gratification and honor to wear the Yellow and Black “P” on your chest.
  - Putting the “P” on your chest means something special. It is a privilege. It is an opportunity that athletes will cherish and strive to achieve moving forward.
- **WE before me.**
- **Everyday people. Everyday teammates. Everyday players.**
- **Be a kind, positive, and humble person.**
- **Be a supportive teammate. Celebrate other’s differences and successes.**
- **Be coachable; hungry for information; hungry to improve; self-motivated.**
- **Hockey Players vs. “Women who just play hockey.”**
- **Play with skill, speed, creativity, and hockey IQ.**
- **Compete on every race and battle.**
- **Never stop working hard. Be resilient. Be Relentless.**
- **Always have fun.**
- **Love the game, your team, and yourself.**



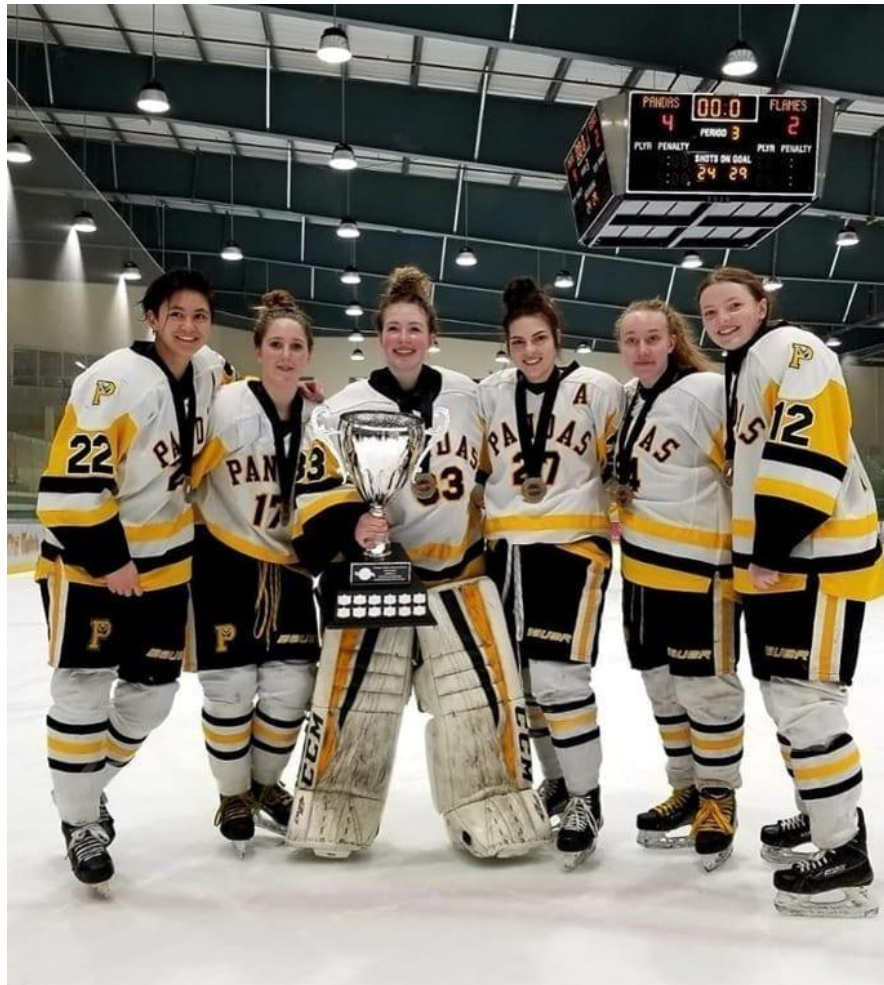
# STYLE OF PLAY, 1

Pandas want the puck. Pandas need the puck. Pandas will use their exceptional skill and speed to keep the puck. If they do lose the puck, and that will be rare, Pandas will relentlessly hunt as a pack to get it back. Wave after wave. Over and over. That's a Panda puck.

**Play fast, play skilled, play hard:**  
**Energy, Compete, Habits!**



# STYLE OF PLAY, 2



## TEAM OFF-ICE VALUES:

- **WE ALL SWEEP THE FLOOR** - we all contribute, we are all treated fairly, we support one another, be humble.
- **WE BEFORE ME:** team success is more important than personal success - we must work together as a family in order to achieve our goals.
- **PROFESSIONALS:** influential, accountable, respectful, focused, prepared.
- **RESILIENT:** no matter what, we act and play according to our Team Values, we work together as a group to handle any adversity thrown our way.

## TEAM ON-ICE VALUES:

- **PLAY WITH PACE:** attack the net with speed, quick puck movement, quick transitions, feet always moving, short/hard shifts (hard on, hard off).
- **COMPETE OUR HARDEST:** We take pride in winning all of our individual races and battles, sure-in's, sure-out's, use our body as a tool, second-quick off all puck battles, support off all faceoffs.
- **HOCKEY IQ:** execute our game plan, puck movement/management/protection, creating time/space, creating lanes/seems, correct side of the puck, game/clock management, etc.
- **COMMITMENT TO DISCIPLINE:** doing the right things on and off the ice.

## FORWARDS ON-ICE VALUES:

- **ATTACK THE NET:** shoot in stride, funnel pucks to net, track secondary chances, drive for rebounds/passes, tips/deflections, create shooting lanes (delays, overlaps, cycles, give and go's, etc.).
- **PUCK MOVEMENT/MANAGEMENT:** head up, quick puck movement, headman the puck, flat hard passes, creating time/space, creating lanes/seems, always be a passing option, play with poise and patience.
- **PUCK PROTECTION:** work hard to keep the puck, limit turnovers in danger areas ("sure-in's and sure-outs").
- **TRACKING:** back-checking and backpressure, sort out on loss of possession, immediate first 3 steps south on transitions.

## DEFENSE ON-ICE VALUES:

- **QUICK TRANSITIONS:** retrieve pucks and move them north with pace, use partner to release pressure/create lanes, join rush/play and earn the middle of the ice, deceptive puck movement/management, hinge off D to D passes.
- **OWN BETWEEN THE DOTS:** do not give up the middle of the ice in defensive situations, do not let players behind us - defensive side of puck, generate offense by joining rush/play and earn the middle of the ice.
- **STICK ON PUCK, BODY ON BODY:** effective and efficient checking - angle then steer then pin, pin and take away hands, check from low to high, use body as a tool.
- **GET PUCKS TO THE NET:** create shooting lanes, get low-hard shots on net for secondary chances, "sag and seal" on rebounds. Be active in the offensive zone... always a threat.

## GOALIES ON-ICE VALUES:

- **PUCK HANDLING:** stops rims, place pucks, move pucks to make plays easier for teammates.
- **CHALLENGE SHOOTERS:** play at the top of the blue paint, challenge, do not sit back in the net.
- **REBOUND CONTROL:** smother pucks, direct pucks, track pucks, limit secondary scoring chances.
- **COMMUNICATE:** be vocal to provide support for teammates.



# SELECTION CRITERIA

**It is a privilege to be apart of our Panda family... this Hockey Program is not for everyone!**

Specific roles and responsibilities will need to be filled at tryouts, however our Team Staff wants young women who possess the following qualities:

1. **Leaders:** Do you enjoy being with your team? Do you have fun? Do you have positive energy? Do you enjoy working hard for/with others? Do you consistently demonstrate positive body language? Are you accountable? **We want people who do not let their teammates fail, who care for one another, and step-up when their teammates need them (on-ice and off-ice).**
2. **Competitive People:** Are you determined to make a positive impact? We want people who do not stop competing until they hear the whistle. We want players who NEED to win races and battles, and who have exceptional habits. **Never stop competing, no matter the score/situation.**
3. **Everyday People:** Are you humble? Are you kind? Do you put the needs of the team before your own? Do you support your teammates? Do you celebrate your teammate's success, just as much as your own? Are you on-time? Are you a strong student? **Character and accountability are non negotiables within our Hockey Program. We want good people!**
4. **Everyday Players:** Do you consistently work hard? Do you consistently come prepared? Are you able to adapt to different situations? Do you play as hard in the first shift as you do in the last shift (and every shift between)? **We want players who consistently put the extra work in (when no-one is looking); not because they were told to, but because they want/need to.**
5. **Skilled Players: We want players who have elite-level skill sets:** Skating, puck-handling, passing/receiving, shooting, checking. **Players will be evaluated for these skill sets.**
6. **Fast Players:** Size is not a concern for the Team Staff. We want players who possess agile feet, who can move (skate or pass) pucks up-ice quickly, who put the opposing team under constant stress, who never stop moving their feet. **We play fast Panda hockey!**
7. **Smart Players:** How do you take feedback/correction? Do you possess hockey sense? Do you possess hockey IQ? Do you need to be told where to move to, what to do there, and when to do it... OR do you possess the ability to make strong decisions using the read, decide, and do process? **We want players to be able to creatively think on their own. We want players who can read and react to the situation. We want players who learn from their mistakes.** This will best prepare athletes to succeed at the next level of play, where Team Systems will be much more prominent.

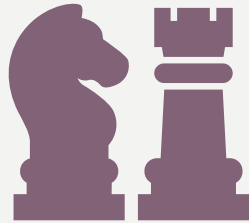
**Please visit the Mission, Vision, #Relentless, #PandaPride, and Style of Play pages for a more detailed look at our Hockey Program and the requirements to be a part of it!**

# COACHING PHILOSOPHY, 1

- **Build relationships and trust within our family.**
- Our athletes are young women and will be treated as such. Our athletes will be pushed to **take charge of their development, be held accountable for their actions, and be better people and athletes every day.**
- “What makes a TEAM work is an individual commitment to a group effort.” Coaches are also a part of this individual commitment to a group effort. **WE before me.**
- 100% of the players know 100% of information:
  - Coaches will reward athletes who are meeting/exceeding the values and vision of the program.
  - As a staff, our job is to guide in developing the tools in the players “toolbelt” to succeed in any off-ice/on-ice situation at the next level of play:
    - **Technical Skills, Tactics, Hockey IQ > Systems**



# COACHING PHILOSOPHY, 2



## GAMES:

Equal play vs. **Fair play (situational).**

Coaches will reward athletes who are meeting/exceeding the values and vision of the program.

**To play games at a high pace, you must practice at a high pace.**



## PRACTICES:

High-paced, high-compete, high-energy focus.

Habit and high-repetition focus.

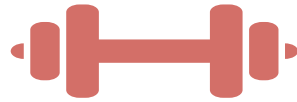
Individual correction and development.

Technical Skills, Tactics, and Hockey IQ focus.

Less System focused (systems will be refined using video and team walkthroughs).

**Read → Decide → Do**

# SCHEDULE



## TRAINING:

**MONDAY:** UA Shadow Days available: **3:30-5:15pm** (Clare Drake Arena)

**TUESDAY:** Skill Development Session & Workout for non-Green and Gold Academy Athletes: **5:00-8:00pm** (Bill Hunter Arena & Saville Center). – Groups TBD

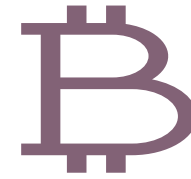
**WEDNESDAY:** Arrive @ 5:00pm, Team Workout @ 5:05pm, Practice: **6:00-7:30pm** (Bill Hunter Arena).

**THURSDAY:** Arrive @ 5:00pm, Team Technical Session @ 5:05pm, Practice: **6:00-7:30pm** (Bill Hunter Arena).

**HOME GAMES:** Clareview A (Olympic size) will be home game facility (Sunday's: **2:30PM**)

**EXTRAS:** Fitness Testing, Workouts, Yoga, Mental training, Nutrition, and Team building sessions will also be scheduled and inputted into Team Snap throughout season.

**UA Shooting Pad:** Sign up based on availability.



**GAMES (TBD):** <https://midgetaaa.afhl.ca/home/>

Arrive @ 1.25 hours in advance of all games

**Dates/Times may change due to COVID-19 regulations and logistics.**