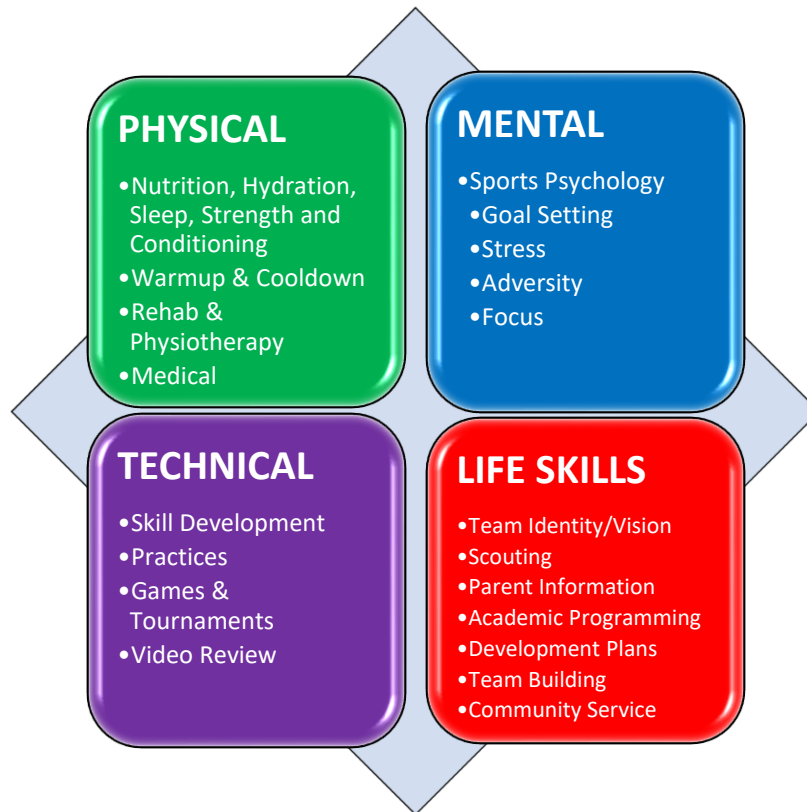


## PEEWEE AA – Hockey Program

The Hockey Edmonton Peewee AA – Hockey Program is a development program framework that has become the pinnacle of Peewee Hockey in Edmonton, AB. This Hockey Program is intended to provide Peewee AA athletes with a revolutionary development opportunity, which will help them increase their physical, mental, technical, and life skill sets.

Hockey Edmonton clubs and associations have committed to executing this development program framework by utilizing the best available Coaching Staffs in Alberta, the best mentors, the best off-ice instructors, the best skill development instructors, the best mental trainers, and the best medical practitioners. These exceptional development personnel will be announced annually by the host clubs and associations during the Spring/Summer and will be structured seamlessly into this Hockey Program, which puts the athlete and their development first. Events within the Peewee AA – Hockey Program will be scheduled with consideration and consistency, permitting the athlete to better rest, prepare, nourish, succeed in academics, and strategize other life activities/commitments.

The Hockey Edmonton Peewee AA – Hockey Program is built around the Hockey Canada/Alberta 4 Pillars of Player Development. We invite you to review the structure of this new Hockey Program that will rival CHL, U Sports, and NCAA programming; and ultimately better prepare Edmonton’s Peewee AA athletes for a successful lifestyle and career in hockey:



**PHYSICAL**

- Player/Parent Nutrition, Hydration, Sleep, Workout Information Sessions (September and January).
- (2) Fitness Testing Days (September and January).
- (20) Team Workout Sessions (1 per week) – at arena or at centralized selected gym (recommended in conjunction with Technical Skill Development Sessions).
- (6) Off-ice Cardio Sessions (1 per month) – at arena or at centralized selected gym.
- (6) Yoga Sessions (1 per month) – at arena or at centralized selected gym.
  - Medical Process & Return to Play Guidelines.
  - Designated Medical, Physiotherapy, and Rehabilitation facility.
  - Emergency Action Plan.

**MENTAL**

- (4) Mental Development Sessions (October, November, January, February):
  - 1. Goal Setting & Preparation.**
  - 2. Simulation/Imagery.**
  - 3. Overcoming Adversity.**
  - 4. Focus.**

**TECHNICAL**

- 20 (1-hour) Technical Skill Development Sessions – **Players** (1 per week) – *ice provided by host association.*
  - 20 (1-hour) Technical Skill Development Sessions – **Goalies** (1 per week) – *ice provided by host association.*
- 20 (1-hour) Individual Tactic/Team Tactic/Position Specific Sessions (1 per week) – ice provided by Hockey Edmonton.
- 20 (1-hour) Team Play System/Strategy Sessions (1 per week) – ice provided by Hockey Edmonton.
- 27 Game Regular Season games, additional Playoffs games.
  - League website: <http://www.hockeyedmonton.ca/>
- (4) Tournaments – **Maximum.**
- (10) Team Video Review Sessions (2 per month) – at arena (recommended in conjunction with Team Play System/Strategy Sessions).

**LIFE SKILLS**

- (2) Team Identity/Vision/Rules Session (September and January) – executed by Coaching Staff.
- (2) Parent Information Sessions (September and January) – executed by Coaching Staff.
- (2) Individual Player Development/Progress Sessions & Reports (December, March) – executed by Coaching Staff.
- (2) Team Building Events (Bowling, Escape Room, Soccer, Volleyball, etc.) (6 months).
  - Continuous on-site Team Building Activities (6 months).
- (2) Community Service events (Coaching, Food Bank, Shelter, etc.) (6 months).
- Hockey Edmonton Elite Hockey Mentorship Program (Coach & Player).

**EXTRAS**

- Team Apparel & Team Equipment – *provided by host association.*
- Team Snap accounts – *provided by host association.*