



Amrit Sandhu –

My name is Amrit Sandhu, and I am excited to be the head coach of the Scarborough Sharks U15 BB team for the 2022-23 season. I have been involved with the Sharks organization for several years and was the assistant coach of the U13BB team in the 2021-22 season. I have over ten years of experience coaching youth rep soccer and hockey for boys and girls. My two badges of honour are the players I've coached that have gone to play higher levels of competitive sport and the number of athletes who return each season to play the game they love.

We will be focusing on 5 areas:

Technical: The primary technical focus is individual puck handling, passing, and shooting skills. For puck handling, we will work on controlled first touch, protecting and shielding the puck in traffic, and attacking open space. For passing, we are now progressing to connecting passes, give and go, and switching the point of attack.

Tactical: Focus on team cooperation. Attacking and defending as a unit. Effective breaking out of the defensive zone, creating turnovers and attack from the neutral zone, and an aggressive forecheck in the attacking zone.

Physical: Develop the ABCs: Agility, Balance, Coordination and Speed.

Mental: Game and situational awareness to develop decision-making. Experience success and receive positive recognition.

Personal: Positive attitude & self-esteem. Fair play and ethics.

Goals for players...

- 1) Develop respect for self, teammates, opposition, coaches and parents through a commitment to program, sportsmanship and attentiveness.
- 2) Increase players' confidence with the puck by encouraging progress in stick handling, receiving and making passes, and shooting.
- 3) Emphasize hockey decision-making. Players recognize options and make their own decisions. This means parents cheer, not coach from the sidelines.
- 4) Always... fun, engaged, and challenged.

Program Highlights

- Preseason practices, exhibition games and one early tournament
- Regular season practices of 2-3 hours a week
- Focused skills sessions with a skills coach and Goalie coaching throughout the season.
- 3 tournaments, including one away tournament
- Regular-season schedule (Lower Lakes Female Hockey League - LLFHL)
- Additional Exhibition Games, Playoff and Provincial Qualifier games
- Team building and celebration of females in the game through various team activities



- We will have a bench staff that is reflected of the diversity of our community and a strong female presence.

I look forward to discussing our program with you and your daughter. Please feel free to contact me at 416-817-2333 or by email at ScarboroughSharksU15BB@gmail.com