



# Warrior Academy

## 2022 SPRING PROGRAM

Welcome to the first year of our Warrior Academy spring program which will feature a curriculum designed and led by our new Hockey Director, Chris Wickersham, and strongly emphasize skill development and application in competitive situations. Our programs will run from April 4– May 26, 2022.

Question: Chris Wickersham, Hockey Director [chris@winnetkahockey.com](mailto:chris@winnetkahockey.com)



### 2 Programs

#### Warrior Academy

Mites

Born 2014-15

Squirts

Born 2012-13

Pee Wees

Born 2010-11

Bantams

Born 2008-09

ADM

New to Hockey

~5-6yr olds



# Warrior Academy

## For Current and Aspiring Travel Players

### Approach:

In past years, WHC has run our spring very similar to our regular season: tryouts, teams set, one skill session a week, one team practice a week and a lot of games. This year, our spring program will introduce a new approach to player development. The “Warrior Academy” will focus heavily on individual skill acquisition and application in competitive situations to develop better hockey players. For optimal player development USA hockey recommends a practice/skill session-to-game ratio of 3:1 for most of our levels. Because our regular season schedule makes this ratio nearly impossible, we believe we can use the spring season to accelerate the development of our players. We will still offer ~8+ games per team this spring (consistent with past years), but the emphasis will be on skill development. Warrior Academy will be directly run by our hockey director Chris Wickersham, who has proven to be one of the top skills coaches in the state. Chris has been instrumental in structuring this program and will be driving content and execution at all levels. Development will be guided by our programs Green Line Characteristics (see below).

#### 1. Skating

- **Strong Skaters:** stride, edges, balance & transitions. Includes goaltenders
- **Heads up hockey** players with and without the puck with heads up to see/read the play

#### 2. Decision Making

- **Read and react** according to information presented during play.
- **Value Puck Possession:** Keep it when you have it and get it when you don't

#### 3. Compete Level

- **Win races** to the puck & **battles** for the puck
- **Never give up**

#### 4. Team Players

- Positive **attitude, supportive** and **trusting** teammate.
- Value an assist, backcheck, save and blocked shot as much as a goal
- **Coachable** players who want to improve

*“The best way to improve is not by playing more games than an NHLer, but through station-based practices. The number of puck touches and constant activity that take place in a well-run 50-minute practice far outweigh what transpires in a game. One properly-run practice is the equivalent of 11 games when it comes to puck touches” - USA Hockey*





# Warrior Academy (cont.)

## For Current and Aspiring Travel Players

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### Skill Session Curriculum

- Skills Sessions: Age-appropriate skills will be introduced (e.g., skating technique, shooting, etc.)
- Position Specific Clinics: Select skills sessions will separate defensemen and forwards to work on position specific skills (less position specific emphasis will exist at Mite level).
- Scrimmages & Small Area Games: Competitive games designed to test and apply new skills
- Teams/Groups: Skills session groups will contain similarly skills players (e.g., top 2 team candidates grouped together) and be on the ice together 2-3 times a week.
- Goalie Clinics: Led by Stu Gould and Good as Gould Goalie School staff.

### Skill Session Group Selection

There will be no tryouts for spring. Skill session groups will be determined based on regular season performance and / or coach assessments during the first week of Warrior Academy (April 4-9). Players in one group can be moved between groups during spring based on performance. Our objective is to group similarly skilled players together. There will be no “team practices” as it is not our intention to use spring development time to work on systems. For each level (Mite through Bantam) we anticipate between 2-3 groups.

### Games & Tournaments Teams

- Each player will play in 8-10 games through 1-2 local tournaments and/or local games
- Tournament participation will depend on strength of team per level but will likely include tournaments such as The Glacier Invitational, Windy City Rumble, and Chi-Town Shuffle.
- Games and tournament teams will be formed based on performance in early April. Week to week, a player can earn a spot on a higher team's rosters for a tournament or game. While games/tournament team rosters will largely stay the same, we want to offer kids “on the bubble” the chance to work hard and have the opportunity to be pushed in game situations.

### Participation

- This program will be offered for the following levels / birth years: Mites (2014-15), Squirts (2012-13), PeeWees (2010-11), and Bantams (2008-09)
- We will welcome any player who lives within the New Trier Township

**Dates:** Wednesday, April 4– May 26, 2022. Skills sessions days will depend on level and group assignment.

**Fee: \$900** (goalies will receive a 50% discount) which includes a new Warrior Academy jersey made by Hockey Militia



# Spring American Development Model (ADM) Instructional

## For New Hockey Players Looking to Improve Their Skills

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### Approach

This program is perfect for the child that participated in Minor Mite, Learn to Skate, is moving up from the Learn to Skate program offered by the Park District or is planning on participating in the House program next season. The program will meet on **Wednesdays at 5:40 p.m. and Fridays 5:25 p.m.** at Winnetka Ice Arena. Each session will consist of 30 minutes devoted to skill development in small stations to maximize reps. A strong emphasis will be placed on skating, as that is the most important area of focus for this age group. The last 30 minutes will be cross-ice games designed to allow all participants to maximize “touches” and puck skills. The program includes 14-one-hour ice sessions.

### Curriculum

- Skills: Focus on skating and basic hockey skills
- Cross-Ice: Games and competitions designed to maximize “touches”/reps.
- Coaches: Program designed and executed by Hockey director Chris Wickersham and travel coaches

### Participation

- Players who have already learned the basics of skating and are entering the house league program next year.
- Typically for ages 5-6

**Dates:** Wednesday, April 6– May 25, 2022

**Fee:** \$450

