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# Piedmont Predators

## Head Coach: Ryan J Raya

Assistant Coach: TBD

Team Managers: TBD

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**A. Introduction**

Dear Predators Family,

Welcome to the 2012-2013 Piedmont Predators hockey season. I come to the organization by way of many different organizations and experiences as both a player and a coach. I have played hockey for 20 years within organized hockey and longer than that if you include pond hockey during the long winters back in Massachusetts.

My high school hockey was played at Wachusett Regional High School where we were perennially state playoff qualifiers and always within the top 10 in the state. Despite many injury problems, I had opportunities to play both DI and DIII hockey, but chose to attend Elon University in North Carolina where I played DII club hockey. At Elon, the Phoenix hockey team won 3 consecutive South Eastern division championships, were never ranked outside the top 20 among 126 national club hockey teams, and reached the Elite 8 twice in the three invites to the national tournaments. Personally, I was award the 2005 Student-Athlete of the Year award while posting team records in wins, saves, and playoff save percentage as the starting goaltender for the Phoenix.

As a coach, I am entering my 14th year as a youth coach, camp instructor, or goalie camp demonstrator. My experience ranges from years as mite, squirt, and peewee coaching to instructing at Robby Glantz Powerskating schools, Puckstopper Goaltending Services, and as an on-ice Atlanta Thrashers clinic instructor.

Coming from the Virginia Wild after 4 successful seasons coaching U16 and U18 Midget hockey, one year coaching U16 Reston Raiders, and entering my 5th season as a coach with the Herndon High School hockey club, I have a good base in local hockey. Virginia hockey is a different animal; the range of skill, background, dedication, and exposure to the game ranges widely. As a coach with the Predators, I hope to bring along every member on my team is all categories, provide the opportunity for all player to have most productive and enjoyable season yet, while still keeping the focus on TEAM play.

I choose to work with Midget players because I believe it is the first true opportunity to begin developing internal leaders, the true concept of individual responsibility, and gives me an opportunity to begin engaging these young men as young men. My expectations are simple: respect the game, respect your team, respect yourselves, and respect anyone else who loves the game as much as I hope you do. My only mantra during the season is a very simple one, it comes from the basics of the game, and you will hear me say it from day 1 until the end of our season. If we are successful in it, we will have a successful and enjoyable season. The mantra is this: *“First shot, first hit, first goal”.* I look forward to seeing everyone around the rink.

Cheers,

Coach Ryan Raya

**B. Team Philosophy**

### How we play

Hockey is the fastest, most engaging, and challenging game on the planet. There is no other game where each participant, coach, and official needs to learn a whole different mode of transportation before they can even begin learning the game. Hockey takes focus, talent, dedication, and passion to be successful. If you lack any of these key components, you will not reach your true potential and your team will always suffer because the team will never be fully developed.

This team will play hard and it will play smart. Each team I have coached has had some things in common regardless of the level of play or the division declaration that we make:

1. We will be among the top in the league in scoring chances/ goals
2. We will be among the teams with the fewest penalties in minutes
3. We will not be fun to play against
4. We will focus on quality shots and still be among the teams with the most shots per game in the league
5. We will allow for our goaltenders to have their best statistical seasons in their careers

Our game is a simple one; it is tailored to the team and allows for every player to successfully participate in it while giving the freedom to our most talented and confident players to maximize those attributes. This team will not restrict the way we play to the coach’s system desires nor will it attempt to limit our strengths. This team will put everyone in the best position to succeed, teach our players to play as a team, know where they should be, and to be accountable for their own actions while being in position to cover for the opponent’s opportunities that risk taking ultimately allows to happen.

We will play for the team first and if we do that, the team will play in a way that your personal success will ultimately be recognized.

### Defensive Zone

Often neglected as a boring and tedious chore, sound defense leads to offense. Recently the Swedish Elite League did a study on all the goals scored during a season and found that about 30% of goals scored resulted directly on free flow rushes that began with a turnover forced in the defensive zone. This makes sense because the opposition is focused almost entirely on offense, not defense. Also, the only player near the opposing net is the goaltender with nothing, but open and fast ice between the point of turnover and the red light being lit up.

We will begin the season with an extremely basic defensive system that can be best described as an even strength penalty kill. We will operate in a “Box + 1” system. We will also expect that forwards and defenseman will end up both behind the net and at the points. We have 5 zones in this system; the first man into the zone goes to the puck. This is zone 1. The next man fills in the penalty kill box from the crease out, followed subsequently by the next 3 players back into the zone until the puck carrier is man covered and the penalty kill box is set up in front of the net. The only trick to this is that only 1 man is to be behind the net when the puck is controlled by the opposition and when the opposition puck carrier make a pass that enters the Predators defensive zone, that player in the zone is now only responsible for pressuring the puck carrier, while the previous Predators player fills in the nearest zone to him.

We have no assigned locations. You are not a defenseman or a forward; you are responsible for playing the position that is needed. From this comes a lot less skating, fewer odd man low zone scoring situations, and the ability for the goaltending to read and predict the play with the majority of shots against coming from outside of the scoring zones. We will add other variation as the season goes on ranging from a “Triangle + 2” to a man pressure system, but the “Box + 1” will be our base.

Our breakout is much the same and just as fluid with very few rules. It is a team breakout that allows for any player to immediately become the puck carrier and encourages a short pass, puck possession game. We will frown upon routine puck throwing and panic plays and will build our practices to give each player experience handling the puck. In much the same vein, a strong backcheck to the puck and front of the net is important to making this system work and putting your teammates in the best position to succeed.

Our defensive zone targets:

1. Allow less than 20 shots per game
2. Allow less that 30% scoring opportunities in relation to total shots (ex: 20 shots- 6 scoring opportunities)
3. Team save percentage > 90%

### Neutral Zone

In youth hockey, this is otherwise known as the neglected zone. Hockey coaches today have not spent the time teaching players how to create space, where the most dangerous places on the ice to make turnovers are, and how to break IN to the offensive zone. The North American dump and chase hockey is an over used and misunderstood way of play. It has a place, but it should not be the basis of your team and systems.

This team will understand what opportunities for immediate offense are available out of good speed, spacing, and team positioning that are available through the neutral zone. We will also understand that any turnover in the neutral zone is NOT an immediate panic situation if the players are positioned correctly away from the boards, fall back to the middle of the ice, and aim to make the opposing team turn to dump and chase hockey as their best option to get into the Predators defensive zone.

Simple body contact goes a long way to creating space for offense to arise from as well as a constructive way to slow opposition speed through the neutral zone. This team will always understand that everything we are trying to do is the same thing that a quality coached team will be trying to do to us. It only comes down to execution in the neutral zone. The players with the most skill have very limited advantage over a player that understands the game and how to play it in the neutral zone and thereby can frustrate and stifle players supposedly better than them leading to other mental advantages that are not charted in the statistics, but are otherwise the “intangibles” that always seem to be present on successful teams.

Our neutral zone goals:

1. Fewer turnovers than opposition in neutral zone
2. Puck possession offensive zone entry more than 70% of the time
3. No fewer than 2 Predators players behind the red line before the puck enters the offensive zone (both playing middle third of ice)
4. At least 1 pass coming between each blue line per possession in the neutral zone
5. At least 2 of 3 thirds of blue line being used by offensive players entering zone on each possession

### Offensive Zone

Even as a goalie, the offensive zone is the most enjoyable zone on the ice in which to see your team succeed. The more success we have as a team in the offensive zone the more aggressive and free a goaltender can play, the more turnovers we can capitalize off of weak opposition shots as they scamper to try and put meaningless pressure on us, the quicker we will be able to transition through the neutral zone as the opposition has to work harder and lower in the low to create chances, and the more offense that ALWAYS follows behind previous offensive successes.

We will run a transition game through the neutral zone that will also find defenseman carrying the puck, forwards playing the point, and the puck moving as much as the players. This team will play a zone triangle offense. It again is extremely simple concept where the puck carrier must enter the zone with speed or make a pass to a teammate who can create the separation that speed creates. We have a team goal to take shots not from the outside, bad angles, or flip pucks into the chest. We will shoot to score; we will aim to shoot from the scoring zone between the dots and the top of the circles, and try to get off the shots as quickly and accurately as possible. Most goals are dirty goals and typically are not scored off the first shot, however a challenging first shot limits the ability for the opposing goalie to control the rebound, and for the opposition to maintain the disciplined spacing that quality defense requires.

The same Swedish study that showed that 30% of goals started on clean rushes out of the defensive zone, showed that 25% of goals came off pucks that were not in clear possession of any team within 3 feet of the crease. These are the dirty goals that we hear about. Quality flow, good shot selection, and pressure on the net create dirty goals. These goals do not just happen.

Being that we have shown that 55% of goals start 100 ft or 3ft from the crease, the other 45% come from puck possession, passing, and strong shot execution. Our triangle offense is meant to create odd-man situations in our favor both high and low in the offensive zone. We will attempt to isolate individual players on the opposition team forcing them to continuously make the correct decision and execute their defensive maneuvers correctly. As games go on, this becomes less and less likely for teams to continuously do. Our 5 zones of offense will be the basis of our power play as well. It is hoped that by keeping our defensive and offensive system closely linked to how we play even strength that our repetitious nature of play will lead to great power play and penalty kill executions.

The forecheck will key a lot of instance offense. We will have multiple forechecks throughout the season, however the base 1-2-2 and 2-1-2 forechecks will be most prevalent. The key to either’s success will be that the first man in the zone had NO other responsibility other than pressure on the puck or puck carrier. Without this pressure, we will not force mistakes, will be caught out of position, our spacing will become too condensed, and overall team effort will be effected. The rest of our forecheck and neutral zone defense will focus on protecting the inner third of the ice, turning the opposition into a dump and chase or off the board offense. Our 2-1-2 forecheck will NOT be a stacked forecheck, the second man in will be expected to play from middle third of the ice out and spy the pass before making and movement towards or with/against the flow of the first forechecker. Our forecheck will be the first line of defense and the spark to our offense.

Our offensive zone goals:

1. To take 70% of our shots from the high scoring zone
2. To get second chance opportunities from at least 60% of our shots that do not go in
3. To target 30 shots per game and average more scoring opportunities than shots that are not scoring opportunities per game (ex: 30 shots- 16 scoring opportunities vs 14 other shots)

**C. Goals and Objectives**

### Leadership Development

This team will focus a considerable amount of energy on developing leadership in everyone on this team. My history of putting each player on the ice is close game situations, using mistakes as teaching moments, and holding everyone on the team to the same standard of contributing positively to a successful and conducive team environment is all done with the attempt of creating ownership of this team by its players. If by the end of the season players are self correcting, positively criticizing each other, managing difficult situations with composure, and insisting that the team comes before the player, then I have done my job. My goal is to reach a point where the team is turned over to the captains and the coaching staff is merely responsible for managing the team, preparing quality practice/game plans, and having minimal input into team discipline, on ice player performance, and decision outside of match-up and strategic choices. Please see the section of the season plan dedicated for captains for more details.

### Skill Development

#### Skating

We will focus on ensuring players are using the most efficient technique of skating (pushing out to the side and not back) while getting low into a power position. In the selection process we identified many strong skaters who still skate very upright which is contrary to the position that generates the most speed, power, balance with the least ability to be checked off the puck.

We will also drive skaters to skate faster and harder while on the ice during game situations, executing quicker stops, starts and turns and share choices of how to drive acceleration from a stopped position, reversing direction or moving into the play.

This approach intersects with our game philosophy of quick, very fast paced shifts for our players, which means it is incumbent on the player if shifting on the fly to immediately get involved in the play.

Technically we will measure player’s ability to skate at speed forward and back, using inside and outside edges and again ensuring they are staying low and powering their legs through.

During the season it is our intent to be able to bring outside expert skating instructors to augment the work we will do as a core coaching staff and we encourage you to review the practice session for more details.

At this competitive level we will often see several skaters who are simply faster than anyone else on the ice (and we hope to have a few of these as well!) however it is not just important how fast you skate but in what direction and to what location. As such our skating drills will look to enhance the technical skills while applying them to our intended style of play.

Two technical aspects of skating we will be emphasizing is proper technique to drive acceleration and quick changes in directions.

Technical Skills that will be covered in our practice plans:

* Edge Control
* Skating Posture (Low, well balanced)
* Power Turns
* C Cuts Backwards
* Backwards Crossovers/Unders
* Push Offs
* Cross Over/Unders Forward
* Quick Starts (jack rabbit)
* Obstacles-Jumping-Running
* Quick Transition on the Fly
* Quickness Drills w/ Cones
* Slalom Drills w/ Cones
* Forward Stopping One skate
* Forward Stopping Two skate
* Backwards Stopping One skate
* Backwards Stopping Two skate
* Mohawk Turns
* Acceleration

#### Puck Control and Protection

The key to winning games is often as simple as maintaining the ability to control the puck both in the defensive, neutral and offensive zones. Puck control begins with excellent positional play and support of key concepts like “support the puck carrier” and “opening up the ice” discussed later. We will also teach and run drills on the basics of “heads up” stick handling, shielding the puck with your body, defensive moves against the boards to push out and create space and distance to work the puck.

As a team we intend to “own the boards” and as such we will also run specific drills on ensuring we win the 50-50 battles for the puck along the boards and in the corners.

Technical Skills that will be covered in our practice plans:

* General Vision (head up)
* Open Ice Carry
* Forehand to Backhand
* Figure Eights (switch hands)
* Toe Drags
* Single Fakes
* Double Fakes
* Head - Shoulder Fakes
* Skate Use
* Attack Triangle
* Puck Protection Corners
* Puck Protection Open Ice
* One Hand Puck Control
* Control Puck Backwards
* Between Legs
* Tight Quarter. Control
* Escape Moves
* Stutter - Acceleration Moves
* Puck Lead and Chase
* Using Board
* Small Area Stick handling

*Passing*

Successful passing involves two players executing a “tape to tape” transfer of the puck and this may be done straight across the ice, off the boards, using a “saucer pass” or a host of other approaches but the bottom line is we want this teamto pass the puck.

Passing the puck “opens up more ice” than any single other play we can run and when attacking this is a huge advantage. Despite having a number of excellent skaters on the team, none of them can out skate the speed of a good pass to cover and subsequently create open ice.

We will be looking for “heads up” play looking for the open man but more importantly based on our pre-determined plays “knowing” where your open man is going so you can anticipate where the pass should be executed to. This is the difference of executing plays well at game speed.

We’ll work both on the technical aspects of making great passes but also look to train our response to “pass first” and to “head man” the puck and then skate like the wind to get back into the play so you can be passed back to. This type of aggressive skating and passing is demoralizing for our opponents when executed properly.

It also works best only when **ALL** players are fully bought into the program and working it thereby increasing all players chances of being both the passer and recipient of a great pass.

I absolutely believe we have players that can, will and should rush the puck end to end during a game however this cannot be the norm in our model of offense and repeated puck hogs will be coached to pass more frequently.

Technical Skills that will be covered in our practice sessions:

* Passing Fundamentals (LSGP)
* Backhand Passing
* Flip Passes
* Saucer Passes
* Passing Off Boards. Catching
* Passes Forehand (cradle)
* Catching Passes Backhand
* Catching In Skates (boards)
* Catching In Skates (open ice)
* Leading the Receiver
* Looking to Open Ice
* One Touch Passes
* Snap Passing
* Give and Go
* Movement After Pass
* Controlling Passes w/ Glove

#### Scoring

I am a firm believer that a hard quick shot is better than a slow, deliberate, long wind up shot that telegraphs your every move to the goalie and their defense.

Shooting is one skill where the transfer to play from the driveway is very high. By practicing basic shooting, timing, optimum location of puck relative to body, quick release, power and muscle memory off ice we can spend more time on ice with things that are a little harder like; off balance shooting, one timers, shots that are really passes (especially from the point) and most of all shooting while skating at game speed.

The objective is to score not just shoot the puck, so we will focus on creating situations that result in goals through screen shots, shooting on the fly, against the grain, one timers, etc.. during our practice sessions and also decisions on shot selection, location etc.

A solid low screened shot is still one of the best ways to score or create a “tip in” or “re-direct” opportunity and we will practice and master this with shots from the point, the corner or the hash marks and tipping the puck facing the goal, the shooter or side one.

In the concepts section we will discuss in more detail several “scoring scenarios” we want to re-create during game situations and set these up as plays. Ideally we create scenarios where we have an un-balanced play (like a 3 on 2) and the whole notion of opening the ice, passing, and ultimately “shooting to score” really comes through.

We also want to create “reflex” plays whereby if as an example one of our forwards is digging the puck in the corner as soon as he wins the battle he “knows” he has three options he is looking for and he also has then three players moving to be in the place to take advantage of this. This movement is distracting to a defensive system and creates unique scoring opportunities.

We want our players to be evaluating a set of choices before they win the puck so they can then make one of the most likely successful pre-determined choices versus just make it up on the fly whereby their team mates have difficulty aligning to support them in the best manner.

Technical skills that will be covered in our practice sessions:

* Wrist Shot
* Snap Shot
* Slap Shot
* One Timers
* Backhands
* Tips – Deflections
* Flipping
* Backhand Roofing In Tight
* Rebounds (follow)
* Readiness (stick on ice)
* Roofing in Tight
* Against the Grain
* Cutting Ice In Half
* Puck Eyes
* Screens and Tips
* Leg Fakes
* Head and Eye Fakes
* Shot Fakes
* Getting Goalie to Move
* Shooting Hard
* Quick Releas

#### Checking

Checking and playing the body is part of the game and nothing sends a signal more that you are here to play then good solid **clean** body checks. The body check is designed to knock the player off the puck and a good player knows how to balance this with the objective that you are fighting to gain position of the puck or prevent the forward progress of your opponent. Checking can shift the momentum of a game and we will use this to our advantage.

I will not tolerate body checks that appear designed to intentionally hurt an opponent or “dirty” hits (high elbows, knees etc) or hitting from behind. In checking games when you are hitting hard you can expect to be hit back…retaliating to a good clean hit (or even a cheap shot) will not be tolerated either.

We will teach our players to hit (and be hit) clean and hard, along the boards, open ice, shoulder to shoulder, in pursuit, using shoulders, chests and hips. We will also emphasize what I believe is a bit of a lost art which is a good sweeping “poke checking” especially on defense. After all we want the puck back!

We will also teach the right way to use the body along the boards to avoid incurring un-necessary penalties for boarding while ensuring we win the battle for the puck at both ends of the ice.

Technical Skills that will be covered in our practice sessions:

* *Taking Checks*
  + Body Position (balance), Safe Zones , Using Boards to Absorb, Avoiding Checks , Head First into Boards Safety
* *Delivering Checks*
  + Angling*,* Hip Checks*,* Shoulder Checks*,* Open Ice Hits*,* Body Position*,* Tying Up (general coverage)*,* Stick Lift*,* Stick Press*,* Poke, Check*,* Hook Checking*,* Backchecking

#### Positioning

This team will rely on positioning. Without a specific emphasis on positioning our style of play, the freedom that it offers, and the risk-taking that is ever apparent will be our undoing. Without solid fundamental positioning from everyone from goaltenders to forwards, we will not have the successful season we are striving for this year. If we commit to solid positioning, we will be successful.

Technical Skills that will be covered in our practice sessions:

* 8-10 foot maximum Distance from teammates
* Correct angles
* Distance from shooters
* Play away from the boards
* Reading of the play
* Play to the middle third
* Correct direction of turn
* Face the opposition
* Riding opposition to outside
* Stick toward the puck
* Goaltending and blocking angles
* Weak side angles
* Strong side angles
* Board use

**D. Practices**

Practice will be a place where we challenge the limits, not go through the motions. The emphasis in practice will be skill development in a fun and conducive atmosphere. This begins with attendance; attendance at practice is mandatory for all players (please see team rules for procedures). We will not be able to develop as a team if the WHOLE team is not present. Also, there will be segments of the weeks practice dedicated to different positions and different skill developments. As a coaching staff, we ask our players to understand WHY we are doing each drill.

The mighty question on this team is WHY. Every drill and every practice should have a purpose and the coaches should communicate this to the players. It is important that we all understand where we are going because we can only get there together. If any player does not understand WHY we are doing something, ASK! You will not be punished for it; in fact if I do not have a reasonable answer, I will allow that player to choose our next drill as reward for their diligence and commitment to the team. Asking "why" is not complaining; it is stimulating. Only complaining is complaining and that will not be confused with engagement.

One unique aspect to our practices is that water is not provided. Why you ask??? It has been proven that athletes who learn to perform without frequent water breaks in practice learn to adapt to this adversity. As the body adapts to this, the thirst desire dwindles, however when water is introduced back into activity during times such as games, the body processes it much more efficiently, gets it to the cells quicker, and the athlete recovers faster. The lack of water is contemplated in how we run our practices and hard skating drills rarely follow each other back to back, but the players will still be challenged.

Another point to consider: our goalies will practice as they play. In shot heavy drills, the goalies will be instructed to leave the net every 3-4 shots, refocus, then return to the net. Also, if fatigue sets in, practices may be altered as goaltenders MUST maintain good form, and practicing when fatigued will set bad form into their game. Fatigue will not be confused with laziness. I am a goaltender and I know our abilities.

Finally, game time is earned at practice. Frequent absences, poor effort, and general poor adherence to our team goals in practice will be directly reflected in ice time.

Early season practice (80 minutes):

Minutes:

* *0-5:* Freeskate
* *5-10:* Q skate warm up (inclusive of 1:0 to 2:1 transition)
* *10-25:* Skill drill 1 and 2 (usually 2 stations)
* *25-40:* System drill 1 with HEAVY focus on instructions
* *40-55:* Skill/ Goaltending drill 3 and 4 (usually 2 stations)
* *55-70:* System drill 2 with HEAVY focus on systems
* *70-80:* Competition drill or Skate drill (depending on focus of practice)

Our standard practices (80 minutes):

Minutes:

* *0-5:* Freeskate
* *5-10:* Q skate warm up (inclusive of 1:0 to 2:1 transition)
* *10-20:* Skill drill 1 and 2 (usually 2 stations)
* *20-30:* System drill 1 with HEAVY focus on instruction
* *30-40:* Competition/Small game drill 1
* *40-50:* Game plan related corrective drill 1
* *50-60:* Goaltender drill 1 and 2 (multiple stations)
* *60-70:* Multi focus drill with puck
* *70-80:* Captains choice drill or small game or competition small games

**E. Season**

The overarching goal of this season is: progress. All team decisions, practice plans, in game corrections, and team business will be done with player progression in mind. The Piedmont Predators Hockey Club is first and foremost of about skill and team play development. If all aspects of leadership development, skill development, team development, and hockey knowledge development come together, we will win. However, winning at all costs and at the detriment of any level of development will not be the focus of this team. The coaching staff truly believes that from fundamentals comes success and by stressing the key developmental points outlines above we will achieve a successful and winning season the right way.

With development comes assessment. Along with standard on the spot coaching and correction, the staff of this team with issue formal skill evaluations at 2 points in the year:

1. Early season evaluation done between weeks 3-4
2. End season evaluations done the final week of the season

The process by which these evaluations will be done is as follows:

1. Players will be rated 1-5 (5 being best) in the following categories:
   1. Skating
   2. Shooting (inclusive of accuracy, power, and quickness)/ Puck stopping (goalies)
   3. Puck handling
   4. Passing
   5. Scoring (inclusive of successful decision making, goals, assists, and scoring opportunities)
   6. Hockey awareness (inclusive of offensive and defensive zone positioning, decision making, and ability to make other player better/ put them in position to succeed)
   7. Team play
   8. Attitude
   9. Leadership
2. Evaluations will be discussed with and distributed to each player individually
3. Evaluations will NOT be released to other players or parents, they are teaching tool and not a means of reward or punishment
4. Each evaluation will be done in spreadsheet form and will be averaged to an overall total
5. Overall totals and individual evaluation scores will be kept together on a spreadsheet in order to track progression throughout the year and give benchmark for coaching reference

A successful season will be evaluated as a coaching staff by the following criteria listed in order of priority:

1. Overall skill evaluation progressions from beginning to end of year
2. Leadership development of all players with specific focus on captains
3. Record of wins and losses
4. Anonymous survey of players requesting feedback on coaching style, practice plans, and game handling

This season will unfold in an unpredictable manner that will challenge the ability of players, coaches, and all other interested parties to keep their perspective on what is important and what the focus of this team will be at all times. As a coaching staff will put emphasis on putting all players in the best position to succeed, contribute to team success, and challenge each player to grow without sacrificing the ability of the team to produce. All this said, ice time is a valuable commodity and depending on skill levels, game situations, understanding of team concepts, behavior, and effort levels game ice time will be allotted.

Powerplay situations and end of game situations will be managed on a game by game basis. Players that find themselves on the ice are expected to hold to all team cores and disciplines. One game’s decisions do not impact another’s game’s decisions with the coaching staff reserving full and autonomous decision making abilities. Any questions and concerns must be aired by the players themselves to the coaches directly and in private or through their captains acting at their direction.

Conflicts are not expected, but should they occur they will be handled as team matters and input from outside sources other than PPHC board, coaches, and players will not play a role in the final outcome of the matter. This team places an extreme amount of focus on leadership, facing difficulties head on, internal character building, and resolution making. At this level and age of play, the players will be expected to represent themselves at all times and their opinions and decisions will be respected and evaluated as such and on their own merit.

Interaction with other parties other than those mentioned above regarding team matters will be held to a minimum and will have limited exceptions. All disciplinary matters and matters revolving around our TEAM RULES and PROCEDURES will be explained to the affected parties and captains directly. Those parties will be consulted at all stages of the decision making process with any discipline serving as a benchmark for future decisions.

All players per TEAM RULES and PROCEDURES are expected to have read this document and ignorance will not be an acceptable excuse. All issues involving absences, injuries, illnesses, etc that result in time away from the team, early dismissal/ late arrival MUST be discussed beforehand unless otherwise unable (sudden injury, family emergencies, etc). Communication will be heavily weighted in any decision made and those who go through the proper channels and with proper notice will be favorably viewed.

**F. Captains**

The team as constructed is built upon leadership. On any team captains are a valuable source of leadership and this is magnified on this team. As similar to the military, the sergeants are the best leaders of their peers as they are still enlisted in that brotherhood and understand more fully the perspectives and needs of their men. The captains of this team will always remain loyal to their teammates and will represent them as they would hope to be represented by others. No captain will wear a letter unless they fully understand that they are not entitled to any special treatment, but are expected to undertake more responsibility than those who do not wear the letter.

Captains will play an integral role in this team’s success. They will be involved in practice planning, game management, pre and post game wrap ups, disciplinary measures/ decisions, and will be credited as such. Their opinions will represent not only themselves, but their team’s opinion as well. Captains will reserve the right to remove captaincy and letters associated with it if they determine the captain(s) are not representing their team, begin feeling entitled to special treatment, or behaving/displaying any other characteristic not in line with team goals, mandates, or expectations.

Captains will be chosen by the team. The process of selection will be:

1. Within first 4 weeks of team practices/games players will be asked to nominated 1 captain and 2 alternate captains from the roster of the team as comprised at that time
2. Coaches will ask that players put aside skill and focus on personality and ability to trust, respect, and follow their nominees
3. Coaches will tally these votes and make final decisions independent of the vote, however the voting will direct the coaches
4. When captains are selected, announcements will be made in front of entire team, specific tallies of votes will not be announced, however a brief justification will be made by the coaches, so that the team understand WHY the decision was made

Captains will be held to a higher standard of behavior, levels of respect, effort, and conformity to team goals than other players. They will also bear the responsibility of being those individuals that will be the object of coach’s criticisms and corrections aimed at improving a team goal. They are expected to serve as an example of how to react to that criticism and work to lead both by example and vocally at all times: locker room, bench, and office.

The letters on your jersey are more important to your teammates and coaches than the name on the back or the front of the jersey. Captains have an effect on those on his team well beyond the rink and will have an indirect impact on how players view leaders in the future. Honor of the letter through your behavior is of utmost importance. Earning needless major penalties, mouthing off or insulting anyone, or otherwise disrespecting the team while in possession of those letters are all direct grounds for forfeiture of the responsibilities and privileges there within.

Captains will be expected to organize the team’s entry and exit onto the ice, begin and end drills in accordance with coaches’ wishes, and are responsible for shaking of opposing coaches hands prior to every game as well as every official and opposing captain after each game.

**G. Season Synopsis**

## 2012-2013 Piedmont Predators Season Overview

|  |  |
| --- | --- |
| **PPHC Team: U16 Black** | **Head Coach: Ryan Raya**  Email: [rraya34@hotmail.com](mailto:rraya34@hotmail.com) Phone: 480-208-1287 |
| **TIME COMMITMENTS** | |
| * Anticipate practice days and times | **Weekdays: Twice Weekly**  **Saturdays: 2 per month (if not exhibition games scheduled** |
| * Spring/Summer team commitments | **4 Spring Practices:** Times TBD  **Spring Tournament:** TBD (potentially Memorial Day Weekend)  **Mini-Camp:** End of August  **Off-ice Training:** Beginning of August |
| **Total number of anticipated games** |  |
| * Games | **Tournaments:** 7-8 travel tournaments (4-5 within 2 hours of Piedmont  **Tournament Games**: 28-36  **Exhibition Games:** 10-14 |
| * Practices | 52 season practices, 12 full ice practices/games |
| **Anticipate Costs:** |  |
| 1. Team fees | Included in Dues |
| **First Team Meeting & Team Key Rule Impact Playing time:** |  |
| * MANDATORY Parent/Player meeting: | **May:** Team rules/guidelines: To be discussed at meeting |

##### H. Team Rules and Procedures

1. PLAYERS will need to confirm availability for games directly to COACH and CAPTAINS by phone or email before Friday noon for our games
2. PLAYERS will need to confirm availability for practices directly to COACH and CAPTAINS by phone or email before noon for our practice days
3. CAPTAINS will be responsible for getting team on ice ON-TIME and will be involved in any disciplinary action taken at any point in the season (hopefully not necessary)
4. CAPTAINS will be met with before EVERY game to discuss (feedback to coaches will be respected) game outlook, line changes, and actions plans
5. For ALL games we will need to be at the rink 45 minutes before the game and dressed 10 minutes before the schedule game start time

* As with practice, we all come on the ice at the same time and we all leave at the same time. There will be no stragglers or early birds on this team.
* As with practice, any players who are not ready in the appropriate amount of time will lead to the team skating more at the end of practice (if that player skips that practice the team will just keep skating each practice until that player returns)

1. Our warm ups will be the same drill we start each practice with (Q-drill) but from opposite corners so that each line can be a passer and shooter alternating, until feedback from the CAPTAINS are received
2. Pregame game planning will depend on the game, but especially for this first pre-season game we will need to talk since we did not have practice this week
3. Our bench will **not** be a place where we get on each other, I have seen too many talented teams come apart due to bench antics, and I have no problem putting a stop to that (see my record from previous year’s teams) so don't push it
4. We have 3 goals for the first period, we need the "first shot, the first hit, and the first goal"... You are going to hear this a lot out of me, so get used to it
5. Goals, I love 'em, I want to see them... learn our motion triangle offense and we will get plenty of them
6. Defense... Our goalie is not our only line of defense; I always want people willing to cover the points and backcheck. In order to play the fun way I want to play, everyone needs to be responsible  
   - We are playing a standard Box + 1 at even strength in our defensive zone to start the season. First man goes to the puck or to challenge the puck carrier (regardless of position you are playing) the rest of the team fills in from the goal crease outwards
7. Positions: learn to play them all because the level of creativity and freedom that you will have on this team means that offense will end up low and defenseman playing offense pretty frequently
8. Water: if you want it, fill it up, I will leave them in the locker room... but remember we still all go and come from the ice together and we will not be hazing or singling out any individuals, lines, positions, or people. It is not a tough task but it is an annoying one, spread the wealth
9. Jerseys are your responsibility, always bring home and away to EVERY game
10. Game Wear: Shirt and Tie with clean jeans or slacks with Warm-up Jacket (if available) is acceptable wear to our games. Athletic shoes can be worn. Bring a change of clothe for warm-ups before games.
11. Jerseys: Accept for underclassmen or players new to the team or in the event of forfeit, players that do not have PREDATOR jerseys will not be allowed to play until the correct jerseys arrive

##### Codes of Conduct

**Players Code of Conduct**

I hereby pledge to provide positive support and encouragement for all members of the Piedmont Predators by following the Code of Conduct. I agree to:

1. Adhere to USA Hockey governing rules and regulations, policies and procedures, as well as by – laws and decisions determined by the Piedmont Predators Board of Directors and live the philosophy of “Fun Hockey for Kids”.
2. Demand a drug and alcohol – free sports environment for my team, and abide by the Club’s policies.
3. Treat players, coaches, officials, parents and other fans, regardless of race, sex or creed, with respect relative to the use of abusive language, actions and gestures.
4. Arrive at practice ready to participate at the specified time.
5. Recognize the value and importance of TEAMWORK.
6. Develop an understanding of basic teamwork through participation in a variety of activities and adapted game situations.
7. Treat officials and opponents as honest in their intentions.
8. Accept officials’ decisions without becoming angry.
9. Understand that winning is desirable, but winning at any cost defeats the purpose of the game.
10. Understand that in hockey, as in life, you should treat others as you would have others treat you.
11. HAVE FUN!

I understand that a violation of this code of conduct or any action, which is detrimental to the club, may be brought to the discipline committee of the club for action and may result in my suspension or termination from any or all Piedmont Predators activities.

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Parents Printed Name Parent Signature Date

**Parents Code of Conduct**

I hereby pledge to provide positive support and encouragement for all members of the Piedmont Predators by following the Code of Conduct. I agree to:

1. Adhere to USA Hockey governing rules, regulations, policies and procedures, as well as the by-laws and decisions determined by the Piedmont Predators Board of Directors and live the Predators Philosophy of “Fun Hockey for Kids”.
2. Demand a drug and alcohol- free sports environment for my child, and agree to assist by refraining from drug and alcohol use at Club events.
3. Recognize that instructors are recruited on a volunteer basis.
4. Support my child and his/her teammates, provide encouragement, and show interest in my child’s team.
5. Leave the coaching to the coaches and not coach from the stands.
6. Remember that hockey is for those who play it, and everyone else should be a supportive spectator.
7. Remember that hockey is for those who play it, and everyone else should be a supportive spectator.
8. Believe that hockey is a GAME to be played for fun.
9. Accept that the policies of USA Hockey and the Board of Directors of the club should be regarded as mutual agreements in spirit and letter.
10. Treat players, coaches, officials, club volunteers, parents and fans, regardless of race, sex, or creed, with the respect relative to the use of abusive language, actions, and gestures.
11. Treat officials and opponents as honest in their intentions.
12. Accept officials’ decisions.
13. Understand that winning is desirable, but winning at any cost defeats the purpose of the game.
14. Understand that in hockey, as in life, you should treat others as you would have others treat you.

I understand that a violation of this code of conduct or any action, which is detrimental to the club, may be brought to the discipline committee of the club for action and may result in my suspension or termination from any or all Piedmont Predators activities.

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Parents Printed Name Parent Signature Date

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Parents Printed Name Parent Signature Date

**Coaches Code of Conduct**

I hereby pledge to provide positive support and encouragement for all members of the Piedmont Predators by following the Code of Conduct. I agree to:

1. Adhere to USA Hockey governing rules, regulations, policies and procedures, as well as the by-laws and decisions determined by the Piedmont Predators Board of Directors and adhere to the philosophy of “Fun Hockey for Kids”.
2. Support my team, provide encouragement, and show interest in my teams overall development.
3. Remember that I serve as a role model for my team and that my players often exhibit my attitudes on the ice.
4. Believe that hockey is a GAME to be played for fun.
5. Accept that the policies of USA Hockey and the Board of Directors of the club should be regarded as mutual agreements in spirit and letter.
6. Treat players, other coaches, officials, club volunteers, parents and fans, regardless of race, sex, or creed, with the respect relative to the use of abusive language, actions, and gestures.
7. Treat officials and opponents as honest in their intentions.
8. Accept officials’ decisions.
9. Understand that winning is desirable, but winning at any cost defeats the purpose of the game.
10. Understand that in hockey, as in life, you should treat others, as you would have others treat you or your players.

I understand that a violation of this code of conduct or any action, which is detrimental to the club, may be brought to the discipline committee of the club for action and may result in my suspension or termination from any or all Piedmont Predators activities.

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Coaches Printed Name Coaches Signature Date

**J. Other/ Preseason Meeting Agenda**



Team Meeting: TBD

Head Coach: Ryan Raya

Team: Predators Midget

Agenda:

1. Introductions and playing/ coaching history
2. Team website and materials on it
   1. GROUP EMAIL
   2. Team Rules and Procedures
   3. Codes of conduct
   4. Resume
   5. Synopsis
      1. Practices
      2. Games
   6. Pictures
   7. Contact information
3. Expectations:
   1. The style we play
   2. Players
      1. Effort in games/practices
      2. Notification of non-participation
      3. Discipline
      4. Respect of team, coach, game, and officials
   3. Parents
      1. Role with Midget-level players
      2. Relationships with coaches
   4. Captains
      1. Leadership
      2. Input
      3. Setting the example
      4. Process of selection
4. Volunteers:
   1. Introduce Team Managers
   2. Parent assistant coaches
   3. Penalty box and scorekeepers
   4. Statistics
5. Conditioning
6. Team building
7. Question and Answer
8. TEAM WEBSITE