

## Program Overview

- To recreate the fun and freedom of an open sheet of ice, like a pond or open neighborhood ice rink
- These sessions are designed to be ~~player~~ <sup>text</sup>centric and meant to resemble a recess on ice for the players.

## How we will do this

- Each session will be split into 2-3 zones. One zone will always be a dedicated space for players to work on a variety of skills. The other zones will be either cross ice or half ice games.

## Stick & Puck Zone

- Sessions will have a skills coach available to work with players on skills, but **players must** seek out help from the coach. Our goal is to encourage players to ask questions and take ownership of their own development. This will allow players to experience the game on their terms and help to develop their intrinsic drive to improve.
- The skills zone will be set up and monitored by the skills coach, and they will set up a drill. Players will be encouraged to remain active and working on the skills of that day.
- Players will also be allowed to set up their own drills using some of the training tools available.

## Pond Hockey Zone(s)

- Depending on how many players are on the ice, we will play cross ice or half ice games.
- We will make all efforts to ensure teams are well balanced and players compete in a healthy environment for everyone's development.
- Players will be picking the teams with the assistance of a coach to make sure the teams are balanced.