Yearly Plan																	
Head Coach: Manager: Assistant Coaches: Trainer:																	
MONTHS		August	August September		r	October		November		_ [December		January	February	y March		April
PEAK																	
		Games Per/week Practices/week															
Cabadula Of Can	Schedule Of Competition													\bot			
Schedule Of Cor	npetition	Dryland/Week															
		Regular Season Regular Season Regular Season															
PHASES		Pre-Competitive	e Main Comp #1				Main Comp #2					Main Comp #3		Main Comp #4			
PHYSICAL ELEMENT																	
TECHNICAL ELEMENT																	
TACTICAL ELEMENT																	
MENTAL ELEMENT		Stage 1						Stage 2						Stage 3 Satge 4 Stage 5			
Goal Setting Motivation																	7
																	╡
Arousal															_		
Concentration																	
Visualization																	_
Simulation			1 1														<u> </u>
Micro Cycles		1 2 3 4	5	6 7	8 9	10 11	12 1	13 14	15		18 19			25 26 27 28			34
MACRO CYCLES		1		2			3		<u> </u>	4		5	1	6	7	8	⊣
Physical	s on ents								<u> </u>			 	1			1	⊣ ∣
Mental Element	nasis												-			-	⊣ ∣
Technical	Emphasis on Components											-	1			1	⊣ ∣
Tactical	ĒΟ												1				⊣ ∣
Total Hrs/WK																	

Development Program

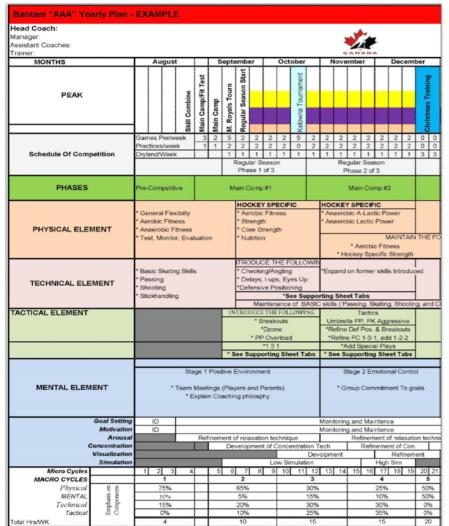


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August/September	October	November	December	January	February	March	April
Meetings							
# of Games/Practices							
Team Goals							
Dryland Training							

Skills & Systems Development Program August/September October November December January February March April Individual Skills # of Practices Individual Tactics # o # of Practices **Team Tactics Team Tactics** # of Practices Team Systems # of Practices # of Practices

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Yearly Plan Example



August/September October Meetings Meetings Team Selection October Review Meeting Tactical Systems Meetings (D-Zone, O-Zone, N-ZONE and Special Teams Team Training Weekend Coach Planning Captains and Assistants Team Building Sessions Video Review Meeting As Needed. Team Goals Pre-Game Preparation Planning Code of Conduct et al ie. Dressing room Establish Practice Non-Negotiables Heart and Hustle Game Award Team Building Meetings Post-Win Credence Pre-Game Warm-Up Kelowna Team Building*** Parent Coach Meeting **Will have use of Steva omplements of association*** # of Games and Practices # of Games and Practices Main Camp Games 8 League Games Green/White Game 12 Practices 5 Exhibition Games 5 Practices. 3-4 Regular season games Team Goals Team Goals 100% Practice Attendance practices Create a Competitive Try-Out Arrive on Time for all games and Environment practices systems practice at. Win Kelowna Tournament **Dryland Training** Dryland Training stablish Testing Requirements Re-Evaluation of Requirements Design Yearly Training Plan requirements Pre-Practice Stretching Review Pre-Game Warm-Up Review Nutrition Review

initial Dry-Land Testing

Development Program - Example

Skills & Systems Development Progran

Individual Skills				
10 Practices				
General Skating				
Full Speed Passing				
Handling				
Back-Hand and Slap Shot				
Acceleration				
Puck Protection				
Checking & Angling				
Edges				
Goaltender Paddle Down				
Individual Tactics				
10 Practices				
Pinning				
Net Drives				
Back Side Pursuit				
Drive Delay				
tactics				
Defensive Angling & Puck				
Scoring (One Timers, Tips, Screens)				
Offensive Zone Net Control				
Goaltender-Screens				
Goaltender-Deflections				
Goaltender-Wraparounds				
Team Tactics				
10 Practices				
Offensive 2 on O Drive/Delay				
Offensive 2 on 1 Drive/Delay				
3 on 2 Center Drive				
More Work)				
Attack Triangle				
Oveller				
Cycling NZ Regroup & Attack				
Techniques				
2 on 2 regroup Even/Odd Man Coverage, etc.)				