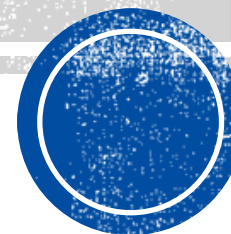


# MINNETONKA HOCKEY

## 2023-24



Matt Drawz

Boys Hockey



Welcome

Mission

Tonka Tough

Coaches

Notes for 2022-2023

CrossFit SISU

Goalie Program

Contacts

Tryouts

Q & A

# **INTRODUCTION**



# MYHA MISSION

We are committed to providing an athletic experience and opportunity for all children that is based on the following principles:

- We strive for fairness and inclusiveness in recognizing and accommodating each player's goals or special needs
- We value participation in athletics as a means to building personal self-esteem, self-discipline, effective social skills and respect for others
- We give every player an opportunity to participate and develop his or her skills through high quality instruction and positive mentoring
- We encourage individual success and enjoyment of the sport through a defined skill development program for all ages and levels
- We believe that player excellence in the classroom and on the ice be recognized and rewarded
- We consistently evaluate the quality of the programs that serve our membership to ensure a premier hockey association and experience for our players

# TONKA TOUGH

You will hear this frequently moving forward, so what is the Tonka Tough identity?

Tonka Tough is the guiding principle for player development and hockey operations for all levels within the MYHA program. Tonka Tough means every player and team will be expected to play **Together, Tough, Fast and Free.**

## WE PLAY:

- **Together:** Help each other. Pass, communicate and always put team first.
- **Tough:** Win puck battles, win races and block shots. Be tough on defense and offense
- **Fast:** practice and play the game at fastest pace possible. Develop skating ability and puck skills.
- **Free:** anticipate, create and problem-solve while not being tentative due to worry or fear.

# MYHA COACHING PHILOSOPHY

- Create a positive learning environment for players to maximize their skills.
- Practice/teach game with PACE. Fast practice makes for fast games.
- Coach players on the bench- **DO NOT** yell instructions to players on ice.
- **DO NOT** yell at referees- be a positive role model on the bench and in the locker room.
- Work consistently with goalies throughout the season.
- Play players evenly throughout games. Skill/talent should not be grounds for more-or-less play. However, attendance/effort/attitude will be grounds for playing time.

# MYHA COACHES

- **We need more parent coaches in MYHA- please register online at [tonkahockey.org](http://tonkahockey.org) to coach**
- Perks include:
  - All volunteer hours taken care of, regardless of the number of kids playing in MYHA
  - 10% rebate on registration fees for parent head coaches
  - Ability to be a great role model and teacher for 15-17 players
  - Respect and admiration from your peers

# NOTES FOR 2023-2024

- **Coaching**
  - USA Hockey Coaching Tools
  - MYHA HDC Support for Coaches
  - Goalie Development Program
- **Code of Conduct Enforcement**
  - On and Off Ice
  - Locker room
  - Safesport requirements
  - Locker room supervision
- **Training**
  - Crossfit SISU
  - Upgraded weight room and equipment

- **Parent Behavior**
  - It's been an issue in Minnetonka and across the state.
  - Referees have much more authority to remove parents from games.
  - MYHA reserves right to discipline problem parents.
  - Be responsible, be supportive and be positive towards refs, players and coaches.



2023-2024  
OFF-ICE TRAINING





**SISU**  
FORGING RESILIENT HUMANS

**MYHA & CROSSFIT SISU ARE JOINING FORCES TO PRODUCE AN ELITE OFF-ICE TRAINING PROGRAM THAT REINFORCES OUR "TONKA TOUGH" MOTO AND CREATES A TEAM-FIRST-WINNING CULTURE**

# PROGRAM VALUES

## START WITH WHY

WHAT ARE THE PROGRAMS CORE VALUES?

WHY ARE WE TRAINING?

EXPLAIN THE PURPOSE OF THE TRAINING SESSION TO EACH TEAM EVERY NIGHT.

10

## MECHANICS FIRST

LEARNING HOW TO PROPERLY MOVE YOUR BODY BEFORE ADDING REAL LOAD

TEACHING EVERY SINGLE CLASS — (REAL COACHING VS. ZOOMBA CHEERLEADER)

VARIABLE INTENSITY DAYS

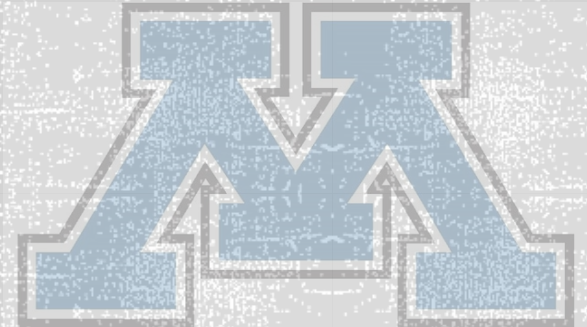
## INTENSITY WITH A NEVER QUIT ATTITUDE

DESIGNING OUR SESSIONS TO PUSH ATHLETES TO BE THEIR BEST

TEAM WORKOUTS THAT FORCE EVERYONE TO WORK HARD



**SISU**  
FORGING RESILIENT HUMANS



# CROSSFIT CERTIFIED COACHING TEAM

THOMAS MCCARTHY — D1 HOCKEY AT MERRIMACK

TYLER ELLEGARD — CLUB HOCKEY U OF M — MSHSL - STATE CHAMPION 2012



ALLIE HEIFORT — D1 TRACK AT U OF M - 3 SPORT CAPTAIN - INCLUDING HOCKEY

PAT CROSBY — CROSSFIT SISU FOUNDER/CEO  
D3 HOCKEY AT BETHAL

13 YEARS OF COACHING CROSSFIT

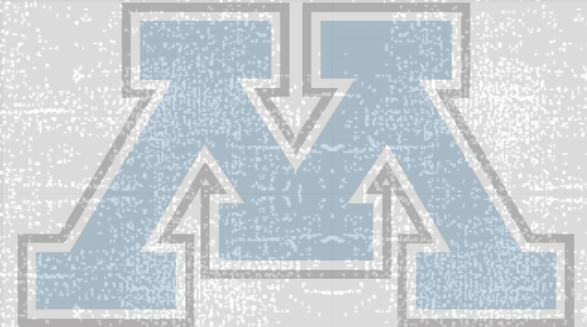
FINISHED 14TH IN THE WORLD IN 2018 CROSSFIT GAMES

FINISHED 2ND IN THE WORLD GRANITE GAMES 2014

FINISHED 1ST IN THE WORLD GRANITE GAMES 2013



**SISU**  
FORGING RESILIENT HUMANS

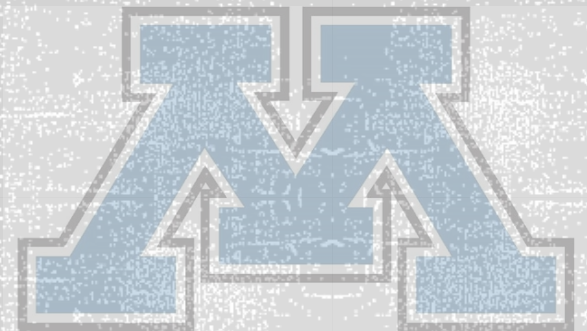




**MINNETONKA  
GOALIE  
DEVELOPMENT  
PROGRAM**



**CONTINUOUS GOALIE COACHING  
LEADS TO CONSISTENT GOALIES  
WHICH BREEDS A WINNING  
CULTURE**

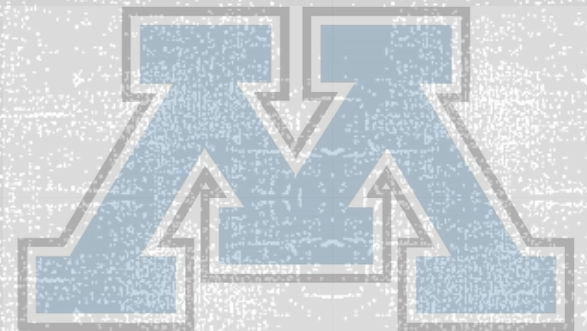


# PROGRAM GOALS

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- PROVIDE COMPREHENSIVE IN-SEASON GOALIE TRAINING
- ESTABLISH LONG TERM RELATIONSHIP-BASED TRAINING ENVIRONMENT
- IMPROVE INDIVIDUAL GOALIE SKILLS & SELF CONFIDENCE
- INCREASE GOALIE NUMBERS AND RETENTION
- ELEVATE SUCCESS BETWEEN THE PIPES

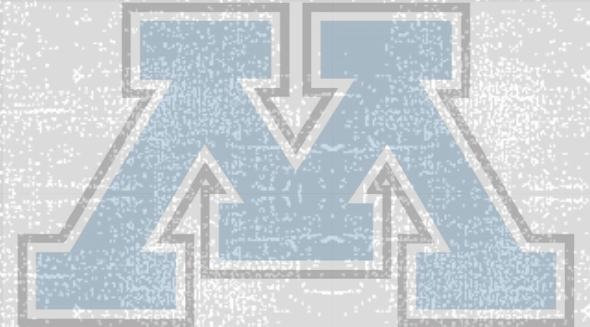
**GOALIES ARE THE KEY TO BUILDING A WINNING CULTURE**



# **M GDP POWERED BY BP-GOALTENDING**



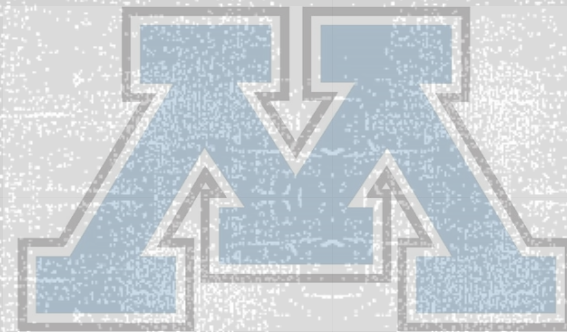
- **BRENNAN PODERZAY – LEAD INSTRUCTOR –  
NHL, AHL AND NCCAA EXPERIENCE – CURRENT NTDP GOALIE SCOUT**
- **TWO BP GOALTENDING ASSISTANT COACHES ATTEND EVERY SESSION**
- **2022-23 COACHING STAFF WILL RETURN**



# WEEKLY ON-ICE GOALIE TRAINING

16

- EACH GROUP IS 45 MINUTES
- AGE/SKILL LEVEL TRAINING DRILLS
- MGDPA PAID GOALIE COACHES – SAME COACHES WEEKLY
- MAXIMUM 4:1 PLAYER TO COACH RATIO
- HS GOALIES TO ATTEND SESSIONS ONGOING DURING THE SEASON



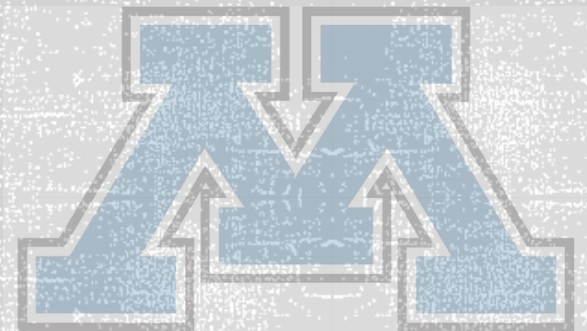


# GOALIE COACHING DRILL MANUAL

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- EACH MYHA TEAM WILL RECEIVE MGDGP DRILL MANUAL
  - DRILLS, COACHING TIPS & TRICKS
- TEAMS DESIGNATE ONE COACH AS THEIR GOALIE COACH
- TEAMS MUST ALLOCATE 10 MINUTES / PRACTICE FOR GOALIE TRAINING
  - DURING FULL ICE PRACTICE – TOP CIRCLES DOWN IN ONE END
  - DURING SHARED ICE PRACTICE – NEUTRAL ZONE

**\*10 MIN/PRACTICE = 10 HRS. OF ADDITIONAL GOALIE TRAINING/SEASON\***



# **M GDP DATES**

**18**

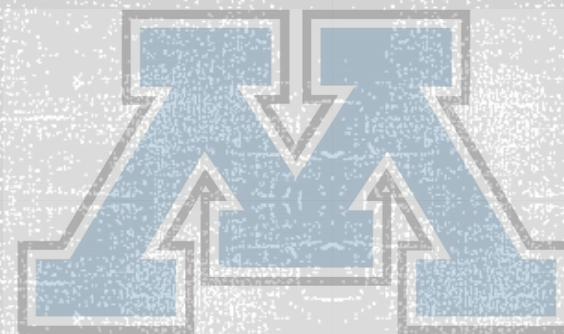
**- M GDP WILL RUN WEEKLY ON MONDAYS STARTING  
- OCTOBER 9, 2023 — ALL LEVELS**

**- PAGES 2 BETWEEN 5:30-7:30**

**SQUIRT/10U — 5:15-6:00**

**BANTAM/PEEWEE — 6:00-6:45**

**15U/12U — 6:45-7:30**



# 2022-23 DIRECTORS AND TRYOUT LEVEL COORDINATORS

Directors	Level	Phone	Email
Matt Drawz	Dir. of Boys Hockey	612-201-0999	<a href="mailto:BoysDirector@tonkahockey.org">BoysDirector@tonkahockey.org</a>
Sam Rogers	Dir. of Girls Hockey	952-426-2330	<a href="mailto:GirlsDirector@tonkahockey.org">GirlsDirector@tonkahockey.org</a>

Coordinators	Level	Phone	Email
Tony House Hubbard Stout	Bantam Coordinator Bantam Coordinator	612-619-1364	<a href="mailto:BantamLevelCoordinator@tonkahockey.org">BantamLevelCoordinator@tonkahockey.org</a>
Greg Thompson Hans Larsen	Pewee Coordinator	952-232-8091	<a href="mailto:PeweeLevelCoordinator@tonkahockey.org">PeweeLevelCoordinator@tonkahockey.org</a>
Mark Godfrey Amy Jensen Tyler Bosch	Squirt Coordinator	612-400-3700	<a href="mailto:SquirtLevelCoordinator@tonkahockey.org">SquirtLevelCoordinator@tonkahockey.org</a>

## BOYS HOCKEY RESOURCES

- Matt Drawz
  - [boysdirector@tonkahockey.org](mailto:boysdirector@tonkahockey.org)
  - 612-201-0999



# TRYOUT DATES

- Bantams: Sept 25, 27, 28, 30, Oct 1
- First practice October 4
- Peewees: Oct 4, 6, 7 (goalies), 8, 9, 11
- First practice October 14
- Squirts: Oct 23, 24 (goalies), 25, 27, 28, 29
- First practice Nov 1

*Note: please click on the tryout tab on the [tonkahockey.org](http://tonkahockey.org) website for more information.*

# MYHA BANTAM OVERVIEW

- Bantam
  - 111 players
  - 104 Skaters
  - 7 Goalies
- 7 Teams
  - 1 AA, 1 A, 1 B1, 2 B2, 2 C
  - Non-parent coaches for Bantam AA and Bantam A
    - Alex Johnson – AA Team
    - Zack Worthy – A Team

# MYHA PEE WEE OVERVIEW

- Pee Wee
  - 162 players
  - 150 Skaters
  - 12 Goalies
- 10 Teams
  - 1 AA, 1 A, 2 B1, 3 B2, 3 C
  - Non-parent coaches for Pee Wee AA and A
    - Andy Brink – AA Head Coach
    - Lance Harry – A Head Coach

# MYHA SQUIRT OVERVIEW

- Squirt
  - 139 players
  - 124 Skaters
  - 15 Goalies
- 9 Teams
  - 1 A, 2 B1, 3 B2, 3 C

# TRYOUT - LOGISTICS

- Must be paid in full to get on ice. Volunteer hours from last year must be completed or paid out to get on ice
- Please attend assigned tryout session
- All pools and scheduled tryout times will be posted at [www.tonkahockey.org](http://www.tonkahockey.org)
- Final teams posted 2-3 days after tryouts
- Reminder - No AAA jerseys, socks or stickers on helmets allowed
- Contact the Level Coordinator if your player has an injury
- All tryouts are closed to parents or other players, including any try-out scrimmages
- Players will be let in rink 30 minutes ahead of their tryout time; will go directly to locker room and will NOT be allowed to watch the on-going tryout



# TRYOUT FORMAT

- Day 1: Players split into 4-5 random groups. Warm up drills followed by 3x3 and/or 4x4 scrimmages.
- Day 2: Players split into 4-5 equal scrimmage pools based on grades from day 1. Scrimmage 5x5, or 4x4 based on size of group.
- Day 3: 3-5 weighted pools based on combined grading from days 1 & 2. Scrimmage 5x5, 4x4, or 3x3 based on size of group.
- Day 4: 3-5 pools of scrimmages based on previous days scores.
- Day 5: 3-5 pools of scrimmages based on previous days scores.
- \* The evaluation team may request 3x3, 4x4 and specific match ups during tryouts
- \* Players may be moved up or down pools on Day 3-5
- \* No checking at Squirt and Peewee levels for all days
- \* No checking for Days 1-2 for Bantams

**Q&A**

*Thank you*