

VMHA ATOM-MIDGET DEVELOPMENT

At VMHA it is important for the development of players from atom-midget stay consistent. Coaches will change from year to year however it is important that we have a set template for our yearly plan from d-zone coverage, power-play, fore-check. We encourage that all coaches continue with their own yearly plan incorporating what we use as well. What this will help with is that any player being affiliated will already understand the basic system and all they need to do adjust to the speed. I have put together a yearly plan in which we think will help each coach prepare for the playoffs. Whether you are coaching house or rep, games are not that important throughout the season in terms of wins or losses however this is the opportunity to utilize what one has practiced at a faster pace as well as to see what adjustments can be made. Since every team makes the playoffs and I encourage all of you to use the regular season to prepare for playoffs and this can be broken down into $\frac{1}{4}$ (see yearly plan breakdown). How we prepare is by also competing in tournaments, since tournaments use the same format as playoffs one can prepare players in single game situations of importance. On the development side of teaching players there is a significant difference between atom-midget however puck movement and speed drills should be encouraged from atom onward.

Atom (8-9) focus on speed, agility, strength balance -coordination

Pee Wee (10-12) Introduction into shooting techniques, 2 -3 task drills

Bantam (13-15) Introduction into off ice conditioning weight bearing, multiple task on ice drills, advance power play, continuous passing with speed.

Midget (16-18) Advanced level shooting, players should understand adjustments on the fly, 4-5 task drills

From atom – midget most drill should focus less on flow and be geared toward game play. I have included a breakdown how a 1 hour practice can be run. Please note it is important for a coach to keep players engaged in the drills so less time should be taken with speaking. This will of course be difficult at the beginning of the year as new drills will be taught however in ones yearly plan try to use a maximum of 8-10 drills that allow progressions. This will limit the amount of time you talk at the board. Our goal in a one-hour practice is to keep players engaged and working for at least 45 min.

OFF ICE CONDITONING

The most important part of off ice conditioning is the insistence of each player focusing on good dietary habits otherwise all off-ice and on-ice training goes to waste. Secondary is stretching. Third is training itself. During the season training should be no more than 40 min max depending on the amount of ice times and practice times. With a 2 practice/week and 2 games/week off ice conditioning should focus on speed and agility. Strength training will force the player long term to burn out and over-train. For more information on off ice conditioning and nutrition please contact the hockey-director@vmha.com

WARM UP/COOLDOWNS

At the Atom level we are encouraging that coaches start introducing warm up and cool-downs for representative and recreational hockey teams. This should not only take place before and after games we recommend this prior to and after practice. All warm ups should focus on recreating functional movement geared towards hockey. For more info please contact hockey-director@vmha.com