|  |
| --- |
| **Panthers Peewee B - Season Plan** |
| **September/October** | **November** | **December** | **January** | **February** | **March/April** |
| ***Meetings:***- Parent's First Team Meeting- WOGHL/LL Scheduling Meeting- All Coaches Meeting- Team Staff Meeting- Budget Discussion | ***Meetings:*** | ***Meetings:***- Christmas Party- Coach Mid-Season Evaluation Meeting | ***Meetings:*** | ***Meetings:*** | ***Meetings:***- Provincial Planning Meeting- Year End Party |
| ***Outside Priorities:***- School Start- Volunteer at Big Cat Pre-Season Tournament | ***Outside Priorities:***- Coach Lisa vacation | ***Outside Priorities:***-Christmas Concerts- Team Community Volunteering | ***Outside Priorities:***- School  | ***Outside Priorities:***- School | ***Outside Priorities:***- Soccer/Baseball Season Start- March Break- School |
| ***Tournaments:***- September 14-16 Markham Starfest- September 22-24 – St.Thomas Big Cat | ***Tournaments:*** | ***Tournaments:***- December 1-3 - Panthers on the Prowl Tournament | ***Tournaments:*** | ***Tournaments:***- February 22-24 - Brantford Walter Gretzky Classic | ***Tournaments:***- Provincials - If qualified |
| ***# of Games:***- 2 Exhibition Games- 5 Regular Season Games | ***# of Games:***- 5 Regular Season Games | ***# of Games:***- 5 Regular Season Games | ***# of Games:***- 5 Regular Season Games | ***# of Games:***- 3 Regular Season Games- Playoffs - Playdowns | ***# of Games:***- Playoffs |
| ***Team Goals:***- win 50% of games- arrive early for all games and practices- 90 % Attendance at Practice- win a tournament game | ***Team Goals:***- get 200 shots on net- 90 % Attendance at Practice- no Goals against during penalty kills | ***Team Goals:***- score a goal on Power Play- 90 % Attendance at Practice- win at least 50% of games  | ***Team Goals:***- 90 % Attendance at Practice- at least 5 successful breakouts- execute play designed by players | ***Team Goals:***- 90 % Attendance at Practice- qualify for provincials- all players demonstrate good back pressure | ***Team Goals:***- 90 % Attendance at Practice |
| ***Dryland Training:***- Hood Archery Games- Rotating Leaders: Yakosani CorneliusAnna MuscatAddison KorpanMia SmithRachel Annett | ***Dryland Training:*****-** Rotating Leaders: Ashley WoutersTessa PellerineKira CollardKyra PhillipsMaya Minielly- Yoga Session  | ***Dryland Training:***- Jog with Coach - 5 km- Rotating Leaders: Alyssa BrunetteBrooklyn HewittLogan BellClair Sandham | ***Dryland Training:***- New Year's Outdoor Winter Fun Event- Rotating Leaders: Rachel RossMorgan WiebengaAynsley Barker | ***Dryland Training:*****-** Rotating Leaders:Yakosani CorneliusAnna MuscatAddison KorpanMia Smith**-** Zumba/Dance Class | ***Dryland Training:***- Rotating Leaders: Rachel AnnettAshley WoutersTessa PellerineKira CollardKyra Phillips |
| ***Coach Education:***- Respect in Sport Certification- Mike Ellis Coach Guidance - 1 Session- OMHA Coach Training | ***Coach Education:***- Mike Ellis Coach Guidance  | ***Coach Education:***- Mike Ellis Coach Guidance  | ***Coach Education:***- Mike Ellis Coach Guidance  | ***Coach Education:***- Mike Ellis Coach Guidance  | ***Coach Education:***- Mike Ellis Coach Guidance  |
| 12 PRACTICES | 5-8 PRACTICES | 5-8 PRACTICES | 5-8 PRACTICES | 5-8 PRACTICES | 5-8 PRACTICES |
| ***Technical Skills:***SKATING - acceleration, timing, fwd/bkwd strides, lateralsPUCK CTRL - passing, shooting for accuracyCHECKING - anglingGOAL - movement, paddle position- Team Skill Evaluation- 1 FUN PRACTICE | ***Technical Skills:***SKATING - crossovers, balance, agility, endurance, tight turnsPUCK CTRL - puck protection, shooting for power, shooting in strideCHECKING - stick checks, body contactGOAL - puck handling- 1 FUN PRACTICE | ***Technical Skills:***SKATING - power, skating with the puck, Penalty Kill Skating, deking with bodyPUCK CTRL - 1 touch passes, puck receiving skills, snap shots, CHECKING - Back Pressure CheckingGOAL - up-downs, glove catches- 1 FUN PRACTICE | ***Technical Skills:***SKATING - balance and agility, quick feet, Power Play Skating, transitionsPUCK CTRL - 1 touch shooting, tight hands, puck control in cornersCHECKING - defensive side body positioning, anglingGOAL - blocker saves, controlling rebounds- 1 FUN PRACTICE | ***Technical Skills:***SKATING - net drives, edge workPUCK CTRL - short-quick passes, deflections & tips, slap shotsCHECKING - contact confidence, recoveryGOAL - passing the puck, control- 1 FUN PRACTICE | ***Technical Skills:***SKATING - all skating drillsPUCK CTRL - multiple pass optionsCHECKING - angling and position, stick checksGOAL - movement- 1 FUN PRACTICE |
| ***Individual Tactics:***- Offensive: net drive, support, scoring, cross ice passing- Defensive: side body positioning, angling- Evaluate player tactics | ***Individual Tactics:***- Offensive: support, transition, quick passing, quick release - Defensive: gap control, pinning, 1 on 1 | ***Individual Tactics:***- Offensive: Deking, driving, delaying, faceoffs, attacking- Defensive: Back Pressure, Defensive Zone, closing the gap | ***Individual Tactics:***-Offensive: transition and speed changes, support & go- Defensive: angling to outside, checking and recovery, 1 on 1 | ***Individual Tactics:***- Offensive: net drive, screening, faceoffs, 2 on 1, attack options- Defensive: pinning, defending 2 on 1, support, | ***Individual Tactics:***- Offensive: scoring, deking, pass options, delaying,- Defensive: deking, defending 3 on 1 |
| ***Team Tactics:***- timing and passing- Neutral Zone support | ***Team Tactics:***- 2 on 1 drives- cycling in offensive zone- Neutral Zone transitions | ***Team Tactics:***- setting up in offensive zone (123 attack)- give and go's- defensive positional play | ***Team Tactics:***- breakout plays- crosses- following the pass- even/odd man coverage | ***Team Tactics:***- give and go's and quick transition- gap control and communication- odd man rushes | ***Team Tactics:***- speedy 3 on 1s- delaying and regrouping- defensive pressure |
| ***Team Systems:******-*** faceoff set up- zone coverage vs. man to man coverage | ***Team Systems:***- Penalty Kill Set Up- cross ice movement- inside/outside plays- NZ checking | ***Team Systems***:- Powerplay set up- faceoff on PP- man to man checking | ***Team Systems:***- 2 and 3 man breakout - faceoff coverage in DFZ | ***Team Systems:***- 2 and 3 man breakouts- winning faceoffs | ***Team Systems:***- Powerplays, Penalty Kills- 2 on 1s, 3 on 1s,  |