

Leaside Coach/Program Expectations

1. Shared practices between A and AA tiers - all age levels
 - Entire teams should practice together once a month
 - A with AA i.e.) PWA with PWAA and,
 - Next age level up i.e.) PWAA with BAA and PWA with BA
2. 4th Line Initiative with Player Call-ups at Practices - mandatory for all tiers and age levels
 - At least once per week
 - Teams send 3-5 players “up” to a practice and host 3-5 players from a “lower” team at a practice
3. Weekly Skills Practice - mandatory at all tiers and age levels
 - At least 1 practice per week 80+% focused on skills
 - At Novice, Atom and PW- at least 70% of all practice time focused on skills.
4. Mental Training Sessions and Process - mandatory at all tiers and age levels
 - Visualization
 - Goal setting by individual player
 - i.e. player writes game and practice goals in a notebook kept in their equipment bag
 - Game by game goal setting for the team as a whole, tied to a numerical target
 - i.e. number of takeaways and giveaways by the team, shots for/against
5. Dryland sessions - mandatory for A and AA for PW and older; suggested for other tiers and ages
 - At least one per week
6. Video sessions
 - At least one per month for A and AA
 - At least 3 per year for B and BB.
7. Off-season program for A and AA for Bantam and Midget
 - At least 8 on-ice sessions and 10 dryland sessions through the summer
 - Focus is on skills, not Spring Tournaments
 - Expectation that players at younger levels attend a camp
8. Nutrition Session - mandatory for all tiers at all age levels
 - Once per season
9. University Session at the beginning of the season
 - Required for all Midget and Bantam A and AA
10. Game call ups - mandatory at all tiers and age levels
 - Mandatory to allow kids to play up at higher levels before Christmas
 - Regardless of impact on the sending team (exception is for goalies)
11. Collaboration among all coaches at all levels - mandatory at all tiers and age levels
 - Early and mid- season evaluations
 - During team selection process
 - During tryouts
12. Mentoring among all A/AA coaches
 - HP1 coaches joining younger team and lower level practices
 - Shadowing of HP1 coaches by younger team and lower level coaches
 - Extended to BB and B coaches/teams where practical