



TORONTO LEASIDE WILDCATS U15A

I am very excited to be the head coach for the Toronto Leaside Wildcats U15A team for the 2022/23 season. This will be my 15th year coaching hockey, 10 of those at Leaside (8 as head coach).

This U15 A Leaside Wildcats team is part of the TLGHA's High Performance Program Development Team. Along with Kat (U11), Beau (U13) and Katie (U18), the objective is to develop players such that they can further integrate and grow into the High Performance Program (HPP) as they progress in hockey.

We strive to:

- Work closely with HPP coaches - skills, style, development
- Subscribe to the Leaside Way of Play – Pace, Poise, Physicality and Purpose
- Provide opportunity to AA HPP via call-ups to practices and games, joint practices and additional skills sessions
- Focus on continued development and prepare players for HPP in future years

U15 is a great age where players are both mentally and physically ready to accelerate their competencies with the right exposure to individual skills and team tactics.

Team Goals

1. Play with **effort and intensity** at all times.
2. Reinforce **fundamental skills**; skating, shooting, puck handling, passing and physical play
3. Play as a team – **implement game plans** – face-offs, forecheck, D zone, PP and PK
4. Provide **positive feedback** so the girls increase their confidence on and off ice.
5. Provide an **opportunity** for the girls to make lasting friendships, beyond hockey.

Skills development – lead by Kim McCullough, Director of Hockey Ops and High Performance Program. Kim will join the team on the ice for at least 1 practice per week. Development will have a strong emphasis on improving individual abilities, a stronger understanding of the game and creating a cohesive team. Our 2nd practice will focus on team play and individual tactics appropriate for this level of play. For our goalies, we will incorporate a goalie development program, run by a professional goalie coach.

In my view, being part of a hockey team is about more than just the game. During the year, each girl will be given opportunities to be leaders on and off the ice. We will also seek opportunities to give back/volunteer in the community. I encourage players to be well rounded, participating in a number of other activities and sports. Although family and school come first, this is a competitive program, and the commitment for players and their families is significant. Hockey must be considered the primary extra-curricular activity and attendance at games and practices is mandatory.

For more information about the 2022-23 U15A program please contact me at:

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