

**GIRLS HOCKEY CALGARY
ASSOCIATION (GHC)**

COMMUNITY DEVELOPMENT & TEAM TRAINING

2019/20
Updated DEC 31, 2019





GHC has introduced a **Skill Sequence Training** program for teams from Novice to Midget, designed to address a gap in the foundational skating and puck control skills of our players. The intention of this program is to minimize the spread of skill within our teams, and to promote a consistency in our coaching language and instruction delivery. GHC Skill Sequence Training is a long-term development plan that coaches and teams will use, improve and follow for many years.

This program has been researched and designed by a group of passionate coaches, with the help of leading hockey experts, in order to meet the unique skill development needs of our female hockey players. It is a volunteer-based program that is delivered, modified and measured at no cost to GHC teams.

SEQUENCE TRAINING DELIVERY

In order to master a movement, you must do it **often** and practice it **consistently**. Age and skill-appropriate GHC Skill Sequence Training will be delivered by coaches in all community age divisions for 6-10 minutes each practice. GHC coaches have the opportunity participate in multiple on-ice sessions and feedback sessions to determine "best practices" and measure our success.

- Sequence #1 – Forward Skating
- Sequence #2 – Turning and Pivots
- Sequence #3 – Backward Skating
- Sequence #4 – Puck Skills 1
- Sequence #5 – Puck Skills 2

ONE efficient practice will give a player more skill development than 11 games collectively. (Hockey Canada)



GHC has partnered with P3 Sports Inc for the 2019/20 season to provide on-ice team training sessions to our Jr. Inferno Community teams in Initiation (Timbits) and Novice.

P3 uses industry-leading conditioning techniques to build leaders, athletes, and communities through passion, perspective, and performance. GHC's goal in partnering with P3 is to identify age-specific skill progressions and teaching points, to maximize coach and player development, and to promote a positive hockey experience for our players.

P3 TRAINING DELIVERY

As per Hockey Canada development guidelines, younger age groups (Initiation & Novice) benefit from development initiatives that focus on on-ice fundamentals.

P3 training programming helps young athletes learn and practice proper technique while developing muscle memory that leads to increased balance, speed, edge control and confidence.

The P3 "Right Start" Coach and Player development program includes:

- Yearly Plans
- 40 Practice Plans
- Skills Sessions
- Mentorship/Support

Access to P3 resources and programming is provided to Initiation (Timbits) and Novice teams through the GHC Team Development Fund.

FITNESS TRAINING SESSIONS

GHC partners with local athlete training organizations to provide off-ice team training sessions to our Jr. Inferno Community teams in Atom, PeeWee, Bantam and Midget.

The goal of off-ice team training programs is to establish correct movement patterns, develop a commitment and discipline to conditioning, and ensure proper strength and stability to minimize and prevent injuries.

GHC will cover the cost of approved Team Training Sessions up to \$500 through the GHC Team Development Fund.

ELIGIBILITY:

1. Development sessions must be booked with an approved vendor. Approved vendors for the 2019/20 season are **The Athlete Factory, Vergie Speed Explosive Dryland Training** and **KHAOS Athlete Development**.
2. Development sessions eligible for reimbursement must fall between **October 4, 2019** and **February 15, 2020**.
3. Development sessions must be "team" training. No individual training will be covered through the GHC Team Development Fund.
4. Reimbursement of development sessions is only available to **GHC Jr. Inferno Atom, PeeWee, Bantam and Midget** teams.

REIMBURSEMENT:

Team Managers must submit the GHC Development Fund Reimbursement Form (available on the GHC website) and relevant receipts to GHC. Only one (1) submission is allowed per team, per season.

- Submissions accepted until February 15, 2020 and are subject to final approval.
- A cumulative, one-time reimbursement from GHC will be issued to each team promptly following this deadline.
- Payment will be issued to the team. No personal reimbursements will be issued.
- Teams will be reimbursed for the exact amount of their Team Training Session expenses, up to \$500.
- Teams are not required to use the GHC Development Fund.
- Teams who do not use the fund, or who do not reach the maximum of \$500, are not entitled to receive the remaining funds.