

Ontario Hockey Academy 2020

Hockey Development Strategy

Return to Hockey Plan

- **Phase 1** – On-ice skills development
- **Phase 2** – In house OHA scrimmages
- **Phase 3** – Return to competitive games

The two major aspects for all players and their families are individual player development and exposure.

Player Development

- 1 in-class hockey seminar per week
 - On-ice topics covered in class will be the primary focus in practices for the following week.
 1. Nutrition/Rest and Off-ice Training
 2. Social Media Awareness
 3. Checking (angling, contain v. pressure, use of stick, etc...)
 4. Forecheck (angling/anticipation, activating defensemen, etc...)
 5. Backcheck (45 degree angles, stick use, defenseman gap control, etc...)
 6. Communication (zone to zone, verbal, visual, etc...)
 7. Defensive Zone Coverage (laid support, protect middle, getting in lanes, etc...)
 8. Break-Outs (D puck retrieval, C low & slow, evaluate options, etc...)
 9. Transition (regroups, zone entries, puck support, etc...)
 10. Offensive Zone (cycles, attacking seams, puck protection, etc...)
 11. Special Team (PP/PK)
 12. Face-offs (offensive and defensive responsibilities)
 13. Next Level (options/diff paths, what scouts look for?, etc...)

Player Development Con't

- Goalie Specific Training sessions
 - 1 on-ice session per week
 - Off-ice training sessions
 - Neurotracker
 - Fit Light
 - Mental Preparation
- 1-2 skating treadmill sessions per week
 - Average 3 sessions every 2 weeks
 - 5 players per session
 - Focus = speed, power and conditioning
- 3 on-ice practices per week
 - Focus will be on topics covered in the weekly class seminar
 - Individual skill development
 - Team Tactics
- 2 structured scrimmages per week
 - Video sessions with players in addition to the in-class seminar.
- Position specific skills sessions

Player Development Con't

- Physical Testing 2-3x throughout the year. To see and monitor improvements.
- **Off Ice Training Phase 1:**
 - Develop muscle mass and strength for greater overall tolerance to high intensity training
 - 3-4 strength sessions with added conditioning and mobility
- **Off Ice Training Phase 2:**
 - Develop speed in preparation for the season. Focus on building and improving explosive power by getting stronger.
 - 3 strength session consisting of more explosive/power movements with added conditioning and mobility

Player Development Con't

- Off Ice Training Phase 3:
 - Develop the building blocks for hocking conditioning by building stamina and creating a solid base of aerobic muscular endurance. Improve overall stamina to get into on-ice hockey shape.
 - 2 strength days. 1-2 conditioning days (High Intensity Interval Training/ Tempo Runs/ Shuttles) and added Mobility.
- Off Ice Training Phase 4:
 - In-season, Increase in games. Maintenance.
 - 1-2 strength sessions, 1-2 conditioning/explosive session, 1-2 recovery/ mobility sessions

Player Exposure

- OHA in-house scrimmage league
 - Players will be divided into 2 tiers with multiple teams of 10 skaters and 1 goalie.
 - 6F 4D 1G
 - Teams in each tier will be scheduled for 10 scrimmages (will add to the schedule or subtract based on Covid-19 protocols)
 - Warm-up + 3 periods (10-10-12)
 - Scrimmages will be Broadcasted mainly live on Hockey TV
 - Develop scouting bio's for each player
 - Provide scouting bio, scrimmage schedule and rosters to all Junior A and NCAA, CIS College/University teams
 - Scrimmages will take place on weekends and will be in addition to practices during the week.
 - All "Return to Play" policies put forth by our governing body, *Hockey Eastern Ontario* will be implemented and followed.