

**Welcome to the Coach’s Edge and SEAC Tigers Hockey Association Second Annual Summer Camp.**

**Goals-**orient players to AAA instructional techniques and bring together the SEAC AAA coaches to train the key fundamentals to be taught within the entire organization.Emphasis will be on instructing players on play – making, goal scoring and on defensive techniques for defensemen

**Dates**

* August 26th to August 30th - 2017 Family Leisure Center

**Planning:**

There will be 11.25 hours of on – ice instruction over 5 days - 2 hours of off – ice training

And 1 hour of Psychology of Sport – the Growth Mind Set

**Instructors:**

Dan MacDonald and Doug Raycroft - Coach’s Edge

Midget 15 - Chad Baron (HC), Brody Hailwood (AC), Russel Mortlock (AC) Bantam AAA -Jason Bartram (HC), Dave Craipley (AC), Jon Stehr (AC)

**Schedule:**

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| **Group 1** (PeeWee and 1st yr. Ban) **Aug 26-7:45 AM Registration** | **Group 2** (2nd yr Ban and Mid) **Aug 26-9:15AM Registration** |  |
| Aug. 26 -9:00 – 10:15AM(ice) | Aug. 26-10:30–11:45AM(ice) |  |
| Aug.26 -2:30 - 3:30PM(Off-ice) | Aug. 26-6:00–7:15PM(ice) |  |
| Aug. 26 -4:30 – 5:45PM(ice) | Aug. 27-10:30–11:45AM(ice) |  |
| Aug. 27 -9:00 – 10:15AM(ice) | Aug.27-2:30 - 3:30PM(Off-ice) |  |
| Aug.27 -4:30 – 5:45PM(ice) | Aug. 27 -6:00–7:15PM(ice) |  |
| Aug.28-9:00 – 10:15AM(ice) | Aug. 28 -10:30–11:45AM(ice) |  |
| Aug.28 1:00 - 2:00PM(Off-ice) | Aug.28 2:00-3:00PM(Off-ice) |  |
| Aug. 28-4:30 – 5:45PM(ice) | Aug. 28 -6:00–7:15PM(ice) |  |
| Aug.29-9:00 – 10:15AM(ice) | Aug. 29 -10:30–11:45AM(ice) |  |
| Aug. 29-4:30 – 5:45PM(ice) | Aug. 29 -6:00–7:15PM(ice) |  |
| Aug. 30 -9:00 – 10:15AM(ice) | Aug. 30 -10:30–11:45AM(ice) |  |
| **Aug. 30 – 12:15 – 1:15PM Gr 1 and Gr 2-PSYCH OF SPORT GROWTH MINDSET/GRIT** | | |

**All players are responsible for their own on – ice equipment and we encourage each player to be ready for their ice times 15 minutes in advance. All equipment must be CHA approved and each is to supply their own water for all sessions.**

***Vision is the stuff of our dreams, and passion is the energy to make it real***

**Instructional Emphasis:**

**To develop speed and *quickness -*** Learning to accelerate quickly and efficiently to gain and maintain possession of the puck will be an emphasis. Evasive moves will be taught and practiced to allow for better one on one play in tight areas of the ice. How to become a better scorer will be stressed.

**To pass and receive the puck at full speed *-*** realizing that such training improves vision, develops quick decisions while playing a puck possession team game will be a focus.

**To understand and practice the concept of support *-*** to allow for quick transition to facilitate puck movement within the team first approach will be taught.

**To understand angle checking *-*** to prevent the offensive man from gaining the middle with the total defensive philosophy to forecheck in every zone will be developed within the practice sessions.

**To have the players understand and practice how to drive the net -***creating scoring chances by going to areas that create more goals and more fun in the game will be an emphasis.*

**Transition skating for the defensemen *-*** *to* skate effectively and improve the details of their game understanding the three types of gap control and how to become part of the offensive thrust will be an emphasis.

**“You think in a practice and perform/act in a game” because in a game you don’t have time to think, you only have time to react. So practice is the time where you have to focus hard and think.”**

What a Tiger Is:

1. A Tiger enjoys practices and is willing to learn new things, as he has a personal philosophy of continually improving.
2. A Tiger is coachable – willing to listen to the coach and willing to try new techniques.
3. A Tiger must learn to play outside of his comfort and previous learning. This allows him to learn new techniques and challenges him to improve daily. Practicing on the brink of

failure is a Tiger philosophy that takes optimal focus, dedication and confidence which leads every player to new heights in their hockey development.

***"Mental toughness is many things and rather difficult to explain. Its qualities are sacrifice and self-denial. Also, most importantly, it is combined with a perfectly disciplined will that refuses to give in. It's a state of mind-you could call it character in action." - Vince Lombardi***

4. A Tiger is prepared for games and practices knowing that preparation develops confidence and eliminates surprises. It also gives him the best chance to be successful and meet his goals.

5. A Tiger is cooperative and encourages teammates. They understand when one succeeds, everyone succeeds.

6. A Tiger is confident in his abilities and has a goal to reach his potential realizing as each individual improves the team will improve.

7. A Tiger has an unmatched work ethic and knows that each day his preparation includes visualizing success and practicing beyond what others of lesser motivation would consider.

8. A Tiger is courageous and willing to drive hard for the net in traffic to make scoring chances. He is willing to block shots and take a hit on the defensive boards in order to control the puck in the defensive zone, where lesser teams and people give up. He plays hard in areas that go unnoticed on the score sheet but are appreciated by teammates, and coaches.

9. A Tigeris strong willed and regards pressure as a means to inspire the best in themselves.

**Passion: it is an ease of confidence and grace that moves great people.**

***"Passion for hockey is what drives us to push ourselves beyond our limits. It energizes us to exert an extra effort, which is often the difference between failure and success, defeat and victory.***

**OVERVIEW**

A Tiger is **mentally tough**. He will **overcome obstacles** by confidently moving forward knowing that **pain often precedes glory**. A Tiger is **self-motivated** and **self-directed**. He doesn’t need to be pushed, shoved, forced or tricked from the outside. A Tiger makes a **choice to be an athlete** and **accepts the responsibility for his actions**. He is in **control of his emotions** and controls any negative energy. He will learn to be **calm and relaxed under great pressure**. **His sheer will to succeed is beyond the comprehension of those who don’t have the same vision**. A Tiger is **capable of long periods of intense concentration and focus**. **Continuous improvement** is part of his personal philosophy of sport and life in general. He is **resilient** and **mentally tough**. A Tiger understands that you cannot **achieve success** without an **enthusiastic approach to the game**. He will bring this enthusiasm even during the toughest times as hockey means a great deal to him and he finds the **greatest challenges to be the most interesting and exciting**. He realizes **winning is an expectation** and **a loss inspires him to be better**, **to train harder**, and to **re – evaluate his inner most thoughts**. It pushes him to improve and he looks forward to the next encounter. A Tiger **doesn’t blame anyone** for failure **nor does he take undue credit** for the successes. He realizes that **credit comes to those who succeed** and it really is part of his make-up. **He is modest in victory and quiet in defeat.**