Belleville Minor Hockey 2019-2020 Development Plan

The BMHA will create a development plan for all of its AA, AE, and House League Teams. We will endeavour to create a program that will feed players from the house league level, up to the highest tier of rep hockey in Belleville. Through development we are aiming to create players with their best skillset possible to allow us to be competitive at each level of hockey, while still ensuring the fundamentals of fair play and fun are at our core.

Key components of our Development Plan

- All coaches appointed for BMHA rep programs will be pro development.
- All coaches being interviewed and appointed by BMHA will provide a sample season plan at the time of their interview/renewal; as well as a team specific development plan in advance of their season. Sample development plans will be made available upon request.
- The BMHA will endeavor to provide 2 practice sessions per week for our AA teams, and 2 practices on alternating weeks for our AE teams. (Sept.-end of Jan.)
- Ice time will be secured at the QSWC, Rhino Sports and Play (Atom minor and lower), RCAF Arena, Deseronto, Frankford and Trenton.
- All AA and AE teams will participate in at least 10 “skills” development sessions throughout the first 10 weeks of the season. (power skating, shooting, stick handling)
- Development will be spread over 10 weeks, not to be concentrated in small chunks, as the Long Term Athlete Development Model shows that skillsets take time to develop and require proper rest in between.
- Teams may pursue more development sessions than the first 10 if they wish.
- Goalies will receive 5 sessions of group training and 5 sessions during their regular practices.
- Each team will begin with a BMHA organized 2 day Training Camp in August. (power skating coach/conditioning coach/sports psychiatrist/nutritionist)
- Coaches will attend BMHA organized coaching clinics through the year.

Skills Development Coaching:

- A bank of qualified coaches with various skill sets will be created (skating/shooting/stick handling/personal tactics/transitional skating/checking/passing/game awareness)
- Development Coaches will be paid $75 per hour.
- We will actively recruit coaches with desired skillsets (power play tactics, video coaching, drill progressions, etc...)
- 4 Classroom Sessions will be offered and all rep coaches (head coach mandatory, assistants if they desire) will be required to attend at least 2, 2 hour sessions.
  - Examples of in class sessions:
    - Using Video to improve player/team abilities
    - Running effective practices
    - Teaching skills through progressions
• Using Station based practices to increase player abilities
• Motivating millennials
• Managing Difficult situations
• Effective practice planning in today’s Hockey Environment
• How to engage parents appropriately in your team

• We will open the classroom sessions to other associations and charge a fee to them.
• Certain “mini clinics” will involve ice time rentals for proper demonstration of techniques
• Specialty clinics will be offered throughout the season when ice is available (scoring/defensive tactics/shooting/power skating/goaltending) for an extra fee.

**House League Development**

• House League players will complete 8 development sessions with a development coach
• Development will occur every second week for the first 16 weeks of the season, so that the coach can run a ‘similar’ practice on the week where there is no development.
• 1 development coach will be hired per team on the ice.
• House league players will have the option to be able to be part of specialty clinics for an added cost when ice is available
• House League coaches will all sit through a clinic at the start of the season (hosted by BMHA development team)
  ▪ Meeting will include:
    ▪ Pre made practice plans
    ▪ The elements of good practices
    ▪ What makes a good coach
    ▪ Presentation of the core skills for the age group
• House league goalies will be provided development opportunities on an as needed basis (i.e.- if parents are interested, options will be explored to ensure the most effective program for the best value)