

MDHA Player Development Report 2022

Player Development for 2022 wasn't too bad for having the challenge of Covid 19. We had 23 goalies registered at Amped sports lab for goalie specific development. Not all sessions were used but sessions will not expire

Player Development started off strong with only missing the last session due to Covid lockdown and lack of ice time upon return. Action innovation lead the way on development nights. They also had many hours with Rep B teams as well. Some other player development companies used this year from different teams were TPC development (John Beard), Handmade Hockey and goaler U.

Below was this year's age specific development plan.

MDHA Player Development – Novice to Pee wee (Implemented 2015/2016)

Baseline Novice Skill Set

Hour 1: Skating

Basic hockey stance - understanding that this is going to be foundation for their balance, strength and speed

Flats / inside edges

Hour 2: Skating

Outside edges/Tight Turns

Hour 3: Skating

Tight turns/heal pushes

Hour 4: Puck Skills

Stationary & Mobile Puck Handling (Pos 2,3,4) / Combine with TT & heel push Stationary Wrist shot (Release Point)

Hour 5: Puck Skills

Stationary & Mobile Passing (Pos 2-4, 4-2) Mobile Wrist Shot

Baseline Atom Skillset

Cross-Overs / Quick feet / Stops & Starts (cross-overs)

Hour 1: Skating

Hour 2: Skating

Open Hip Starts & Glides Forward Stride

Hour 3: Skating

Bwd Stance / 2ft Flats / 1ft Flats / Striding (Toe Pushes linear)

Hour 4: Puck Skills

Stationary & Mobile Puck Handling (Arc of Control - Pos 1,2,3,4,5) / combine with TT & heel push & Crossovers

Stationary Wrist shot (Release Point Review) / Snapshot

Hour 5: Puck Skills

Stationary & Mobile Passing (Pos 2-4, BH 4-2) – harder passing with focus on accuracy

Mobile Wrist and Snapshot

Baseline Peewee Skillset

BW Inside/Outside edges

Arc-ing (outside edge) Toe Pushes

Hour 1: Skating

Hour 2: Skating

BWD Cross-over Starts & Cross-Overs

Hour 3: Skating

Pivots/BWD Stops/Transitions/Agility

Hour 4: Puck Skills

Stationary & Mobile Puck Handling (Area of Control - Pos 1,2,3,4,5) / combine with TT & heel push & Crossovers & BW/Agility

Stationary Wrist shot (Release Point Review) / Slapshot

Hour 5: Puck Skills

Stationary & Mobile Passing (Pos 2-4, BH 4-2) – saucer passes Mobile Wrist, Snapshot, Slapshot