



YALE YOUTH HOCKEY ASSOCIATION

2018-2019 Program Orientation and Details



Yale Youth Hockey Philosophy



- YYHA is recognized by USA Hockey as one of 21 Model Associations across the United States.
- Our objective is to continue to develop a community-based organization where all of our member families can foster life-long friendships.
- Our hockey development objective is to continue to create a culture where all members of the team are valued, our practices and games are methodically organized and fun, and our players are challenged, physically, socially, and emotionally to reach their potential as hockey players, athletes, and most importantly, as individuals.
- From a player development perspective, our mission is simple: Innovate, challenge and pursue our ultimate goal of becoming the best player development program in the United States.
- YYHA believes in USA Hockey's focus on Long-Term Athlete Development (LTAD) – It is a marathon, not a sprint!





Yale Youth Hockey Coaching Philosophy

A Paradigm-Shift in Coaching Philosophy

We are very pleased with the development of our players and coaches over the past 6 – 7 years. However, we are always innovating and improving. In 2018-2019, we will continue and enhance our individual-focused player development structure, where each player will be consistently evaluated and given performance-based, tangible goals throughout the season. We want every player to continue to polish their strengths, and more importantly, understand and correct their deficiencies. We want every player to become the best hockey player and person they can be.

We feel that if we highlight a player's strengths and deficiencies (on and off the ice) several times throughout each season during the six-year window from 10-U through 14-U, we can make far more significant progress in each player's development than in the traditional coaching structure. This will be implemented for every team throughout the program regardless of whether a player is on the advanced track, the intermediate track, or the recreational track.

While we will continue our focus on skill development. We will also place significant emphasis and detail on cultivating "**Hockey Sense**" and "**Competitiveness/Mental Toughness**" in every player. These two attributes are the most important areas of focus in developing Elite Hockey Players.

Yale Youth Hockey Player Development



Yale Youth Hockey Association Player Development Team

While Yale Youth Hockey Association will continue to offer Skating/Skills and Drills with Shaun Hannah for players in the traditional A, A1, B Structure, we will also introduce the Yale Youth Hockey Player Development Team to players in our 9-U – 14-U AA/AAA Major/Minor Structure. The Player Development Team will be Directed and Instructed weekly by Steve Novodor and Jon Bellonio, with assistance from the Head and Assistant Coaches of all AA/AAA Levels.

The Player Development Team will develop a 3-Phase Progression Model which will provide appropriate enhanced and specialized skill development for our AA/AAA players. This will allow us to provide individual player specific development.

Every Yale Youth Hockey Player will have the opportunity to work with either Shaun Hannah, Steve Novodor, and Jon Bellonio (NCAA Division I, NCAA Division III, Junior Hockey and/or Prep School Coaches) on a weekly basis.



Yale Youth Hockey Major / Minor Structure

Implementation of Major / Minor Structure

We believe there is a misnomer in our hockey culture, that competition drives development at the younger levels. Many “hockey salesmen” will lead you to believe that you are holding your child back if they do not play on the highest level team at the earliest possible age. What is the highest level team? Tier 1? What is Tier 1? Many programs advertise Tier 1 when the teams they roster are not competitive. In Connecticut there is 1 legitimate Tier 1 program. We believe for most youth hockey players, excessively challenging competition at the younger levels is detrimental to a player’s long-term development. Our objective is to provide an appropriate competitive environment for all players. We will continue to create and provide a competitive and challenging environment while limiting unnecessary travel time, costs and stress on our families. We feel that our AA/AAA Major / Minor structure will allow us to accomplish these objectives, while tempering the travel and costs associated with many of the “Tier 1 Advertised Programs prevalent in the Northeast.

While we will continue to offer teams in the traditional structure (A, A1, B, etc.), we will also offer AA/AAA Major / Minor teams 10-U through 14-U: 10-U Minor 2009, 10-U Major 2008, 12-U Minor 2007, 12-U Major 2006, 14-U Minor 2005 and 14-U Major 2004.

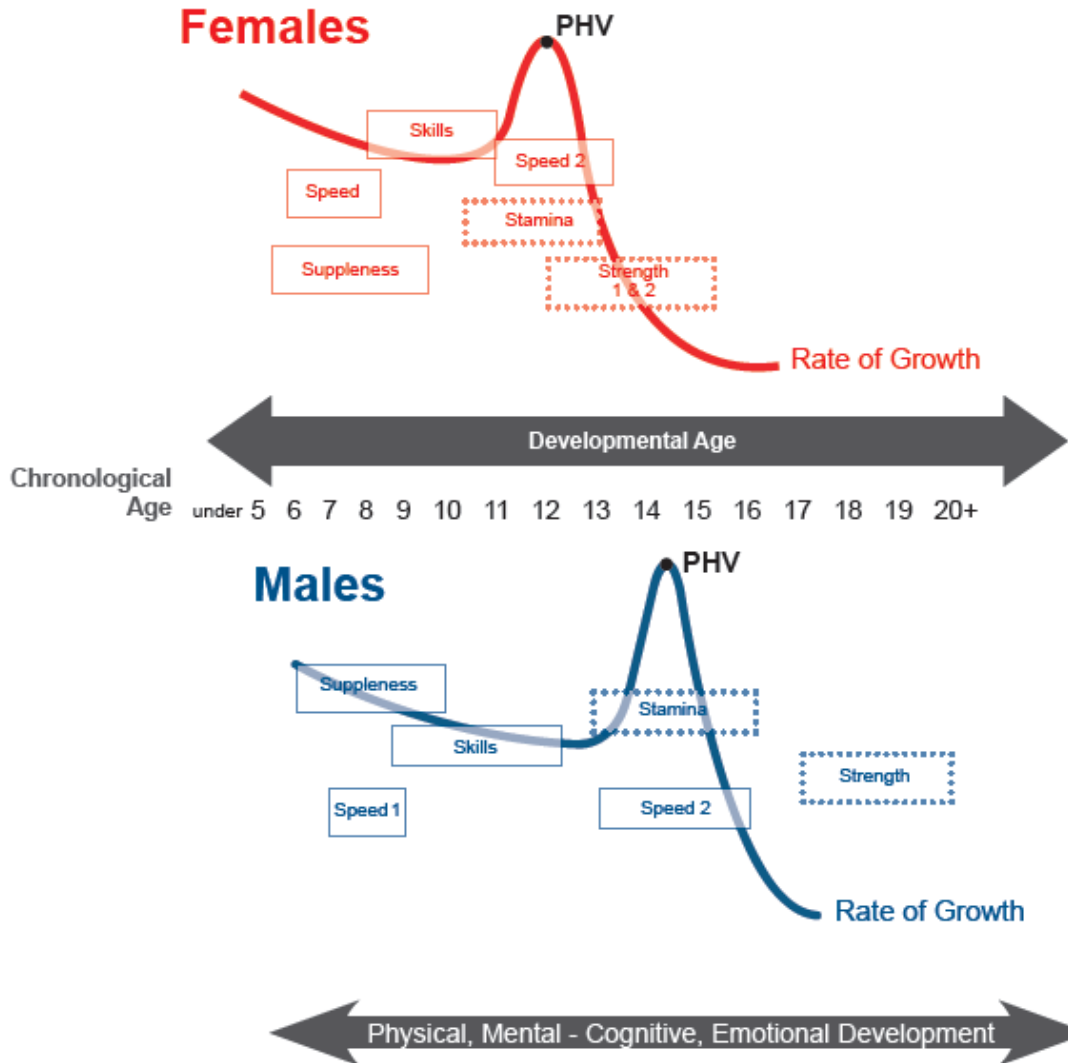
Objectives:

- To establish a more refined age-specific training/development structure for our players from 9 years old through 14 years old.
- To create an environment which allows more players to participate on the “advanced player” track within Yale Youth Hockey Association.
- To provide our players with the highest level of training and competition while pursuing our mission to temper and reduce unnecessary travel, travel expenses and costs associated with the “Tier 1 Advertised Programs prevalent in the Northeast.

USA Hockey Windows of Trainability



Pacific Sports - Optimal Windows of Trainability (Balyi and Way 2005)



ADM 8-U Hockey

ADM 10-U Hockey

ADM 12-U Hockey

ADM 14-U Hockey

USA Hockey 8 Stages of LT Athlete Development



Active Start

0-6

FUNdamental movement skills

FUNdamentals

6 and Under Mites
8 and Under Mites

Developing ABC's

Learning to Train

10 and Under Squirt
12 and Under Peewee

Learning fundamental sports skills

Training to Train

14 and Under Bantams
16 and Under Midgets

Building the "engine" and consolidating sport skills

Learning to Compete

18 and Under Midgets

Optimizing "engine" and refining sport skills

Training to Compete

Junior, NCAA

Optimizing "engine" and refining sport skills and performance

Training to Win

19+ Junior, NCAA, NHL

Maximizing "engine", skills and performance

Hockey for Life

Hockey for Life

USA Hockey Skill Progression Pyramid





Synopsis of Yale Youth Hockey Initiatives

- YYHA will continue to provide a long-term development path for Elite, Advanced, Intermediate, and Recreational players from Learn to Skate-Play Hockey through Midget Levels.
- YYHA is designated as a USA Hockey ADM Model Association (1 of 20+ in the United States). As a USA Hockey ADM Model Association we comply with USA Hockey ADM Model Association requirements, including:
 - Strict Compliance to USA Hockey Practice-to-Game Ratios.
 - Thanksgiving Weekend (Wednesday-Sunday) No Practice or Games
 - Christmas Week (December 24-January 2) No Practice or Games
- Continued Commitment to Off-Ice Training: All Levels
- Implementation of Minor / Major Structure from 9-U through 14-U, in addition to Traditional Team Structures for increased age-appropriate player participation and development.
- 18-20 Home Game Ice Slots per team.
- ~3 On-Ice Practice/Training Sessions (Includes Player Development or Skating, Skills and Drills Sessions) for All Players/Teams 10-U through 14-U Per Week.
- YYHA AAA, AA, A, Head Coaches will continue to be Stipend-Paid Non-Parent Coaches. We will offer Stipend-Paid Non-Parent Coaches at the B and B1 Level whenever possible.
- Midget (15-O / 16-U / 18-U) Tier 1 and Midget AAA Head Coaches will be Stipend-Paid Non-Parent Coaches.
- Primary Rinks: Ingalls Rink (Yale University) and Northford Ice Pavilion

Head Coaches - 2018-2019



Learn to Skate-Play Hockey: Shaun Hannah

8-U House: Shaun Hannah

8-U Travel (A and B): Shaun Hannah

10-U 2008 AA/AAA: Phil Wright

10-U 2009 AA/AAA: David Sagnella

10-U A: John Mendes

10-U B: TBD Post Try-Out

10-U B1: TBD Post Try-Out

12-U 2006 AA/AAA: Brian Moriarty

12-U 2007 AA/AAA: John Mendes

12-U A: TBD Post Try-Out

12-U B: TBD Post Try-Out

14-U 2004 AAA: Joseph Errico

14-U 2005 AA/AAA: Steven Harris

14-U A: Josh Barbato

14-U B: TBD Post Try-Out

Midget (15-O / 16-U / 18-U): Tier 1 and AAA Directors: Steve Novodor / Jon Bellonio

Tryout Process



- Our Yale Youth Hockey Association Tryout Objective is to place each player on the most appropriate team for their level of development and potential for success. Our player placement process will be objective and transparent. Please trust the process. All decisions will be made in the best interest of each player.
- Our policy is to place Non-Parent Stipend-Paid Head Coaches on AAA, AA, and A teams (B and B1 teams if possible). We will not select Assistant Coaches from our Parent Coaching Pool until the Tryout Process is completed.
- Players will be selected for specific teams by the Yale Youth Hockey Coaching Staff at each level under the direction of Ryan Hardy.
- Tryout Decision Criteria:
 - 8-U / 10-U: Skills (Skating, Puckhandling, Passing, Shooting), Coachability, Focus, Discipline. 8-U Level players will be selected for Travel or House. The 8-U Travel (A and B Teams) will be determined in the fall so that development over the spring, summer and fall can be considered.
 - 12-U / 14-U: Hockey Sense, Competitiveness, Skills, Coachability, Discipline.
- Tryout Decisions are **Final**. For more information, please visit www.yaleyouthhockey.com...Click Policies and Procedures...Tryout Process.

8-U Structure



TRYOUT PROCESS:

As in the past four seasons, 8-U Travel (Potential A and B Players) and 8-U House will be determined during our Spring Tryout. Throughout the Fall of 2017, we will have an 8-U White Travel and an 8-U Blue Travel team, competitively balanced. Coach Shaun Hannah and his staff will ultimately place the 8-U Travel players on the 8-U A or 8-U B team based on merit. These placements will be completed prior to November 1.

- Games and Practices utilize the Blue (3 OZ.) puck
- Games will be Cross-Ice in accordance with USA Hockey Requirements.

WEEKLY PRACTICES/SKILLS SESSIONS/GAMES:

- 8-U Travel and 8-U House practices will be directed by Shaun Hannah
- 8-U Travel (A and B): 2 Practices during the week and 1-2 Games on the weekend. Players will be grouped by attitude and aptitude.
- 8-U House: 3 Practices/Games per week. Players will be grouped by attitude and aptitude.
- 8-U Travel and 8-U House players are encouraged to attend our weekly Skating and Skills Sessions directed by Shaun Hannah (Skaters) and Jared Waimon-ProCrease (Goalies).

STRUCTURE OF GAMES:

- 8-U House: 3 v 3 Cross-Ice with our small nets (No Goalie) to start the season, progressing to 3 v 3 Cross Ice with our intermediate nets and Goalies.
- 8-U Travel (A and B): 3 v 3 Cross-Ice with our small nets (September/October) progressing to 4 v 4 with our intermediate nets. 1-2 Games per weekend throughout the season. Games will be played with no more than four skaters and a goalie, on a surface no larger than half-ice.
- 18-20 Home Game Ice Slots: CHC Games / CHC Tournament / 1 Outside Tournament

10-U Tryout Process



TRYOUT PROCESS:

- Players will be selected for the Major / Minor teams at their Specific Birth Year, or for the A, B or B1 teams at the conclusion of the Tryout Process.
- Players will be grouped by Birth Year, regardless of aptitude, for the first two Tryout Sessions.
- Following the Second Tryout Session, players will be divided into two groups for two remaining Tryout Sessions. Players may be asked to participate in both groups at the discretion of YYHA.
- Any player who is only interested in playing for Yale Youth Hockey Association if they are selected for a Minor / Major team, please notify the Tryout Committee prior to the first Tryout Session.

10-U Structure/Curriculum



WEEKLY PRACTICES / SKILLS SESSIONS / OFF-ICE TRAINING/ GAMES / TOURNAMENTS

10-U 2008 AA/AAA and 10-U 2009 AA/AAA

- ~3 On-Ice Practices/Training Sessions Per Week
 - 1 Session with the YYHA Player Development Team
 - 2 Sessions with Coaches focused on skills concepts through small-area games.
- 18-20 Home Ice Slots: CHC Tier 2 Games / Independent Tier 1 AAA Games / Tier 1 AAA Tournaments / CHC State Tournament
- Goalies are encouraged to attend our weekly Goaltending Sessions with Jared Waimon-ProCrease.
- Off-Ice Training Session during the week with Coaches.

10-U A, 10-U A1 and 10-U B

- ~3 On-Ice Practices/Training Sessions Per Week
 - 1 Session Skating and Skills with Shaun Hannah.
 - 2 Sessions with Coaches focused primarily on skills with some focus on concepts through small-area games.
- 18-20 Home Game Ice Slots: CHC Games / CHC Tournament / 1 Outside Tournament
- All Goalies are encouraged to attend our weekly Goaltending Sessions with Jared Waimon-ProCrease
- Off-Ice Training Session during the week with Coaches

12-U Tryout Process



TRYOUT PROCESS:

- Players will be selected for the Major / Minor teams at their Specific Birth Year, or for the A, B, or B1 teams at the conclusion of the Tryout Process.
- Players will be grouped by Birth Year, regardless of aptitude, for the first two Tryout Sessions.
- Following the Second Tryout Session, players will be divided into two groups for two remaining Tryout Sessions. Players may be asked to participate in both groups at the discretion of YYHA.
- Any player who is only interested in playing for Yale Youth Hockey Association if they are selected for a Minor / Major team please notify the Tryout Committee prior to the first Tryout Session.

12-U Structure/Curriculum



WEEKLY PRACTICES / SKILLS SESSIONS / OFF-ICE TRAINING/ GAMES / TOURNAMENTS

12-U 2006 AA/AAA and 12-U 2007 AA/AAA

- ~3 On-Ice Practices/Training Sessions Per Week
 - 1 Session with the YYHA Player Development Team
 - 2 Sessions with Coaches focused on skills concepts through small-area games.
- 18-20 Home Ice Slots: CHC Tier 2 Games / Independent Tier 1 AAA Games / Tier 1 AAA Tournaments / CHC State Tournament
- Goalies are encouraged to attend our weekly Goaltending Sessions with Jared Waimon-ProCrease.
- ~ 1 Off-Ice Training Session Per Week with MB Sports September through January
- Our objective is for both teams to qualify for the CHC Tier 2 Tournament.

12-U A, 12-U B and 12-U B1

- ~3 On-Ice Practices/Training Sessions Per Week
 - 1 Session Skating and Skills with Shaun Hannah.
 - 2 Sessions with Coaches focused primarily on skills with some focus on concepts through small-area games.
- 18-20 Home Game Ice Slots: CHC Games / CHC Tournament / 1 Outside Tournament
- All Goalies are encouraged to attend our weekly Goaltending Sessions with Jared Waimon-ProCrease
- Off-Ice Training Session during the week with Coaches

14-U Tryout Process



TRYOUT PROCESS:

- Players will be selected for the Major / Minor teams at their Specific Birth Year, or placed on the A, B, or B1 teams at the conclusion of the Tryout Process.
- Players will be grouped by Birth Year, regardless of aptitude, for the first two Tryout Sessions.
- Following the Second Tryout Session, players will be split into two groups for two remaining Tryout Sessions. Players may be asked to participate in both groups at the discretion of YYHA.
- Any player who is only interested in playing for Yale Youth Hockey Association if they are selected for a Minor/Major team must notify the Tryout Committee prior to the first Tryout Session.

14-U Structure/Curriculum



WEEKLY PRACTICES / SKILLS SESSIONS / OFF-ICE TRAINING/ GAMES / TOURNAMENTS

14-U 2004 AAA

- ~3 On-Ice Practices/Training Sessions Per Week
 - 1 Session with the YYHA Player Development Team
 - 2 Sessions with Coaches focused on skills, concepts, and systems.
- League TBD
- 18-20 Home Ice Slots: Independent Tier 1 AAA Games / Select Junior Varsity Prep School Games / Tier 1 AAA Tournaments and Showcases
- Goalies are encouraged to attend our weekly Goaltending Sessions with Jared Waimon-ProCrease.
- ~ 1 Off-Ice Training Session Per Week with MB Sports September through January

14-U 2005 AA/AAA

- ~3 On-Ice Practices/Training Sessions Per Week
 - 1 Session with the YYHA Player Development Team
 - 2 Sessions with Coaches focused on skills, concepts, and systems.
- 18-20 Home Ice Slots: CHC Tier 2 / Independent Tier 1 AAA Games / Tier 1 AAA Tournaments
- Goalies are encouraged to attend our weekly Goaltending Sessions with Jared Waimon-ProCrease.
- ~ 1 Off-Ice Training Session Per Week with MB Sports September through January

14-U Structure/Curriculum



WEEKLY PRACTICES / SKILLS SESSIONS / OFF-ICE TRAINING/ GAMES / TOURNAMENTS

14-U A and 14-U B

- ~3 On-Ice Practices/Training Sessions Per Week
 - 1 Session Skating and Skills with Shaun Hannah
 - 2 Sessions with Coaches focused primarily on skills with some focus on concepts through small-area games.
- 18-20 Home Game Ice Slots: CHC Games / CHC Tournament / 1 Outside Tournament
- All Goalies are encouraged to attend our weekly Goaltending Sessions with Jared Waimon-ProCrease
- Off-Ice Training Session during the week with Coaches

Yale Midget Hockey



- Midget 15-O Tier 1 National Split Season - Directors and Head Coaches: Steve Novodor / Jon Bellonio
- Midget 16-U 2003 AAA Showcase Split Season – Directors and Coaches: Steve Novodor / John Bellonio
- Midget 16-U Tier 1 National Split Season – Directors and Head Coaches: Steve Novodor / Jon Bellonio
- Midget 16-U AAA Showcase Split Season – Directors and Coaches: Steve Novodor / Jon Bellonio
- Midget 18-U Tier 1 National Split Season – Directors and Head Coaches: Steve Novodor / Jon Bellonio
- Midget 18-U AAA Showcase Split Season – Directors and Coaches: Steve Novodor / Jon Bellonio
 - Director - Coach: Steve Novodor - snovodor@gmail.com / 203-223-8266
 - Director - Coach: Jon Bellonio - jbellonio@live.com / 203-623-6529

Ryan Hardy - Thoughts



Over the past 5-6 years we have significantly restructured our Team Structure and Philosophy. We have experienced great success as evidenced by the development of our players. We will continue to refine and improve the curriculum to best develop all of our players. We have evolved and grown and this will continue.

I have had the good fortune of interacting with people at all levels of hockey across the world in an effort to build our model to develop hockey players while maintaining sanity and community, and controlling costs.

Please trust that we have the development and well being of your children in mind. I am very proud of the transformation and success of our program on and off the ice. Thank you to all who have been part of it.

Ryan Hardy
Director – Hockey
Yale Youth Hockey Association