



Canandaigua Knights Youth Hockey

## **2019–2020 Bantam Minor AA Season Plan**

**Head Coach: Michael Donnelly**  
**[Michael.p.donnelly22@gmail.com](mailto:Michael.p.donnelly22@gmail.com)**  
**Asst. Coaches: (TBD)**  
**Manager(s): TBD**

### **General:**

Players on the Canandaigua Knights Bantam Minor (2006) AA team will have a full travel experience. The Bantam Minor AA team will participate in the WNYAHL league. Division placement will be based on team strength and consultation with the Canandaigua Knights Board. The team will also have a challenging independent scrimmage schedule against several teams outside of WNY. Additionally, the team will play in 4-5 tournaments in and out of the area.

**Team Size:** A maximum of 18 skaters and 2 Goalies

**League Bound:** WNYAHL Travel – Bantam Minor AA

**Tryouts:** April 11<sup>th</sup> from 6:00 – 7:00PM at Paul Louis Arena  
April 12<sup>th</sup> from 6:00 – 7:00PM at Paul Louis Arena

\* A third night of tryouts may be scheduled following the spring break week, if necessary

### **Season Forecast:**

- Summer Dryland Training July – Mid-August @ GCCC (optional)
- On-ice Program: August 15, 2019 – March 15, 2020
- Practice Schedule:
  - Pre-season practice starting in mid-August
  - Regular season practice 2x/week - fixed days/times @ GCCC beginning in September
  - Approximately 2 full ice practices per month
  - 1 hour of off-ice training per week
  - Additional player developmental sessions will be organized by the Knights Coach and Player Development Committee
- Games ~50
  - 20 WNY League Games
  - 15 Scrimmages
  - 4-5 Tournaments

### **Season Goals:**

The Bantam Minor development plan will focus on hockey and team skills with an emphasis on teamwork, camaraderie, discipline, selflessness, and sportsmanship. The team will help build the hockey culture in the local community through participation with the beginner hockey program. The team will also participate in a 'give-back' to the community event, as this is a great age for the kids to begin understanding the importance of community.



Canandaigua Knights Youth Hockey

**Hockey Skills:** USA Hockey ADM – 14U model – Emphasis on individual skill development and application those skills in team concepts and systems.

**Team practices will focus on:**

- Skating
  - Speed
  - Edge work
  - Agility
- Conditioning
  - On-ice
  - Off-ice
- Systems
  - Even strength
  - Power Play
  - Short-Handed
  - Set plays from faceoff position
- Puck Management
  - Passing
  - Shooting
  - 'Heads Up' skating
- Game Sense
  - Hockey IQ
  - See the Ice
  - Know the situation

**Budget (estimation only):**

- ~\$1,700 (includes team fee, additional development clinics, extra ice, tournament fees, scrimmages, practice jerseys, misc.)
- Game jerseys, socks, and additional summer camps/dryland training, are not included in the budget estimate
- Fundraising and sponsors can offset player costs.
  - Structure fund raising with required participation or “opt-out” fee.
  - Research different options for fund raising.
- This is an estimate only and may vary depending on actual costs and final team roster size.