



Canandaigua Knights Youth Hockey

2019-2020 Bantam Major AA Season Plan

Head Coach: John Storrar

jstorrar@rochester.rr.com

Asst. Coaches: David Harvieux and TBD

Manager(s): TBD

General

The Canandaigua Knights Bantam Major (2005) AA team will participate in the WNYAHL league. Division placement will be based on team strength and consultation with Canandaigua Knights Board. In addition to league games, the team will compete in 3 or 4 tournaments at competitive levels as well as non-league games of competitive nature. Scheduling will attempt to be sensitive to athletes' fall sport schedules, as well as number of players playing for scholastic hockey teams (JV or varsity).

Team Size: A maximum of 18 skaters and 2 Goalies

League Bound: WNYAHL Travel – Bantam Major AA NTB

Tryouts*: April 11th from 6:00 – 7:00PM at Paul Louis Arena
April 12th 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 2019 – March 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 ~45
 - 20 WNY League Games
 - 10-15 non-league games
 - 3 or 4 Tournaments

Season Goals

The development plan will focus on hockey and team skills with an emphasis on teamwork, discipline, and sportsmanship. The team will help build the hockey culture in the local community through participation with the beginner hockey program and other volunteer opportunities as appropriate. The ultimate, long term goal will be to build upon a foundation of teamwork, sportsmanship, inclusion and a lifelong love of the game.



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

Team practices will focus on:

- Skating
 - Quickness
 - Edge work
 - Agility
- Puck Management
 - Passing
 - Shooting
 - Decision-making
- Game Sense and Systems
 - Hockey IQ
 - Situational Play (power play/short-handed)
 - Zone exits and entries

Budget (estimation only)

- ~\$1,600 (includes team registration fee, additional development clinics, extra practice 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
- This is an estimate only and may vary depending on actual costs and final team roster size.