



Canandaigua Knights Youth Hockey

## **2019-2020 Midget U16/15 AA Season Plan**

**Head Coach: Don Burkard**

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**Asst. Coaches: Larry Crouse**

**Manager(s): TBD**

### **General**

The Canandaigua Knights Midget U16/15 (2003-2004) 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.

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

**League Bound:** WNYAHL Travel – Midget U16/15 AA NTB

**Tryouts\*:** April 11<sup>th</sup> from 8:00 – 9:00PM at Paul Louis Arena  
April 12<sup>th</sup> from 8:00 – 9:00PM at Paul Louis Arena

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

### **Season Forecast:**

- Athletes will be required to meet coaches summer training standards
- On-ice Program: August 2019 – March 2020
- Practice Schedule:
  - Pre-season practice starting in early-August
  - Regular season practice 2x/week - fixed days/times @ GCCC beginning in September
  - Approximately 2 full ice practices per week
  - 1 hour of off-ice training per week
  - Additional player developmental sessions will be organized by the Knights Coach and Player Development Committee
- Games ~25-30
  - 18 WNY League Games
  - 5-10 non-league games
  - 2 or 3 Tournaments

### **Season Goals**

Team goals are to prepare athletes for high school hockey as well as to continue skill development and team bonding and play. We believe in dedicated work effort as well as a high level of personal responsibility and sportsmanship.



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**Hockey Skills:** *Emphasis on individual skill development and the application of 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)**

- *~\$1,000 (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.*