

A Note from the Midget AA Coach

Please allow me to pass along this brief introduction and some information about myself, my philosophies and approach to coaching competitive hockey.

This upcoming season will be my 12th year as a competitive head coach. I've coached teams ranging from Minor Atom to Midget, "B" to "AAA." I am an Advanced level 1coach, as well as a Certified Powerskating Instructor.

My philosophies and approach to the game are simple; the game must remain fun and kept in perspective. Hockey is a game of mistakes - learning from them takes time and patience. I believe in developing young adults not only as hockey players but good people. "We coach young adults who play a great game called hockey." (unknown) This phrase reminds me not to overlook the important things in life. The personal side to coaching is getting to know your players, earning their respect and gaining their trust. Coaching with this mindset over the years has labelled me as a "player's coach."

I do bring a firm yet fair approach to the rink and have an expectation that players work hard, play with discipline, encourage, support and compete for each other at each team event. When all your players buy into this concept, you become a "team".

From the hockey side, coaching Midget AA is about preparing players for a last year of AAA or junior hockey for those graduating from minor hockey. Developing a player's mental toughness, skill set and knowledge of tactics and systems will give them a better chance to compete at the next level. Players develop and learn the game by being given the opportunity to play in all game situations. Experiencing the highs and lows of PP, PK and End of Game makes players mentally tougher. By playoff time, extra ice time is earned. Player's who continue to work hard, display good discipline, compete at each team event and are playing a team game will earn extra ice. Play on the PP and PK, will be evaluated at tryouts to ensure the successful player's are capable of filling these roles.

A Major Midget AA Blog will be created over the summer and will include more information pertaining to the tryouts, budget, tournaments, school hockey, and a fair ice policy.

In the meantime, if you have any questions, please do not hesitate to call me at 613-836-8240 or email me at steve.sadaka@gmail.com

Have a great summer!

Steve Sadaka,
Coach, Midget AA Blazers