



## Pee Wee Major Kanata Blazers

**To:** All Pee Wee Major AA Prospective Families,

Just wanted to give all involved a quick run down how August and September are going to roll out given the information we currently have. Still waiting for September ice times, including exhibition games. Please count on a 'Parents Meeting' after the 1<sup>st</sup> or 2<sup>nd</sup> official practice in September to outline the year and collect our first payment of \$500.00.

A good conversation to have with your son or daughter prior to trying out should include:

- Take care of what you can control.
- Leave the ice knowing you did your best.
- Enjoy the moment, regardless of the outcome.

We're going to assess the best out of all the kids and will take the right kids given their level of ability and attitude. You'll notice an off-ice physical fitness day. This day helps us get a quick read on the character of the players and their commitment to themselves. Please ensure your son/daughter has proper footwear, gym strip and is hydrated properly prior to all sessions, and in particular, this one.

Cheers for now, Coach Pimm.

### A. Try-Out Format

Thursday,22/08/2013 5:15 -6:15 PM/BSP-OC	<ol style="list-style-type: none"> <li>1. Skating-3 Lines full ice sequence (10)</li> <li>2. Puck Control/Shooting-4 Dot Seq. (10)</li> <li>3. Races/Battles-1/2 ice (10)</li> <li>4. Cross ice 4 x 4 (10)</li> <li>5. Conditioning Skate (10)</li> </ol>
Saturday,24/08/2013 1:15-3:15 PM/BSP-MA	<ol style="list-style-type: none"> <li>1. Skating-3 Lines full ice sequence (10)</li> <li>2. Puck Control/Shooting/1 x 1 -4 Dot Seq.(15)</li> <li>3. Races/Battles-1/2 ice (10)</li> <li>4. Cross ice 4 x 4 (10)</li> <li>5. Conditioning Skate (10)</li> <li>6. Flood</li> <li>7. Shooting-Goaltending Eval. (20)</li> <li>8. Scrimmage (30)</li> </ol>
Sunday,25/08/2013 10:00-11:30 AM/BSP-CT	<ol style="list-style-type: none"> <li>1. Skating-Agility Stations (10)</li> <li>2. Puck Control/Shooting/1 x 1 /2 x 1 -4 Dot Seq. (20)</li> <li>3. 2 x 2 Battles-1/2 ice (10)</li> <li>5. Conditioning Skate (10)</li> <li>6. Scrimmage (30)</li> </ol>
Tuesday, 27/08/2013 7:00-8:30 PM/KRC Field *Fitness Testing	<ol style="list-style-type: none"> <li>1. 150 m Shuttle Run</li> <li>2. Med Ball Lunge Test</li> <li>3. Sit Ups /Push Ups</li> <li>4. 5 min. Hill Climb</li> </ol>
Thursday,29/08/2013 6:30-8:00 PM/BSP-CT	<ol style="list-style-type: none"> <li>1. Skating-Agility Stations (10)</li> <li>2. Puck Control/Shooting/1 x 1 /2 x 1 -4 Dot Seq. (20)</li> <li>3. Transition-1/2 ice Crawford B.Out into 1 x 1 (15)</li> <li>4. Scrimmage (20)</li> <li>5. Conditioning Skate (10)</li> </ol>
Friday,30/08/2013 6:15-8:15 PM/BSP-OC	<ol style="list-style-type: none"> <li>1. Dynamic W.Up outside @ 5:00 to 5:20 PM</li> <li>2. W. Up &amp; Goalie Evaluation Shooter (30)</li> <li>3. Scrimmage (6:45 to 8:05 PM)</li> </ol>



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### B. On/O-Ice Development Focus (August-September)

	August	Dates	September
<b>Week 1</b>	Holidays	Sep. 1-8	2 ice/1 Off-ice (Soccer)/2 games
<b>Week 2</b>	Hockey Camp	Sep. 9-15	2 ice/ 1 P. Skating /2 Ex. games
<b>Aug.22-25</b>	Try-Out-Week 1	Sep. 16-22	2 ice/ 5 games in Peterborough
<b>Aug. 27-30</b>	Try-Out-Week 2 *Off-Ice Tues.	Sep. 23-29	2 ice/1 Off-ice/
<b>Group Focus</b>	<b>Evaluation of all players</b>		<b>Organization of Team</b>
<b>On-Ice Development</b>	1.Edges/Hands/Shoot 2.Puck Control/P. Protec. 3.Passing 4.Positional skating ability 5.Positional play	Sep. 1-30	1. Stride, balance, agility 2. Puck Control/P. Prot(Stationary/Combo) 3. Shoot (Stationary/Move) 4. 1 x 1/2 x1 transitional play 5. 1 x 1 / 2 x 2 in zone battle
<b>Competition</b>	1.Small Ice Games 2.Relays 3.Perry Pearn 3 x 3 4.Scrimmage	Sep. 1-30	1. D.Zone Coverage/B.Check 2. Transition. (Q.Up,Wheel) 3. F.Offs-D.Zone
<b>Off-Ice</b>	1.50 m shuttle run 2.Medicine ball toss 3.Vertical Jumps 4.Hill Climb	Sep. 1-30	1. Sprints (Zig Zag) 2. Med Ball (Core) 3. Relays 4. Pre-Game (Dynamic Str.)  *Parent Meeting/Party
<b>Psychology</b>	1.Define Compete	Sep. 1-30	1.Create/ Review guidelines 2. Define Team
<b>Total</b>	<b>8-10 hours</b>		<b>20 to 30 hours</b>