



Welcome to the 2021/2022 hockey season!

My name is Scott Goodfellow and I have been a coach with the KMHA for 10 years. I am very excited to be coaching this year's U16 Rep B team.

My coaching philosophy is to provide a competitive environment that helps harness and grow kids' passion for the sport. Hockey can provide so many lessons that are transferable to all parts of life. I treat these kids like hockey players and teach them how to work harder than they have ever worked, in a way that is fun and fulfilling.

Practices

Skills! Skills! Skills! 75% of practice time will revolve around individual skill development with the remaining 25% focused on individual and team tactics.

Skills Training & Goalie Sessions

We will be hiring Perfect Skating for 10 Sessions to work on skating and agility. During those sessions, we will have a professional goalie coach from CGD to work with our goalies.

Understanding the Game

This year I will use many techniques to help the players gain a deeper understanding of the game. The kids are now entering an age where they can really understand different concepts and systems (ie. power play, penalty kill, offensive zone attack, d-zone coverage and face off strategies) as well as how to implement them in game situations. In my experience I have found that players will perform better and more consistently if they know WHY they are performing these concepts and what the result will be if they are executed properly.

Video Sessions

We will be videoing all of the home games and will use those along with clips from NHL games to explain concepts and make corrections.

Fair Ice

I believe it's important to try and win every game, but not at all costs. It is important for every player to be exposed to all situations in a hockey game (power play, penalty kill and other critical scenarios) and learn from them. I may juggle my lines during a game but I will NEVER shorten my bench in order to win.

Tournaments

Local

Capital Volunteer Cup – Oct. 22-24

Capital Winter Classic – Jan. 7-9

Away

Bradford Blue & Gold Classic – Oct. 15-17

Halton Hills Best of the Best – Dec. 3-5

Time and Money

Families can expect 3-5 ice times per week (that will likely include 1 additional skill session or video session described above). Team fees will be approx. \$1500 for the season and will be divided up into 3 payments. In addition, some fundraising may be required.

Try-outs

Tryouts will consist of in-game skill evaluations, as well as competitions and scrimmages, to help in picking the 17 players who will be a part of this years' team. I will have independent third party evaluators who will assist me in the selection process. The team will be looking for skilled, hardworking players willing to battle and who are eager to learn.

Have a great summer!

Scott Goodfellow

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