

My name is Scott Goodfellow and I have been a coach with KMHA for 11 years. I am very honored and excited to be coaching this years U18 Rep B team.

U18 is the “home stretch” for minor hockey. I can promise is a fun atmosphere coupled with the competitive spirit of rep hockey that the boys will always remember.

Games

We keep the systems simple and we compete hard. Everyone get’s fair ice time and plays in every situation. Power Play, Penalty Kill, and all key points in the game. I don’t shorten the bench.

Practices.

I run quality practices. They are always up tempo, interesting and fun. The progression of the drills will be based on my season plan that includes skill development, individual tactics and team tactics.

Video Sessions

Video is extremely useful when teaching systems and strategy in hockey. I will hold at least 6 sessions that I will either run before or after practices so that it does not take up addition nights at the rink.

Fitness and Nutrition

It is important that these young men learn about fitness and nutrition for both peak performance and everyday life. I will be bringing in professionals to teach them about both and also provide them with programs that they can do on their own time at home or in the gym.

Tournaments

2 Local – Ottawa based. Oct 28-30 & Jan. 6-8

1 away – Milton Winterhawks Invitational. Nov. 11-13 (To be Confirmed)

1 NCAA experience. St. Lawrence or Clarkson University to play and exhibition game and watch the University game – Day trip – Jan or Feb. 2023

Time and Money

As with all competitive sports, playing competitive hockey is a serious time and financial commitment for players and their families. However, I am aware that this specific age group often have many competing commitments so we will work hard to keep our time as efficient as possible with 3-4 sessions per week. That will include both on and off ice activities in order to help the players allocate time to school, jobs etc.

Team fees will be approximately \$1,500 for the season and will be divided up into 3 equal payments if needed.

I am looking forward to a great season!

Have a great summer!

Scott Goodfellow