

Welcome to the 2025/26 Hockey Season!

My name is Scott Goodfellow, and I am thrilled to welcome you all to the 2025/26 hockey season. With over a decade of coaching experience with the KMHA, I'm excited to be coaching the U16B team this year. We are gearing up for an unforgettable season – a year full of fun, learning, and competitive play that will remain memorable for our players and parents.

Here is a list of points to help understand what to expect:

Practices

Each practice is designed with precision and purpose. Sessions will be conducted either at an intense 80-100% effort or at 50% and below, based on the need of the day. While high-effort sessions will focus on high-paced skills and drills that simulate game conditions, low-intensity sessions will help players grasp new techniques and systems better. We understand the importance of variable intensity training and will make the most out of each practice.

Skills Training & Goalie Sessions

This season, we will invite specialized coaches to train our players in their respective positions. We also have a dedicated goalie coach on board who will be on the ice for at least ten practices this season. These sessions will provide invaluable insight and customized training to each player.

Understanding the Game

The upcoming season will also focus on helping the players gain a deeper understanding of the game. We will dive into various concepts and systems like power play, penalty kill, offensive zone attack, d-zone coverage, and face-off strategies. This will not only teach them how to execute these in game situations but also help them understand why these concepts are crucial and the positive outcomes of executing them correctly.

Video Sessions

Most games will be recorded, and these videos, along with clips from NHL games, will be used to illustrate concepts and make necessary corrections. Video-based learning provides players with the chance to understand game dynamics from a different perspective.

Fair Ice

The allocation of ice time has evolved over my coaching years. As players are maturing, they should be able to understand that ice time will be earned based on work ethic, discipline, team attendance and game specific scenarios.

However, rest assured, every player will get a fair share of ice time, ensuring a balanced and competitive team experience.

Tournaments

We have an exciting lineup of local and away tournaments. Locally, we have the Capital Blues Fest (Sept. 26-28), and the Capital Winter Classic (Jan. 3-5). The away tournaments include Milton Halloween Havoc (Oct. 31-Nov. 2) and Montreal (Dec. 4-7)

Time and Money

Families can expect 3-4 ice times per week, which may include additional skill or video sessions. The approximate team fees for the season will be around \$2000-\$2500, divided into three payments. Some fundraising efforts may be required.

Try-outs

The selection process for the U16B team will consist of in-game skill evaluations, competitions, and scrimmages. Independent third-party evaluators will assist in the selection process. We are looking for skilled, hardworking, and eager players with a great attitude.

Summer training

I encourage everyone to start training over the summer. Arriving at tryouts in condition signals your readiness for the competitive season ahead. Your summer preparation will be factored into the selection process.

This season promises to be exciting, competitive, and filled with growth opportunities. I look forward to embarking on this journey together. Have a great summer!

Scott Goodfellow

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