

Andrews Sports Institute for Future Leaders

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<p>Andrews Sports Institute is a program designed to supplement athletic and academic development while allowing student-athletes to stay in the public-school system. There are three components of the Andrews Sports Institute Program including: 1) After school elementary school program, 2) School integration program for middle school, 3) Remote program.</p> <p>The after school elementary school program is ten-weeks, four hours per week in duration. Student-athletes receive two hours of hockey specific on-ice training as well as two-hours of leadership training in the classroom. The program also includes hockey skills homework, an at home leadership reading portion, and a community involvement project.</p> <p>The school integration program follows a similar curriculum to the after-school program but is designed to be implemented into the public school system. Students take the Andrews Sports Institute class as an elective option. The duration of this program is twenty weeks and follows the same four hour per week model as the after school program.</p> <p>The remote program is an online curriculum designed to offer at home hockey and leadership training. Students are assigned a mentor coach who monitors homework progress and coaches through a bi-weekly video-conference call.</p> <p>This portfolio thesis will outline the elements of the three program components of Andrews Sports Institute.</p>	
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1 Introduction

Andrews Hockey Growth Programs (the commissioning party) have been training hockey players of all abilities since 1979 with the understanding that successful development as an athlete is the product of complete personal growth. Through scientifically researched on-ice training programs, professionally developed off-ice training and leadership development classroom sessions, the program strives *to Educate, Develop, and Enhance the Lives of Young People to Help Them Reach Their Full Potential (Andrews Hockey Growth Programs Mission Statement, 2004)*.

With the creation of the Andrews Sports Institute for Future Leaders, the Andrews Hockey Growth Programs can further the positive impact made on the lives of youth. The Andrews Sports Institute for Future Leaders program has a mission to *Prepare Today's Student-Athletes for Tomorrow's World (Andrews Sports Institute, 2017)* by combining hockey skill development, personal growth, and leadership development.

2 Elements of Andrews Sports Institute for Future Leaders

Andrews Sports Institute for Future Leaders is a program designed to enhance both athletic and academic development. There are three components to the program (figure 1).

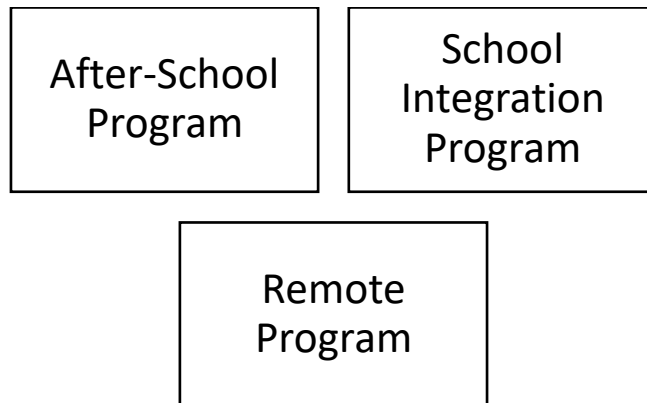


Figure 1: Three Elements of Andrews Sport Institute

By having three different models, the program mission of *Preparing Today's Student- Athletes for Tomorrow's World* can be available for participants of all ages and geographical location.

2.1 After-School Program

The After-School Program is designed for elementary school student-athletes who are looking to supplement their academic and athletic development. The program duration is ten weeks; two days per week, two hours per day (table 1).

Table 1: After School Program Structure

Day 1	Day 2
1 hour- On-ice skills session	1 hour- On-ice skills session
1 hour- Leadership training classroom- Research three related leadership concepts	30 minutes- Student presentations on reading program
	30 minutes- Student presentations on business project

The on-ice skills program is outlined in [Appendix 3](#). Each session includes thirty minutes of skating development and thirty minutes of advanced puck skills.

The leadership training classroom is a student-lead program which challenges students to learn about important leadership qualities and apply these qualities to their life. Each week students are given three related words to research. Students are also provided with a resource manual which can be found in [Appendix 1](#). These resources include definitions, quotes, videos, and short readings that help to understand the leadership concept.

Table 2: Leadership Concepts- After School Program

Week	Leadership Concepts to Study
1	Dream Big, Goal Setting, Belief
2	Passion, Initiative, Enthusiasm
3	Attitude, Adversity, Appreciation
4	Responsibility, Accountability, Ownership
5	Coachable, Open-minded, Approachable
6	Courage, Perseverance, Determination
7	Relationships, Teamwork, Loyalty
8	Risk, Sacrifice, Mental Toughness
9	Discipline, Commitment, Competitiveness
10	Character, Integrity, Honesty

The student's success manual ([Appendix 4](#)) is used to guide participants through the leadership concepts (table 2) by posing four simple questions: What does it mean? Why is it

important? How does it apply to me? How can I improve in this area? Students are asked to present their response to these questions during the leadership training classroom.

The second component of the leadership training is a homework reading program. Students are provided with a leadership book to read and are assigned weekly chapters to study. Students read the book at home, write out a short summary of what they learned in that week's chapter, and send the program director a one-minute video blog of themselves discussing the lessons in that week's reading. The book studied during the first semester of the program was the *7 Habits of Highly Effective Teens* (Covey, 2014). Day two leadership classroom of each week has thirty minutes allocated for student presentations on what they are learning in the leadership book. This is designed to improve students' confidence in public speaking and to initiate class discussion.

The third component of the leadership training is a business project. Students must create a personal business with the goal of raising money to pay back the person who paid their program registration fee. The student success manual outlined in [Appendix 4](#) is used to guide the student through the business creation and execution process. The business project provides students with a real-world scenario where they can practice experimental learning and develop important skills such as generating ideas, business planning, marketing, sales, and responsibility. Day two leadership classroom of each week has thirty minutes allocated for student presentations on their business progress. Through this, students' have an opportunity to gain confidence in public speaking while also helping peers improve their business through open discussion.

2.2 School Integration Program

Many serious student-athletes look to private institutes to challenge themselves in the classroom and on the ice. These institutes can be very expensive which limits many families from participating. Additionally, most serious student-athletes are currently participating in supplementary develop programs which usually take place in the evenings after school. Andrews Sports Institute School Integration Program is designed to provide more opportunities for serious student-athletes to challenge themselves while also freeing up valuable family time in the evenings. By integrating the Andrews Sports Institute program directly into the public-school system, student-athletes have an opportunity to receive the extra development they are searching for within their school day.

The in-depth development curriculum will help student-athletes develop in the following areas:

- Understand the importance of education and set concrete education goals that will be monitored throughout the program to ultimately become better students
- Develop a sense of responsibility to make a contribution to the community through community improvement projects
- Learn about important leadership traits and how to apply them
- Instil solid life habits such as reading personal development books, setting goals, helping others achieve their goals, confident communication, time management, self-discipline, and entrepreneurship
- Develop elite on-ice skills that are tailored to individual athlete needs

Table 3: School Integration Weekly Schedule

Class 1	Class 2
1 hour- On-ice skills session	1 hour- On-ice skills session
1 hour- Leadership training classroom- Research three related leadership concepts	30 minutes- Student presentations on reading program
	30 minutes- Student presentations on community involvement program

The proposed schedule requires four hours per week split into two days. Two of these hours would take place during the school day while the other two take place immediately before or after school. This fits within the participating school schedule by substituting one elective class with the Andrews Sports Institute program.

The on-ice skills program is outlined in [Appendix 3](#). Each session includes thirty minutes of skating development and thirty minutes of advanced puck skills.

The leadership training classroom follows the same model as the After-School Program. This program is an extended version with twenty weeks of concepts to study (table 4). Student resource manuals can be found in [Appendix 1](#) & [Appendix 2](#).

Table 4: Leadership Concepts- School Integration Program

Week	Leadership Concepts to Study
1	Dream Big, Goal Setting, Belief
2	Passion, Initiative, Enthusiasm
3	Attitude, Adversity, Appreciation
4	Responsibility, Accountability, Ownership
5	Coachable, Open-minded, Approachable
6	Courage, Perseverance, Determination
7	Relationships, Teamwork, Loyalty
8	Risk, Sacrifice, Mental Toughness
9	Discipline, Commitment, Competitiveness
10	Character, Integrity, Honesty
11	Habits, Routine, Practice
12	Comfort Zone, Growth, Grit
13	Aspiring, Ambitious, Desire
14	Serve, Help, Support
15	Humility, Pride, Confidence
16	Preparation, Knowledge, Detailed
17	Perspective, Thoughts, Mindset
18	Lead, Guide, Demonstrate
19	Experience, Evaluation, Reflection
20	Focus, Self-Control, Willpower

The second component of the leadership training is a homework reading program. Students are provided with a leadership book to read and are assigned weekly chapters to study. Students read the book at home, write out a short summary of what they learned in that week's chapter, and send the program director a one-minute video blog of themselves discussing the lessons in that week's reading. The books studied during the School Integration Program include the *7 Habits of Highly Effective Teens* (Covey, 2014) and *Talent is Never Enough* (Maxwell, 2009). Day two leadership classroom of each week has

thirty minutes allocated for student presentations on what they are learning in the leadership book. This is designed to improve students' confidence in public speaking and to initiate class discussion.

The third component of the leadership training is a community involvement project. Students must volunteer with an organization that helps to make a positive contribution within the community. Students have the freedom to select the organization they will be involved with and must keep a written journal of their contribution and lessons learned through participation ([Appendix 5](#)). Day two leadership classroom of each week has thirty minutes allocated for student presentations on their community involvement project. Through this, students' have an opportunity to gain confidence in public speaking while also sharing great ways to make the community a better place.

2.3 Remote Program

It is impossible to maximize athletic potential without dedicated training. The Andrews Sports Institute Remote Program provides student-athletes with a twenty-week hockey and leadership training program to follow at home. The unique aspect of this remote training program is the coach mentorship role. Participating athletes are assigned a coach who monitor their training progress through video blogs and bi-weekly video-conference calls.

There are four components to the Remote Program (figure 2).

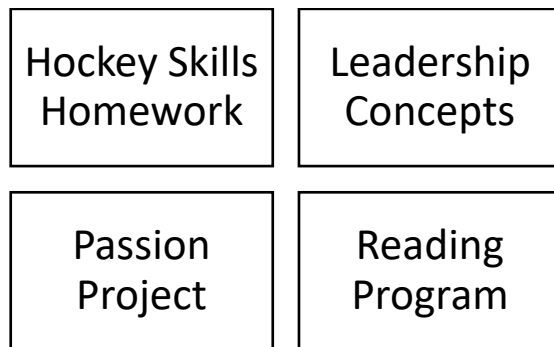


Figure 2: Components of Remote Program

The Hockey Homework program is divided into four skill categories (table 5). Each week the participant is given a new skill to work on within each category. The participant practices this skill and sends a video to an assigned coach to receive feedback on the execution of that skill.

Table 5: Remote Hockey Homework Program Overview

Remote Hockey Homework Program				
Week	Skating	Puck Control	Shooting	Hockey Sense
1	2 Leg Skater Squat Holds	Stickhandling around body	Wrist Shot	Head-manning the Puck
2	1 Leg Skating Squat Holds	Eyes Closed stickhandling	Backhand	Supporting the Puck
3	Stride Simulations	Top Hand Puck Control	Snap Shot	Breakout Tactics
4	Skater Hops	Toe Drags	Slap Shot	Pressuring Puck
5	Slideboard or Skater Hops	Eyes Closed Toe Drags	Flip Shots	Supporting the Puck
6	Open Start Sprints	Gretzky Fakes	Over & Ups	1 vs 1 Offensive Tactics
7	Mohawk Turns- FW to BW	Eyes Closed Gretzky Fakes	Gretzky Fake + Shot	Defending 1 vs 1
8	Mohawk Turns- BW to FW	Side & Front Fakes	Toe Drag + Shot	2 vs 1 Offensive Tactics
9	Edge Control (Roller blades or balance board)	Eyes Closed Side & Front Fakes	Receive & Shoot FH	Defending 2 vs 1
10	Heel to Heel Shuffle	Hand Eye- Dribbling	One Timer	Even Situation Rush
11	Quick Feet Ladders	Hand Eye- Tennis	Receive & Shoot BH	Defending Even Situations
12	BW Sprints	Faceoffs	Receive Bad Passes + Shoot	OZone Cycle/ Walk Outs
13	Quick Feet Reaction Sprints	Control with Feet	Receive- Greatky Fake + Shoot	Creating Offense from the Point
14	Side Shuffle	Eyes Closed Control off Feet	Receive- Toe Drag + Shoot	Defensive Zone Coverage
15	Karaokes	Backwards Control	Fake 1xer- Push + Shoot	Forecheck Tactics
16	Squats	Puck Protection- Tight Turns	Deflections	Tracking
17	Forward Bounds	Wide Lateral Control	Receive off Feet + Shoot	Faceoffs
18	Lunges	Eyes Closed Lateral Control	Tip- Turn- Over & Up	Play on the Boards
19	1 Leg Squats	Through Obstacles- under sticks	Cross-over Shot	Evasive/ Deceptive Skating
20	Lateral Lunge	Puck Control on balance board	Umbrella 1xer angle	Goaltending- Understanding Situations

The first element of the leadership training program is research-based assignment which challenges students to learn about important leadership qualities and apply these qualities to their life. Each week students are given two related words to research. Students are also provided with a resource manual which can be found in [Appendix 6](#). These resources include definitions, quotes, videos, and short readings that help to understand the leadership concept.

Table 6: Remote Program Leadership Concepts

Week	Leadership Concepts to Study
1	Dream Big & Goal Setting
2	Habits & Routines
3	Passion & Enthusiasm
4	Attitude & Appreciation
5	Initiative & Ownership
6	Responsibility & Accountability
7	Comfort Zone & Growth
8	Coachable & Open-Minded
9	Adversity & Perseverance
10	Relationships & Teamwork
11	Courage & Sacrifice
12	Determination & Mental Toughness
13	Commitment & Discipline
14	Character & Integrity
15	Honesty & Loyalty
16	Humility & Pride
17	Confidence & Belief
18	Preparation & Knowledge
19	Detailed & Thorough
20	Competitive & Ambitious

The student's success manual ([Appendix 7](#)) is used to guide participants through the leadership concepts (table 6) by posing four simple questions: What does it mean? Why is it important? How does it apply to me? How can I improve in this area? Students submit their responses to their coach weekly through a video blog.

The second element of the leadership training program is a homework reading program. Students are provided with a leadership book to read and are assigned weekly chapters to study. Students read the book at home, write out a short summary of what they learned in that week's chapter, and send their coach a one-minute video blog of themselves discussing the lessons in that week's reading. The books studied during the School Integration Program include the *Self Improvement 101* (Maxwell, 2009) and *Leadership 101* (Maxwell, 2002) (table 7).

Table 7: Remote Reading Program

Book	Chapters to Read
Self Improvement 101	Ch 1- What will it take for me to improve?
	Ch 2- How can I grow in my career?
	Ch 3- How do I maintain a teachable attitude?
	Ch 4- What role do others play in my growth?
	Ch 5- Where should I focus my time and energy?
	Ch 6- How do I overcome obstacles to self-improvement?
	Ch 7- What role does experience play?
	Ch 8- What am I willing to give up to keep growing?
	Relection- Self Improvement 101 Book
Leadership 101	Ch 1- Why should I grow as a leader?
	Ch 2- How can I grow as a leader?
	Ch 3- How can I become disciplined?
	Ch 4- How should I prioritize my life?
	Ch 5- How do I develop trust?
	Ch 6- How can I effectively cast vision?
	Ch 7- Why is influence important?
	Ch 8- How does influence work?
	Ch 9- How can I extend my influence?
	Ch 10- How can I make my leadership last?
	Relection- Leadership 101 Book

The third component of the leadership training is a community involvement project. Students must volunteer with an organization that helps to make a positive contribution within the community. Students have the freedom to select the organization they will be involved with and must keep a written journal of their contribution and lessons learned through participation ([Appendix 5](#)). Students send a weekly video blog to their coach explaining what

they are doing to make the community a better place and what they are learning through this project.

Discussion

Becoming a high-level student-athlete today requires a large commitment both in terms of finances and time. Often times, those aspiring to achieve high performance levels are required to select either athletics or academics as their top priority; or are required to make a large financial commitment to attend a private institute that specializes in balancing athletics and academics for those who want to be challenged. Andrews Sports Institute is designed to supplement both athletic and academic development while allowing student-athletes to stay in the public school system. This model allows these student-athletes to receive an enhanced curriculum with an affordable price and also the important social aspect of staying in the public system.

Andrews Sports Institute is ultimately designed to develop leaders of high character. Through this program, student-athletes will learn valuable character lessons that will serve them well as they chase their life goals. The mission for Andrews Sports Institute is to *Prepare Today's Student-Athletes for Tomorrow's World*. With this mission in mind, Andrews Sports Institute is able to positively influence the lives of many student-athletes.

By having three components to the Andrews Sports Institute Programs, more student-athletes are able to be impacted. The simplicity of the program delivery, and the large impact it can make, makes this curriculum very practical and appealing to the public school system.

Through development of the Andrews Sports Institute Programs, the author grew personally and professionally through research and program development. A lot of time was spent researching different education systems and deciding what structure was best for the Andrews Sports Institute for Future Leaders Program. A large portion of the program is focused on Leadership and Personal Growth for the students. In gathering resources for the students to utilize, the author spent significant time researching these topics, which in turn helped the author to grow personally as well. The author also gained valuable experience by starting a new program from scratch and learning through both successes and failures.

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Appendices

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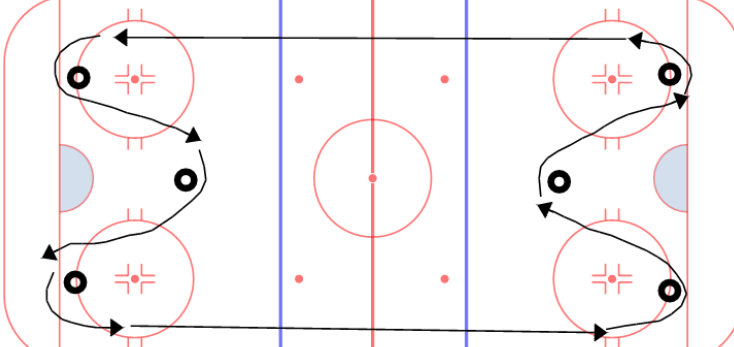
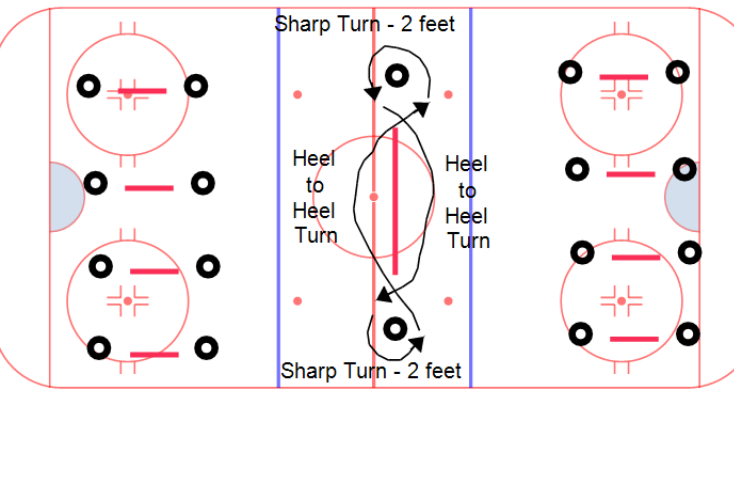
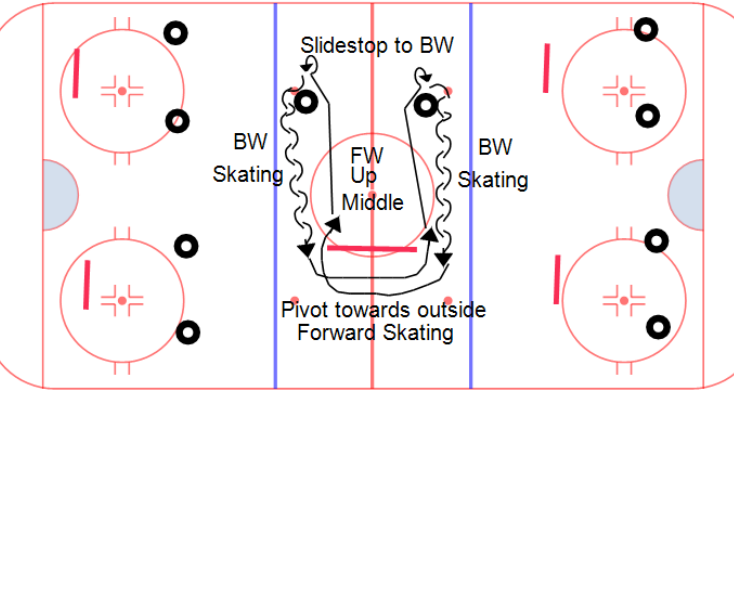
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ASI- On-ice Program

2017



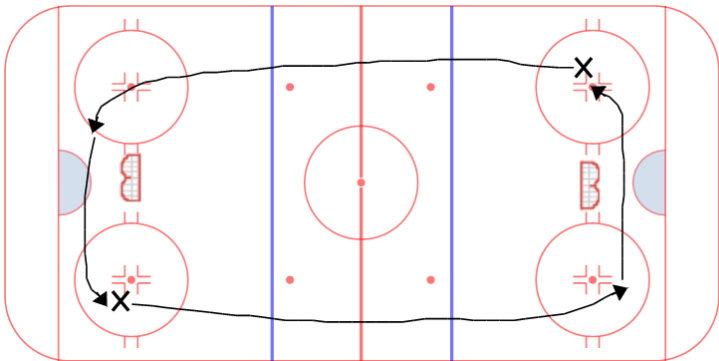
Practice #1

Skating- Format # 1	General Skating with Edges	Duration: 15
		<ul style="list-style-type: none"> a) Forward Long Strides with Stick Up & Inside Edge Turns b) Forward Single Leg Pumping & Inside Edge Turns c) Forward Push and Glide & Outside Edge Turns d) Forward Double Sculling & Outside Edge Turns e) Forward Stroking & Glide Turns f) Forward Single Leg Zig-Zag & Glide Turns
Skating- Format # 2	Tight Space- Edge Work	Duration: 15
		<ul style="list-style-type: none"> -Set up 2 tires and a candle stick as shown all around the ice (image shows an enlarged version in the neutral zone for explanation sake) -Player starts by performing a sharp turn around tire -As soon as he comes out of the turn player goes into a heel to heel turn around the candle stick before performing a sharp turn in the opposite direction -As player improves speed up movement to make it difficult to catch edges
		<ul style="list-style-type: none"> -Set up 2 tires and a candle stick as shown all around the ice (image shows an enlarged version in the neutral zone for explanation sake) -Player starts by skating up the middle between the tires and performs a slidestop around one tire to the outside -Player will then skate backwards a few steps until he reaches the candlestick -When player reaches candle stick he pivots to the outside and performs a sharp escape turn around candle stick -Player then skates up the middle and performs a sharp turn to the other side

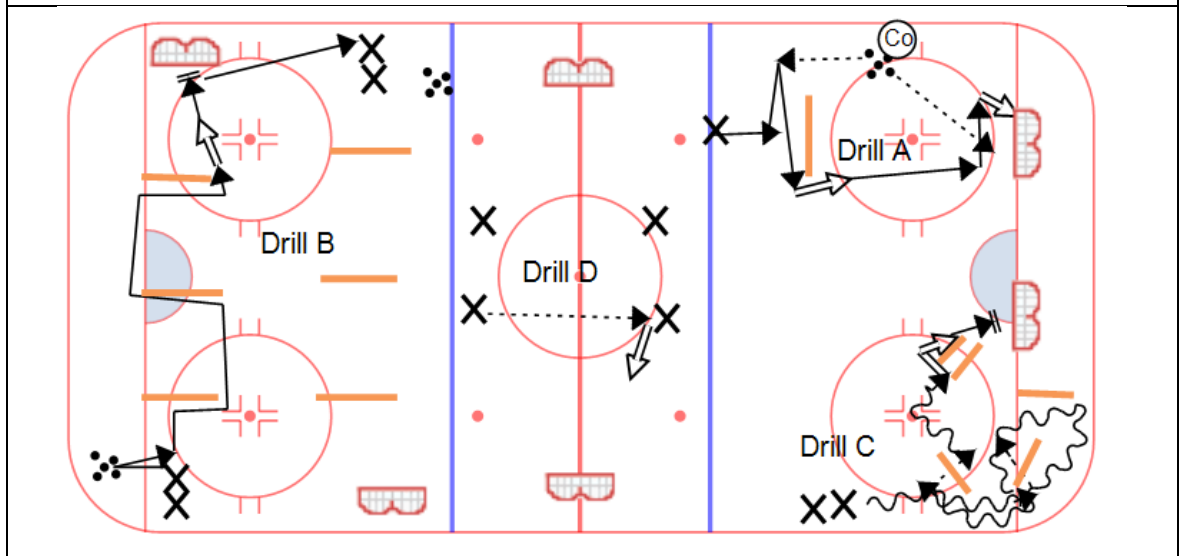
PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

<p>The image contains three diagrams of ice hockey drills. Drill A: Shows a player starting at the top of the circle, skating down the wall, performing a cut back towards the boards at the 2nd tire, skating up, walking off the half wall around the 2nd tire, making a quick lateral fake, and either shooting through or around 2 candle sticks set up as D. Drill B: Shows a player skating up one side making a touch pass off each passer, then after the third pass turning around a tire and doing the same thing down the other side. Drill C: Shows a player passing the puck off a log at an angle, skating full speed, picking up the puck in front of the log, faking to pull it wide on the angle that the puck comes off the log, then quickly pulling it wide laterally to the other side, shooting immediately out of the last lateral cut, and performing the same skill on the other side but pulling the puck to the opposite direction.</p>		
Station A- Corner Cut Scoring	Station B- NZone Touch Passing	Station C- Quick Cuts & Reaction Shooting
<p>Part A)</p> <ul style="list-style-type: none"> -Start at the top of the circle with a puck -Skate down the wall and perform a cut back towards the boards at the 2nd tire -Player skates up and walks off the half wall around the 2nd tire before making a quick lateral fake and either shooting through or around 2 candle sticks set up as D <p>Part B)</p> <ul style="list-style-type: none"> -Same pattern as part A but rather than walking off the ½ wall around the 2nd tire the player skates back around the first tire and attacks the net from a low angle -Work on pulling puck out to get a better angle + shot or fake and walk around goalie 	<ul style="list-style-type: none"> -Set up 3 passers across the red line as shown -Player will skate up one side making a touch pass off each passer -After the third pass player will turn around a tire and do the same thing down the other side -Player should not stickhandle but rather touch pass and receive forehand on one side and backhand on the other -On the last pass player should take a one timer on net 	<ul style="list-style-type: none"> -Set up 3 logs across the zone as shown -Player will pass puck off log at an angle -Player skates full speed picks up puck in front of log, fakes to pull it wide on the angle that the puck comes off the log then quickly pulls it wide laterally to the other side -Shoot immediately out of last lateral cut -Perform the same skill on the other side but pull the puck to the opposite direction

Practice #2

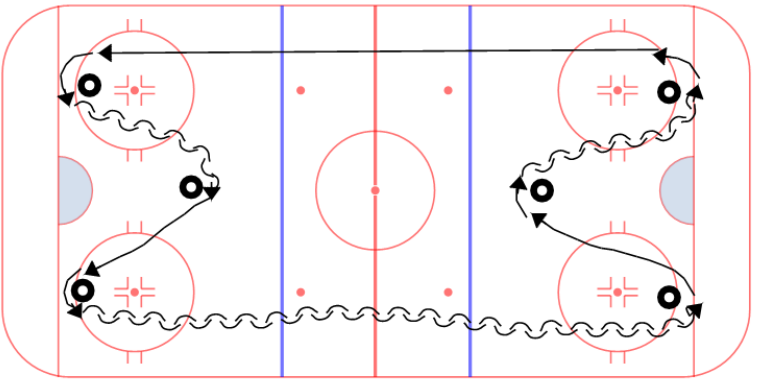
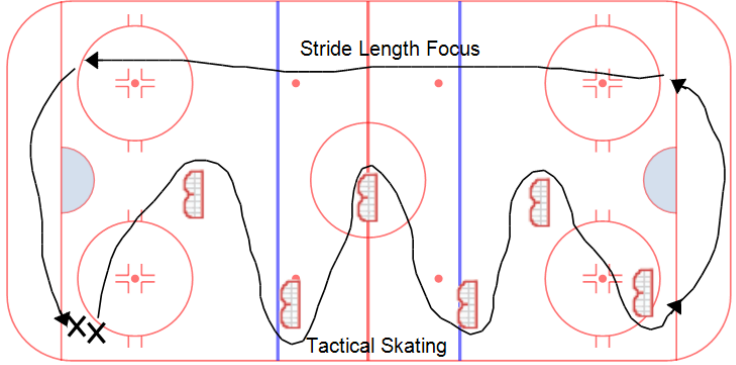
Skating- Format # 1	General Skating	Duration: 24
	<ul style="list-style-type: none">a) Forward Long Strides with Stick Upb) Forward Double Pumpingc) Forward Double Scullingd) Forward Push & Glide with Stick Upe) Forward Inside Edge Slalomf) Forward Outside Edge Slalomg) Backwards Skating with Stick Uph) Backwards Single Leg Pumpingi) Backwards Double Scullingj) Backwards Push & Glide	

PART 2- Divide Players into 4 groups. Rotate through these 4 groups for 9 mins each.

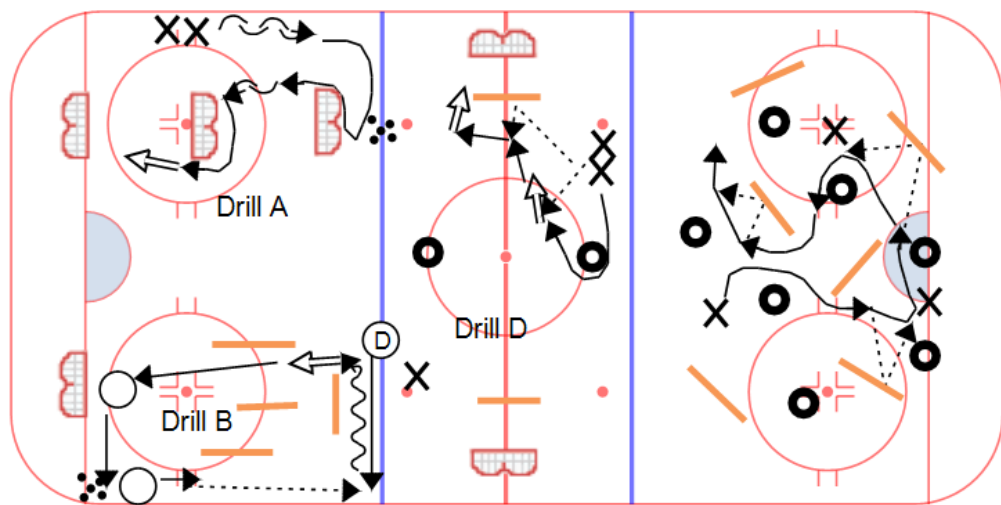


Drill A- Reach for Bad Pass + Lateral Cut + Shot	Drill B- Pull Puck Tight to Body + Accelerate + Lateral Cut	Drill C- Corner Cut Scoring	Drill D- Stationary One- Timers
<p>Player lines up with candle stick or log in front</p> <p>-Coach gives bad pass to player just out of reach</p> <p>-Player must extend to one hand on the stick to pick up pass</p> <p>-Player pulls puck into shooting position, makes a lateral move and shoots</p> <p>-Player drives to the net for a rebound 2nd puck which is spotted by the coach</p>	<p>-Start with pile of pucks just out of reach beside the player line</p> <p>-Player must extend to reach for puck- pull wide across body to the other side of a candle stick and accelerate</p> <p>-Player skates full speed and performs 2 more wide lateral cuts before taking shot on net</p>	<p>-Player starts at the top of the circle and skates with a puck into the corner</p> <p>-Player performs a few quick cuts on candle sticks in the corner before attacking the net</p> <p>-Focus on attacking the net and either shooting through D or faking shot and walking around D for shot</p>	<p>-Players set up in 2 lines and pass back and forth for lateral one-timers</p>

Practice #3

Skating- Format # 1	General Skating with Transitions	Duration: 15
		<p>Forward skating drills down the right side of the ice, Transition turns on 3 tires followed by Backwards skating on the left side of the ice</p> <p>Drills:</p> <ul style="list-style-type: none"> a) FW skating with stick up/ BW Skating with stick up b) FW 1 foot pumping/ BW 1 foot pumping c) FW push & glide/ BW push & glide d) FW Double Sculling/ BW Double Sculling e) FW long strides/ BW long strides
Skating- Format # 2	Tactical Skating	Duration: 15
		<ul style="list-style-type: none"> a) Quick feet cross-overs b) Power Pumps c) Fake open up- quick feet cross-over d) Fake sharp turn- Cut back

PART 2- Divide Players into 4 groups. Rotate through these 4 groups for 7 mins each.



**Drill A-
Evasive Skating with
Net + Shot**

- Player starts at the hash marks, skates backwards a couple of steps before pivoting to retrieve puck behind net by the blue line
- Player fakes to come out one side and cuts tight to the net on the other
- As soon as he comes around the net player turns to backwards and performs an escape turn around a second net for a shot on goal

**Drill B-
Defense Point Shots/
Forward Corner Cuts**

Group players into Forwards and Defensemen. Defense drill is shown above; forwards will do corner cut drill (Day 2-drill C)

- Drill starts with one D1 in the middle of the ice, D2 net front, and D3 in the corner
- D3 chips puck up the boards for D1 to keep in
- D1 walks puck off the wall for a shot through traffic
- D2 screens and tips puck
- After pass, D3 turns backward and skates to D1's spot. D1 goes net front and D2 goes to the corner

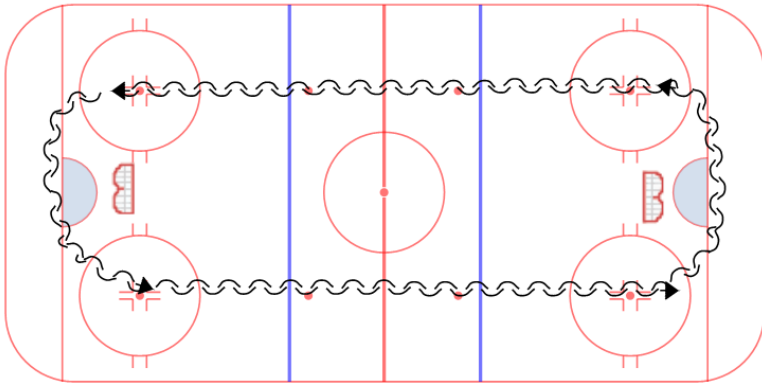
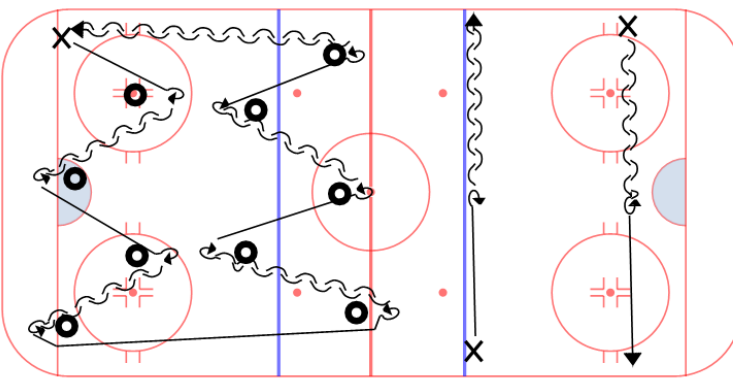
**Drill C-
Chaos with Passers**

- Set up a zone of chaos with tires, candle sticks, passers and logs
- On stick tap players go full speed through the chaos making touch passes off the passers
- On next stick tap players slow down and make moves with their hands around the obstacles

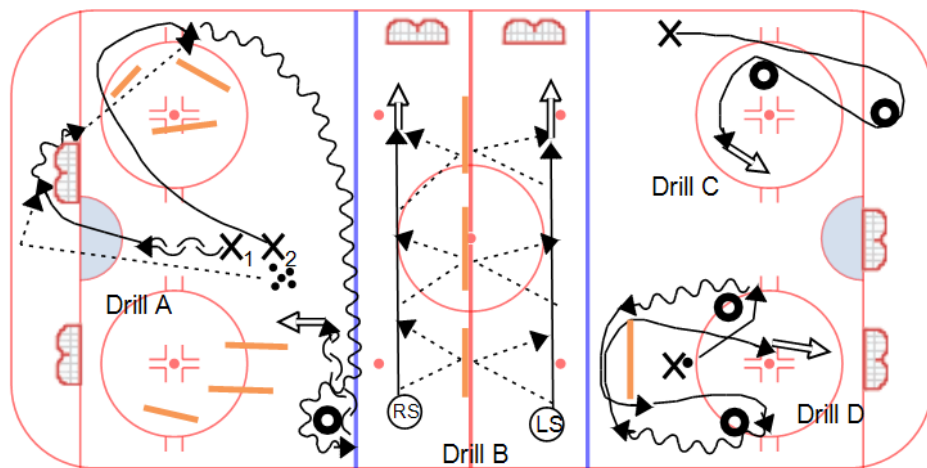
**Drill D-
One timers + Re-
bound**

- X1 skates up around a tire for a pass from X2 and a one timer (over passer so the puck must get off the ice)
- X2 passes 2nd puck off passer or log for X1 to catch make lateral rebound move and put upstairs

Practice #4

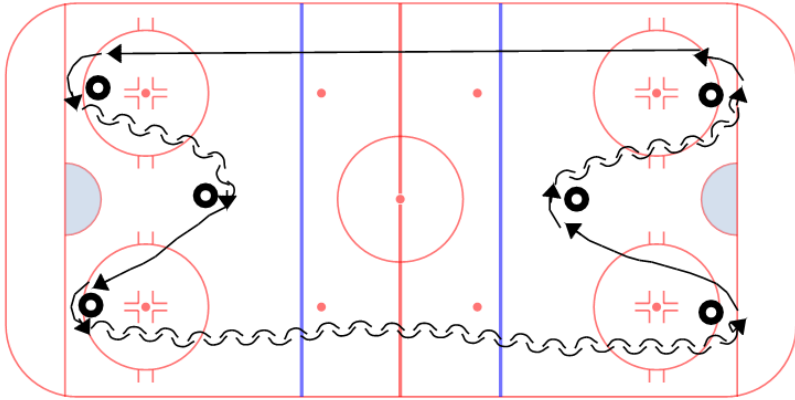
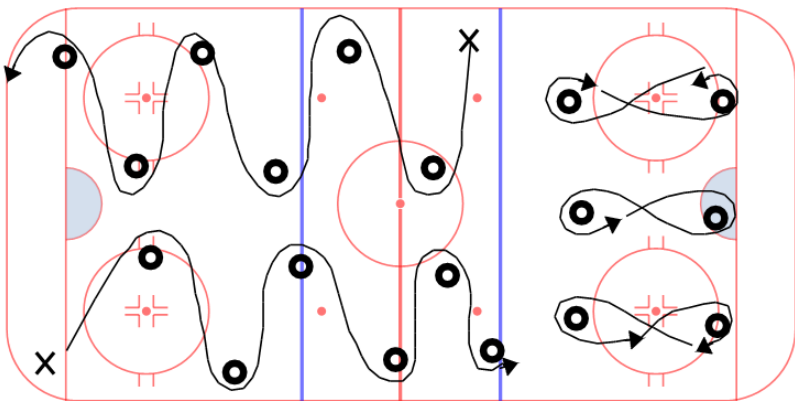
Skating- Format # 1	General Skating- Backwards	Duration: 15
	<ul style="list-style-type: none">a) Backwards Skating with Stick Upb) Backwards Single Leg Pumpingc) Backwards Push & Glided) Backwards Double Scullinge) Backwards Inside Edge Slalomf) Backwards Outside Edge Slalom	
Skating- Format # 2	Transitional Skating	Duration: 15
	<p>Part A) M-W Drill</p> <ul style="list-style-type: none">-Set up tires as shown on the left side of the image-Player always faces the other end of ice-Forward to first tire, slide stop to backward- backward to 2nd tire- pivot to forwards-1 cross-over allowed on slide stop, 0 on BW to FW pivot <p>Part B) Mohawks Across Ice</p> <ul style="list-style-type: none">-Players start skating backwards across the ice-When they get to the mid point of the ice they use a mohawk turn to pivot to forward-After a number of reps change it so they start forwards and pivot to backwards at the mid point	

PART 2- Divide Players into 4 groups. Rotate through these 4 groups for 7 mins each.



Drill A- Puck Retrieval- Breakout Habits	Drill B- Backhand Pass Re- ception + Shooting	Drill C- Corner Cutbacks + Cross over Shot	Drill D- Transition- Escape Turns + Shot
<ul style="list-style-type: none"> -X1 starts skating backwards in the slot -X2 chips puck behind -X1 pivots towards puck, shoulder checks then cuts the net tight -X2 opens up for pass on the wall -X2 skates around the top of the zone around a tire on the far side -If X2 is a defenseman he will pivot around the tire and walk for a point shot -If X2 is a forward he will do a 360 around the tire and drive wide for a net drive shot -After pass X1 becomes new X2 	<ul style="list-style-type: none"> -Set up 3 passers across the red line and 2 nets as shown -Divide players in 2 lines based on which way they shoot -Players should always be on their backhand for this drill -Players make 3 consecutive touch passes in motion off the passers -On the last pass reception player corrals puck and takes a backhand shot 	<ul style="list-style-type: none"> -Set up 2 tires as shown -Player drives low under first tire and walks off the ½ wall around 2nd tire -As player comes around 2nd tire he will cross-over and shoot directly from stride -Player should land on inside foot and release the puck at the same time 	<ul style="list-style-type: none"> -Player skates between 2 tires with a puck and pivots to backwards -Player skates backwards to candle stick and pivots towards the outside for an escape turn around the candle stick -Player then skates up the middle and does the same thing on the other side -As player comes out of 2nd transition turn he will take a few hard strides for a shot on net

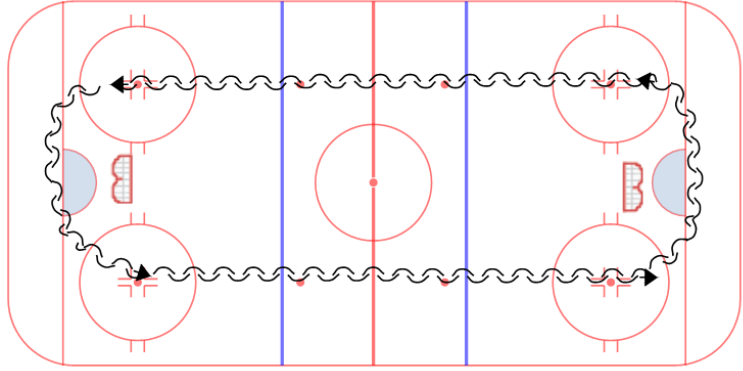
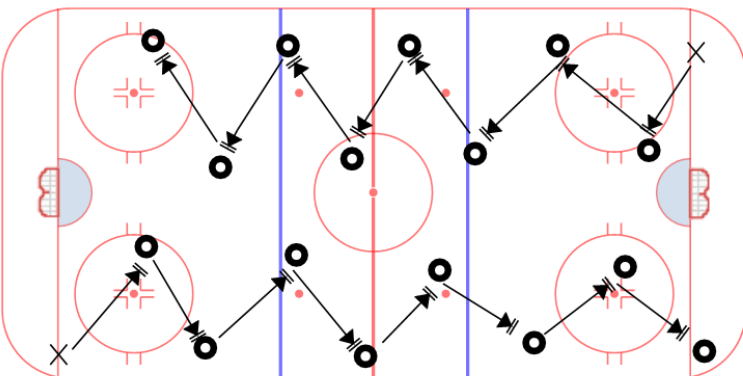
Practice #5

Skating- Format # 1	General Skating with Transition Turns	Duration: 15
	<p>Forward skating drills down the right side of the ice, Transition turns on 3 tires followed by Backwards skating on the left side of the ice</p> <p>Drills:</p> <ul style="list-style-type: none">a) FW skating with stick up/ BW Skating with stick upb) FW 1 foot pumping/ BW 1 foot pumpingc) FW push & glide/ BW push & glided) FW Double Sculling/ BW Double Scullinge) FW long strides/ BW long strides	
Skating- Format # 2	Turns	Duration: 15
	<p>-Set up can be either a figure 8 or full ice zig zag</p> <ul style="list-style-type: none">a) 2 Foot Glide Turnsb) Inside Edge Turnsc) Outside Edge Turnsd) 2 Foot Glide Turnse) 2 Foot Sharp Turns	

PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

Drill A- Lateral Cut Scoring	Drill B- Techniques of Stealing Puck	Drill C- Backdoor One Timers/ Quick Release
<ul style="list-style-type: none"> -Players start at the crease with the pucks -Give players a deliberate puck control skill to do up the middle of the ice -Players then fan out around tires and attack 2 logs full speed -At each log- fake to one side and pull the puck wide laterally to the other side -As player makes lateral cut on the 2nd log, he will either take a quick shot through the D or make one last shorter lateral cut across the D and shoot 	<ul style="list-style-type: none"> -Players will work in partners working on techniques of stealing the puck a) Stick on puck shadow- player with the puck moves in small area while partner shadows keeping stick on puck the entire time b) Stick lift- players face each other one stickhandles around body while the other stick lifts- steals puck and turns to protect the puck c) Keepaway in NZone- one player has the puck and moves anywhere in the neutral zone while the other tries to steal the puck 	<ul style="list-style-type: none"> -Players skate around tires for a hard backdoor pass from next guy in line -If player is on his off side he can one time the puck -If player is on his side he will receive the puck and take a quick release shot with no stickhandling

Practice #6

Skating- Format # 1	General Skating- Backward	Duration: 15
	<ul style="list-style-type: none">a) Backwards Skating with Stick Upb) Backwards Push & Glidec) Backwards Double Scullingd) Backwards Trackinge) Backwards Inside Edge Slalomf) Backwards One Foot Zig Zagg) Backwards Long Strides	
Skating- Format # 2	Skating- Stops	Duration: 15
	<ul style="list-style-type: none">a) Inside Edge Stop into Open Startb) T-Stop (Outside Edge) into Open Startc) 2 Foot Hockey Stop	

PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

Drill A- Change of Pace Driving Wide (Fake Stop- Start)	Drill B- Touch Pass & Receive + One Timer	Drill C- Reaction One Timers + Rebound
<ul style="list-style-type: none"> -Players start at the crease with the pucks -Give players a deliberate puck control skill to do up the middle of the ice -Players then fan out around tires and attack wide -Set up a diagonal candle stick at the top of the circle -As player reaches candle stick he will throw the puck back towards the middle of the ice and perform a one foot inside edge stop -Before player comes to a complete stop he will pull the puck in close to his body and accelerate -Player then drives wide for a bad angle shot or a fake bad angle shot + cut inside 	<ul style="list-style-type: none"> -Set up alternating passers in the NZone as shown -Players make 3 touch passes alternating forehand and backhand pass and reception -On the last pass reception player takes a one timer 	<ul style="list-style-type: none"> -Players start at the crease with the pucks -Give players a deliberate puck control skill to do up the middle of the ice -Players then fan out around tire -Player accelerates around tire and passes puck hard off a passer so it comes straight back at them -As puck come back player takes a one timer on net -Player then skates around the passer to pick a 2nd puck from a pill and performs an over and up rebound

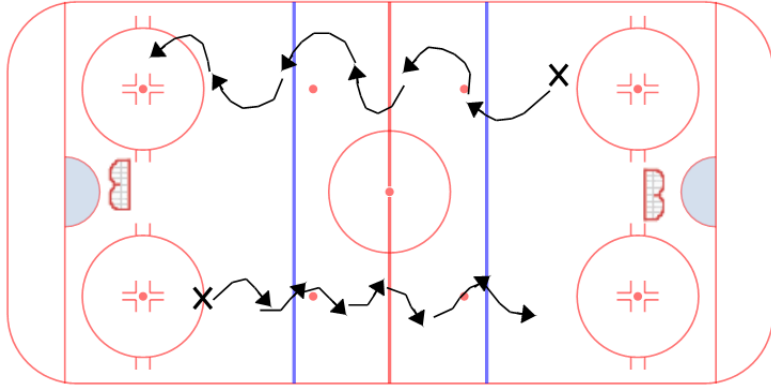
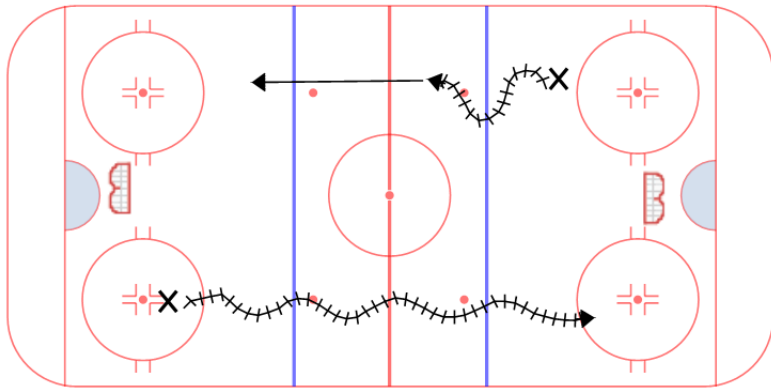
Practice #7

Skating- Format # 1	General Skating- Mohawks	Duration: 15
	<p>a) Skating around the ice forward- pivot to back-wards between blue lines</p> <p>b) Skate around the ice constantly pivoting from backward to forwards every 2 strides</p> <p>c) Mohawks around circle</p>	
Skating- Format # 2	Skating- Open Starts	Duration: 15
	<p>a) Open starts- quick steps through sticks into long strides</p> <p>b) Start facing the boards- turn into an open start- skate in line with dot- 2 foot hockey stop into open start- back to the boards- 2 foot hockey stop into open start- long strides across the ice</p>	

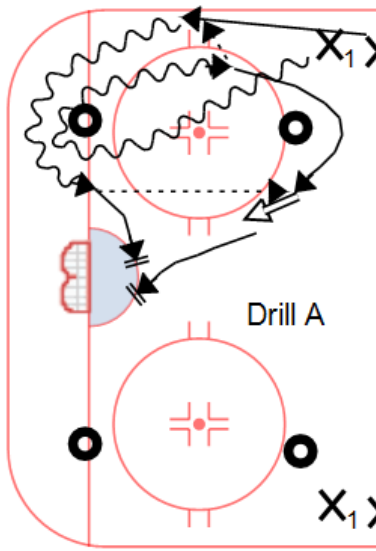
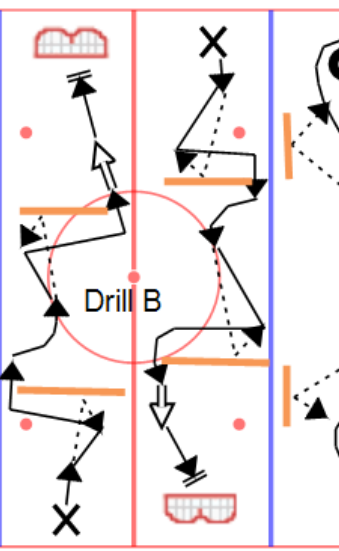
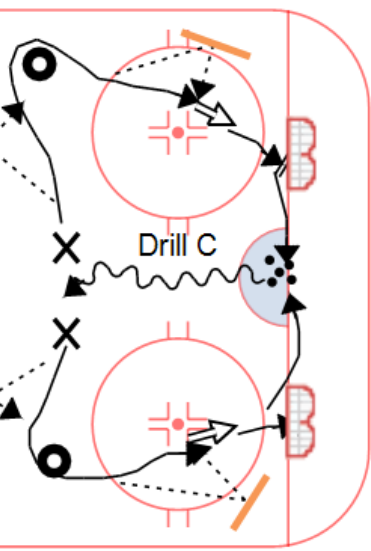
PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

<p>The diagram illustrates three ice hockey drills on a rink. Drill A shows a player zigzagging through a series of tires and candle sticks, ending with a drive through the coach's hands. Drill B shows a player alternating between a Gretzky Fake and a Toe Drag, ending with a shot. Drill C shows a defense player (D) racing to keep the puck in the zone and a forward (F) deflecting it over the goalie.</p>		
Drill A- Puck Protection Scoring + Drive Through Stick	Drill B- Alternate Gretzky Fake + Toe Drag	Drill C- Defense Point Shots/ Forward Net Drive Deflec- tions
<ul style="list-style-type: none"> -Set up a zig zag of tires on one side of the zone and a couple of candle sticks across the top -Player will zig zag through tires and candle sticks working on puck protection techniques -As player turns around the last tire he will drive wide on the coach -As soon as coach turns to place stick on puck- player will slide puck under the coach's stick and drive through his hands to the net 	<ul style="list-style-type: none"> -Set up a line of 3 candle sticks or logs on each side -Player will attack obstacles at full speed alternating between a Gretzky Fake and a Toe Drag -As player gets to the last obstacle he will shoot directly from the fake 	<p>Defense:</p> <ul style="list-style-type: none"> -Defense will work on quick feet around a tire always facing the net until the coach chips the puck up the boards -As puck comes up the boards D will race to keep it in and will walk to the middle for a shot -After point shot D will drive back door for a one timer <p>Forward:</p> <ul style="list-style-type: none"> -Forward carries puck up the boards and makes a high cycle drop pass to Coach -Forward then drives to the back post -Coach makes a shot pass to the F who tries to deflect it up over the goalie

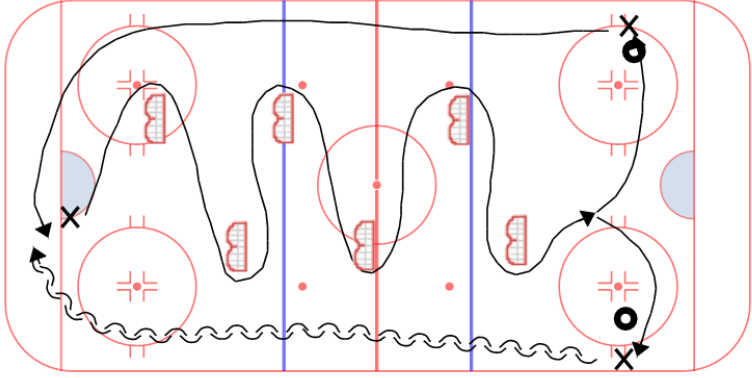
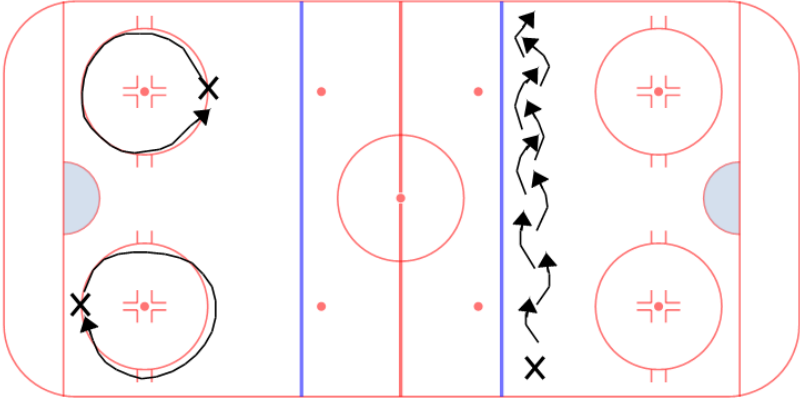
Practice #8

Skating- Format # 1	General Skating- Edges	Duration: 15
	<ul style="list-style-type: none">a) Push & Glide between blue lines (Forward & Backwards)b) One foot zig-zag between blue linesc) Inside edge slalom Forwardd) Inside edge slalom Backwarde) Outside edge slalom Forwardf) Outside edge slalom Backwardg) Heel to heel edges	
Skating- Format # 2	Skating- Linear Cross-overs	Duration: 15
	<ul style="list-style-type: none">a) quick feet cross-overs between blue linesb) 2 quick cross-overs alternating sidesc) 2 quick cross-overs each side into full speed straight line skating	

PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

 <p>Drill A</p>	 <p>Drill B</p>	 <p>Drill C</p>
<p>Drill A- High Cycle- 2 vs 0 Scoring from ½ Wall</p> <ul style="list-style-type: none"> -X1 leaves with the puck towards the net and curls back towards the wall around a tire -As X1 skates back up the boards with the puck X2 leaves staying close to the boards -X1 makes a drop pass to X2 around the hash marks -After drop pass X1 curls around the top tire and X2 takes the puck around the bottom tire -X2 can pass to X1 for a shot or walk the puck to the net 	<p>Drill B- Reaction Lateral Cuts</p> <ul style="list-style-type: none"> -Set up 2 logs in a straight line on both sides -Player attacks full speed and makes a hard pass off the first log -As soon as the puck comes off the log player retrieves it and makes a quick lateral cut -Repeat on the second log cutting the opposite way and taking a quick shot on net 	<p>Drill C- Backhand Pass- Receive + Backhand Shooting</p> <ul style="list-style-type: none"> -Players start at the crease and perform a deliberate stick handling skill back to the high slot -Player leaves high slot and goes to regular side forcing backhand passes -Make backhand pass and receive off a passer by the blue line -After backhand reception make a sharp turn around tire and make another backhand pass off a passer in the corner -Receive the 2nd pass on backhand and take a quick backhand shot

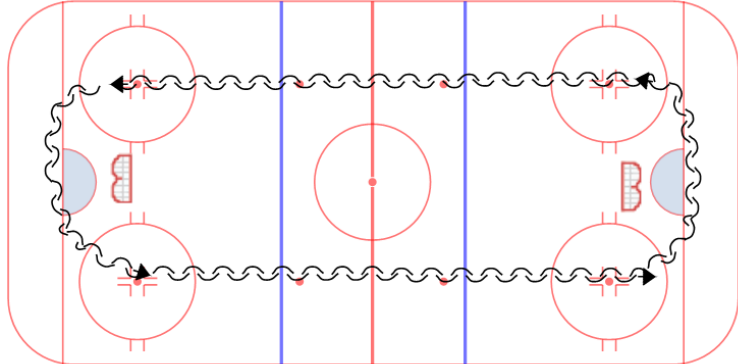
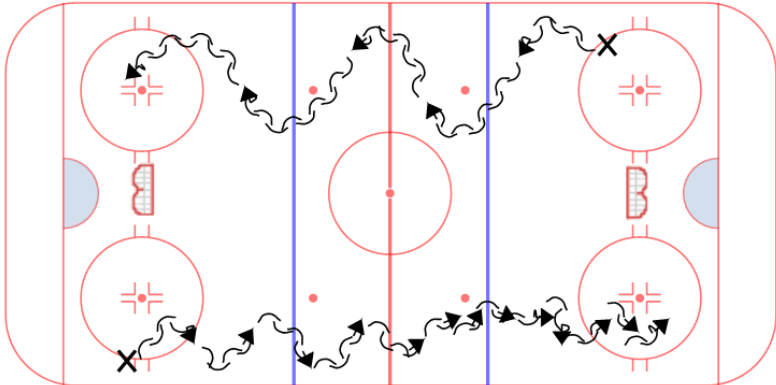
Practice #9

Skating- Format # 1	Tactical Zig-Zag	Duration: 15
		<p>-Set up a line of nets or obstacles down the middle of the ice</p> <p>-Player will perform a tactical skating skill on the nets then fan out to one side for a forward or backward stride drill</p> <p>Tactical Skills:</p> <ul style="list-style-type: none"> a) Quick feet lateral cross-overs b) Power Pumps c) Fake open up- quick feet- cross-over d) Cut backs
Skating- Format # 2	Skating- Cross-overs FW & BW	Duration: 15
		<p>Forward cross-overs:</p> <ul style="list-style-type: none"> a) Cross-overs around circle b) C-Cuts around circle- keep both feet on the ice- bring outside foot in front of inside and push underneath c) Leg swing- Outside edge (underneath) push across ice d) Cross-overs around circle <p>Backwards cross-overs:</p> <ul style="list-style-type: none"> a) BW Cross-overs around circle b) Backwards c-cuts around circle- bring outside foot in front of inside c) Reach & Pull step across ice d) BW Cross-overs around circle

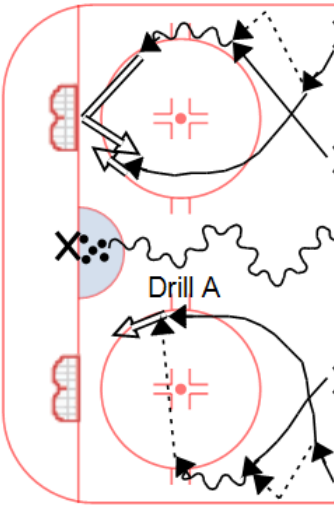
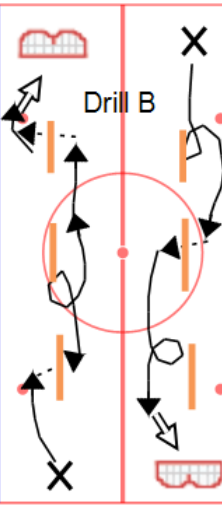
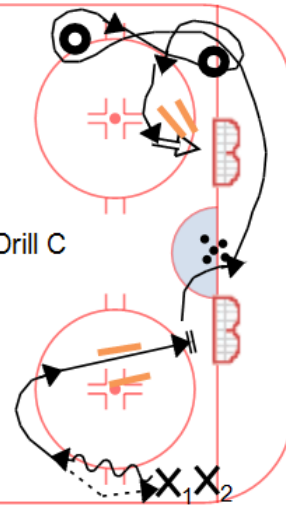
PART 2- Divide Players into 4 groups. Rotate through these 4 groups for 7 mins each.

Drill A- Alternate Puck Protection/ Cut Backs	Drill B- Open Start Acceleration + Short Breakaway (Gretzky Fake Move)	Drill C- Chaos with Passers	Drill D- D Point Shooting/ F One Timers
<ul style="list-style-type: none"> -Set up zig zag of candle sticks -Alternate at each candle stick between puck protection turn and fake turn- cut back -After last candle stick take shot immediately out of move 	<ul style="list-style-type: none"> -Start at the boards with a puck- Open start to the dot- 2 foot hockey stop- open start back to the boards- 2 foot hockey stop- open start into full speed -Player goes on a breakaway with the puck and will perform a Gretzky fake move on the goalie 	<ul style="list-style-type: none"> -Set up a chaos in half a zone with tires and passers -Players move around making quick moves on obstacles and passing off passers -Players should use both forehand and backhand passing and receiving 	<p>Group players into Forwards and Defeseaman. Defense drill is shown above; forwards will take one timers</p> <ul style="list-style-type: none"> -Drill starts with one D1 in the middle of the ice, D2 net front, and D3 in the corner -D3 chips puck up the boards for D1 to keep in -D1 walks puck off the wall for a shot through traffic -D2 screens and tips puck -After pass, D3 turns backward and skates to D1s spot. D1 goes net front and D2 goes to the corner

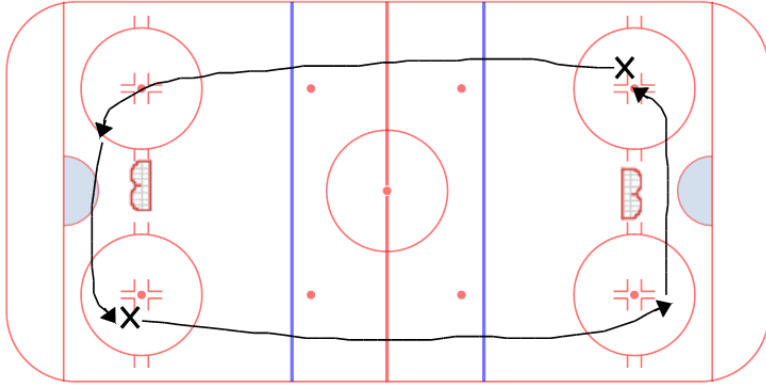
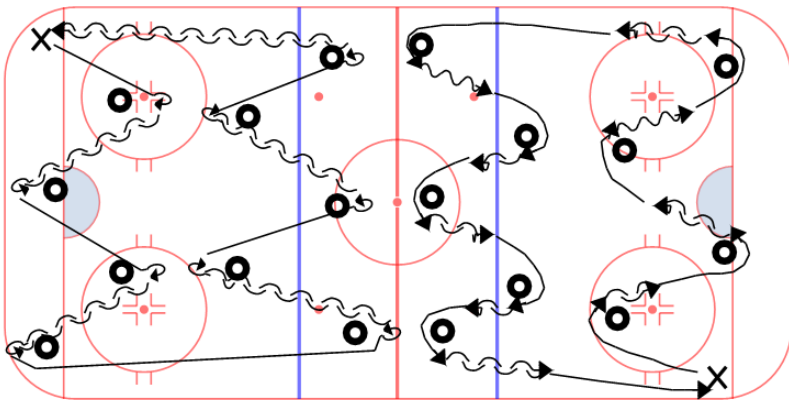
Practice #10

Skating- Format # 1	General Skating- Backwards	Duration: 15
	<ul style="list-style-type: none">a) Backwards long strides with stick upb) Backwards single leg pumpingc) Backwards trackingd) Backwards push & glidee) Backwards double scullingf) Backwards long strides	
Skating- Format # 2	Skating- Backward Edges	Duration: 15
	<ul style="list-style-type: none">a) Backwards 1 foot zig zagb) Backwards inside edge slalomc) Backwards outside edge slalom	

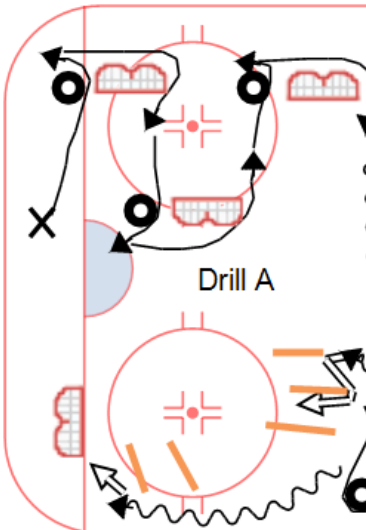
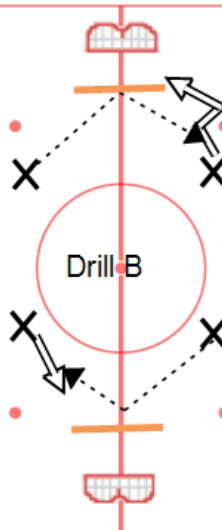
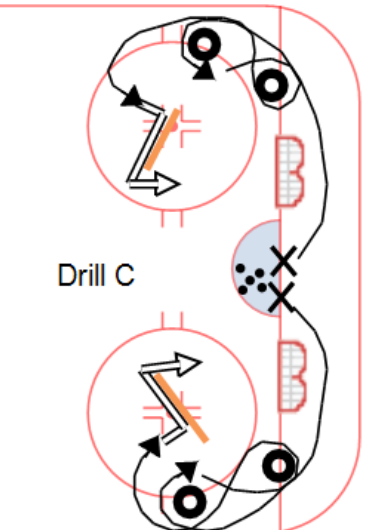
PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

 <p>Drill A</p>	 <p>Drill B</p>	 <p>Drill C</p>
<p>Drill A- Soft Chip- 2 vs 0 Scoring</p>	<p>Drill B- Alternate Slide Under/ Spin- O-Rama moves</p>	<p>Drill C- Cycle- Receive Pass + Shoot/ Corner Cut Walk off ½ Wall</p>
<p>-X1 starts with puck on the wall -X2 skates in front of X1 for a soft chip pass -X2 takes puck wide while X1 fills the other side for a short 2 vs 0 -Teach players to read the goalie- fake shot & pass- fake pass & shoot- shoot for a rebound</p>	<p>-Line up 3 candle sticks laying down in a straight line on each side -Alternate between attacking candle stick- sliding under- stepping over and spin-o-ramas -After the last move take an immediate shot on net</p>	<p>-X1 starts carrying the puck up the wall and will cycle back to X2 -X1 curls off the half wall, receives a pass back and takes a quick shot through some obstacles -X1 then stops at the net before picking up a 2nd puck in the crease -X1 takes puck to opposite corner- skates up around top tire- curls back towards the boards around bottom tire and attacks the net for a lower walk out angle</p>

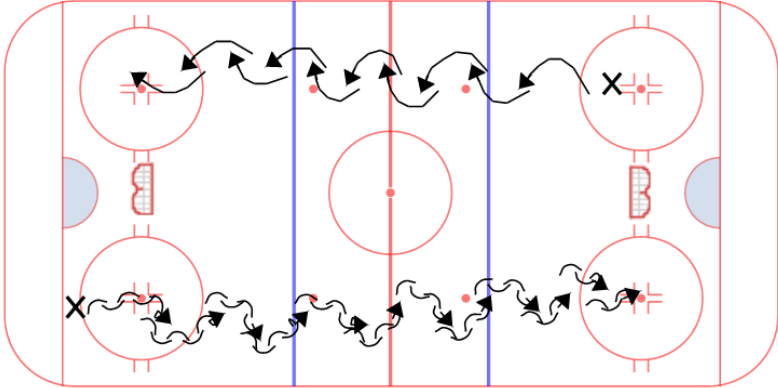
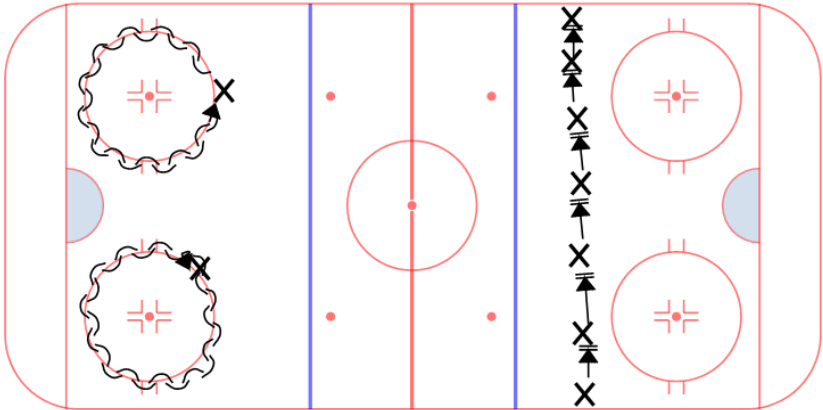
Practice #11

Skating- Format # 1	General Skating- Forwards	Duration: 15
	<ul style="list-style-type: none">a) Forward strokingb) Forward long strides with stick upc) Forward double pump-ingd) Forward push & glidee) Forward double scullingf) Forward Inside edge sla-lomg) Forward outside edge slalom	
Skating- Format # 2	Skating- Transitions	Duration: 15
	<p>Part A) M-W Drill</p> <ul style="list-style-type: none">-Set up tires as shown on the left side of the image-Player always faces the other end of ice-Forward to first tire- slide stop to backward- back-ward to 2nd tire- pivot to forwards-1 cross-over allowed on slide stop, 0 on BW to FW pivot <p>Part B) M-W Drill with Mohawks</p> <ul style="list-style-type: none">-Forward to first tire- slide stop to backwards-As soon as backwards pivot takes place- mo-hawk towards next tire-Skate forward around next tire and repeat	

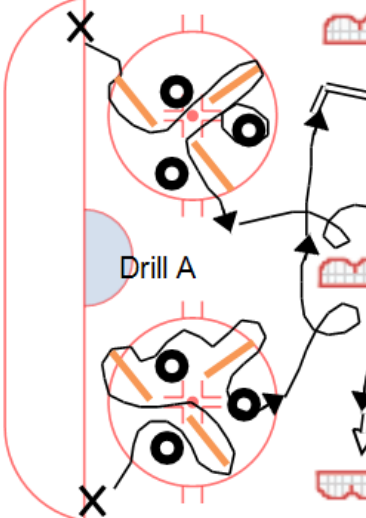

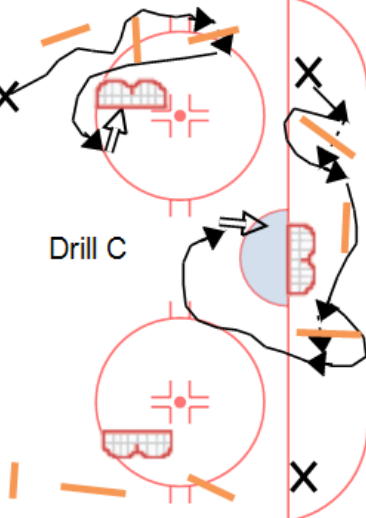
PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

 <p>Drill A</p>	 <p>Drill B</p>	 <p>Drill C</p>
<p>Drill A- Escape Turns- Tight to Net + Point Shot or Net Drive</p>	<p>Drill B- Reaction One Timers</p>	<p>Drill C- Corner Cut- Walk outs- Lateral Move</p>
<ul style="list-style-type: none"> -Set up 3 nets with a tire to the side as shown -Player skates with a puck between the tire and the net -Player fakes like he will turn around the tire then cuts tight to the net -After the last net player will skate across the blue line around a tire -Defense will pivot around the tire walk puck to the middle- fake and take a point shot -Forwards will make a full 360 on the tire then drive wide for a bad angle shot 	<ul style="list-style-type: none"> -Players work in partners with a pile of pucks each -Player pass pucks off a passer to each other -Players must receive the puck in awkward positions and get a shot off quickly 	<ul style="list-style-type: none"> -Players start in the crease -Carry puck around net up the wall and around top tire -Player cuts back towards the corner and around a bottom tire towards the net -Player then takes puck back up around the top tire- walks off the half wall- fakes shot- makes lateral move and shoots quickly

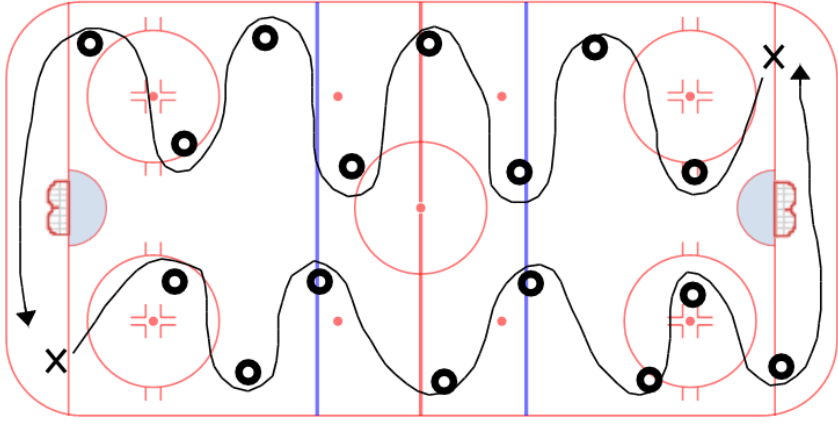
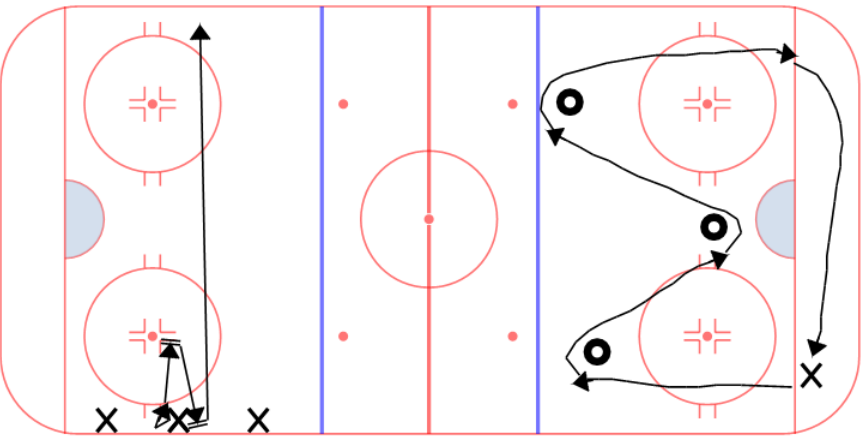
Practice #12

Skating- Format # 1	General Skating- Edges	Duration: 15
	<ul style="list-style-type: none">a) 1 foot zig-zag between blue linesb) Forward inside edge slalomc) Forward outside edge slalomd) Heel to Heel inside edge turnse) Backwards 1 foot zig zagf) Backwards inside edge slalom	
Skating- Format # 2	Skating- Backward Cross-overs	Duration: 15
	<ul style="list-style-type: none">a) BW Cross-overs around circleb) Backwards c-cuts around circle- bring outside foot in front of insidec) Reach & Pull step across iced) BW Cross-overs around circle	

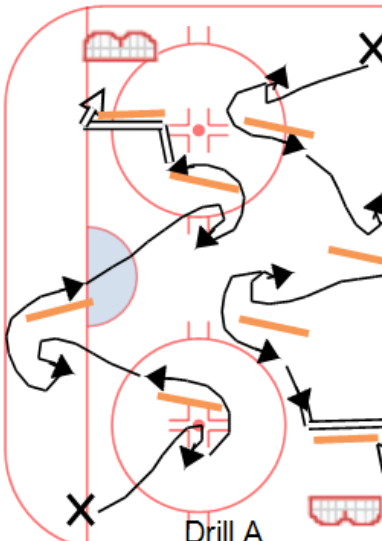
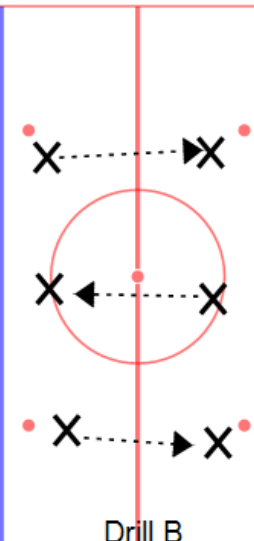
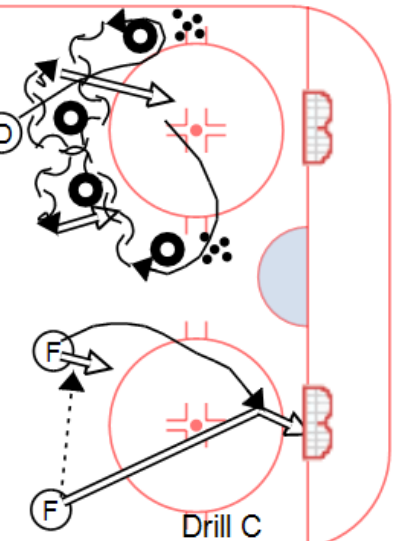
PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

 <p>Drill A</p>	 <p>Drill B</p>	 <p>Drill C</p>
<p>Drill A- Chaos + Short Breakaway</p> <ul style="list-style-type: none"> -Set up a chaos in each circle -Players skate through chaos for approximately 10 seconds -After 10 seconds player leaves, makes an escape move on a net in the middle and goes for a short breakaway -As soon as that player leaves the chaos the next player enters 	<p>Drill B- Keepaway</p> <ul style="list-style-type: none"> a) Players work in partners facing each other stationary working on stealing the puck from each other by lifting stick b) Full zone keepaway- half of the players have a puck and player every player for himself keepaway 	<p>Drill C- Scoring- Wrap Arounds + Walk Outs</p> <ul style="list-style-type: none"> -Set up 3 candle sticks laying down behind the net -Player goes through chaos behind the net making puck protection moves on the candle sticks -After approximately 10 seconds player walks out for a wrap around or a walk out shot

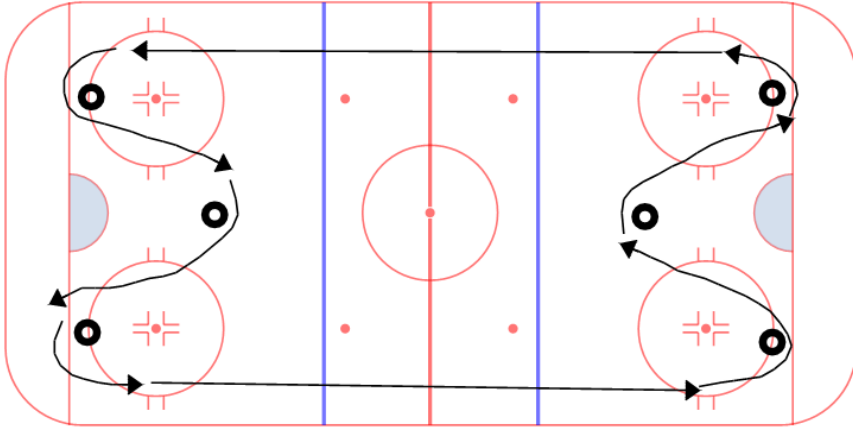
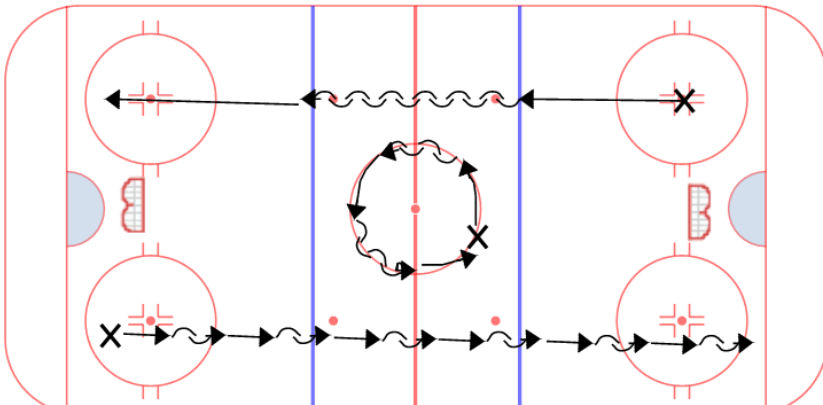
Practice #13

Skating- Format # 1	General Skating- Turns	Duration: 15
		<ul style="list-style-type: none"> a) Glide turns b) Inside edge turns c) Outside edge turns d) Sharp turns
Skating- Format # 2	Skating- Acceleration with Puck	Duration: 15
		<ul style="list-style-type: none"> a) Start facing the boards with a puck-turn into an open start- skate in line with dot- 2 foot hockey stop into open start- back to the boards- 2 foot hockey stop into open start- long strides across the ice b) Set up 3 tires as shown- perform 3 full speed sharp turns with the puck and accelerate between tires

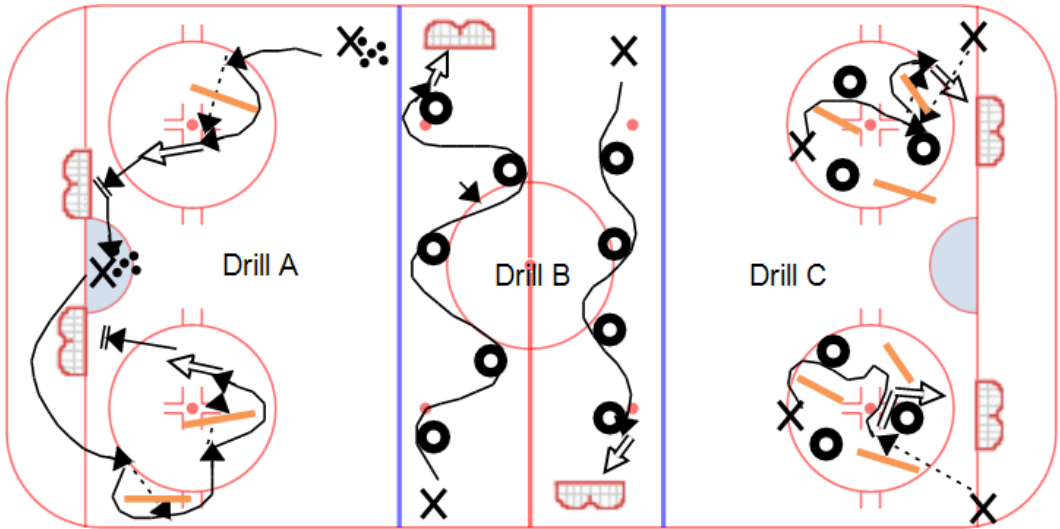
PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

 <p>Drill A</p>	 <p>Drill B</p>	 <p>Drill C</p>
<p>Drill A- Evasive Skating with Puck- Fake Open Up/ Cut Backs</p>	<p>Drill B- Partner Passing</p>	<p>Drill C- D point Shots/ F- One timer + Net Drive Deflection</p>
<p>-Set up a zig zag of candle sticks laying down -Player skates to candle stick with puck- opens up heel to heel away from the candle stick- then quickly cuts back into a sharp turn and cross-over around the candle stick -After last candle stick player turns fakes shot- lateral move + shot</p>	<p>Players work in partners in a passing sequence a) Forehand touch pass b) Backhand pass and receive c) Saucer pass forehand d) Saucer pass backhand e) Pass to the feet</p>	<p>Defense -Set up 2 sets of 2 tires with pucks as shown -D starts in line with the dot -D skates forward picks up puck on the hash mark- skates backward inside- out around tire for a shot on net -As soon as that shot happens D repeats the same thing on the other side taking a puck from the other hash mark -2nd D in line can leave as soon as first shot happens</p> <p>Forwards: -Fs are in 2 lines passing to each other -F1 passes to F2 for a stationary one timer -Immediately after the shot F2 drives the net and F1 takes a hard shot pass for a deflection</p>

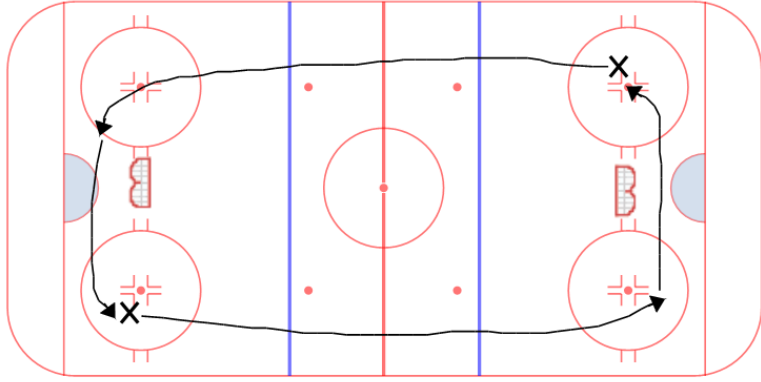
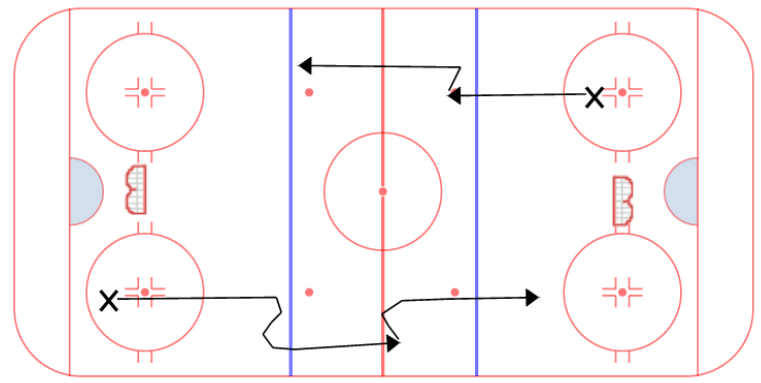
Practice #14

Skating- Format # 1	General Skating- with Turns	Duration: 15
	<p>a) Forward Long Strides with Stick Up & Inside Edge Turns b) Forward Single Leg Pumping & In-side Edge Turns c) Forward Push and Glide & Outside Edge Turns d) Forward Double Sculling & Outside Edge Turns e) Forward Stroking & Glide Turns f) Forward Single Leg Zig-Zag & Glide Turns</p>	
Skating- Format # 2	Skating- Mohawks	Duration: 15
	<p>a) Skating around the ice forward-pivot to backwards between blue lines b) Skate around the ice constantly pivoting from backward to forwards every 2 strides c) Mohawks around circle</p>	

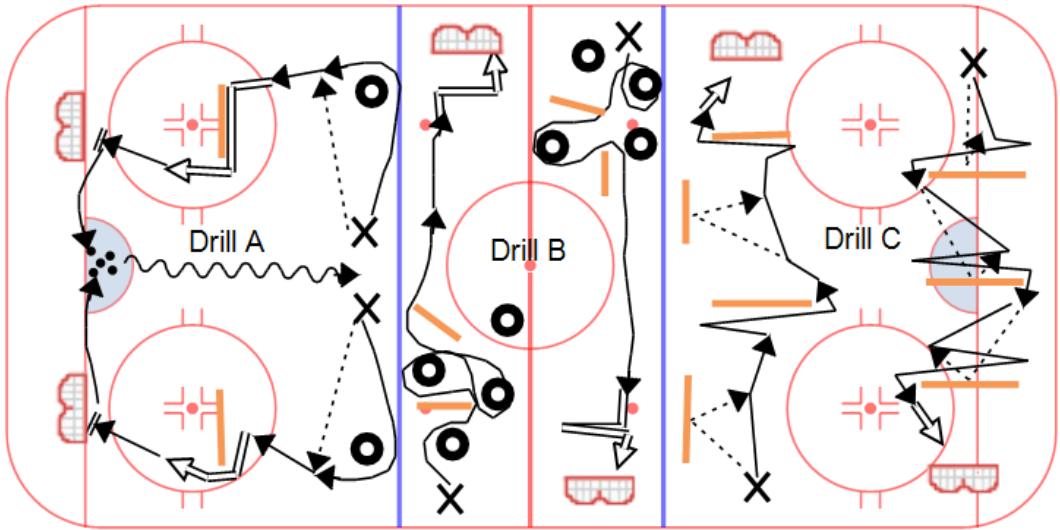
PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

		
<p>Drill A- Attack off half wall- Slide underneath + Quick Shot</p>	<p>Drill B- Tight Turns with Puck</p>	<p>Drill C- Chaos- Receive Pass in Traffic</p>
<ul style="list-style-type: none"> -Players start just inside the blue line on one side -Player drives wide- slides puck underneath candle stick- moves around and takes an immediate shot (no stickhandling) -After shot player stops at net and picks up a second puck -Player skates around 2nd net takes puck up the wall- slides it under another candle stick and attacks off the half wall -Player slide puck under 1 more candle stick- moves around and takes another immediate shot 	<ul style="list-style-type: none"> -Set up a tight zig zag of tires on one side and a straight line on the other -Player quickly weaves through tires using sharp turns -As soon as player gets around the last tire he takes a quick shot on net 	<ul style="list-style-type: none"> -Set up a chaos in each circle in front of the net -X1 skates around the chaos without a puck always in a position to receive a pass -X2 can pass the puck at any time to X1 who must make a quick move to get a shot off in traffic -After pass X2 jumps into the chaos

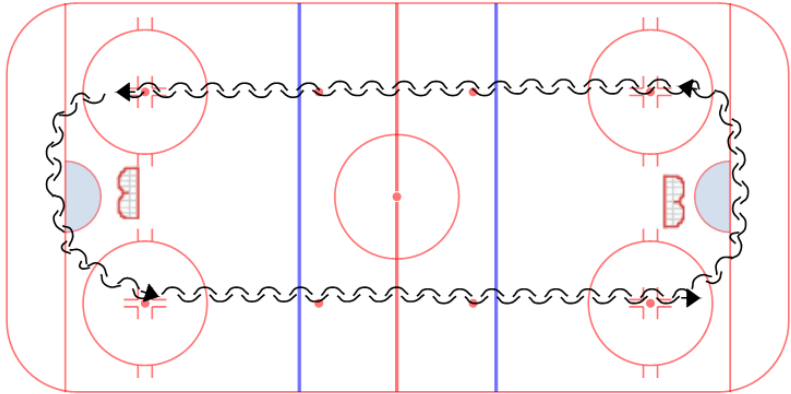
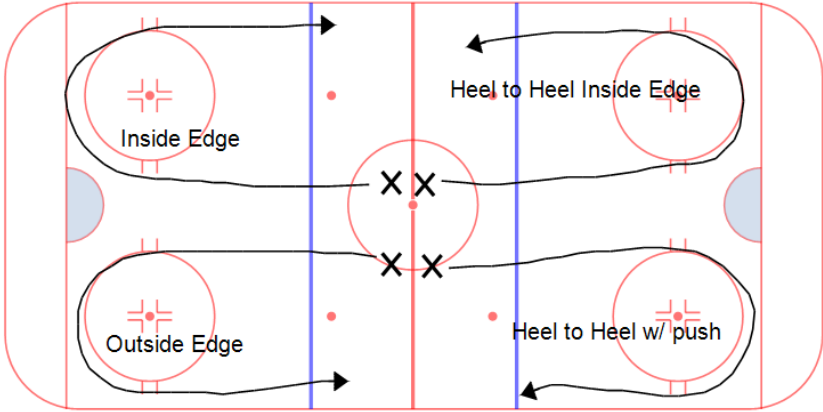
Practice #15

Skating- Format # 1	General Skating	Duration: 15
	<ul style="list-style-type: none">a) Forward long strides with stick upb) Forward trackingc) Forward double scullingd) Forward inside edge slalome) Forward outside edge slalomf) Mohawk turns between blue line	
Skating- Format # 2	Skating- Change of Pace	Duration: 15
	<ul style="list-style-type: none">a) Full speed blue line to blue line with pause in stride at the red lineb) Full speed 3 steps- slow up for 2- all around the icec) Full speed on one side of the ice- fake stop start at both blue lines (long strides half speed down the other side)d) Full speed on one side of the ice- fake open up + accelerate at both blue lines (long strides half speed down the other side)	

PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

		
Drill A- Toe Drag/ Gretzky Fake Shots off Rush	Drill B- Chaos + Breakaway Move	Drill C- Off Passer- Quick Lateral Cuts
<ul style="list-style-type: none"> -Players start at the top of the zone with a puck -Player skates around a tire and receives a pass from the next player in line -Player takes one step with puck after receiving the pass- fakes a forehand wrist shot and either performs a Gretzky fake or a toe drag around a candle stick for a quick shot -After shot player goes to the net to stop then picks up a puck in the crease and performs a deliberate puck control drill back to the line 	<ul style="list-style-type: none"> -First player starts by carrying a puck through a tight chaos for approximately 10 seconds -After approximately 10 seconds player leaves and goes for a short breakaway working on the Gretzky Fake breakaway move -As soon as player leaves for shot the next player steps into the chaos -Player stays in the chaos until the breakaway ahead of him is done and the goalie is ready 	<ul style="list-style-type: none"> -Set up staggered passers or logs as shown on the left side and a straight line of passers or logs on the right side <p>Left side:</p> <ul style="list-style-type: none"> -Player makes a pass off passer to the side- receives- fakes to one side of the next obstacle and cuts hard laterally -As soon as he performs the lateral cut he makes a second pass and does the same thing alternating the side for a lateral cut <p>Right side:</p> <ul style="list-style-type: none"> -Pass straight off a passer in front -Skate into pass reception- fake to one side and cut laterally -Repeat on 3 passers in a straight line

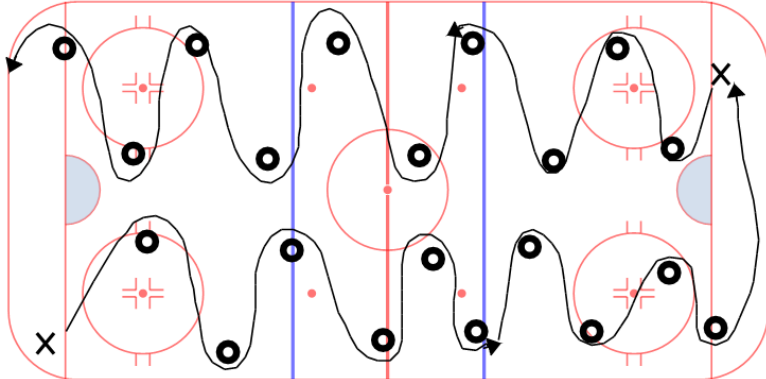
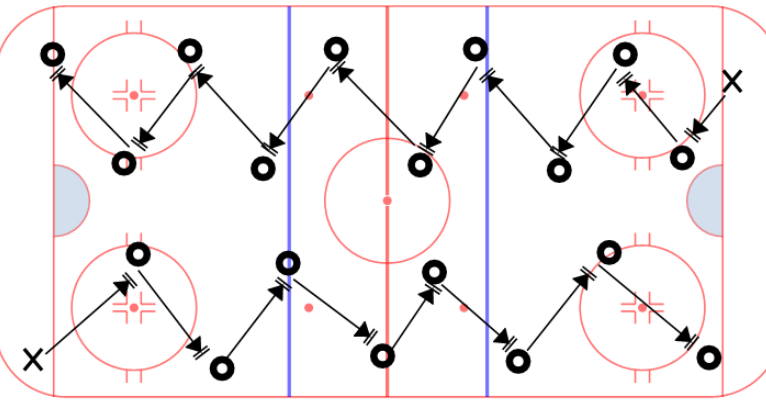
Practice #16

Skating- Format # 1	General Skating- Backwards	Duration: 15
	<ul style="list-style-type: none">a) Backwards long stridesb) Backwards long strides with stick upc) Backwards 1 foot pumpingd) Backwards double scullinge) Backwards inside edge slalomf) Backwards outside edge slalom	
Skating- Format # 2	Skating- Edges	Duration: 15
	<ul style="list-style-type: none">-4 lines inside the centre ice circle-Player skates full speed to the hash marks- holds deliberate edge around circle to the board side hash marks and accelerates to the blue line without crossing overa) Inside edge holdb) Outside edge holdc) Heel to heel holdd) Heel to heel- pushing with back foot	

PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

<p>The image contains three diagrams of ice hockey drills. Drill A: Shows a defensive net with two defenders (D) and two forwards (F). Arrows indicate puck movement from the hash marks, behind the net, and through traffic for a shot. Drill B: Shows a player attacking a net with three candle sticks. The player slides under a stick and jumps over to receive the puck on the other side. Drill C: Shows a player (X1) skating to the back of the net, rimming the puck around the boards, and another player (X2) skating into the rim on the wall to retrieve the puck and attack off the 1/2 wall.</p>		
<p>Drill A- D Puck Retrieval/ Point Shot/ F- Short 2 vs 0 Scoring</p>	<p>Drill B- Slide Under- Jump Over</p>	<p>Drill C- Receiving Rims- Attack off ½ Wall</p>
<p>Defense:</p> <ul style="list-style-type: none"> -D start at the hash marks with pucks -D2 in line spots puck behind the net -D1 starts backwards for a couple of strides then pivots to retrieve the puck -D1 wheels cutting tight to the net while D2 opens up on the half wall for a breakout pass -As soon as D2 receives pass he turns backwards and handles puck back to the blue line- walks across and shoots through traffic on a 2nd net -After D1 makes breakout pass he becomes the next D2 in line <p>Forwards:</p> <ul style="list-style-type: none"> -Fs start at the hash marks on the boards and in the middle of the ice -F1 carries the puck up to the blue line and makes a drop pass on the defensive side to F2 -F1 and F2 curl around 2 tires and attack for a short 2 vs 0 -Work on fake shot + high lateral pass + one timer or fake pass + shot for rebound 	<ul style="list-style-type: none"> -Set up 3 candle sticks laying down in a straight line as shown -Player attacks one side of the candle stick- slides the puck under and jumps over to receive puck on the other side -Repeat alternating sides -As soon as player makes the last slide under move he takes a quick shot on net without stick-handling 	<ul style="list-style-type: none"> -Players start at the hash marks with pucks -X1 skates down to the back of the net with a puck and rims it around the boards -X2 skates into rim on the wall to retrieve puck -As soon as X2 controls puck he will curl off the ½ wall attacking the net -Around the dot player should fake shot- make a lateral move on a candle stick and take a quick shot

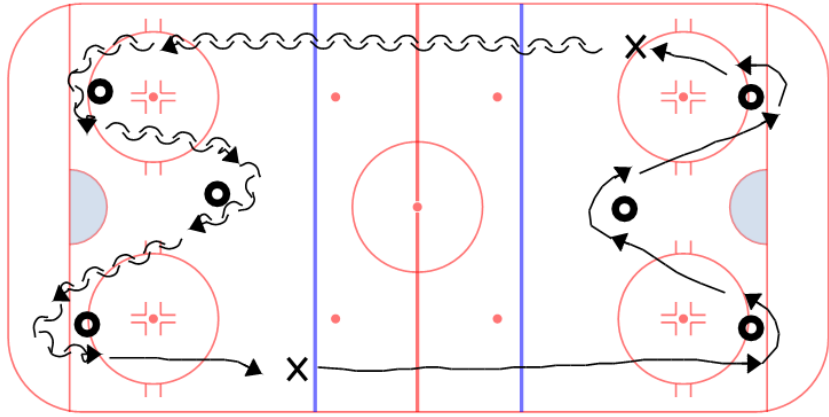
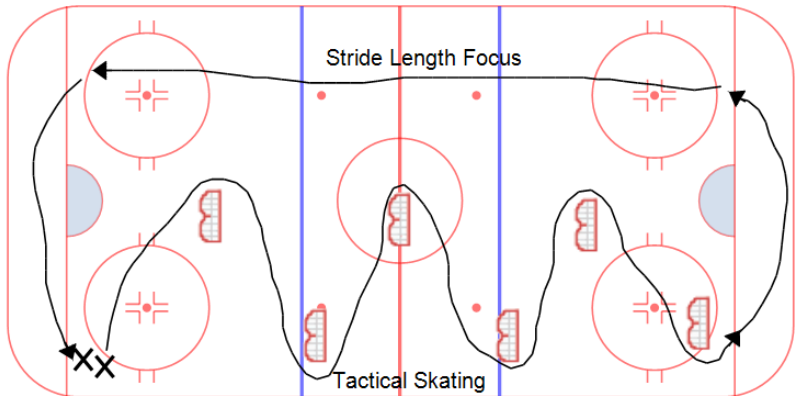
Practice #17

Skating- Format # 1	Skating- Turns	Duration: 15
	<ul style="list-style-type: none">a) Glide turnsb) Inside edge turnsc) Outside edge turnsd) Sharp turns	
Skating- Format # 2	Skating- Stops	Duration: 15
	<ul style="list-style-type: none">a) 2 foot hockey stopb) Inside edge stopc) T-stopd) 2 foot hockey stop	

PART 2- Divide Players into 4 groups. Rotate through these 4 groups for 7 mins each.

Drill A- Escape Turns	Drill B- Touch Pass Reception + Shooting	Drill C- One Timers	Drill D- Fake Stop- Start Acceleration
<ul style="list-style-type: none"> -Player starts in the high slot and skates backwards to retrieve puck in the crease -As soon as player hits the crease he pivots and grabs a puck -Player goes through a zig zag of tires faking to turn away from the tire then making a sharp puck protection turn around the tire -After the last tire player attacks the net from a low scoring angle 	<ul style="list-style-type: none"> -Set up 3 passers across the red line as shown -Player will skate up one side making a touch pass off each passer -After the third pass player will take a one timer or quick release shot -Player should not stickhandle but rather touch pass and receive -Half way through change the direction so players get to use both forehand and backhand 	<ul style="list-style-type: none"> -Players start in 2 lines beside the net -Player skates around tire and receives pass from the opposite line for a one timer -After the shot player goes to the net for rebound then switches lines 	<ul style="list-style-type: none"> -Player starts in the high slot with a puck -Player skates around tire to build speed and drives down the wall -When player reaches the first candle stick which is laying down he performs a fake stop-start move pushing the puck into the middle of the ice then pulling close to body and accelerating -After move player drives wide of obstacles for a cut in move or a bad angle shot + rebound

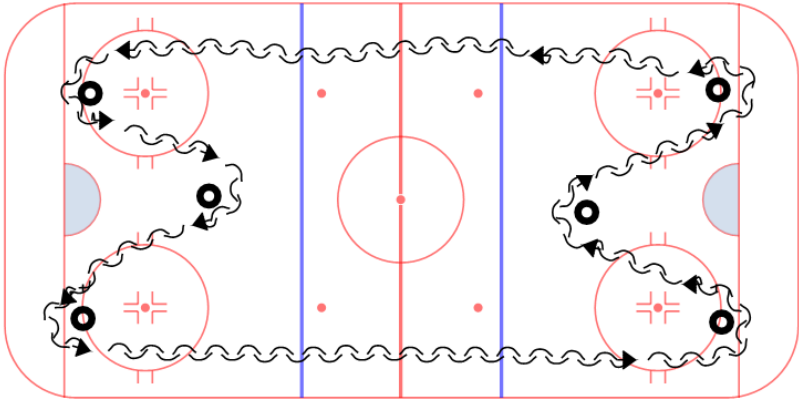
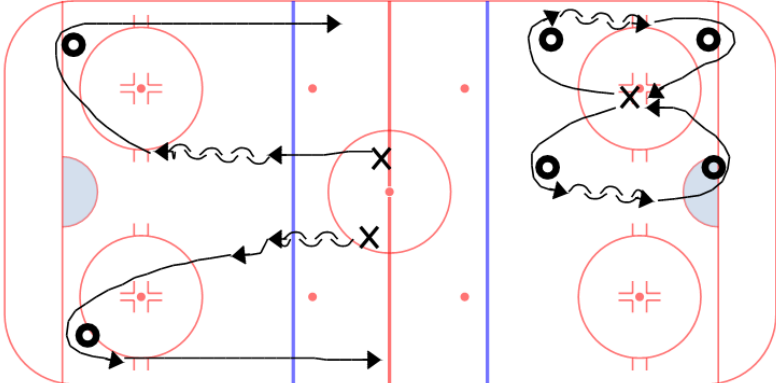
Practice #18

Skating- Format # 1	General Skating with Edges	Duration: 15
	<ul style="list-style-type: none">-Perform backward drills and edges on one side and forward drills and edges on the othera) Long strides with stick up & glide turnsb) Single leg pumping & inside edge turnsc) Push and glide & outside edge turnsd) Double sculling & quick feet cross-overse) Full speed long strides & transition turns	
Skating- Format # 2	Skating- Tactical Zig Zag	Duration: 15
	<ul style="list-style-type: none">a) Quick feet cross-oversb) Power Pumpsc) Fake open up- quick feet cross-overd) Fake sharp turn- Cut backe) Fake stop- start- sharp turn	

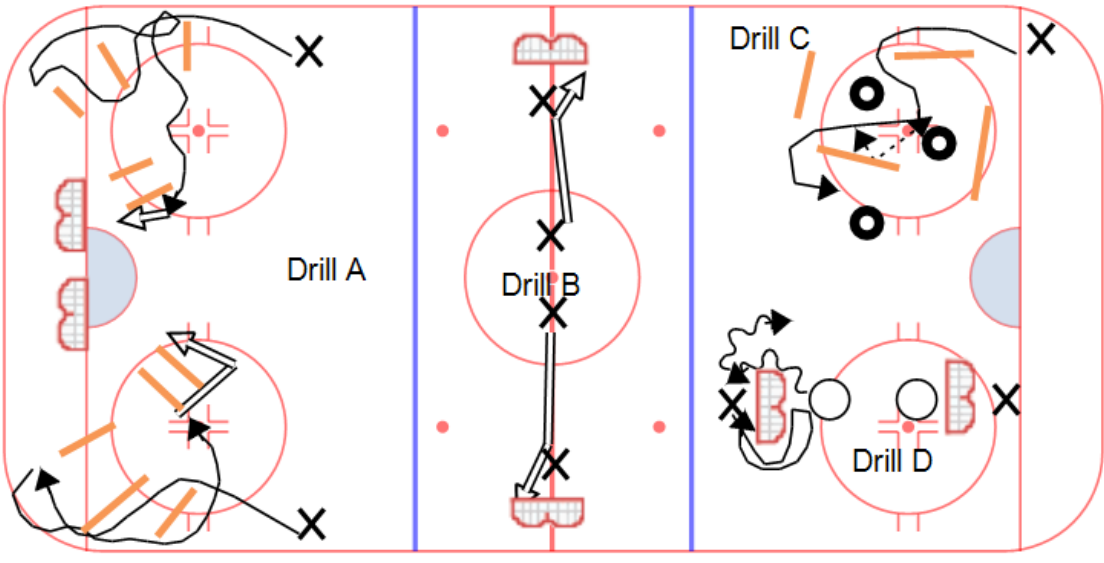
PART 2- Divide Players into 3 groups. Rotate through these 3 groups for 10 mins each.

<p>The image contains three diagrams of ice hockey drills. Drill A: Shows a player (Co) skating through a line of three candle sticks, making quick cuts and protecting the puck. After the third candle stick, the player goes through a zigzag of three tires, making puck protection turns. As the player comes around the last tire, they attack the net, and the coach (Co) either forces them to cut back for a shot or protects the puck and carries around the coach for a shot. Drill B: Shows players lined up by the center ice dot with two tires off to the side of the net. Alternating sides, X1 drives around one tire without a puck. X2 makes a hard pass to X1, who must one time or deflect the puck into the net. Drill C: Shows a 1 vs 1 shadow drill. Forward (F) carries the puck around a tire while Defense (D) gaps up for a cross-ice 1 on 1. F must perform 1-2 cut backs before attacking for 1 on 1. When the forward cuts back, D must gap up maintaining a tight gap. Play 1 on 1 to the net for a shot + rebound battle.</p>		
Drill A- Puck Protection Scoring	Drill B- Net Drive One Timers	Drill C- Shadow 1 vs 1
<ul style="list-style-type: none"> -Players skate through a line of 3 candle sticks making quick cuts and protecting the puck -After the 3rd candle stick player goes through a zig zag of 3 tires making puck protection turns -As player comes around the last tire he will attack the net and read off the coach who will either force him to cut back for a shot or protect the puck and carry around the coach for a shot 	<ul style="list-style-type: none"> -Players line up by the centre ice dot with 2 tires off to the side of the net -Alternating sides X1 drives around one tire without a puck -X2 makes a hard pass to X1 who must one time or deflect the puck into the net 	<ul style="list-style-type: none"> -Players will alternate positions playing both forward and defense -F carries the puck around tire while D gaps up for a cross ice 1 on 1 -F must perform 1-2 cut backs before attacking for 1 on 1 -When the forward cuts back D must gap up maintaining tight gap -Play 1 on 1 to the net for a shot + rebound battle

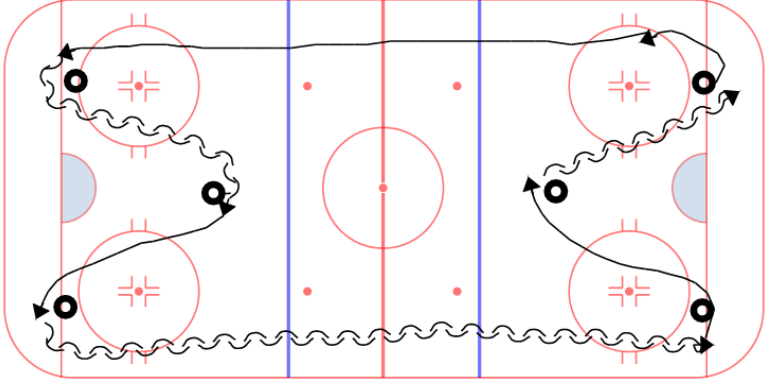
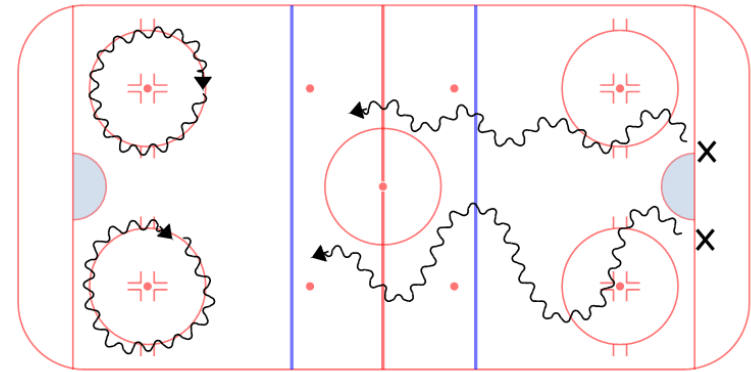
Practice #19

Skating- Format # 1	General Skating- Backwards	Duration: 15
	<ul style="list-style-type: none">a) Backwards long strides with stick upb) Backwards one foot pumpingc) Backwards push & glided) Backwards trackinge) Backwards double scullingf) Backwards long strides	
Skating- Format # 2	Skating- Transition	Duration: 15
	<p>Part 1A:</p> <ul style="list-style-type: none">-4 lines inside the centre ice circle-Player start skating forward- pivot towards the near boards to backward at the blue line-Skate backward to the hash marks- pivot towards the corner to forward-Player skates forward to the corner for a sharp turn around a tire and acceleration <p>Part 1B:</p> <ul style="list-style-type: none">-4 lines inside the center ice circle-Player starts skating backwards- pivots towards the near boards to forward at the blue line-Player accelerates and skates to the corner for a sharp turn around a tire and acceleration	

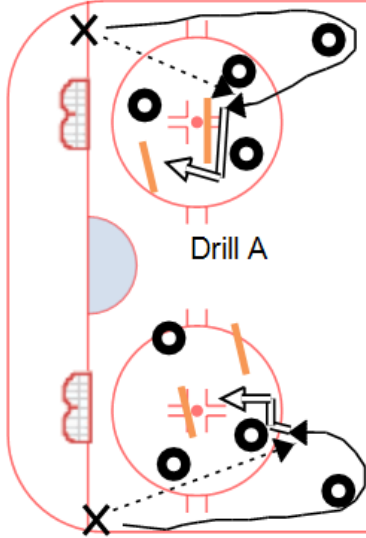
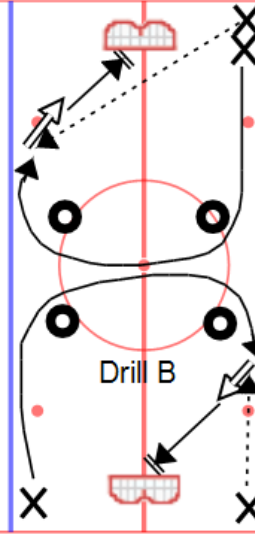
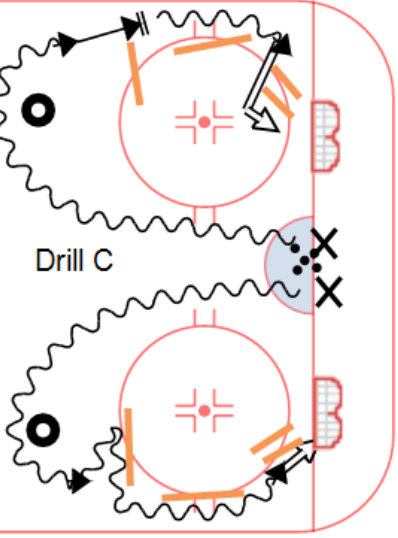
PART 2- Divide Players into 4 groups. Rotate through these 4 groups for 7 mins each.

			
Drill A- Corner Cut Scoring	Drill B- Deflections	Drill C- Chaos with Passers	Drill D- Net Tag
<ul style="list-style-type: none"> -Player starts at the top of the circle and skates with a puck into the corner -Player performs a few quick cuts on candle sticks in the corner before attacking the net -Focus on attacking the net and either shooting through D or faking shot and walking around D for shot 	<ul style="list-style-type: none"> -Players work in pairs with 1 net -X1 shoots 10 pucks for X2 who must try to deflect puck into the net -X1 should shoot pucks in different spots on the net and at different heights -After each deflection player should spin around quickly and look for rebound -After 10 pucks X1 and X2 change spots 	<ul style="list-style-type: none"> -All players skate through a tight chaos making quick moves around obstacles and touch passes off passers -To give players rest run for 15 seconds at top speed- then 30 seconds at half speed with quick hands 	<ul style="list-style-type: none"> -Players work in pairs with 1 net -1 player is the tager and the other the tagee -The tagee tries to get away from the tager while only staying close to the net -Start without sticks working on edges, quick turns, and deception -After a few minutes add sticks and 1 puck- the tagee must handle the puck while the tager is trying to steal the puck

Practice #20

Skating- Format # 1	General Skating with Transition	Duration: 15
		<p>Forward skating drills down the right side of the ice, Transition turns on 3 tires followed by Backwards skating on the left side of the ice</p> <p>Drills:</p> <ul style="list-style-type: none"> a) FW skating with stick up/ BW Skating with stick up b) FW 1 foot pumping/ BW 1 foot pumping c) FW push & glide/ BW push & glide d) FW Double Sculling/ BW Double Sculling e) FW long strides/ BW long strides
Skating- Format # 2	Skating- Cross-overs with Puck	Duration: 15
		<p>Part 1:</p> <ul style="list-style-type: none"> -Players perform cross-overs around circle with the puck a) stickhandling through-out cross-overs b) Keep puck on forehand the entire time- no stick-handling <p>Part 2:</p> <ul style="list-style-type: none"> -Players skate down the ice alternating 3 longer cross-overs to each side with puck <p>Part 3:</p> <ul style="list-style-type: none"> -Players skate straight down the ice alternating 2 short cross-overs to each side with the puck

PART 2- Divide Players into 4 groups. Rotate through these 4 groups for 7 mins each.

 <p>Drill A</p>	 <p>Drill B</p>	 <p>Drill C</p>
<p>Drill A- Receive Pass in Traffic- Quick Move + Shot</p> <ul style="list-style-type: none"> -Set up a chaos of obstacles in the faceoff circle -X1 skates around a high tire without a puck and attacks the chaos at full speed -X2 can pass the puck at any time forcing X1 to receive pass- make a quick move and get shot off -After shot X1 drives the net and stops for a rebound 	<p>Drill B- Vertical One Timers</p> <p>Part 1:</p> <ul style="list-style-type: none"> -Players start in 2 lines beside the net -Player skates around 2 tires and receives a direct vertical pass from other line for a one timer -After the shot player goes to the net for rebound then switches lines <p>Part 2:</p> <ul style="list-style-type: none"> -Players start in 2 lines beside the net -Player skates around 2 tires and receives a diagonal pass from the same line for a one timer -After the shot player goes to the net for rebound then switches lines 	<p>Drill C- Change of Pace Puck Skills</p> <ul style="list-style-type: none"> -Players start in the crease with pucks -Player leaves and skates full speed up the middle of the ice and around a tire to build speed -Player attacks wide and performs a change of pace move before driving wide for either a bad angle shot + rebound or a fake shot- cut inside + shot <p>Change of pace moves:</p> <ul style="list-style-type: none"> -slight pause in stride + accelerate -Fake stop-start + accelerate -Fake open-up + accelerate -Fake curl back + accelerate



NAME: _____

Program Objectives

- Develop into a better person and leader
- Develop as a better hockey player
- Become a better student → must have higher grades by end of 10 week program
- Develop a small business and raise money to contribute to your Andrews Sports Institute Registration
- Improve overall communication skills and confidence

Business Plan

Developing your own business is one of the best ways to develop yourself as an individual! Developing your own business allows you to dream big and learn to work towards your dreams. While in pursuit of your business goals you will learn important leadership concepts such as: responsibility, initiative, decision making, work ethic, preparation, and discipline.

The steps below will help guide you towards creating your own business. Remember, passion drives any business! Make sure you are creating something you are passionate about and will have fun working on throughout the duration of that Andrews Sports Institute for Future Leaders Program!

Step 1- Brainstorming

List things you are passionate about:

- _____	- _____	- _____
- _____	- _____	- _____
- _____	- _____	- _____
- _____	- _____	- _____

What types of businesses could you create that includes something you are passionate about. Think of both Product and Service Based Business Ideas:

Definition- Product Based Business:

Definition- Service Based Business:

Business Ideas:

- _____	- _____	- _____
- _____	- _____	- _____
- _____	- _____	- _____
- _____	- _____	- _____

Step 2- Select a Business Ideas

From your list of business ideas select a business that you will create! Come up with a cool name for your business and write a detailed description below of what you will be selling.

Business Name: _____

Business Description:

A great way to learn about business is to research similar businesses and see how they do things. Can you think of any businesses that already exist that are similar to yours? List some below:

- _____	- _____	- _____
- _____	- _____	- _____
- _____	- _____	- _____
- _____	- _____	- _____

Step 3- Business Planning

Now that you have your idea for a business it's time to make a plan to put it in action! Answering the below questions will help guide your planning. If you are unsure about any specific parts of the plan then do some research to try to figure out what is the best way to do it! One of the challenges of running your own business is the decision-making process. The more knowledge you have the better your choices will be.

What are you selling:

Where are you getting your product or service:

Is there a cost for getting your product or service? If so how much:

What will you charge for your product or service:

To who will you sell your product or service:

Where will you sell your product or service:

When will you sell your product or service:

How much do you need to sell in order to make a profit of \$1000:

Step 4- Marketing

Now that you have your business plan it's time to make your target clients aware of your product! There are many ways to increase awareness of your business including: posters, websites, videos, social media, and more. Research different forms of marketing and develop some ways to market your business!

Marketing Plan:

Step 5- Sales

Now it's time to get to work selling your product or service! Tracking finances is an important part of business management. Track every expense and sale in the form below:

Expense	\$ Amount	Sale	\$ Amount
Total Expenses		Total Sales	

Total Profit (Total Sales – Total Expenses) =

Leadership Development Reading Program

Leaders are Readers! A big part of the Andrews Sports Institute for Future Leaders Program is to develop positive daily reading habits. For this semester, we will be reading Sean Covey's *The 7 Habits of Highly Effective Teens*. You will be assigned a reading each week and must prepare a short summary of what you learned in that chapter. You will also be required to create a video blog each week talking about what you learned from the chapter and how you will apply it to your life.

Week 1- Get in the Habit- They Make or Break You

Week 2- Paradigms and Principles- What You See is What you Get

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 7- Habit 4) Think Win-Win- Life is an All-You-Can-Eat Buffet

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 8- Habit 5) Seek First to Understand, Then to be Understood- You have Two Ears and One Mouth!

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Week 9- Habit 6) Synergize- The “High” Way

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 10- Habit 7) Sharpen the Saw- It's "Me Time" & Keep Hope Alive- Kid, You'll Move Mountains

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Leadership Development Concepts

Week 1

Dream Big

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Goal Setting

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Belief

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Dream Big”, “Goal Setting”, and “Belief” connected?

Week 2

Passion

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Initiative

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Enthusiasm

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Passion”, “Initiative”, and “Enthusiasm” connected?

Week 3

Attitude

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Adversity

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Appreciation

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words "Attitude", "Adversity", and "Appreciation" connected?

Week 4

Responsibility

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Accountability

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Ownership

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Responsibility”, “Accountability”, and “Ownership” connected?

Week 5

Coachable

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Open-Minded

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Approachable

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Coachable”, “Open-Minded”, and “Approachable” connected?

Week 6

Courage

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Perseverance

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Determination

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Courage”, “Perseverance”, and “Determination” connected?

Week 7

Relationships

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Teamwork

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Loyalty

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Relationships”, “Teamwork”, and “Loyalty” connected?

Week 8

Risk

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Sacrifice

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Mental Toughness

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Risk”, “Sacrifice”, and “Mental Toughness” connected?

Week 9

Discipline

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Commitment

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Competitiveness

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Discipline”, “Commitment”, and “Competitiveness” connected?

Week 10

Character

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Integrity

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Honesty

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Character”, “Integrity”, and “Honesty” connected?

Week 11

Habits

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Routine

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Practice

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Habits”, “Routine”, and “Practice” connected?

Week 12

Comfort Zone

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Growth

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Grit

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Comfort Zone”, “Growth”, and “Grit” connected?

Week 13

Aspiring

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Ambitious

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Desire

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Aspiring”, “Ambitious”, and “Desire” connected?

Week 14

Serve

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Help

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Support

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Serve”, “Help”, and “Support” connected?

Week 15

Humility

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Pride

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Confidence

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Humility”, “Pride”, and “Confidence” connected?

Week 16

Preparation

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Knowledge

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Detailed

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Preparation”, “Knowledge”, and “Detailed” connected?

Week 17

Perspective

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Thoughts

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Mindset

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Perspective”, “Thoughts”, and “Mindset” connected?

Week 18

Lead

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Guide

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Demonstrate

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Lead”, “Guide”, and “Demonstrate” connected?

Week 19

Experience

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Evaluation

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Reflection

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Experience”, “Evaluation”, and “Reflection” connected?

Week 20

Focus

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Self-Control

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Willpower

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Focus”, “Self-Control”, and “Willpower” connected?

Community Involvement Journal

Name: _____

	Week 1	Week 2	Week 3	Week 4
Community Involvement Overview:				
Lessons Learned:				
Plan for next week:				

Community Involvement Journal

	Week 5	Week 6	Week 7	Week 8
Community Involvement Overview:				
Lessons Learned:				
Plan for next week:				

Community Involvement Journal

	Week 9	Week 10	Week 11	Week 12
Community Involvement Overview:				
Lessons Learned:				
Plan for next week:				

Community Involvement Journal

	Week 13	Week 14	Week 15	Week 16
Community Involvement Overview:				
Lessons Learned:				
Plan for next week:				

Community Involvement Journal

	Week 17	Week 18	Week 19	Week 20
Community Involvement Overview:				
Lessons Learned:				
Plan for next week:				

Andrews Sports Institute for Future Leaders

Leadership Development Program Resources

Remote Program

Session 1

Dream Big:

[Look Me in the Eyes](#)

[Our Deepest Fear](#)

[I Can Do Anything](#)

[Dream Big Quotes](#)

[11 Reasons Why You Should Dream Big](#)

[Minute with Maxwell - Dream](#)

Goal Setting:

[SMART Goals](#)

[Unleash the Power of Goal Setting](#)

[Goal Setting Presentation](#)

[The Importance of Setting Goals](#)

[One Step at a Time](#)

Session 2

Habits:

[Habits- Brainy Quotes](#)

[How Habits Work- Video](#)

[How Habits Work](#)

[Daily Habits of Successful People](#)

Routine:

[Definition of Routine](#)

[Routine- Brainy Quotes](#)

[Why a Daily Routine is so Important](#)

[Game Day Routine- Vancouver Canucks](#)

[Daily Routines and Improved Well-Being](#)

Session 3

Passion:

[19 Quotes about Passion](#)
[Steve Jobs - Passion](#)
[Passion is the Key to Success](#)
[Minute with Maxwell - Passion](#)
[Passion - Motivational Video](#)

Enthusiasm:

[Minute with Maxwell - Enthusiasm](#)
[Learning with Passion and Enthusiasm](#)
[Brainy Quotes - Enthusiasm](#)
[Pep Talk from Kid President](#)

Session 4

Attitude:

[The Power of Optimism - Man on the Street](#)
[Minute with Maxwell - Attitude](#)
[Mike Babcock - Honorary Doctorate Speech](#)
[Attitude Poem - Charles Swindoll](#)
[Are you Going to Finish Strong](#)

Appreciation:

[Kid President's 25 Reasons to be Thankful](#)
[Garden of Gratitude - Man on the Street](#)
[Brainy Quotes- Appreciation](#)
[Thank your Parents](#)
[The Gratitude Experiment](#)

Session 5

Initiative:

[Change the World in 5 Minutes](#)
[Brainy Quotes - Initiative](#)
[Take Initiative \(and People will Follow\)](#)
[Stuck on an Escalator](#)
[Go Hunt your Dream](#)

Ownership:

[Minute with Maxwell - Ownership](#)
[How to Own your Dream](#)
[Taking Ownership](#)
[Ownership Spirit: Are you a Victim or an Owner?](#)
[Admitting when you're Wrong](#)
[Learning from Mistakes](#)

Session 6

Responsibility:

[Responsibility](#)

[Oh, the Places You'll Go!](#)

[Open Letter to the Athlete We Must Stop Recruiting](#)

[Minute with Maxwell - Responsibility](#)

[Accountability vs Responsibility](#)

[Take Responsibility for your Dreams](#)

Accountability:

[Minute with Maxwell - Accountability](#)

[Creating a Culture of Accountability](#)

[Accountability Quotes](#)

[4 Ways to hold yourself accountable for your goals](#)

[Personal Accountability](#)

[Hextall Challenges Flyers to be more Accountable](#)

Session 7

Comfort Zone:

[Comfort Zone- Google Images](#)

[John Maxwell- Comfort Zone](#)

[6 Reasons to Step Outside of your Comfort Zone](#)

[The Science of Breaking out of your Comfort Zone](#)

[Life Begins at the End of your Comfort Zone](#)

Growth:

[John Maxwell- Personal Growth Plan](#)

[14 Ways to Stimulate Personal Growth](#)

[Personal Growth Quotes](#)

[Personal Development Skills](#)

[Growth vs Fixed Mindset](#)

Session 8

Coachable:

[Minute with Maxwell - Coachable](#)

[How to Be More Coachable](#)

[The Importance of Being Coachable](#)

[What it means to be coachable and why you should care](#)

[The Un-coachable Athlete](#)

[13 Ways to be more Coachable](#)

Open-minded:

[24 Hours of "Yes" Challenge](#)

[Be- Open Minded](#)

[5 Secret Strategies for Being Open-Minded](#)

[Essential Life Skills- Have an Open Mind](#)

Session 9

Adversity:

[Famous Failures](#)

[Minute with Maxwell - Adversity](#)

[Brainy Quotes- Adversity](#)

[Michael Jordan- Failure](#)

Perseverance:

[Minute with Maxwell- Perseverance](#)

[Kris Dunn's Path to Stardom](#)

[Unbelievable Story of High School Wrestler](#)

[Never Give Up- Finish the Race](#)

[3 Successful Athlete Stories of Perseverance](#)

Session 10

Relationships:

[Minute with Maxwell - Relationships](#)

[How to Cultivate Great Relationships](#)

[How Little People Can Make a Big Difference](#)

[How to Build Networks](#)

Teamwork:

[Minute with Maxwell - Teamwork](#)

[If We Unite Nobody Falls](#)

[Teamwork Quotes](#)

[Good & Bad Teamwork](#)

[Funny Teamwork- It's Smarter to Travel in Groups](#)

Session 11

Courage:

[Minute with Maxwell - Courage](#)
[All About Courage Song](#)
[Tips for Building Courage](#)
[3 Tips to Boost your Confidence](#)
[Courage- Starting Block for Success](#)

Sacrifice:

[John Maxwell - The Power of Sacrifice](#)
[Minute with Maxwell - Sacrifice](#)
[Sacrifice is Necessary to Succeed](#)
[The Price for Success](#)

Session 12

Determination:

[Minute with Maxwell - Determination](#)
[Andrew Ference Fax](#)
[Determination Quotes- Brainy Quote](#)
[Greatness- Will Smith](#)

Mental Toughness:

[5 Ways to Build Mental Toughness](#)
[Rule Yourself - Michael Phelps](#)
[Growth Mindset Motivation](#)
[Fixed Versus Growth Mindsets](#)
[Resilience in Kids](#)

Session 13

Commitment:

[The Best from the Rest](#)
[Minute with Maxwell - Commitment](#)
[Commitment Quotes](#)
[What Does Commitment Mean](#)

Discipline:

[Minute with Maxwell - Discipline](#)
[Discipline Quotes](#)
[Discipline & Intent](#)
[Discipline Motivation](#)

Session 14

Character:

[12 Traits that Require Zero Skill](#)
[Minute with Maxwell - Character](#)
[What is Character?](#)
[Character Quotes](#)

Integrity:

[Minute with Maxwell - Integrity](#)
[A Life of Integrity](#)
[Integrity Quotes](#)
[Integrity gets you everything!](#)

Session 15

Honesty:

[Honesty is the Best Policy - Free Advice](#)
[Minute with Maxwell - Honesty](#)
[Honesty Quotes](#)
[The Berentstain Bears- Truth](#)

Loyalty:

[Minute with Maxwell - Loyalty](#)
[Loyalty Quotes](#)
[Marine Corps Leadership- Loyalty](#)
[A Loyalty Story](#)

Session 16

Humility:

[Humility Definition](#)
[Minute with Maxwell- Humility](#)
[Motivational Minute- Humility](#)
[Humility Quotes](#)

Pride:

[Pride Definition](#)
[Minute with Maxwell- Pride](#)
[Pride Quotes](#)
[John Maxwell- The Problem of Pride](#)
[Psychology Today- Crucial Differences Between Healthy & Unhealthy Pride](#)

Session 17

Confidence:

[Confidence Definition](#)

[Confidence Quotes](#)

[Minute with Maxwell- Confidence](#)

[3 Tips to Boost Confidence](#)

Belief:

[Martin St Louis Commercial](#)

[The Impossible Dream](#)

[Impossible Is Nothing](#)

[Believe - Emerson Drive](#)

[Matt Moulson Article](#)

[Tom Brady - Prove Them Wrong](#)

[Minute with Maxwell - Belief](#)

Session 18

Preparation:

[Preparation Quotes](#)

[Minute with Maxwell- Preparation](#)

[Failing to Prepare is Preparing to Fail](#)

[Mental Preparation in Sport](#)

Knowledge:

[Knowledge Quotes](#)

[Knowledge Definition](#)

[Minute with Maxwell- Knowledge](#)

[Why Knowledge is Important](#)

[All About Learning- Why is Education Important?](#)

Session 19

Detailed:

[Attention to Detail Quotes](#)

[Brainy Quotes- Detail](#)

[Attention to Detail- Kobe Bryant](#)

[Attention to Detail is not about being Perfect](#)

Focus:

[Focus Definition](#)

[Focus- Quotes](#)

[Focus Exercise](#)

[Mental Toughness Training- Concentration](#)

[Minute with Maxwell- Focus](#)

Session 20

Competitive:

[Minute with Maxwell - Competitiveness](#)

[Competitiveness Quotes](#)

[Tom Brady- The Great Competitor](#)

[Michael Jordan's Work Ethic & Competitiveness](#)

Ambitious:

[Definition- Ambitious](#)

[Minute with Maxwell- Ambition](#)

[Ambitious- Quotes](#)

[Think Big- The Power of Ambition](#)



NAME: _____

Program Objectives

- Develop into a better person and leader
- Develop as a better hockey player
- Become a better student → must have higher grades by end of 10 week program
- Develop a small business and raise money to contribute to your Andrews Sports Institute Registration
- Improve overall communication skills and confidence

Leadership Development Concepts

Week 1

Dream Big

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Goal Setting

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Dream Big” and “Goal Setting” connected?

Week 2

Habits

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Routine

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Habits” and “Routine” connected?

Week 3

Passion

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Enthusiasm

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Passion” and “Enthusiasm” connected?

Week 4

Attitude

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Appreciation

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Attitude” and “Appreciation” connected?

Week 5

Initiative

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Ownership

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Initiative” and “Ownership” connected?

Week 6

Responsibility

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Accountability

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Responsibility” and “Accountability” connected?

Week 7

Comfort Zone

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Growth

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Comfort Zone” and “Growth” connected?

Week 8

Coachable

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Open-Minded

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Coachable” and “Open-minded” connected?

Week 9

Adversity

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Perseverance

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Adversity” and “Perseverance” connected?

Week 10

Relationships

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Teamwork

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Relationships” and “Teamwork” connected?

Week 11

Courage

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Sacrifice

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Courage” and “Sacrifice” connected?

Week 12

Determination

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Mental Toughness

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Determination” and “Mental Toughness” connected?

Week 13

Commitment

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Discipline

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Commitment” and “Discipline” connected?

Week 14

Character

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Integrity

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Character” and “Integrity” connected?

Week 15

Honesty

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Loyalty

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Honesty” and “Loyalty” connected?

Week 16

Humility

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Pride

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Humility” and “Pride” connected?

Week 17

Confidence

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Belief

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Confidence” and “Belief” connected?

Week 18

Preparation

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Knowledge

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Preparation” and “Knowledge” connected?

Week 19

Detailed

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Focus

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Detailed” and “Focus” connected?

Week 20

Competitive

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

Ambitious

What does it mean?

Why is it important?

How does it apply to me?

How can I improve in this area?

How are the words “Competitive” and “Ambitious” connected?
