

TRAINING ELEMENTS

- A. On-Ice Training: Technical Emphasis – 1) overspeed training, 2) skating, 3) stick handling, 4) passing/receiving, 5) shooting, 6) small area play, 7) high speed play in confined areas, 8) complex combination drills, 9) team play.
- B. On-Ice Training: Tactical Emphasis – 1) various offensive and defensive situational training, 2) developing “read & react” skills
- C. On-Ice and Off-Ice Testing, Evaluation.
- D. Off-Ice Fitness Training – 1) strength, 2) power/quickness, 3) agility, 4) flexibility.
- E. Off-Ice Skill Development – 1) puck handling, 2) shooting, passing/receiving, 4) acceleration (Russian Boxes)
- F. Off-Ice Classroom Education – 1) developing athleticism, 2) proper training habits, 3) developing “peak” performance,

TRAINING PHASES

- Phase #1 - Start: **April 13th** (HS, BAN and PW) dryland, strength training, speed, agility, and education. Dryland activities coordinated by **Chris Bell**, Strength & Conditioning Coach-UWS Men’s Hockey. Performance Director- Impact Sports Training. Dryland dates: **April 13, 15, 20, 22, 27, 29, May 4, 6, 11, 13, 18, 20, 25, 27.**
- Phase #2 - Start: **June 10th** (HS, BAN and PW) Mars Lakeview Arena On-Ice: technical skill development. June 10th – July 31st. Minimum 75-90 minute sessions weekday afternoons. Head Instructor: **Brendan Flaherty**. Marshall Varsity Coach
- Phase #3 - Start: July (HS, BAN & PW) Mars Lakeview Arena. On-Ice: team play, game competition limited.

HOW TO ENROLL

- * Please complete the attached registration form and enclose listed fee.
- * (Checks or Money order payable to: Brendan Flaherty - Duluth STP)
- * Registration & Fee due to local STP Head Coach no later than **April 9, 2010.**

Co-Sponsors



* **Endorsed by** *Minnesota Hockey
*MHSCA

Minnesota Hockey presents



SATELLITE TRAINING PROJECT

Exclusively for 12-17 year olds who played Varsity, JV, Bantam A, B1, PeeWee A, B-1, during the past season.

An off-season hockey training project offering...

- * A complete program of On-Ice and Off-Ice education and training.
- * An opportunity for more players to develop into the best they can possibly be.
- * An opportunity for players to develop their skills as an athlete and a hockey player.
- * A flexible schedule that encourages participation in other sports!
- * An extended training period to assure maximum gains. Minimum of 12 weeks (PW) and 12 weeks (BAN), (High School) in length.

www.marslakeview.com



[Home Arena of STP](#)

STP MISSION

To provide the Minnesota 12-17 year old players with a dynamic off-season localized hockey-training program that offers a comprehensive plan of development leading to the realization of the player's maximum potential in preparation for the next playing season.

GOALS OF STP

- * To accelerate year round progress for the player in the areas of development, hockey specific "athleticism", competition, and lifestyle education and management.
- * To provide the highest quality curriculum and instruction.
- * To provide on-ice practice, off-ice training, and challenging competition supported by education, motivation, testing, measurement, and evaluation.
- * To provide a calendar of training phases that offers variety leading to athleticism and hockey skill development.
- * To provide flexible scheduling allowing participation in other sports and worthwhile leisure time pursuits.

WHO IS ELIGIBLE FOR PARTICIPATION

Minnesota players between 12-17 years old who played HS, JV, Bantam A - B1, PeeWee A - B1 during the past season. In the absence of any identification process for Minnesota 12-17 year old players, Minnesota Hockey depends on the local level hockey communities' high school hockey coaches, and well-qualified youth coaches to identify and invite the committed and talented players from their community to participate in STP. Therefore, the focus at this time will be on players 12-17 years of age, who played on a Varsity or JV, or Bantam A - B1, PeeWee A - B1 team this past season.

WHY 12-17 YEAR OLDS?

World wide, these ages are recognized as the most effective age to introduce a scientific and comprehensive training process. Physiologically and psychologically, the player is in a state of readiness to achieve maximum gains and set the foundation for further development.

HOW IS STP ORGANIZED?

Within each Minnesota Hockey district there are local Satellite Training Centers (STC) established in communities that have expressed the interest in running a STC site. The high school coach or qualified person appointed by the high school coach will run the local STC. Must be a high school coach or a youth coach who has an Advanced USA Hockey Certification.

REQUIREMENTS FOR FORMING A STC

- * Requires a minimum of 15 enrollees from the community or adjacent communities.
- * Must have a training period of 12 weeks minimum.
- * Have 30 hours of ice time scheduled for skill development.
- * Have 20+ hours of supervised weight room and dry-land training.
- * Have 5 hours classroom lecture time.

TRAINING PRINCIPLES (Guidelines)

- * Player development is more important than winning. Off-season emphasis must be on individual development.
- * Quality repetition of hockey skills is essential. Coaches must be experts in interval training and off-ice and on-ice skill development.
- * Players must be taught and trained to develop athleticism. Players should focus on developing speed, power, strength, coordination, quickness and agility.
- * Competition should contain informal relaxed competition to promote creativity.
- * Education provided in life style management related to developing athleticism, proper nutrition, training and achieving goals.

TRAINING SESSIONS

COACH: Brendan Flaherty. Directs all activity, may designate others- **Chris Bell**- to conduct weight training, dry-land. Ice instruction from several current D-1 players.

PLAYER: Attend all formal training sessions. If cannot attend because of schedule conflict, makes arrangements with coach to make the session up.

OTHER SPORTS: All participants are encouraged to play other sports.