



## BMHA Development Plan

The Executive of the BMHA, in conjunction with Mark Coletta, Head Coach at SFU and BMHA Director of Hockey Development, have spent many months developing the following development plan for BMHA for the 2016-17 season. The object of this Development Plan is to provide the basis for consistent skills development and progress for BMHA players and coaches and to ensure that hockey is a fun activity. This program is based on best practices from Hockey Canada, Hockey USA as well as BMHA mandated Philosophy and Goals as outlined in the BMHA Policy Manual. Our plan is a balance between skills acquisition, fun and team/community development.

Hockey development will be focused on the Junior Bulldogs to H4 hockey age groups as this group represents the greatest learning and development opportunity. It is at this age that the majority of learning in hockey takes place. The emphasis (based on Hockey Canada development philosophy pyramid) – is technical skills and individual tactics.

To make this plan effective, BMHA will be supporting the following approach;



### New to Hockey

1. All new to hockey players will be formally assessed by our Director of Hockey Development and assigned to an appropriate grouping.
2. All new to hockey player at the H3 and H4 levels will likely be placed in H2 (or encouraged for First Shift [www.thefirstshift.ca](http://www.thefirstshift.ca)) to ensure they attain the core skills required to participate in hockey in future years. Should they adapt quickly, there will be a mutual agreement between parent, player and DHD on moving back into the age based team prior to roster cut-off dates.
3. All players new to hockey at the Atom and Pee wee levels will be evaluated and will participate in an "Intro to Hockey" program at the start of the year and will continue within this program (**in addition to regular team practices**) until a mutual decision between coaches, parents and player that they are ready to play in regular games with their team.

### Junior Bulldogs and H1

4. The Junior Bulldogs and H1 program will be moving to 8 Rinks under the instructional direction of Canlan Sports Hockey Development. Not only does this create more ice availability for other groups, new BMHA players get trained and certified hockey instructors and we ensure consistent instruction from year to year. Parents will still be required to volunteer as on-ice helpers and provide assistance to the Canlan instructors. This will also ensure coaches are able to coach future teams.

## **H2-H4**

5. At the H2-H4 levels each team will have a coach led team based practice (based on practice plans issued by DHD) with two teams on the ice. The two teams will be split into working groups and run through drill “stations” that will develop core skills. This will be scheduled once per week.
6. An *optional* professional hockey coach led development practice where coaches and players will be led on ice by our DHD. This will be scheduled once per week. Players will be split into two groups based on ability so that they can acquire skills based on their relative ability. For example, players that need more work on skating will skate more, while players who have mastered basic skating will work more on stickhandling and passing. There is a relatively smaller reward in teaching a player to pass when they have not established the ability to keep up with general play in games. Coaches will be required to be on the ice as these sessions are also designed to ensure we have coaches able to run effective practices as they move through BMHA.
7. Teams at the H3 and H4 levels will ideally consist of between 11-13 players so that players get more ice during game situations and are more easily managed. This will of course depend on final registration numbers in the respective divisions.
8. At the H3 and H4 levels, BMHA players will be provided a *weekly* ice sheet for Pond Hockey. There will be supervision for these sessions but no formal instructional drills will be provided. This is purely for fun, creative hockey development.
9. At the H2 level, all scheduled games will be cross ice or half ice. This is designed and mandated by Hockey Canada and supported by PCAHA and BMHA. The purpose of using smaller ice surfaces supports skill development and more puck touches. Hockey is one of the last adopters for smaller age appropriate spaces for games. For a full synopsis of the advantages of cross ice hockey see [this video](#).  
[https://www.youtube.com/watch?v=CB\\_Ygapyl7c](https://www.youtube.com/watch?v=CB_Ygapyl7c)
10. H3 will be using half ice or cross ice for at least half the year this season but may adopt this format for the full season. The PCAHA Cross-Ice Committee will be finalizing the game format for H3 shortly. The cross-ice format also ensures we are developing more goalies as this game format demands two goalies per team.

## **Other Levels**

BMHA offered extensive development sessions last season for almost all levels of hockey. Some of these sessions worked well but many were cancelled due to lack of interest. We will focus further development opportunities for those groups which show enough interest to warrant allocating ice to those groups – notably we will continue with advanced goalie training, advanced skills acquisition and “rep prep” offerings. These opportunities will be published on our website in August. Ice allocation times will be based on availability but we are hopeful that we will have better ice times for these sessions for the coming season.