

# 2018-2019 Hockey Program



SPORTS CLUB



# Meet The Coach

## Carl Suddick



### Playing Experience

- GMHL Jr A. Toronto Predators, Assistant Captain
- U21 AAA Toronto Colts, Assistant Captain
- Various teams throughout the GTHL

### Coaching & Training Experience

- 11 years training experience with Bob Acton Sports
- 1 on 1 personal hockey training, children & adults
- Assistant Coach of Don Mills Mustangs GTHL
- Masters Degree in Management, Schulich





# Under 7 (Intro) Curriculum

**The U7 (Intro) session is integral for a young players development. This sets the foundation for a life long love of hockey.**



**Emphasis is placed on simple skating techniques which include learning how to fall & get up, T-pushes, getting comfortable with edges and much more.**

**After skating skills, basic stickhandling is introduced. Players learn how to push the puck and move side to side. Each session will end with a game to solidify the skills learned.**



# Under 9 & 11 Curriculum



The U9 and U11 sessions are intended for players to gain confidence with the skills that they have already learned.

In these sessions players will learn intermediate skating techniques, such as cross-overs, heel pushes, inside & outside edges, etc. Players will be encouraged to maintain a high tempo.



Small area games will be introduced (1 on 1, 2 on 2, etc.). Players will learn how to protect the puck in game scenarios and translate this into effective hockey strategy.

# Under 14 & 16 Curriculum

**At the U14 and U16 sessions players will be encouraged to challenge themselves and apply learned skills to game situations.**



**The focus of these sessions is to adjust skating technique and increase efficiency of the stride. Explosive power is key in hockey and drills will be catered towards that.**



**Players will learn advanced shooting & stick handling techniques using the full ice. Players will compete with one another in relays, races, battle drills and full-on hockey.**







**Looking forward to a great Winter season!**

**Any questions please contact coach Carl at [csuddick@ryerson.ca](mailto:csuddick@ryerson.ca)**