

PRIDE TRADITION EXCELLENCE

Calgary Northstars In Season Player Programs 2020/21



Space is limited. [REGISTER NOW](#)

All programs will be led and supported by our CNHA AA and AAA coaching staff and other elite skill instructors. All programs will involve goalies and goalie instruction.

COVID-19 protocols will be in place.

PD DAY SKILL SESSIONS

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Program Description:

This program is designed to help player's breakaway from boredom on scheduled days off from school. Players will receive one hour of on-ice and one hour of off-ice instruction for each PD Day Program. The off-ice sessions will consist of Strength & Conditioning, Multi-Sport Activities, and Skill Development. Each date will have a specialized theme and will be open to a variety of players and grouped accordingly. Our focus is to provide an environment for all players to be challenged and develop.

Program Options and Dates:

Oct 9 – Shooting and Scoring

Oct 30 – Developing Dynamic Defensemen

Nov 16 – Power Edge Pro

Nov 20 – Power Edge Pro

Dec 4 – Power Skating & Edge Control

Jan 29 – Small Area Games

Head Instructor: Ryan Aasman (Head Coach U18AAA Northstars)

DETAILS

Time | 9:30am - Noon (Start times to be communicated upon registration)

Age | 2003-2009 (grouped by division)

Location | Northeast Sportsplex

Cost | \$50 + GST per session

HIGH PERFORMANCE GOALIE ACADEMY

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Program Description:

Northstars Goalie Academy is the perfect place to refine your game between the pipes. This program is design for advanced and elite goaltenders determined to take their game to the next level. Each goalie will receive an individual development plan to work and build off of throughout the program. The program will operate Wednesday mornings before school.

Program Focus:

- Angles, positioning, crease depth
- Puck tracking and shooting analysis
- Crease movement, lateral movement
- Puck handling and puck management
- Video analysis
- Read & react skills
- Positional and tactical skills
- Rebound control
- Game situation & intensity in training
- Save selection and decisional making

Lead Instructor: Cam Lanigan (Goalie Coach U18AAA Northstars)

DETAILS

Dates | Oct 21, 28, Nov 4,11,18, 25, Dec 2, 9 (8 Sessions)

Time | 6:45am – 7:45am

Age | 2003-2007 (grouped accordingly)

Location | Northeast Sportsplex

Ratio | 3:1 – Max 12 goalies

Cost | **\$600 + GST**

BREAKFAST CLUB

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Program Description:

The Calgary Northstars are pleased to provide additional skill development options for all their players and community associations this season!

The Breakfast Club is the in-season Player Maintenance Program. During these sessions we will work specifically on each player's individual game; you will not see flow or group drills. As players go through many ups and downs during a hockey season the Breakfast Club is a great tool to keep players Mental EQ and confidence at a high heading into games. Players, Parents and Team coaches are all encouraged to provide insight into the direction we take with your athlete but ultimately it must be something the athlete is comfortable doing come game time. Sometimes you work on a new tactic or your coach gives you some new direction and existing practice time doesn't give you enough time or reps to perfect that new idea. Breakfast Club is the best place to get those reps in.

We will be offering different days for different age groups.

Mondays – Future Northstars (2008-2010 born players) – Northeast Sportsplex

Tuesdays – U15 (2006/07) – Henry Viney

Thursdays – U16/U18 (2003-2005) – Max Bell (6), Stew Hendry (2)

Program Focus:

- Power Edge Pro
- Stick handling & puck movement in confined areas
- Edge control
- Position Specific
- Shooting and Scoring
- Checking Skills
- Advanced passing skills
- Efficiency in skating
- Game situation & intensity in training

Lead Instructor: Ryan Aasman (Head Coach U18AAA Northstars)

DETAILS

Dates | Oct 19 – Dec 8 (8 session per group, once per week)

Time | Approx 6:45am – 7:45am (will be 7am – 8am on select dates)

Age | 2003-2010 (grouped accordingly on different dates)

Location | Various rinks

Cost | \$300 + GST