



The Calgary Northstars are please to offers Professional Development Seminars for coaches in their feeder associations. This is to further their education and knowledge on specific topics to enhance their coaching potential and ultimately increase the development of the future Northstars that they work with. These can be discussed on what session are best for your association and booked through CNHA General Manager, Jesse Hale.

Coach Development		
Seasonal Planning	This workshop style seminar will support working together with the coaches in attendance to make a coaching philosophy as well creating a road map for the upcoming season. This will act as a guideline and aid in being prepared all season long and as a result will provide the players with a positive hockey experience.	1.5 hrs in class
Effective Practice Principles	Practice is the majority of the season and where coaches make a true impact on player development. In every practice, players either get better or they get worse as a result of the coach's practice. This seminar will identify crucial aspects to ensure all players are benefiting and developing from the coach's practice.	1.25 hrs in class <i>Optional – 1 hr ice (can be w/ team)</i>
Game and Bench Management	Preparation is key in the coaching world. This seminar goes in depth on a variety of game day scenarios that all coaches should consider. Topics include: pre-game prep, game cards, coach responsibilities, team meetings, pre-game/intermission speeches, line changes, line matches, communication from the bench.	1.25 hrs in class
Creating Offense	Scoring goals is at a premium and is harder than ever with the way the game is now played. This seminar will go into different ways that your team can create offense. Topics include: cycling, entries, puck possession, support, shooting.	1.25 hrs in class <i>Optional – 1 hr ice (can be w/ team)</i>
Developing the D-zone	Keeping the puck out of your net is something every coach strives for. This seminar will breakdown concepts and defensive habits that are crucial for a successful defensive structure. Topics that will be covered include: positioning, transition, forecheck, backchecking, drills to work on these concepts in practice.	1.25 hrs in class <i>Optional – 1 hr ice (can be w/ team)</i>



<p>Transition</p>	<p>This part of the game has become increasingly relevant in recent years. Changing effectively and quickly from offense to defense and vice versa. This clinic will give relative examples how you can create similar structure and habits at a minor hockey level. Conversation will be based around: breakouts, regroup, puck moving defensemen, gap control, entries.</p>	<p>1.25 hrs in class <i>Optional – 1 hr ice (can be w/ team)</i></p>
<p>Elite Player Habits</p>	<p>What does it take for players to get to the next level or reach their optimal potential? This seminar dives into a “Top 10 List” of the habits and characteristic that are required to play at a high level. These habits can be implemented and taught to all levels of minor hockey players at different stages of development and detail.</p>	<p>1.25 hrs in class</p>
<p>Confined Space Play/Small Area Games</p>	<p>Small Area Games Clinic will provide coaches with an understanding of what small area games are, outline the developmental benefits of incorporating them into practice and introduce coaches to a variety of different games that they can take back to their teams. This seminar will also touch on the benefits of Small Space Drills and game like scenario drills and how they can translate into success in your weekend games.</p>	<p>1.5 hrs in class <i>Optional – 1 hr ice (can be w/ team)</i></p>
<p>Developing Defensemen</p>	<p>Developing Defensemen Clinic will focus on the fundamental skills required of the position: transition skating, escapes and other tactical skating skills, basic breakout and transition habits as well as shooting. This seminar will look to support coaches on creating skilled defensemen in all areas of the ice.</p>	<p>1.5 hrs in class 1 hr on-ice</p>
<p>Goaltending</p>	<p>Goaltending Clinic will focus on the fundamental skills required of young goaltenders: proper stance, skating, movement and agility skills as well as introducing basic save skills. The clinic will also provide insight into how to communicate with goaltenders and best incorporate them into practice, including tips and tricks for making drills more goaltender friendly.</p>	<p>1.5 hrs in class 1 hr on-ice</p>



Player Development		
Goaltending	On ice sessions for goaltenders led by one of our team Goalie coaches. Can involve all the associations goalies or just a couple teams based on what they are looking for.	We ask that associations cover the reduced rate for goalie coaches and the expenses (travel/meals if applicable)
Player Checking	The Calgary Northstars can provide a crash course on checking skills to players in your association. We can work around your practice schedule and run the players through several drills to prepare them for checking. We ask that the coaches also attend so they can learn from our instructors and continue to teach and reinforce these skills throughout the season.	We ask that the association covers travel costs, meals, and a small per hour fee for the instruction.
Practice Session	Want the Calgary Northstars to run your practice? Contact our General Manager and they can run your players through an ideal practice on skills of your choice. This can be done at your practice time or during allocated development ice that your association may have. Coaches are encouraged to attend to support and learn new ways of teaching.	We ask that the association covers skill instructor fee, travel cost and meals if applicable.
Power Edge Pro Skill Session	Want to train like Connor McDavid? Our PEP trained Northstar skills coaches can come lead your players through a Power Edge Pro skill session. All patterns are completed while maintaining puck control and are designed to provide 5x as many repetitions as standard drill-based practices, leading to faster development of elite skills.	We ask that the association covers skill instructor fee, travel cost and meals if applicable.

Please contact Jesse Hale at gm@calgarynorthstars.com for more information.