

HOCKEY | RINGETTE ACADEMY



WHAT WE PROVIDE

Hockey and Ringette

- Minimum 36 on-ice skills sessions
- Year long specific dryland training sessions
- Classroom sessions focusing on sport performance, leadership, mental health and developing sport IQ.
- Multisport sessions
- Academic and intervention support
- Community service opportunities
- Dedicated hockey/ringette coaches

Goalie Specific

- **Specialized coaching** for goaltenders.
- **Technical training** focused on fundamental skills such as positioning, angles, skating, puck handling, rebound control, and stickwork.
- **Mindset training** will help goalie's develop focus, confidence, resilience, and concentration; using techniques such as visualization and goal setting.
- **Game simulation drills** to create real game scenarios and improve their decision making abilities under pressure.



SKILL DEVELOPMENT



Skating: Improve skating technique, speed and agility.



Shooting: Enhance shooting accuracy, power, and technique.



Puck Skills: Develop proficiency in handling the puck, including dribbling, maneuvering and protecting.



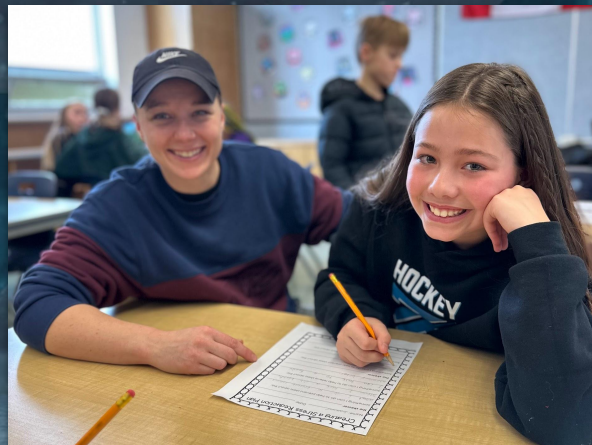
Game Awareness: Develop a deep understanding of game strategies.



Ring Skills: carrying the ring, forehand/backhand pass, board pass, stab/receive the ring, ring protection, checking.



Training Facility: Our indoor Training Facility is where athletes of all levels can elevate their skills in our specialized training space.



In-Game Application Drills: Practice skills in game scenarios in dynamic environments to improve decision making and execution under pressure.

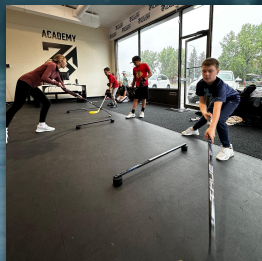
Developing Sport IQ: Cultivate a high level of understanding of hockey/ringette concepts, tactics, and situational awareness.

Player to Coach Ratio: Ratio of 8 players to 1 coach to provide personalized attention and feedback.

Assessments: Regular assessments and personalized development plans to track progress and set goals. positioning, and reading plays.

TRAINING FACILITY

Our indoor Hockey and Ringette Training Facility is where athletes of all levels can elevate their skills in our specialized training space. By combining specialized equipment with expert guidance we help players build their skills and gain confidence.



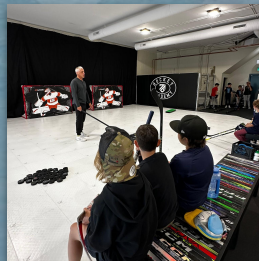
Stick Handling: Improve on everything from basic puck moves to complex toe-drag with specialized stick handling training tools.



Passing: Practice passing and rebounds on specialized flooring and rebounder training equipment.



Shooting: Improve reaction time and accuracy with shooting nets, tarps and targets.



Dryland Training Tile Flooring:
A unique surface formula creates a smooth puck handling and shooting surface perfect for simulating that on ice response.

MINDSET TRAINING

MHPSDs Family School Liaison Workers (FSLWs) and sports psychologists will deliver mental health and mindset training. We will help athletes to develop techniques for enhancing focus, confidence, motivation, and resilience.



Athletes will participate in relaxation exercises, visualization techniques, and goal setting strategies. Sessions on stress management, selfcare and coping skills will also be provided. It is critically important to increase our awareness of mental health and reduce the stigma in order to support our players.

LOOKING AHEAD

Additional Opportunities

- **Skills Sessions on PD Days** - shooting and ring protection & passing / stickhandling camps
- **Training Sessions** - evenings and weekends
- **Private Lessons** - off ice or virtual
- **Partnerships** - MHC, Source for Sports, MHMHA, MHRA, National Ringette League Training Videos

