

# PLSHA Player Meeting



# Season Recap

- Coach Intro – Boys and Girls HS Coaches, Youth Coaches, High School Players
- Good season for the Lakers Program across all youth levels
- BHS Fun Facts
  - Jackson Jutting – Committee to Colorado College and played USA Hockey Gretzky/Hlinka team this summer
  - Last 4 Years - 12 playing college hockey right now including Matt Denman who will be a Freshman for the Gophers in 2018/2019
  - 3.52 GPA on Section Roster (20 SKATERS)
  - Q and A w/ Jackson Jutting (HP and USA Hockey Experience), Sam Emmerich (3 Sport Athlete), Ty Trachsel (One Timing Pucks), Wade Winter (Never Made Top Team in Youth Hockey), Colin Tushie (Importance of Strength Training)
- GHS Fun Facts...
  - Best record in 8 years
  - Last 2 years- 4 players playing college hockey right now

# Developing As A Player

1. Everyone develops at a different pace
2. The best 8 year old may not be the best 16 year old; they usually aren't.....Tortoise/Turtle vs hare....slow and steady dedication to improvement
3. If you don't make AA or Squirt A, 12U A team, etc. keeping working hard; a lot changes (refer boys Varsity team chart)
4. The ultimate goal of everyone should be to play Varsity hockey; anything beyond that is a bonus
5. Every year we will have 50+ skaters competing for 30-32 spots in the Boys program, it's hard.. Girls Program numbers...

# What Impacts My Development?

1. Internal drive, passion, attitude, genetics
2. Decisions away from the rink and effort in the classroom
3. Practice – On Ice, Off ice, Strength Training... Do not expect great results if you don't put in the work. It is not your coaches fault, it's on you.
4. You have to love the game and be self motivated to improve
5. If you give the effort and do the right things away from the rink, you will have no regrets

# What Are Your Goals In Hockey?

- What are they and how do you plan on accomplishing them..

## Keys

- #1 You're responsible for your own success, not your parents or coaches
- #2 Top Two things you need to succeed: CONSISTENT GREAT EFFORT and GREAT ATTITUDE.
- Self motivation and passion are a must! Weight room, shooting, stickhandling without mom, dad, or coach in ear

# Nothing Will Stop Me (Video)



2016-2017 Laker High School Player Team History

\* This year there are 33 skaters and 4 goalies in the HS program (10 Senior, 9 Junior, 17 Soph, 1 Freshman who's not Bantam eligible)

\* In BOLD are players who have played at the B level or lower at any point

\* In BOLD and highlighted in GREY are players who never played Squirt A and/or played Squirt B or lower as a first year Squirts

\* We have 6 players in the HS program who played Squirt C hockey; one Sr is currently playing Varsity and four Sophs who played AA or A as last year Bantams.

\* Data clearly shows that 1st year Squirt placement has a much smaller impact on playing HS hockey than how much you improve/grow/progress by last Bantam year

Name	Current Team	Position	Grade	1st Squirt	2nd Squirt	1st Pee wee	2nd Pee wee	1st Bantam	2nd Bantam
Danny Long	Varsity	G	12	C	B	C	B2	C	A
Ryan Murray	Varsity	D	12	A	A	A	A	AA	AA
Joe Stathopoulos	Varsity	D	12	N/A	N/A	B1	A	A	AA
Preston Underhill	Varsity	F	11	A	A	A	AA	A	B1
Carter Collins	Varsity	F	12	B	B	B1	A	A	A
Jack Kennedy	Varsity	D	11	B	A	B1	AA	AA	AA
Kevin Fellows	Varsity	F	12	A	A	A	A	AA	HS
Charlie Kashmark	Varsity	F	10	B	A	A	AA	AA	AA
Tanner Burggraaff	Varsity	F/D	12	A	A	A	A	AA	AA
Jake Cohn	Varsity	F	12	N/A	N/A	A	A	A	AA
Jack Harris	Varsity	D	12	B	A	B1	A	AA	AA
Bennet Holst	Varsity	F	11	B	A	B1	AA	AA	AA
Jackson Jutting	Varsity	F	10	A	A	AA	AA	AA	HS
Logan Stokes	Varsity	D	11	B	A	B1	AA	A	AA
Chase Gackle	Varsity	F	12	A	A	A	A	AA	AA
Hunter Totenhagen	Varsity	F	11	-	A	B1	AA	B1	AA
Jack Hansen	Varsity	F	12	B	A	B1	B1	A	AA
Cade Kujawski	Varsity	G	10	A	A	A	AA	A	AA
Tyler Trachsel	JV	D	10	B	A	AA	AA	AA	AA
Nick Brosnan	JV	G	10	C	B	B	B1	C	B2
Moses Kaebel	JV	F	11	N/A	N/A	N/A	N/A	B1	JG U16
Wade Winter	JV	D	10	B	B	B1	A	B2	A
Max Pleimling	JV	F	10	N/A	N/A	N/A	N/A	N/A	AA
Kobe Kimmes	JV	F	10	C	B	B1	AA	B1	AA
Nathan Green	JV	F	10	A	A	A	AA	B2	AA
Jake Thibault	JV	D	10	C	B	B1	AA	B2	A
Brian Kallberg	JV	D	10	A	A	B1	AA	B1	A
Matthew Riley	JV	F	10	B	A	A	AA	B1	AA
Gavin Virtue	JV	D	11	B	B	B1	AA	A	AA
Jean Marc Johnson	JV	F	10	B	B	B2	B1	MM	AA
Nathan Whittier	JV	F	10	A	A	A	AA	B2	A
Dylan Stocker	JV	F	10	C	B	B1	AA	AA	AA
Brandon Burggraaff	JV	D	10	B	A	B1	A	B2	A
Ben Swanson	JV	F	10	C	B	B	A	C	A
Lazarus Kaebel	JV	D	9	N/A	N/A	N/A	N/A	B1	AA
Curt Murphy	JV	F	11	B	B	B2	B1	B2	B1
Ryan Miller	JV	G	11	A	A	B1	AA	B1	AA

# Leadership

- Leadership has many forms:
  - Vocal leaders
  - Quiet Leaders
  - Pre Game, In Game, Post Game, Practice
  - Captains...why are they usually voted Captain?
- Are you a leader? Questions to ask yourself..
  - How do you act when coaches aren't watching?
  - How do you act when the game get's tough?
  - How do you act when practice is hard?
  - How do you act when you're benched?
  - How do you act when your not playing special teams?

# Are You A Good Teammate

## Questions to ask yourself..

- Do you pick on or help the less skilled player?
- Do you listen to your coaches and learn from mistakes?
- Do you accept feedback from your teammates?
- Do you pick up your teammates when they're down?
- Are you the person players WANT to play with and be around?
- Be a good teammate!

# Social Media and Social Choices

- Posted material can have long lasting effects
  - Trouble with Parents, School Discipline, Future Employment, College Entrance, Jr Hockey
- If you think it's wrong it probably is
- The whole world can see what you're doing
- Think before you act or send something on social media

Social Choices - Do the right thing away from the rink and push each other to make smart decisions. Often times you are labeled hockey players even though you play 2-3 sports, represent our sport with class

- Substance Abuse - As you get older there will be a lot of temptations and pressure to make bad decisions...**MAKE GOOD CHOICES AND MAKE YOUR PARENTS PROUD!**

# Away From The Rink

- Be Respectful of Parents, Coaches, Teachers
- Make Good Decisions Away from Rink – Be A Leader
- Always Represent The Laker Hockey Program With Class
- Work Hard In **Class** and Work Hard In Sports – High Expectations
- Have Fun Playing Sports!

# Laker Hockey Player Expectations

- 4 Keys For Laker Success
- Effort, Attitude, Puck Movement, Self Motivated
- Tryouts next, take those 4 with you..

# Tryouts

What is being evaluated in tryouts?

- Effort
- Skating
- Hockey Sense
- Play with puck
- Play without puck
- Attitude, non-verbal actions
- Overall body of work and consistency matters; this is very important for skaters and goaltenders!



NOT goals and assists!

\* Players will be placed on teams based on overall skill regardless of position traditionally played. The best players will make the best teams, position does not matter and the more versatile you are the more chances you will have as you get older.

# Thanks

- Thanks players for all your hard work and representing our program with class; keep it up and take huge pride in being a Laker Hockey player!
- Thank you coaches for coming tonight

## High School Season openers

- Girls November 15<sup>th</sup> vs Burnsville at Dakotah
- Boys November 27<sup>th</sup> away vs Eagan
- Boys Christmas Tournament at Dakotah December 27-29 (Prior Lake, Moorhead, Chaska, St Thomas Academy, Edina, Eden Prairie, Lakeville North, Stillwater)
- Get Out And Watch High School Games
- Best of luck at tryouts and have a great season; we'll see you at the rink!

# NHL Funny Moments 2018 (Video)



Following Slides Not Covered In  
Player Meeting (Send To Coaches  
Annually)

# Practice Expectations

## **Players – What Your Coaches Expect**

- Puck movement – Pass First Mentality – Flat and Hard – Creative (Area and Boards)
- Compete in all drills and against your teammates
- Be coachable and willing to learn
- Effort, focus, and get better every day
- Have fun and know when it's time to work
- Laugh
- Practice with passion, enjoy it

## **Coaches – What's the focus**

- Have a plan
- Change it up, challenge the players, identify team and individual weaknesses and work on them
- Minimize standing around
- Work on the finer points – O and D Zone Draws, PP, Zone entry, Puck Protection, One Timers
- F and D Splits – shoot for twice a week if possible
- Small Area Games – every practice and make it competitive
- Teach the boys, don't just run drills

# Game Expectations

## Games – What Your Coaches Expect

- Puck Movement – Pass First Mentality
- Mentally prepared for the game; punch the timeclock
- **Coachable** and willing to learn
- Think the game; be a smart hockey player
- Not too high, not too low
- Support your teammates on the bench
- Aggressive on forecheck
- Aggressive on kill in zone when possible and aggressive up ice
- Defensive responsibility
- Play 200 ft (what does that mean?)
- Effort and 2<sup>nd</sup> effort
- Stay on the puck and be hard to play against
- Eliminate loop hockey
- Play with fire and passion

# Coach Reminders

- No half pad practices
- Must wear helmet or we could get fined by D6
- No more than (4) coaches on the ice at the Squirt, Peewee, and Bantam levels
- Wear PL coaching warm ups; look the part
- Devenir Clinics will be on your schedule
- Please call or email me with any questions

# Coaches - Points Of Emphasis 1 and 2 and Situational Hockey Smarts

- I will email to everyone
- Example on next page

# Laker Situational Hockey Smarts

- **#1 – Opening Face Off**
- Gain puck control and get deep in offensive zone right away. Look for D to D off draw, D skate it, gain red line, and get deep. Set the tone with a good forecheck and offensive zone pressure.
- **#2 – After Scoring A Goal**
- Same as scenario number one. Make the opponent feel overwhelmed for as long as possible and keep the momentum.
- **#3 – Opponent Dumps Puck And Has Very Little Forecheck Pressure**
- Fly wings to far blue line in Neutral Zone, suck their D back, and open up space for your defenseman to skate it or make the stretch pass. Creates more room for your D to make a play and has potential to generate quick strike offense
- **#4 – Tie Game Late In Regulation**
- Play with discipline and avoid bad turnovers. Stay the course and play within systems. If one guy tries to be the hero it can cost the team on the scoreboard.
- **#5 – Late Game Lead Protection**
- Do not go into a prevent defense football style, BUT keep playing with an extra emphasis on back pressure and defensive responsibility. 3<sup>rd</sup> man high at all times in Offensive Zone and no D pinching unless 100%. No turnovers at Offensive Blue line, Red Line, or Defensive Blue line. Get it deep unless you have a clear odd man rush. Take an icing if needed in D Zone.
- **#6 – Opponent Empty Net**
- Gain Red line before attempting to score; you don't want a D Zone draw. Do not shoot from your own end unless playing shorthanded. Do not turnover in neutral zone and if needed dump it deep when net shot is not available. If dumped, make sure to keep 1 or 2 forwards high for good defensive position.
- **#7 – Overtime**
- Shoot from everywhere and avoid giving up odd man rushes. Players often get so concerned with watching the puck and scoring in OT that they often give up odd man rushes with bad results. Play disciplined and stick to systems.
- **#8 – Trapped In Your Zone On A Minute Plus Shift and Scrambling**
- Ice the puck, take the D Zone draw, and get fresh legs out there; tired players in the D Zone usually means bad results
- **#9 – Short Shifts**
- 30 second shifts are better than 75 second shifts. Know when to peel off and get a change; that might be in the offensive zone even when you have pressure. A 30 second shift can turn into a 90 second shift quickly if you don't get off and the opponent ends up in your end.
- **#10 – Faceoffs**
- Know your responsibilities in all situations. Whether you're running an offensive zone draw, neutral zone draw, defensive zone offensive draw, or potentially the most important, defensive zone draw. All of these are dependent on draw result and players must know what to do on a win or loss. Centers need practice!