

2022/2023 Coaching Plan

Carlos Neto

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REP COACHING EXPERIENCE (PRESENT AND PAST)

Coaching Experience:				
Association:	Dates	Position	Division/Category:	Tier Level
<i>Mississauga Hurricanes</i>	2022-2023	HEAD COACH	<i>U13</i>	<i>AA</i>
<i>Mississauga Hurricanes</i>	2022-2023	Assistant Coach/Player Development Coach	<i>U18</i>	<i>AA</i>
<i>Mississauga Hurricanes</i>	2021-2022	Assistant Coach/Player Development Coach	<i>U18</i>	<i>AA</i>
<i>Mississauga Hurricanes</i>	2021-2022	Head Coach	<i>U13</i>	<i>AA</i>
<i>Mississauga Hurricanes</i>	2020-2021	Head Coach	<i>Atom</i>	<i>AA</i>
<i>Etobicoke Dolphins</i>	2020-2021	Assistant Coach	<i>Midget</i>	<i>A</i>
<i>Mississauga Hurricanes</i>	2019-2020	Head Coach	<i>Atom</i>	<i>BB</i>
<i>Mississauga Chiefs</i>	2018-2019	Assistant Coach	<i>Bantam</i>	<i>A</i>
<i>Mississauga Chiefs</i>	2016-2017	<i>Head Coach</i>	<i>Peewee</i>	<i>A</i>
<i>Mississauga Chiefs</i>	2015-2016	<i>Assistant Coach</i>	<i>Peewee</i>	<i>A</i>
<i>Mississauga Chiefs</i>	2013-2014	<i>Assistant Coach</i>	<i>Atom</i>	<i>BB</i>
<i>Clarkson Soccer Club</i>	2008-2017	<i>Head Coach</i>	<i>Girls Elite A Program</i>	<i>Elite L3/International Coaches Certification</i>
<i>Cawthra Panthers Tier 1</i>	2001-2003	<i>Head Coach</i>	<i>Boys - Tier 1</i>	<i>High School Hockey</i>
<i>Oakville</i>	1995-1996	<i>Assistant Coach</i>	<i>Peewee</i>	<i>AAA</i>

Year	Qualification
2012	*Coach - Developmental level 1/2 (Certified(CO-D1C))
2011	Make Ethical Decisions (Community/Competitive Level)
2011	NCCP trained Practical and Technical level 2
2009-2012	Soccer Level 3 Certified/International Certification Achieved.

Coaches' Philosophy

My philosophy is to prepare each player technically to have the ability to handle the puck and be *confident and creative* while they play at a competitive level. I believe it is important to tactically challenge the player to broaden their thinking through progression practices and exercises that are game simulated rather than typical hockey drills. It is important to build their confidence, both mentally and physically, by teaching them the value of preparation. This happens at both personally and through the team environment by teaching life skills that will foster respect for the game and other athletes.

I have a great deal of passion for the game, I enjoy taking on leadership roles where I get the opportunity to teach and lead people. I have sound hockey knowledge and it is essential to be a part of a team that ensures and promotes the long-term development of its players. This is important to an organization like Mississauga, to ensure that we develop the girls to their potential and foster competitive teams at the older divisions. I strongly believe there should be open communication between the head coaches at all levels (AA, A, BB, B), to ensure that this long-term development is consistent and progressive. I enjoy working collaboratively with others, this will include players from the lower divisions to join practices throughout the year (4th line Philosophy).

In Summary;

- Challenge the players to excel to the next level the following year.
- Look to compete in competitive level tournament (s) to challenge the team.
- We will build the foundation around developing individual skills of the athlete first.
- Challenge the athlete to think and understand through team play.
- Communicate and educate the expectations of team goals.
- Utilize player evaluations as a foundation for feedback and learning techniques with players.
- Ensure players are challenged during practices and have a proper practice to game ratio in order to develop the skills needed to achieve individual and team results.

Most importantly to give each player the opportunity to participate succeed and have fun playing hockey.

Team Style of Play

- We will play a high tempo game, with a teaching philosophy around establishing/promoting puck possession in all three zones. This will be focussed on during practices though creativity of individual and technical skill teachings.
- We will build our focus from defence out with a primary focus around puck possession, patience and making good choices with and without the puck.
- We will teach defensive concepts, support on and off the puck as well as Breakout and entries into the offensive zone. Big focus will be on proper lane attacks and supporting players with the puck. Focus on gap control in odd man scenarios including mini games which will be an important focus at the elite level to teach creativity, speed in small areas on and off the puck.
- Offensively when in control we will teach the players how to support the puck when entering the zone with speed, how to create odd man opportunities and look for attacking lanes.

Practices

Players are expected to arrive 40 minutes before practice in order to be ready to go on the ice on time. Players should be fully dressed 15 minutes before hitting the ice. Coaches will meet with the team to go

over the practice plan and explain the drills in the dressing room. It is imperative that players come to practice and use this time to improve their individual skills.

Practices are the primary tool for development, both individually and for the team. Attendance at all practices is mandatory. If a player is ill, or there is a family emergency, please ensure the coaching staff is notified. If a player has been absent for a period of time due to illness, I may require some documentation to ensure the player is fit to return to play, especially if a player has missed several practices and is returning straight into a game situation. Concussion protocol will be managed and followed according to Hockey Canada direction.

Preparation for Games

It is mandatory for players to arrive at the rink 60 minutes before game time. This time is essential for players to participate in a warm-up, get dressed and prepare mentally and physically to perform during the game. The coaches also need the last 10 minutes to go over the game plan with the players to ensure the team is ready and focussed for the game. No Parents will be permitted in or around the dressing room.

Ice Time

Peewee AA is the development step to Bantam levels. Ice time will be distributed in order to give all players a chance to develop. There are a few exceptions where it is necessary to deviate from this practice in the last 5 minutes of a game or during key times through out, if I notice that certain girls are having more success during this time over others they might be put together during close games. The focus will be to develop the players in different scenarios during games and practices.

Penalty Kill/Power Play

I believe that it is important to give all players the opportunity to build their skills in these situations as it builds confidence and cohesiveness among their teammates. They will not learn if not provided the opportunity. There will be focus on PP and PK structures in AA, as the season progress there could be certain scenarios where specific players are provided more opportunities than others in special teams according to style of play being taught.

Discipline

My expectation is that all players will conduct themselves in a respectful manner to all bench staff and officials on and off the ice. I will not allow any personal devices in the dressing room at anytime, these items will need to be left with a parent. IPOD for music purposes is permitted only during warm up which I will ask the trainer to manage. No electronics including IPOD's will be permitted into the dressing room. For proper player development, absenteeism (outside of illness, family obligations) should be kept to a minimum, it is difficult to develop a team when players are missing from practices and games. Dressing rooms are meant for the players and bench staff/trainer. I will ask for a parent mom (s) to be present as well to ensure players are focussed before games and practices and dressing room rules are being adhered to (2 deep rule).

- All team/player/bench staff violations with respect to discipline reasons will be reviewed through communication first and depending on severity may include an escalating process with the organization.

24-Hour Rule

If there is a situation where a parent wants to address an issue about a game, I do promote the 24-hour rule. I am more than happy to have a conversation with any parent about their child but after a game is not the best time. Cooler heads can prevent issues from escalating too quickly.

Goaltending

I intend to have 2 goalies on the team. The breakdown will consist of a 45-45-10 percent structure. Each goalie will play 45% of the time with the last 10% being coach's choice. I hope to default to an even 50-50 split where both goaltenders are showing they deserve to be in the net for that 10% of the time. The goalies, themselves, will be in complete control of who may earn the extra starts.

Outside Activities

It is not uncommon for players at this age to engage in other activities besides hockey. During the season, there will be one or two weekdays where team events will not be routinely scheduled on. I expect these other activities to be scheduled around hockey. The rep level requires a strong commitment. I want to ensure that all families understand the expectations and are ready to make that commitment.

Pre-Season Plan – Subject to change based on availability and team sponsorship

Spring/Summer 2022

- **Spring Program will be provided – spring tournaments to be scheduled, looking to compete in 2/3.**
- **Spring practice separate from budget - May through to June – Wednesday's 1.5 hrs at Iceland**
- Training camp August 22 – 25 all players to attend - morning ice session and an afternoon ice session with off ice activities.
- Seanna Thomas Holistic Nutritional Consultant will provide the team with healthy eating seminar. (TBC)
- Just Shoot it – shooting clinic with Doug
- Pre-season games – We will play in at least 3-4 pre-season games in September to prepare ourselves for the LLFHL season.

Season Plan – September 2022 to April 2023

- Goalie Instruction will be done with EJ.
- **Just Shoot it (Built into the Budget)**
- Tournaments – We will play in 4 tournaments during the year. Depending on availability this could be altered. A U.S tournaments will be planned in Pittsburgh during American Thanksgiving.
 - Oakville – Early Bird
 - **Kanata tournament – November – If we do Pittsburgh we will remove Kanata**
 - Flamborough – February
 - Leaside or London – Feb/March
- Practices – There will be two practices a week (during the week days). Both will be run by the coaching staff (1.5 hours each). We will work on skills during both practices plus added game situations to develop our team play structure.
- Technical on ice provider will be organized by myself for the 2022/2023 season.
- EPP program - will be working closely with the U15AA coach for player development and visibility.
- OWSA Season – 22 games (11 home, 11 away) – Oct 1, 2022 - Jan 31st, 2023

- During the year, we will have several on ice additional practices (Pending Budget allotment) on Friday nights or on weekends when no game is scheduled.
- Goaltending – there will be specialized goalie training included in the budget. This position requires special attention and is necessary to the success of the team.
- Player Interviews - I created a document with areas for players, parents and coaches to answer questions about the development of each individual player. I employed this process during past seasons to give and get feedback from each family and to ensure there was ample communication opportunities. If any family has concerns, I want them to be raised directly with myself or the bench staff.

PLAY OFFS & PROVINCIALS

- a. LLFHL Play-offs - Starts February - knock out format best of three series – runs through the OWHL, Finals weekend last weekend in March
- b. Provincials Play Downs – Start in Mid-February – Round Robin Play-Off series against typically Burlington & Oakville – Winner goes to ONTARIO PROVINCIALS finals weekend typically 2nd or 3rd weekend in April prior to the Brampton Tournament.

Budget

- Registration range is \$3700 (Subject to change) per-player will be payed out over six payments throughout the summer and season time frame. (see budget plan for increment of payment).
- The budget will be posted once the team is formed.
- Team Fundraising \$3000 sponsorship. Parents to support opportunity with external contacts.

Conclusion

I have experience coaching Rep Hockey and soccer which allows me to bring an understanding of how to coach the female athlete. I have a deep understanding for Hockey and what it takes to develop players for the long term development strategy by challenging the player Technically, Tactically and physically to potentially get to the Elite level. I have had the opportunity to play at a high level and coached by great teachers of the game at the AAA and Junior level during my playing days. Being exposed to different sports like Soccer and playing at the OYSL Level, I have had the opportunity to learn different coaching styles and training techniques that are specialized towards the female athlete.

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