

#### 2025-2026 Lakeville South Girls Hockey Program

## Welcome

Hockey is a blend of creative artistry, fierce competition, and life lessons.



# I am very Excited!

## My Experiences

25+ Yrs Coaching at HS Hockey 10yrs as Head Coach 11-D1/ 7-D3/ 7- Pro Players 7- Captains at College level Coached in 5 State Tournaments

20+ Yrs Coaching Youth Hockey 20+ Yrs Coaching HS Football/Baseball/ Soccer





# I am very Passionate!

Game of Hockey
Teaching/Coaching young people

It is my life's passion!





# I have been an Educator and Coach my whole life

My job is to Teach/Communicate

Understanding & Accommodating various learning styles





### Our Focus- Develop a Successful Character Driven Culture

## This will include

- Fun/Positive Team Environment
- Open Communication
- Relentless Work Ethic
- High Compete Level
- Expectation of Improved Strength and Conditioning
- High Team Hockey IQ





#### Our Focus- Develop a Successful Character Driven Culture

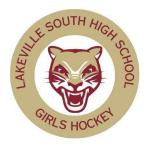
## Player Development

#### Starts with the Individual:

- Individual skill development
- Individual Hockey IQ
- Individual Strength and Conditioning
- Leadership skills

#### Then the team:

- Team and Systems Hockey IQ
- How to play hockey as a Team





## **Spring/ Early Summer Development**

Players fill out Questionnaires (April)



- 2. Meet with each returning player individually (May)
  - a. Get to know them as young ladies/ hockey players
- 3. Meet with Upperclassmen (Leadership development) (April/ May)
- 4. Team Building Activities (Have Fun together) (May- July)





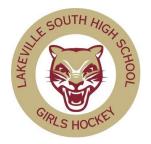
#### GIRLS HOCKEY

## <u>Summer Development</u>

- 1) On-ice Training With Coaches
  - a) Developing skills and learning team systems



- 2) Team Building Activities (Have Fun together)
- 3) Developing Hockey IQ (On and Off ice)
- 4) Classroom sessions (Situational awareness/ Hockey IQ)





#### GIRLS HOCKEY

## **Summer Development**

- 1) On ice- Training With Coaches
  - a) Developing skills and learning team systems
- Developing Hockey IQ
- 3) Team Building Activities (Have Fun together)
- Classroom sessions (Situational awareness/ Hockey IQ)

#### 5) Strength Training (LSHS)

Scott Sahli- LSHS Strength Coach

Cal Dietz- Strength/Conditioning Head Coach -U.S. Women's National/ Olympic Team

8:50-10:05 M/T/W/Th Girls 9-12 Strength/Power Weight Room 10:10-10:50 M/T/W/Th Girls 9-12 Movement/Speed Field

Strength Training program is designed to lead us from Summer right through the Season

- Strength
- Recovery
- Nutrition







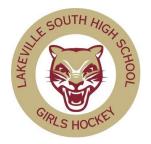
## Late Summer/ Fall Development

- Captains will be selected after Summer Hockey Development
- Fall Team skating and Development (Captains Practices)
  - Likely 2 days/ week

#### Continued Strength Training

program is designed to lead us from Summer right through the Season

- Strength
- Recovery
- Nutrition





#### GIRLS HOCKEY

## In Season- Development

- Extensive use of Hudl- Video breakdown
- -Tryouts- 3 days (Monday-Wednesday)

Thursday Practice

3-6 Scrimmages (10/31-11/1 Friday/ Saturday)

Grand Rapids/ Duluth

-In-Season Strength Training

#### **Coaches:**

-Varsity Asst.- Dan Rawley

-TBD





#### GIRLS HOCKEY

## **All this information**

- will be posted to the website
  - https://www.southgirlshockey.com/
- shared through the board





## **Questions?**

