

LAKEVILLE SOUTH



GIRLS HOCKEY

**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



LAKEVILLE SOUTH



GIRLS HOCKEY

# I am very Passionate!

Game of Hockey

Teaching/Coaching young people

It is my life's passion!



LAKEVILLE SOUTH



GIRLS HOCKEY

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

1. Players fill out Questionnaires (April)



**Spring  
Questionnaire**

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)





## Summer Development

- 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)



**Summer  
Hockey**







## Summer Development

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



**Summer  
Strength**

### 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**





## 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





## All this information

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



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**Questions?**

