

**Westmoreland Hockey Association
Association Coaching and Education (ACE)
2011 – 12 Season Training Plan**

Format for each session:

- All locations are at the Nevin conference room except the 8/18/11 session.
- Thursday evenings
- 90 minutes per month
- 6:30pm – 8:00pm
- 45 – 60 minutes of formal presentation
- 30 – 45 minutes of Drill Exchange (DE)

Aug. 18, 2011	Location: Kaufman Pavilion (near the Lynch Field pool) Ice Breakers Intro to the ACE program New coach certification requirements Intro to the Student Coach program Season and Practice Planning
Sep. 15, 2011	Referee presentation by Rich Lavrich Power Skating Presentation (BAM) DE: Skating Drills
Oct. 20, 2011	ADM and Skill Development DE: Passing and Puck Control Drills
Oct. 27, 2011	Student Coach Presentation and assignment to a team Open to USA Hockey registered, WHA players. May student coach one full age level below that which they play, a certified coach at that level will serve as mentor.
Nov. 17, 2011	Coaching and Training Goaltenders DE: Goalie drills and training techniques
Dec. 15, 2011	Small Area Games DE: Small Area Games
Jan. 19, 2012	Risk Management for Coaches DE:
Feb. 16, 2012	Nutrition/Rest/H ₂ O/Training Tips DE:
Mar. 15, 2012	Dryland Training and Off Season Contact This will be a demonstration and practical application, coaches should wear PT gear.