

Purpose

To provide DSEHC hockey players with the opportunity to:

- Compete in a setting that pushes our elite athletes to be their very best on and off the ice and compete at a national level
- Attain success at both a regional and national level through hard work, commitment, sacrifice, and desire.
- Learn from a professional, experienced, educated Coaching Staff throughout the season.

This will be done through the following components:

- Individual and Team Development
- Personal (Life Lessons, Physical Conditioning, etc.)
- Athletic (On Ice Skills)
- Academic (The Importance of Making Good Grades)

Weekly Schedule

- Monday thru Friday 630-800am on-ice skills practice, 8-830am off-ice player conditioning
- Tues, Thurs, Fri, Sat, Sun 7-830pm on-ice team practice, 830-930pm off-ice stick handling skills and shooting
- Compete in National Tournaments on weekends (Fri-Sun) seven (7-8) times throughout the year
- Participate in approximately 65-70 games both locally and nationally
- Compete in the National Rankings league (<http://myhockeyrankings.com/index.php>) in their applicable age group
- Compete in States, Regionals and National tournament in March-April

Program Description

High Level Overview

Our practice design is not built on random guesswork that leads athletes nowhere. Players receive numerous purpose driven repetitions and correct teaching within each drill and concept and are forced to perform at maximum intensity. Three critical ingredients for on-ice skill improvement are

- Quality repetition
- Raising comfort zone levels
- Applying learned skills in game situations.

We teach players to practice skills at an uncomfortably fast pace with quality repetitions for many hours and many months and then bring those skills to games.

Players have the opportunity during our practices to combine skill training with game competition so they can transfer learned skills into actual game performance. Each and every practice session is designed with purpose and a "practice theme." We emphasize building a deep and wide skill and knowledge base to create exciting and dynamic hockey players who can optimize performance potential.



www.dsehc.com

PE Substitute Credit Application

*Prepared by the Dallas Stars Elite Hockey Club
(DSEHC)*



www.dsehc.com

Detailed Overview

Our individual skills development model is built around the following:

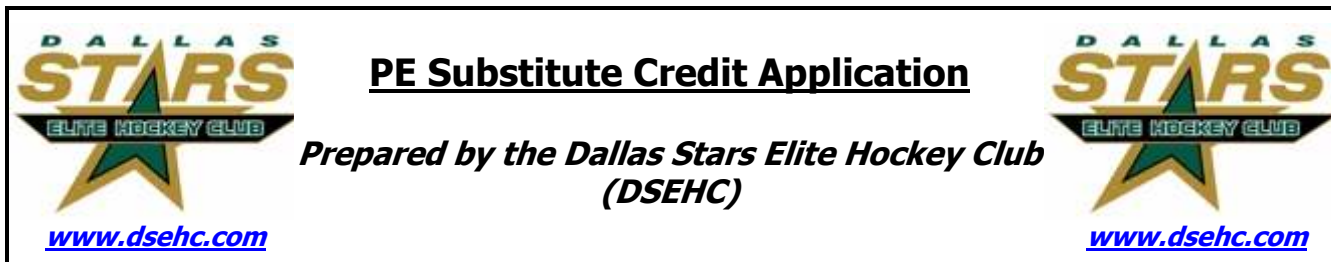
- **Professional coaches** who have an extensive background in coaching and playing experience and understand the teaching mechanics and exercise science behind skill development.
- A **proven science** based skill training system to increase the biomechanics of each individual athlete in skating and puck skills. We focus on technique, as it is the quickest, most important method for any player to improve his individual skills. \
- **Consistent and correct repetitions** with more than 400 hours of instructional ice time to build each skill set and maximize individual performance.
- **Video analysis** on each player's skills so he can visually and mentally comprehend what he is doing well and what he needs to improve upon.
- **Confidence.** When players invest countless hours in a skill development training system their abilities grow exponentially and their confidence soars. The learned skills become imbedded in the subconscious memory of the player and his overall game improves.

Our coaches instruct and drill each player in the following individual skill fundamentals:

- **Powerskating.** Forward/backward skating, turns, pivots, cross overs, stops, balance, agility, and edge work.
- **Overspeed Skating.** Increasing and maximizing skating speed with and without the puck using definitive skating patterns and techniques. Pushing players to skate out of their comfort zone to reach new levels of speed.
- **Puckhandling.** Develop confidence in all puck control movements. Teach short and wide stickhandling movements, fakes, and dekes.
- **Passing.** Forehand, backhand, flip, saucer, one-touch, drop pass, receiving passes, use of skates to catch passes.
- **Shooting.** Wristshot, snapshot, slapshot, backhand, one timer, deflections.

Five-step progression plan for skill proficiency. Within the skills mentioned above our coaches use a five-step progression plan for creating maximum development and skill proficiency.

1. Introduce and teach the breakdown of a designated skill in an isolated manner.
2. Have a player apply the same skill adding speed.
3. Direct a player to apply that skill under pressure.
4. Teach the player how to adopt the learned skill in a game situation.
5. The player becomes confident in his ability to execute the skill and uses it more consistently while expanding his use of it and coupling it with other skills.



Competition Levels Involved

All competition will be at the **AAA Level** with only the Top20 team in the North America. The Dallas Stars Elite Hockey Club proudly represents Texas in both the Tier 1 Elite Hockey League (<http://www.tier1elitehockeyleague.com/>) and the SuperSeries League (<http://sites.google.com/site/superseriesorg/home>). All nine of our teams compete at the highest level offered for their age group in North America with seven of the eight teams ranked in the TOP20.

Facility

Dr Pepper StarCenter – Valley Ranch
211 Cowboys Parkway
Irving, TX 75063

Home Rink of the Dallas Stars Elite Hockey Club. The customized workout and training facility contains state of the art equipment for optimal dryland sessions for all Stars Elite players.

Contact Information

Jordan French - Head Coach
jordanfrench@thompsontransfer.com
817-690-7612 (mobile)

Jordan French