

Checking Clinics

As players move into Peewee hockey the body contact aspect of the game becomes crucial. Have PHD run checking clinics for your association. Players and coaches will receive instruction in the areas of:

- Contact confidence
- Proper angling skills
- Giving and receiving checks safely and properly

Power Skating Clinics

The most important skill in hockey is skating. It is the foundational platform in becoming a better player. PHD has the instructional staff and knowledge to help develop players of all ages and skill levels. Have PHD run power skating sessions for the entire association or teams within the association.

Private Instruction

Want to really accelerate a player's development? Let PHD's instructors work with players 1 on 1 or in a small group setting. Players will focus on developing the individual skills needed to progress to the next level.

Private instruction may also include individual game analysis for players where players are scouted and evaluated.

Independent Player Evaluations

Player evaluations are often a controversial issue in minor hockey. PHD will provide independent rankings using independent hockey professionals. PHD has done evaluations for the following Minor Hockey Associations:

- Glenlake
- Bowness
- Elbow Park
- South Four

Coach Mentorship

At PHD we believe that one of the keys to player development is coach development. PHD will work with your coaches over a season furthering their development in the areas of:

- Yearly plan design and implementation
- Designing drills
- Teaching techniques
- Motivating young players
- Bench management
- Running effective full and half ice practices

Depending on your team's needs, PHD will design a mentorship plan to assist with the development of your coaches and most importantly your players. Practice and game assessments will be used.



www.phdhockey.ca
(403) 804 – 4255

**Providing Hockey
Development to Minor
Hockey Associations and
Teams**

- **Independent
Players Evaluations**
- **Coach Mentorship**
- **Checking Clinics**
- **Power Skating
Clinics**
- **Team Skill
Sessions**
- **Private Instruction**
- **Coaching Seminars**
- **SportQuest Testing**

**“Developing Minor Hockey
Players and Coaches is Our
Business”**

Team Skill Sessions

Have PHD's professional instructors come and run a practice for your minor hockey team. We will custom design skill development sessions and programs to aid your players and coaches throughout the season.

At PHD we believe that player and coach development go hand in hand. With the experience of our instructors we are able to provide the highest quality instruction, progressive skill development, in a positive atmosphere.

We can run specialty skill sessions in the areas of:

- Power Skating
- Checking
- Passing and shooting
- Puck Control
- Offensive Concepts
- Defensive Concepts
- Power Play
- Penalty Killing

PHD also offers instruction and consultation in the areas of:

- Fitness and nutrition seminars and consultation
- Flexibility and Core Stability Workshops

Coaching Seminars

- PHD will come into your association and put on seminars in the following areas:
- Player Evaluation & Selection
- Bench Management
- Team Building
- Fitness and Nutrition
- Teaching Techniques
- Practice Planning

A detailed information package will be provided to all in attendance at these seminars. PHD can also custom design a seminar for your team or association.

SportQuest Testing

SportQuest is the world leader in on-ice testing for hockey players. Players will be put through 14 standard skating and puck control tests using the SportQuest infrared timing system. This system is the most accurate timing equipment in the world as it uses two beams providing the most accurate timing analysis available today. Player's results will be entered into the SportQuest Data Base and players will be compared against all other players' world-wide in their position, age and gender.

Players will then receive a detailed report and assessment that will review the player's individual skating strengths and areas for improvement.

www.sportquest.com

Jay Blakley Director

Jay has been working in the hockey development industry as a professional for over ten years. He started with **Okanagan Hockey School** where he was **Head Instructor and Program Director** for six summers. In 1999 he went overseas as the **Director of Coaching with the Ayr Scotland Minor Hockey Association**. From July 2000 to August 2002 he was the **Coordinator of Male Athlete Development for Hockey Alberta** where he was in charge of the Alberta Cup Program, Under 16, Under 17 Programs of Excellence. Jay designed the Hockey Alberta Atom and Peewee skills program and the Hockey Alberta Player Evaluation and selection seminars. Jay was fortunate enough to be involved with Team Pacific in the 2001 & 2002 Under 17 World Hockey Challenges where he was the Head Scout and Program Coordinator for Team Pacific. In August 2002 he was the team leader and bench coach at Canadian Hockey's Under 18 National team selection camp. Jay was the Manager of Hockey Development with the EDGE School for Athletes where he had the opportunity to coach some of Calgary's top young hockey players. In October 2002 Jay was the on-ice lead for the Tim Horton's Coaching Day in Alberta. Through the ten years Jay has been involved in hockey development he has had the opportunity to instruct players all over North America, Europe and the Middle East. Jay's Philosophy is simple. **Provide the highest quality professional development for ALL players who wish to partake in PHD development programs**