



Sydney Minor Hockey Development 2023/24

Sydney Minor Hockey 2023/24 Development Program will be led by Justin Hache and Ryan Sparling and coordinated by Chris Cameron. There will be 16 sessions in total over the 2023/24 season offered as eight two-week blocks to players. The blocks were selected based on a poll sent to coaches at beginning of season to identify skills that instructors should focus on for SMHA development sessions.

Instructors will select drills for each block and circulate to coaches at the beginning of each block. Instructors will incorporate small area games within each block where possible.

	Block	Dates
1	Mixed skills & drills (skating, passing, puck control, scoring)	October 16 – October 29
2	Shooting to Score	October 30 – November 12
3	Passing Intensive	November 13 – November 26
4	Puck Protection	November 27 – December 10
5	F/D Specific session	December 11 – December 24
6	Advanced puck control session	January 1 – January 14
7	Backwards Skating Intensive	January 15 – January 28
8	Skating with puck with speed session	January 29 – February 11

If additional sessions become available in late February or early March 2024, we will offer additional sessions ranked by coaches (e.g., skills through small area games, power skating)