



LOUIS ST. LAURENT BARONS HOCKEY ACADEMY
April 2013 Coach Message



“Success Happens ... when you develop the HABITS of mind that produce consistent EXECUTION of effective DECISIONS and ACTIONS.”

As Head Coach of the Academy and behalf on the coaching staff (Jaret, Larry, Jamie, Chad and Barry) the month of the Academy was very successful. Words I would use to describe the first month would be: fun, nerves, details, work ethic, focus, execution, respect and it's a great day to be at the rink!

The main focus for the month of February was to establish the following:

- 1) To establish small group work so all players have a number of “touches” with the puck as possible. As a coaching staff we also want to see the players develop “quality” touches on the puck. This month there was many “teaching moments” as a group and individually to improve their technique.
- 2) As a coaching staff decided we would continue through each week with one skill theme. This allows the players to have high number of repetition over a longer period of time. The coaches witnessed improvement with the players and their skills, those who put focused work in during the week.
- 3) The coaches want the players to know they are responsible for their careers! We want them to take ownership of their development on and off the ice. At the same time we want them to have fun, enjoy their time at the rink and grow a passion for the game.
- 4) One area we would like to see the players improve is their game awareness with and with out the puck. Every session we teach a “tactical” skill. The skill may be an individual tactical skill such as angling or puck protection; or team tactical skill like open ice 2 on 1's .
- 5) We all want the players to improve their game but we also want them to improve their life skills. Every day we read a life skill story. The story is read out loud by the players. The idea of the story's are to broaden the players knowledge of the characteristics required to have fantastic life skills.

“What to do with a mistake--recognize it, admit it, learn from it, forget it.” - Dean Smith

Our focus for the month of February for skill development was edge and stride control by Quantum Speed, puck handling, passing and shooting. From the tactical areas of the game we reviewed angling and puck protection.

Over all the first month of the program went very well. We are dealing with young minds and as such we as a coaching staff must find balance between fun and

working within their “training bubble.” If we can bring this balance to each skate we will see improvement both mentally and physically on and off the ice. The ability to improve their self-esteem, confidence, belief in themselves, respect, responsibility and accountability is a goal we want to achieve in the Baron’s academy. As our motto states, “We will be better every day”!

I am very excited about this past month and looking forward to the rest of March and April!

Regards,

Blair Becker

Carroll’s Win forever

“Relentless Pursuit to find a Competitive Edge.” Pete Carroll

Pete Carroll started his motivational speech by stressing the importance of having a philosophy and knowing it. Win...Forever.

“I remembered thinking, that’s what it means to really be successful, and consistently showing you can maintain success over a long period of time,” Carroll said. “Looking back now, that’s when I decided that “How can you possibly do something forever? Much less Win...Forever?”

“That’s the interesting thing about the philosophy - in order to accomplish the grand / the prize / the goal, you have to focus on the small. To exist in the eternal perspective, you have to live in the moment / the now / the here.”

“Each practice takes on the utmost importance. You can’t waste a second...you can’t take for granted the opportunity you have to improve yourself...to win by getting in the repetitions needed to get you better. Each strength and conditioning workout carries significant weight. Every drill is critical. They’re all monumental, yet none more valuable than another.”

“And it goes to even more minute scales than that. Each repetition of each drill at practice means everything, because you can’t get to forever without right now.” You get out of what you put in to every thing you do!

Carroll continued recalling the speech he gave to his players -

“The issue is this – we set our sights years and years ago when we were kids to get to this point right here and to prove that we could do this just because we were dreamers and we were hopeful and we were going to do something really special. And the fact that we’re going to play this game tomorrow is not the issue.

The fact that's so important is what we have done, what we have illustrated and the lesson we can take away from this. By having a vision that nobody would back off on, that nobody would take a backward step on, and that nobody would ever think couldn't happen, we found our way to put ourselves exactly where we wanted to be. We're doing it better than it's ever been done before."

We need to CELEBRATE how hard we have worked so far...the sacrifice we have committed to...the improvement that we have made as a team and as individual players...the friendships that we have made...and most importantly the challenge that lies ahead of us – it starts with our P.A.W. and 'winning at everything we and you do.'

"Practice is everything to us. We work our tails off. We're like brothers wrestling in the backyard out here, and he's right there with us."

