

NORTH BAY MINOR HOCKEY ASSOCIATION



Dave Wray – 12AA

Dave is a passionate, dedicated hockey coach who strives to develop well rounded athletes who excel on and off the ice. He looks to create an engaging environment and relationship with his athletes which assists in teaching the game and mentoring young athletes.

Dave has a 25-year coaching career which started when he was 17, helping with various teams, while still playing competitive JR. B hockey. For the past 5 years, he has served as the Head Coach for various NBMHA teams, including U11A for the 2024/2025 season. Before that, he coached at various levels and age groups in other organizations.

During Dave's playing career he developed a vast hockey knowledge and understanding of the game that was influenced by various teams, people and organizations in the province. He has played in various organizations such as OMHA, HNO, NOHA and The North Superior JR B Hockey League. During his Junior B career, he was honored to be a part of the leadership group as an Assistant Captain, starting in his rookie season and would go on to Captain the team in his last season.

As a coach, Dave believes in a strong team culture, focusing on effort and hard work, while ensuring that players are continually challenged to grow and reach their potential. He wants to create a strong motivating team atmosphere while creating a level of accountability for the team and the individual. Dave takes great pride in his players, both in their growth and development as players and as people. He has a focus on developing and improving individual skills and abilities while also encouraging players to push their limits, play hard, take risk and learn from their mistakes.

Development Plan 12 AA

My development plan for the individual, would first include an overall evaluation where the player is right now, what they excel at and what needs work. I would try to answer what role can they fill within the team structure and how they can succeed in that role. I would then focus on the areas of improvement while also trying to elevate what they player already does well. I find that both encouraging the player and finding skills/drills to help them improve both at the rink and away from it important to a player's development. I will also create individual plans that will help drive individual growth and focus on areas of improvement. In addition, delegating coaches to work one on one as well will provide players the extra attention to enhance development. To help in facilitating this I would utilize practice times, additional ice sessions, on and off - ice skill sessions to help further development of the individual players. Having periodic coaches' meetings with also help assess on an ongoing basis where the player and team are in development The players will work on technical skills, individual tactics, team tactics, team play and strategy. There will also be a focus is on further improving the ABCs (Agility, balance and coordination) throughout the season. Below are some of the skills that would be a focus for the group guided by the Hockey Canada and OHF player pathway for u13 and the Skills pyramid.

Skating: Fundamental skill that is a building block for all players. Throughout the season we would work on skills such as crossover, explosive first step, edge work, transitions and increased mobility. There would be an off-ice component such as a plyometric workout to assist in increasing performance and overall abilities. Having third party skating skills instructors would also be utilized during the season.

Puck Control: Building on the initial skills that players have worked on. With an increased focus on proper head up stickhandling and techniques. Some skills would include changing directions quickly, puck protection, give and go concept and attack triangle. Off ice, there would encouragement to work on stickhandling drills with a ball or puck at home, and there would be drills provided to help direct player in their development.

Passing: A fundamental skill that will be continued to be worked on. Stationary passing, learning to surround and cushion the puck, small area passes, and quick passing will be some of the concepts the player will build upon. Encouraging off ice practice of passing will also aid in further development.

Shooting: Keep working on skills player have already learned with their shot. Building strength and confidence to use a variety of shots in different situations. Learning more about tipping pucks, screens, slap shots and fake shots and when to employ them will also go along way. Shooting pucks at home will be encouraged as a way to practice those skills away from the rink.

Goaltending: I would structure drills and time for goalies to get their own development. Including the use of goalie instructors and coaches. I would have goalie specific drills each week for players to work through, and off ice drills/workout that are specific to goalie needs and skills.

Gameplay: Introduction to concepts and ideas for both ends of the rink. Teaching and continue to build on game play concepts such as offensive zone tactics, defensive zone tactics, breakouts and special teams. Providing a video component which re-enforces concepts/ideas we have discussed or want to implement within the team structure for players to view at their own pace away from the rink. Helping player understand roles and how to improve in all areas of the game.

My team development plan has a focus on creating a positive team environment both on the ice and off the ice, and to help bring the group together for a common goal (i.e. winning games, championships). At the rink/ on the ice, that involves, creating a fun atmosphere, team focused awards (i.e.. player of the game), extra skills sessions, extra ice times, scrimmages, and exhibition games. Away from the rink, that involves doing team activities that promote being part of the team, while also having internal competition and fun. Providing off ice workout plans, shooting drills and stickhandling drills. I work on helping players understand their role/place on the team and how they contribute to the team's overall success. My goal for the team is not only to play hard for themselves, but for their teammates also. Laying out expectations based on a player's ability, roles, position and being able to effectively communicate will help facilitate with team development.

I look to communicate effectively; building camaraderie, a commitment to the team, building confidence in the player and teammates that will also help further team development. I want to develop not just good hockey players but good people in the community. People of good character, work ethic, accountability and sportsmanship.

Part of that development also is to further teach the players about the rules of the game and how to play with in the rules. How to be a good teammate, a good person and how to conduct themselves both at the arena and away from it. It is just as important to be a good person as it is to be a good hockey player. There is also a focus on enhancing the players love for the game, their skills and abilities and improving their understanding and importance of proper nutrition, sleep and exercise

I want to continuously develop throughout the season. It is important that my players trust the process throughout the year and not focus on the result. The results come by the work we put into our year. I want my group to be better at the end of the season than they were at the start of the year.

I look to maximize my season and player involvement in all aspects of the season. I try to utilize as many exhibition games as possible for my group to augment their on-ice learning with concepts that we learn at practice, which can improve skills and understand of concepts we want in regular game play or tournament play. I like to have my teams play tournaments early and often, giving due consideration to family time and big breaks (Christmas, march break etc.)