



NORTH BAY MINOR HOCKEY ASSOCIATION

Eric St-Onge U13A

Coach Eric brings over 15 years of experience in teaching health and physical education, along with 10 years of minor hockey coaching—including the last five at the rep level—and extensive player development expertise. Having coached a variety of sports at the intermediate and high school levels—including hockey, soccer, basketball, volleyball, and cross-country running—Eric is passionate about fostering both athletic and personal growth in young athletes.

As the leader of a specialized gym hockey class focusing on skill development and the coordinator of a hockey school with integrated dryland training, Coach Eric is committed to developing well-rounded players. With expertise in personalized education plans, he ensures that each athlete receives the guidance they need to reach their full potential on and off the ice.

Competitive Season Plan

The season is designed to maximize player development through a structured program that balances skill progression, team tactics, and overall athletic performance:

- **Early Season (September–November):** Focus on fundamental skill development—skating, puck control, passing, and shooting—combined with team-building activities and game-situation drills. Introduction to off-ice dryland training to improve strength, agility, and endurance.
- **Mid-Season (December–February):** Emphasis on advanced game strategies, power plays, penalty killing, and in-game decision-making. Increased conditioning and mental preparation.

- **Late Season & Playoffs (March–April):** Fine-tuning team systems, high-intensity practices, and playoff preparation, ensuring players are physically and mentally ready for peak performance.

Coach Eric is dedicated to creating a positive and competitive environment where young athletes can develop their skills, build confidence, and foster a lifelong love for the game.