

NORTH BAY MINOR HOCKEY ASSOCIATION



Joey Roussy U13AA

We're proud to highlight one of the dedicated minds behind our U13AA team—Joey Roussy!

With years of involvement in minor hockey as a player, referee, trainer, and coach, Joey brings an incredible wealth of experience and passion to the rink.

His hockey journey began in Iroquois Falls, where playing minor hockey ignited a lifelong love for the game. Over the years, Joey has taken on a variety of roles in the hockey community, including refereeing and producing television broadcasts for the AHL's Hamilton Bulldogs and the OHL's North Bay Battalion. He even worked on the grand stages of the Calder Cup finals and OHL finals!

With over a decade of coaching experience under his belt—two of which were spent as an assistant coach in a rep program—Joey is focused on developing players' skills both individually and as a team. His coaching emphasizes competition, speed, and evolving team strategies to achieve top-tier performance. This season, Joey will be introducing video sessions to enhance players' hockey IQ, further elevating their skills and understanding of the game.

As the season unfolds, Joey is eager to help the team grow, both on and off the ice, fostering individual development and collective success.

45% technical skills, 25% individual tactics, 10% team tactics, 10% team play, 10% strategy
 (80-100 practices/50 games)

September	October	November	December	January	February	March
2:1 practices/games Team Building Team Culture Conditioning Expectations Intro to Special Teams	2:1 practices/games O-Zone Attack D-Zone Coverage Power Play Penalty Kill Breakout	2:1 practices/games Faceoff Techniques Set Play Situational Play Gap Control	2:1 practices/games Mid-Year Review Shot Blocking Net front presence Boxing out	2:1 practices/games Point Shots Walking Line Screens Tip Ins Back Door Plays	2:1 practices/games Assess Team Play Refine Tactics	2:1 practices/games Plan for TOCs Refine Skills
Skill Focus *technical skills *individual tactics *team play *Intro to video sessions	Skill Focus *technical skills *individual tactics *team play *team tactics *strategy *practice & video sessions	Skill Focus *technical skills *individual tactics *team play *team tactics *strategy *practice & video sessions	Skill Focus *technical skills *individual tactics *team play *team tactics *strategy *practice & video sessions	Skill Focus *technical skills *individual tactics *team play *team tactics *strategy *practice & video sessions	Skill Focus *technical skills *individual tactics *team play *team tactics *strategy *practice & video sessions	Skill Focus *technical skills *individual tactics *team play *team tactics *strategy *practice & video sessions
Video Sessions: Will focus on team tactics, strategy, breakdown of team play and corrections. I will try to tag these onto the end of practices once/week, usually following weekend game play. We will also be analyzing NHL/OHL team play/tactics to develop better hockey IQ.						
Pre-Season 10-12 practices 2 Exhibition Games	Regular Season 10-12 practices 6 games	Regular Season 10-12 practices 6 games	Regular Season 10-12 practices 6 games	Regular Season 10-12 practices 6 games	Regular Season 10-12 practices 6 games	Prep for TOC 10-12 practices 2 Exhibition Games
Tournaments Under Consideration		Ajax Fall Classic Sudbury Silverstick		Oakville Winter Classic	South Simcoe Storm Classic	TOC