

2025-26 ACES 12U Green AA Season Outline

Head Coaches: Chris Mros and Lucas Spence

Plan for the Season

Summer 2025

- Player/Coaches Meeting Mid July to start at home workouts.
Starting early to mid-August:
- Once a week strength and conditioning sessions with Relentless Strength and Training
- Once a week on ice training with focus on skating and conditioning
- Team Building Events

Season Practice plan

- 2 practices per week Sept-Feb with a progressive training plan
- Multiple off ice workouts as needed to reach individual and team goals
- Competitive Team and Individual Challenge Competitions
- In season home workouts skill and endurance based
- Hockey IQ homework and challenges

Games

- 12-24 league games (depending on league numbers)
- 4+ tournaments (2-Away, 2+home dependent on team budget/sponsor/fundraising)
- 2-6 Scrimmages

Classroom sessions

- Homework ~ watch your position , stats (location of shots, puck travel locations)
- Game film/Practice Film
- New drills and Systems with Hockey IQ and awareness

Performance Assessments

- Quarterly assessments- Baseline, Goal 1, Goal 2, Season
- Off Ice- Pushups, Sprints, Jumps
- Edge work (Russian circles W/puck and W/ out)

Coach Contacts

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