

## **Rick MacMillan – U14 A Head Coach**

I am super excited to be coaching the U14 A team this season. I have been coaching for WMHA for almost 10 years now and I coached High School hockey at Riverside Secondary School for 10 years before that. During the day, I am a high school principal- so I have lots of experience working with teenagers, and their parents 😊.



In the last few years, especially during COVID, I ran camps, leagues, and tournaments. I have learned a lot, and I am continually taking courses, and I am always looking to learn from others.

I believe that hard work and teamwork are the keys to development, and to success- on and off the ice. I have been involved with this team in various roles over the years, so I have a good idea of our strengths and areas for development. Practices will progress through a continuum of conditioning, skills, positioning, and individual and team tactics. We will get to systems and o-zone entry and control, after we work on D-zone coverage and proper breakouts. There will be lots of 'game-situation drills' and 'SAGs' (small area games). Of course, the big adjustment this year is checking. Body contact and checking is a skill- we will practice proper techniques and timing to gain puck possession, allow fewer scoring chances in our end, and keep our players safe.

I have already booked a Tournament in Cleveland, Ohio and will look for at least 1 more in the US. As we are now an 'A' center, we will also select at least 1 tournament from the OMHA sanctioned list and see how we do there.

Try outs are just around the corner- hoping to see lots of 2010's out there!

Good Luck.

Coach Rick.