

Season Planning Support

Skate Ontario coaches work diligently to provide the best possible opportunities to support the growth and development of their skaters. As we navigate new protocols and physical distancing at the arena, we will need to make additions and adjustments to our 2020-2021 season outline.

During season planning, it is important to find the right balance of training sessions, skill development and fun activities to keep skaters motivated and engaged. To help coaches and clubs/skating schools prepare for the season, we have created the following tools to use throughout the planning process:

- [SMART Goals Overview](#) – Goal setting overview for skaters
- [Planning Overview](#) – Snapshot of the yearly planning cycle
- [12-Month Planner](#) – Monthly planning template
- [Coach/Parent – Planning Meeting Structure](#) – Framework for conducting coach/parent meetings
- [Performance and Development Opportunities \(PDOs\) Yearly Planning Tool](#) – Information about various PDOs with a yearly planning view to plot opportunities

Questions to consider when planning

What are the training priorities?

- SMART goals, level of commitment, time availability, etc.

Which training methods will be used?

- lessons, classes, PDOs, etc.

Which attributes need to be developed?

- physical, technical, mental, etc.

What are the events or important dates to consider?

- session start/end dates, holidays, Assessment days, PDOs, competitions, etc.
- consider offering one to two PDOs per month (See PDO Yearly Planning Resource for details)

Are there specific needs to consider for the age and stage of development?


- Long-term development, background, etc.


Source: [Design a Basic Sport Program: Reference Material \(Version 1.2, 2007\)](#). Coaching Association of Canada

September to December Sample plan for Sally Skater (age 13)

Level	STAR 6 free skate
SMART Goals	<ul style="list-style-type: none"> • Achieve STAR 6 skills assessment in November 2020 • Qualify for 2021 Provincial Championships in STAR 6 free skate category • Acquire fully extended Y-scale spiral by December 2020 by engaging in off-ice flexibility exercises three times per week and by participating in the Flexibility Challenge PDO (Oct 16 – Nov 27)
Commitment Level	Moderate – Skates three days per week (also participates in jazz classes)

Development Needs	Increase cardio and flexibility, develop mental training
Training Methods	Lesson time, off-ice cardio and flexibility, PDOs
Important Dates	<ul style="list-style-type: none"> • Assessment Day: November 30, 2020 • Competition: Stratford – December 11-13, 2020 • Holidays: December 23, 2020 to January 4, 2021 • PDOs to be developed within yearly plan (dates to be confirmed)
Long Term Development Focus	Skill acquisition, speed, stamina

SEASON		12-month plan
FALL 	SEP	<p>Focus: Return to skating protocols, SMART goal setting, adjusting to being back on the ice (work on the basics – edges/turns, jump & spin technique)</p> <p>PDOs</p> <ol style="list-style-type: none"> 1. Run <u>Skater/Parent Information session</u> (first two weeks of season) <ul style="list-style-type: none"> ▪ Set/communicate SMART goals ▪ Plan for the season (Assessment days, PDOs, competition) ▪ Review session COVID-19 protocols ▪ Outline off-ice warm-up/cool-down ▪ Discuss expectations for coach/parent/skater 2. Launch <u>Skill Development Session</u> (mid-month) <ul style="list-style-type: none"> ▪ Review of basic edges/turns – how to turn, positioning, balance on blade <ul style="list-style-type: none"> ○ Off-ice – review edges/turns and their names, blade contact on the ice, key words to think about when practicing edges, edge/turn trivia, flexibility exercises ○ On-ice – class style (lanes) – begin with basic edges/turns then progress more complex edges/turns, focus on key words from the off-ice review <p>Notes</p> <ul style="list-style-type: none"> • Begin listening to music for program • Monitor Skate Ontario website and communication for competition registration
	OCT	<p>Focus: Skill development progressions, introduction of new skills (jumps/spins), begin choreography, commence work for skills assessment, dance review</p> <p>PDOs</p> <ol style="list-style-type: none"> 1. Launch <u>Skill Development Session</u> (mid-month) <ul style="list-style-type: none"> ▪ Include jump technique and progressions (to prepare for new skills) <ul style="list-style-type: none"> ○ Off-ice – jump walk-throughs, air positions ○ On-ice – drills, progressions, practice quality single jumps, flexibility exercises 2. Execute <u>Challenge Day</u> – Flexibility Challenge (begin October 16, run for 6 weeks) (see example #1 in Challenge Days resource for full details) <p>Notes:</p> <ul style="list-style-type: none"> • Train new skating skills (for STAR 6 skills assessment) in weekly edge/turn class • Revisit SMART goals and adjust as needed

		<ul style="list-style-type: none"> Last week of October – Halloween costume party
	NOV	<p>Focus: Refinement of free skate, skills and choreography, continue with dance, prepare STAR 6 skills for assessment</p> <p>PDOs</p> <ol style="list-style-type: none"> Continue <u>Challenge Day</u> – Flexibility Challenge – Final Challenge day (November 20) (see example #1 in Challenge Days resource for full details) Implement a <u>Simulation Day</u> – with feedback from club coaches (late in the month) <p>Assessment Day: November 30 – STAR 6 skills assessment</p> <p>Training Strategies/Notes:</p> <ul style="list-style-type: none"> Revisit SMART goals and adjust as needed Perform program run-throughs with all elements (one per session using program tracking sheet)
WINTER 	DEC	<p>Focus: Continue dance training for possible assessment in new year, work on skills patterns, continue refinement of jump and spin technique</p> <p>PDOs</p> <ol style="list-style-type: none"> Initiate Performance Opportunity – Christmas Showcase <ol style="list-style-type: none"> Consider virtual options for extended family and friends to view the show <p>Competition: Stratford, December 11-13, 2020</p> <p>Training Strategies/Notes:</p> <ul style="list-style-type: none"> Revisit SMART goals and adjust as needed Perform program run-throughs (one per session using program tracking sheet)

[Performance and Development Opportunities Information](#)

