



SJJA

“Striving for Excellence”



The Slough Junior Jets Academy

What you can expect.....

On – ice

Disciplined, well organised training sessions whilst maximising ice use. These are based on a tried and tested program that incorporates hockey skills, tactical training and power-skating sessions every week.
Tues, Skills, Weds Tactics, Fri Power skating

Off – ice

A structured off-ice program will be run from U10 throughout the age groups.
Basis Plyometrics, strength, foot speed and agility will be the main focus areas worked on, this will take place once a week and is also part of the training program (not optional)

Power-skating

Power-skating sessions, will run alongside the program, this is especially important to ensure that stride, recovery, leg extension alongside edgework is being used in the correct and optimum manner.

At the older age group this is more for stamina and conditioning along with slight tweaking.

Extra power-skating lesson will be available at a cost – speak to the Head Coach for further details.

Learning program

A learning program where players can come along and learn in a classroom environment, using senior players and outside speakers to talk about various aspects of the game, nutrition, preparation, conditioning, motivation etc.....

Use of video analysis from training and games will also be employed.

Coaches responsibility to the game

1. Coaches are role models. As such, we shall always conduct ourselves so as to maintain the highest principles, integrity, and dignity of The Game.
2. Coaches are responsible for knowing, understanding, teaching and following all rules of the game as established and directed by the EIHA
3. Both the letter and the spirit of all rules must be adhered to by the coaches.
4. It is the coach's responsibility to make sure that all players understand the rules of the game. The letter and spirit of all rules that must be adhered to by all participants in The Game.