



# **10U/Squirt Development Program 2008-2009**



## **Objective**

The purpose of the AVHA 10u/Squirt program is aimed at giving the players a better opportunity to develop over a longer period of time and emphasizing skill development. By incorporating a “skill development season” within the hockey calendar, the goal is to provide more detailed instruction to each 10u/Squirt. This will also maximize instruction and reduce costs for the first month of the “season”.

## **Rink Rat: October 4th-6th**

Kick off weekend leading up to Development Season will be 3 days of small games, no structure, just playing. The kids can tryout new equipment, etc. Low stress, High fun!

## **Skill Development Season: October 10th- 27th**

- Players will be divided into groups of roughly 20-23 skaters. These groups will be based on alphabet. Girls U10 will be mixed in to the boys groups.
- Each participant will be given 9 on-ice sessions as part of the development season.
- The first 4 sessions will be heavily geared towards Power Skating. The following 3 sessions will involve individual skill sets and the final 2 sessions will involve some team system introductions.
- The final week will also involve a couple of “classroom” sessions to supplement the team system introductions.

## **Goaltenders 101**

There will be three clinics in October led by Goaltending Coordinator. This is an opportunity for existing goaltenders to get instruction as well as others to give it a try. Some equipment will be provided by AVHA.

## **10u/Squirt Development Shiny Hockey October 28<sup>th</sup>-Nov. 1<sup>st</sup>**

### ***One week Round Robin Shiny Hockey***

Squirts/U10 girls are divided up into 6 teams and a round robin rink rat is held over the course of the next few days. The 45 minute periods will consist of a 15- minute warm-up skill session followed by a 30 minute non-officiated mini pick-up game. Scores will not be kept. They will be sped-up by eliminating puck drops. Coaches will instruct from the ice and the bench. This will culminate the 3 week period of skill sessions and be a lead into the skill assessment period.

## **Skill Assessment: November 7th-9th**

Players will be placed in three groups, (2 boys, and 1 girl) and players will be readjusted after day one, day two and final roster decisions will be made after day 3.

Players will be ranked on a scale from 1-5 on a variety of attributes:

- Skating- balance, strength, acceleration
- Stickhandling/puck control
- Passing ability and also willingness
- Shooting- release, accuracy, effectiveness
- Hockey Sense- on-ice movements within the flow of play, engagement in play, application of demonstrated principles to game situations
- Attitude- effort, energy, listening, attention span.

Evaluation scores will be used to place players at appropriate level for play (A, B, C) in District 6 schedule. If scores are close, preference will be given to the 2nd year vs. 1st year player.

***As most coaches will be provisional coaches, the coaches will be required to be on the ice during the development season. The PDC will oversee the clinic ice and train coaches on proper skating technique, puck handling, shooting, and passing techniques. They will also be trained on systems and other coaching related duties.***