



10 & Under Development Overview

- Optimal window for motor coordination
- Learning Fundamental Sports Skills like: throwing, striking, kicking, dribbling, etc.
- Twice a week, prior to practice, spend 30 minutes off-ice working on the Fundamental Movement Skills
- Focus on athleticism (ABC's) and hockey skills
- Practicing small area games will lead to better decision-making skills
- Divide players into two halves: top ½, bottom ½
- Play multiple sports and engage in activities like soccer, running, gymnastics, swimming, skiing or other activities 50% of the time, engage in fitness through other sports 25% of the time and play hockey the other 25%.
- 30 – 45 players per practice session
 - 3 - 4 ice touches per week
 - 60 min ice sessions
 - 6 - 7 month training and competition calendar = 24 – 28 weeks
 - 95 to 100 ice touches (70/30 practice to game ratio)
- 75 to 80 practices 20 to 25 games intro of formal full-ice games
 - 10-12 skaters & 1 goalie per team
 - Increases puck touches / participation / development

