



12 & Under Development Overview

- Optimal window for sports skills
- Learning Fundamental Sports Skills
- Still focused on individual development and not the outcome
- Keep the top level as broad as possible
 - This allows better players greater success and pushes lesser players to emulate
- Twice a week, prior to practice, spend 45 minutes off-ice working on the Fundamental Movement Skills
 - Focus on athleticism (ABC's) and hockey skills
- All levels should receive same number of ice sessions / touches
- 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 (like lacrosse, baseball, golf, track and field, etc.) 25% of the time and play hockey the other 25%.
- 4 Ice sessions touches per week
 - 60 min ice sessions
 - 7-month training and competition calendar
 - 105 to 120 ice touches (70/30 ratio)
- 80 to 90 practices
 - 2-3 teams per = 30 - 45 players
 - 30 to 35 game days
 - Local geographic area
- 15 skaters & 2 goalies per team

