



PROGRAM [U11 HOUSE]

The VMHA U11 house program is a recreational division with balanced teams and localized game play.

PROGRAM FORMAT:

Volunteer coaches are relied upon to provide the core of the program application utilizing the one practice and one home game slot to do so. VMHA provides one skill session with a VMHA instructor to every player every second week to assist with appropriate skill development.

SKILL DEVELOPMENT:

Station based drills are still highly encouraged to maximize reps and teaching to players. Reinforce fundamental hockey skills and continue to include a lot of competitive elements to keep the young learners engaged. In this program drills will progress to full ice variations.

GAME PLAY:

Teams are balanced within the division and league play starts in October once teams are finalized. Teams play 5 vs. 5 on a full ice sheet in this division and above with a full compliment of rules (offside, icing, faceoffs, changing on the fly, penalties etc.). Once games start teams will 3 games every second week sharing their home game time with another team and getting reciprocating ice appropriately. At the end of the year teams will have an opportunity to join a playoff pool and

compete as a team for a banner. Teams are encouraged to participate in local tournaments if they are interested in more game play throughout the year.

KEY SKILLS:

The hockey skills from the lower divisions should be reinforced and refined in U11 house. Coaches should also introduce the following team skills.

- Breakouts
- Faceoffs
- Defensive coverage
- Line changes
- Angling

RESOURCES

[HOCKEY CANADA U11 CORE SKILLS](#) | [HOCKEY CANADA DEVELOPING SKILLED DEFENCEMAN](#) | [GLENN CARNEGIE – PUCK PROTECTION](#)