



PROGRAM [U11 REP]

This program is the first exposure to rep hockey for some of our members. There is a selection process but VMHA does its best every year to provide the opportunity to play at this level for the most players possible.

PROGRAM FORMAT:

Head coaches are non parent whenever possible and get a small honorarium for their commitment. Teams receive two practices and one game slot a week. Tryouts begin after labour days and teams are finalized by October.

SKILL DEVELOPMENT:

Individual skills are still the focus of programming but players being to get exposed to team development through systems. Position specific skill development begins but coaches are encouraged to teach a variety of skills to all players.

GAME PLAY:

Exhibition games start during the tryout process and league play begins around the beginning of October. Once games start teams will have 3 games every second week sharing their home game time with another team and getting reciprocating ice appropriately. The pool of opposing teams is

more limited than in higher rep divisions. Teams are encouraged to travel outside of the region to play a diversity of teams through tournament play throughout the year. One Travel tournament is expected and an additional local tournament is encouraged.

KEY SKILLS:

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

- Combining turns
- Backhand passing
- Shooting in stride
- Zone entry
- Backcheck
- 10-2 turns (open hips)
- Forechecking

RESOURCES

[TIM TURK - THE ART OF SHOOTING](#) | [MATS LINDGREN - PASSING PROGRESSIONS](#) | [DEVELOPING GAME-READY SKILLS WITH CANUCKS SKILLS COACH GLENN CARNEGIE](#)

[DAVE STARMAN - TEACHING HOCKEY SENSE THROUGH SMALL AREA GAMES](#) | [MEREDITH ROTH - USING BODY CONTACT TO CREATE SPACE](#)