



PROGRAM [U13 HOUSE]

The continuation of our recreation division remains focused on fundamental hockey skills.

PROGRAM FORMAT:

Volunteer coaches maintain the program with one practice and home game time per week as the VMHA instructors continue a base skill development program every second week.

SKILL DEVELOPMENT:

Station drills should be utilized for skill development and full ice drills should be introduced to increase tempo and speed in players development.

GAME PLAY:

Game play is twice per week with each team hosting then participating in an away ice time. Exhibition starts in the middle of September and league play starts in early October. Playoffs and banner games happen at the end of the year. Teams are encouraged to participate in local tournaments if they are interested in more game play throughout the year.

KEY SKILLS:

All the skills from the lower divisions should be reinforced and refined in U13 house.

RESOURCES

[HOCKEY CANADA U13 CORE SKILLS](#) | [HOCKEY CANADA SHOOTING AND SCORING](#) | [PERRY PEARN - TEAM BUILDING](#) | [GUY GADOWSKY - TEACHING HABITS NOT SYSTEMS](#) | [MIKE WEAVER - TEACHING 1VS1S](#)
[TROY WARD - LANGUAGE OF HOCKEY](#) | [MARCO STRUM - FORECHECKING](#)