



## PROGRAM [U13 REP]

As the highest level of elementary program offering U13 Rep gives the players a chance to compete with a larger pool of teams in PCAHA league play. As the year builds teams will be challenged within their provincial designation for playoffs.

### PROGRAM FORMAT:

VMHA is committed to providing a high level of training at this age group and strive to attract non parent coaches to ensure best practice standards are met. Teams receive two practices and one game slot a week.

### SKILL DEVELOPMENT:

Individual skill development is still key but there is a shift to more position specific and team skills than in the lower divisions. Full ice and competitive drills become even more common to increase intensity of practice.

### GAME PLAY:

Exhibition games start during the tryout process and league play begins around the beginning of October. Once games start teams will have 2 games week sharing their home game time with another team and getting reciprocating ice appropriately. 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 1-2 local tournaments are encouraged.

### KEY SKILLS:

The hockey skills from the lower divisions should be reinforced and refined in U13 Rep. Coaches should also introduce the following skills.

- Tipping pucks
- Slapshots
- Neutral zone play
- Cycle
- Special teams play
- Advanced fakes

## RESOURCES

[DEREK LALONDE - SMALL AREA GAMES](#) | [JAY WOODCROFT - CREATING OFFENSE FROM CYCLES](#) | [DAN MUSE - NEUTRAL ZONE MOVEMENT](#) | [JEREMY RUPKE - FINER DETAILS OF SHOOTING THE PUCK](#)  
[GLENN CARNEGIE - THE ART OF DECEPTION](#)