



## PROGRAM [U15 HOUSE]

Our high school recreation programs provide a fun environment to play and continue to learn hockey skills.

### PROGRAM FORMAT:

Volunteer coaches still have one practice and one home ice time per week with the focus on engaging the youth and keeping them involved in the activity.

### SKILL DEVELOPMENT:

Skill development is still implemented but many players enrolled in the program want to focus on game play and as a means of recreation. More full ice, competitive and small area game drills should be utilized to drive enjoyment with players. VMHA supports skill development with a weekly clinic that are open to players that want to continue to hone their finer skills.

### 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 end 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 U15 house.

## RESOURCES

HOCKEY CANADA U15 CORE SKILLS | GLENN CARNEGIE - PUCK PROTECTION | 4 KEY ELEMENTS BRAD TRELIVING VALUES IN A COACH | TODD WOODCROFT - CREATING OFFENCE FROM ZONE ENTRIES  
VILLIE PELTONEN - HOW TO SCORE GOALS EFFECTIVELY AS A TEAM | NOLAN PRATT - GAP CONTROL | DON HAY - DEFENSIVE ZONE COVERAGE