



PROGRAM [U15 REP]

The VMHA high school rep program is focused on providing high level individual training for the players.

PROGRAM FORMAT:

Non parent coaches are maintained and honorariums are typically higher to attract appropriate level of coach. Off ice training is typically added into the teams curriculum increasing the cost and commitment on families. Teams get two practice sessions and one game time allocated per week.

SKILL DEVELOPMENT:

Individual and positional skills remain the priority but more advanced team systems are taught and refined. Full ice and competitive drills are used almost exclusively to maintain a high tempo and challenge players speed. This is the first program where body checking is allowed and safety around contact is a key skill worked one throughout the year.

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. U15 Rep teams compete within PCAHA for league play. As the year concludes teams will be challenged within their provincial designation for playoffs. 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:

In addition to the skills from the lower divisions players should leave the program with being exposed to the following hockey and teams skills

- One time shots
- Advanced shooting techniques
- Body checking

RESOURCES

ONTARIO MINOR HOCKEY ASSOCIATION CHECKING SKILLS | JON GOYENS – ACTIVATING DEFENCEMEN IN THE OFFENSIVE ZONE | DAN BYLSMA – CREATING OFFENCE OFF THE RUSH
REID CASHMAN – BREAKOUT DRILLS FOR DEFENCEMEN | GREG CRONIN – PENALTY KILL PUSH DOWN