



PROGRAM [U18 HOUSE]

The continuation of our high school recreation programs U18 is focused on a safe and fun participation for the players.

PROGRAM FORMAT:

Volunteer coaches have one practice and one home ice time per week with the focus on engaging the youth and keeping them involved in the activity. Players should leave the program enjoying their minor hockey experience and maintaining interest to participate in the VMHA U21 division.

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. 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.

KEY SKILLS:

All the skills from the lower divisions should be reinforced and refined in U18 house except body checking.

RESOURCES

[HOCKEY CANADA U18 CORE SKILLS](#) | [WHAT NHL PLAYERS SAY ABOUT THEIR EXPERIENCES WITH COACHES](#) | [TODD WOODCROFT - THE SECRET IMPORTANCE OF FACEOFFS](#)
[DE QUINN - DEVELOPING YOUR PLAYERS INSIDE GAME](#) | [PAVEL BARBER - HOW TO TEACH PUCK PROTECTION](#)