



PROGRAM [U18 REP]

The highest level of program offering at VMHA U18 Rep challenges the players to compete at the highest level possible through their senior years of high school.

PROGRAM FORMAT:

VMHA strives to provide the highest level of coach possible with competitive honorariums to make sure players are ready for competition. Off Ice training is also encouraged making the high school rep programs a larger expense and time commitment for 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. Body checking is in full effect with the players moving at very fast speeds. Safety around contact is a key skill worked on 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. U18 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:

All the skills from the lower divisions should be reinforced and refined in U18 Rep.

RESOURCES

TRAVIS GREEN – EVOLUTION OF A HOCKEY COACH | DEREK LAXDAL – HOW TO COACH OFFENCE | SHANNON MILLER – TORPEDO HOCKEY | BRENDAN TAYLOR – CREATING OFFENCE BEHIND THE NET
DAVIS PAYNE – POWER PLAY SKILL DEVELOPMENT