



# PROGRAM [U21]

For all players graduating U18 and want to continue to play with their community U21 is the program for them.

## PROGRAM FORMAT:

This House program aims to keep members involved in the sport in a minor hockey setting as they transition out of highschool and into post secondary and work life. Coaching is provided as a means to guide the group through the season but there are no milestones or developmental guidelines that the group follows. One practice and one home game time are provided for coaches to work with the group. Expect later ice times that accommodate the older age group. There are no tryouts and roster sizes tend to be inflated due to differing commitment levels amongst players.

## SKILL DEVELOPMENT:

No specific focus on skill development Focus is on game play and as a means of recreation. Practices consist of full ice, competitive and small area game drills. There is no VMHA supported skill development in this division.

## GAME PLAY:

Exhibition play may be organized in September and league play begins in October adding an additional game time per week. The league spans the entire PCAHA district and games can be as far away as Sunshine Coast, Whistler, and Chilliwack. There are PCAHA playoffs and year end competition for banners in this division.

## KEY SKILLS:

No focus for skill or hockey development. Program is centered around fun and involvement.

## RESOURCES

[MARK CRAWFORD - COACHING MILLENNIALS](#) | [ROY SOMMER - 20 YEARS A SHARK](#)