

U5 - U13 | Program Overview

Soo Pee Wee Hockey League

- 2021-2022



Soo Pee Wee Hockey League 2021-22

Initiation

U5 - U9

U10 & U11

U13

U5 (2017)

U8 Tier 1 (2014)

U10 A (2012)

U6 (2016)

U8 Tier 2 (2014)

U10 House League
(2012)

U13 A (2009&2010)

U7 Tier 1 (2015)

U9 Tier 1 (2013)

U11 A (2011)

U13 House League
(2009&2010)

U7 Tier 2 (2015)

U9 Tier 2 (2013)

U11 House League
(2011)



Developing a Positive Hockey Experience



2021-22

U5 - U9 (Ages 4 - 8)

Program Goals

- Create a safe, fun environment for all players ages 4 to 8 years old to begin the development of basic hockey skills, team-work and sportsmanship
- Create an environment where all players can succeed
- Have players working with players of like skill to develop confidence and self esteem
- Encourage more parents to get involved in coaching
- Developing fundamental movement skills (skating, jumping, twisting) manipulations skills (shooting, puck control) and overall motor skills (agility, balance, coordination) in a fun and safe environment that promotes self-confidence.

U5 (2017)

U6 (2016)

U7 T1 (2015)

U7 T2 (2015)



Developing a Positive Hockey Experience



2021-22

U5 - U9 (Ages 4 - 8)

Keys for Success

- Station work during practice with a focus on individual skill/tactic development
- 5:1 player to coach ratio (recommended by Hockey Canada)
- Tiering of players in all situations (drills, small area games, games etc....)
- Continue to grow their impression of hockey in a positive environment for players and parents
- Collaboration with and amongst coaches at every level
- Maximize ice time by putting upwards of 40 players on the ice at a time

U8 T1 (2014)

U8 T2 (2014)

U9 T1 (2013)

U9 T2 (2013)



Developing a Positive Hockey Experience



U10 A & H/L (2012)

U11 A & H/L (2011)

“This stage is the beginning of the most important window to develop the fine motor skills on an individual technical skill basis that leads to utilizing these skills into individual and team tactics later on. During this phase, prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on. Players should be able to begin to transfer skills and concepts from practices to games”.

Hockey Canada: Long Term Player Development - (LTDP)



Developing a Positive Hockey Experience



U10 A & H/L (2012)

U11 A & H/L (2011)

Program Goals

- Create a fun and safe environment for players to grow their passion for the game
- Have players working with players of like skill to develop confidence and self esteem
- Shift focus from developing a small group of players to a greater number of kids
- Focus on individual skill and individual tactics
- Introduce team - tactics, play and game strategy
- Continue to develop skating ability, speed, agility and individual skill.

U10 A (2012)

U10 H/L (2012)

U11 A (2011)

U11 H/L (2011)



Developing a Positive Hockey Experience



U10 A & H/L (2012)

U11 A & H/L (2011)

Program Structure

- U10 A : 3 teams, 45 players
- U10 H/L: 4-6 teams, 60-80 players
- U11 A : 3 teams, 45 players
- U11 H/L: 4-6 teams, 60-80 players

- U10 & U11 A teams will receive 20 additional full ice practices for the price of the Bump-up fee.
- Typical week for the A's will be one half-ice practice, one full-ice practice and 1 game.
- To balance the schedule, U10 A's will play the U11 A's 4-5 times throughout the season.
- Typical week for H/L will consist of one half-ice practice and one game.



Developing a Positive Hockey Experience



U10 A (2012) | U11 A (2011)

Proposed Schedule and Divisions

	U10 A T1	U10 A T2	U10 A T3	U11 A T1	U11 A T2	U11 A T3	
U10 A T1	XXXXXXX	7	7	2	2	2	20
U10 A T2	7	XXXXXXX	7	2	2	2	20
U10 A T3	7	7	XXXXXXX	2	2	2	20
U11 A T1	2	2	2	XXXXXXX	7	7	20
U11 A T2	2	2	2	7	XXXXXXX	7	20
U11 A T3	2	2	2	7	7	XXXXXXX	20

U10 A Standings					
	GP	Wins	Loss	Tie	Total Points
U10 A T1	20	0	0	0	0
U10 A T2	20	0	0	0	0
U10 A T3	20	0	0	0	0

U11 A Standings					
	GP	Wins	Loss	Tie	Total Points
U11 A T1	20	0	0	0	0
U11 A T2	20	0	0	0	0
U11 A T3	20	0	0	0	0



Developing a Positive Hockey Experience



U10 A & H/L (2012)

U11 A & H/L (2011)

Keys for Success

- Station work during practice with a focus on individual skill/tactic development
- 5-1 player to coach ratio
- Introduce age appropriate off-ice activities (running, jumping and coordination training)
- Tiering of players in all situations (drills, small area games, games etc....)

- Collaboration with and amongst coaches at every level
- Maximize ice time by putting upwards of 30 players on the ice at a time
- Continue to grow their impression of hockey in a positive environment for players and parents



Developing a Positive Hockey Experience



2021-22

U13 A & H/L

“This is the most significant period for development. This is the window of accelerated adaptation to motor coordination Introduction and development of Advanced Team Tactics, Team Play and Strategy. Hockey Canada recommends that players in the Learning to Train stage continue to focus on the development and refinement of individual skills and individual tactics. Upwards of 80% of training should be dedicated to individual skills and tactics in this stage”

Hockey Canada: Long Term Player Development - (LTDP)



Developing a Positive Hockey Experience



2021-22

U13 A & H/L

Program Goals

- Create a fun and safe environment for players to grow their passion for the game
- Have players working with players of like skill to develop confidence and self esteem
- Shift focus from developing a small group of players to a greater number of kids
- Continue to develop skating ability, speed, agility and individual skill.
- Introduce team - tactics, play and game strategy

U13 A (2009,2010)

U13 H/L (2009,2010)



Developing a Positive Hockey Experience



2021-22

U13 A & H/L

Program Structure

- U13 A: 4 teams, 64 players
 - U13 H/L: 6-10 teams, 110-150 players
- A typical week for U13 H/L will consist of one full-ice practice and a 1/hour game
 - Every second week for the U13 A's will be either one full-ice practice and a 1/hour game. Or, two full-ice practices and a 1/hour game.
 - The cost of the 10 extra practices for the A's is covered in the Bump-up fee



Developing a Positive Hockey Experience



2021-22

U13 A & H/L

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Developing a Positive Hockey Experience

