

# Atom

Learn to Play - DS (Combined Ages 9-10)

“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*



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## 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.



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## 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



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- 4 teams
- 14 players per team
- 1 > ½ ice practice, 1 game per week and 2 additional Full ice practices per month
- Players tiered based on ability during station practices
- Focus on skating, balance, agility and Coordination
- Push players to play with lots of speed and skill



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