

Pee Wee H/L

Program Overview

Soo Pee Wee Hockey League

- May 2019



Pee Wee

Learn to train -H/L (Combined Ages, 11-12)

“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

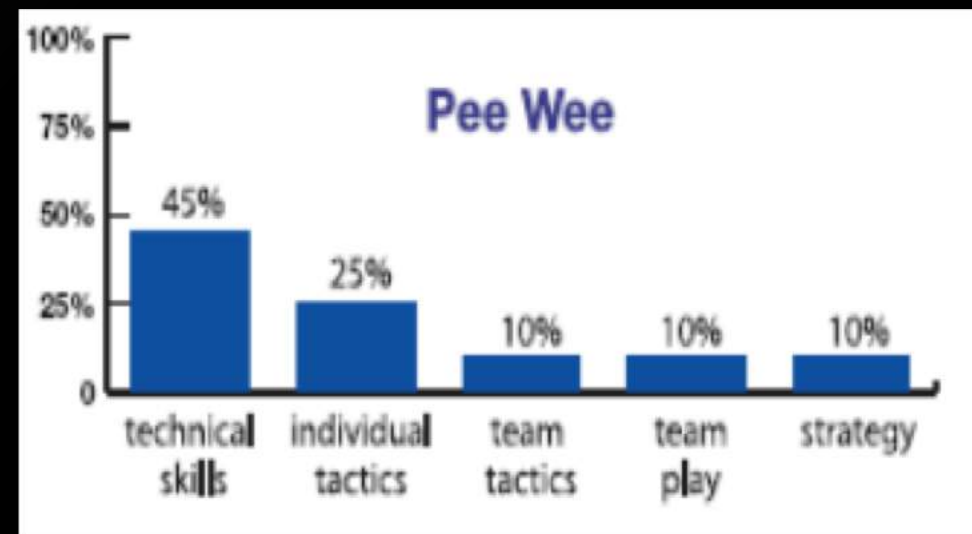


Pee Wee

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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
- Continue to develop skating ability, speed, agility and individual skill.
- Introduce team - tactics, play and game strategy



Developing a Positive Hockey Experience



Pee Wee

Learn to train -H/L (Combined Ages, 11-12)

Keys for Success

- Station work during practice with a focus on individual skill/tactic development
- 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
- Continue to grow their impression of hockey in a positive environment for players and parents

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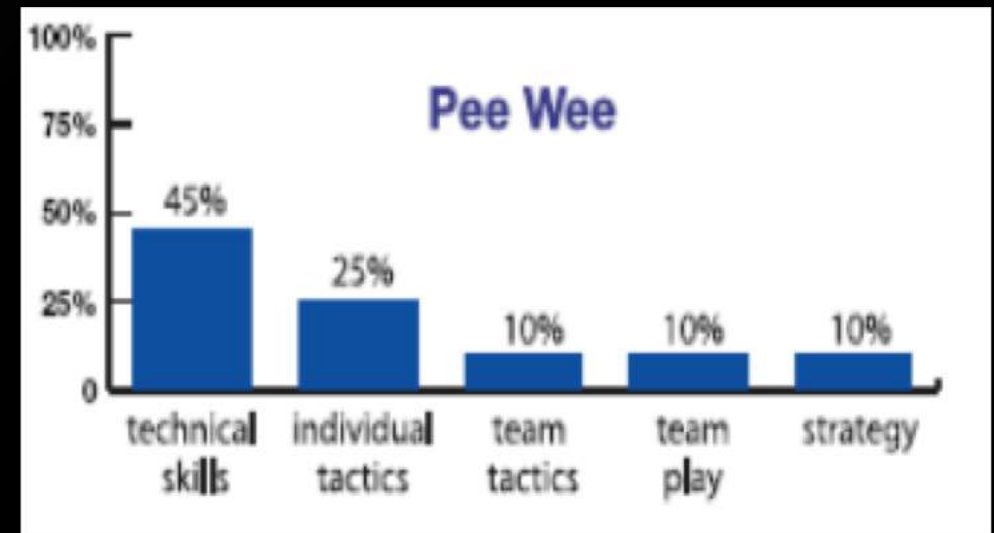
Developing a Positive Hockey Experience



Pee Wee

House League (Combined Ages, 11-12)

- 14+ players per team
- 1 > full ice practice and 1 game per week
- 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



Developing a Positive Hockey Experience

