



U11 Seasonal Structure



U11 Seasonal Structure



1. Preparation Phase

- Every U11 player must have a minimum of four ice sessions prior to formal tryouts starting.
- Opportunity for first year U11 players to become familiar with the rule changes and larger ice surface.
- A player's first experience in the new hockey season should not be a formal tryout – this gives all players the opportunity to get back on the ice in a more 'player-friendly' environment.
- Help level the playing field; not all players go to hockey schools or prep camps prior to the start of the season.

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1. Preparation Phase

- First Year Player Transition
 - Playing Rules (off-side, icing, faceoffs, penalty procedure, line changes, surface size)
 - Offensive and Defensive Concepts
 - Spring Ice Option
 - Fall Ice Option
 - Four Prep Skate Option (single year or combined)

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1. Preparation Phase

- Four Prep Skates (recommended focus)
 - Skate #1 - Off-Sides (stations)
 - Skate #2 - Face-Offs (alignments and roles)
 - Skate #3 - Small Area Games (line changes / transitions)
 - Skate # 4 - Controlled Scrimmage (lead by coaches)

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2. Team Selection Phase

- Tryouts must be a minimum of three formal ice sessions. Recommendation is one skills session, one small-area games session and one scrimmage game session.
- Players should be selected for teams based on overall skill and not by position.

Talent ID is about keeping kids around long enough to see what they can really do!

September 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	First Day of School Catholic	First Day of School Public				
6	7	8	9	10	11	12
	Labour Day	Atom Prep Skates #1		Atom Prep Skates #2		Atom Prep Skates #3
13	14	15	16	17	18	19
Atom Prep Skates #4			Atom Evaluation #1			Atom Evaluation #2
20	21	22	23	24	25	26
		Atom Evaluation #3 <small>*Initial stages can start for players to be placed on teams.*</small>				Atom Evaluations as Needed
27	28	29	30			
Atom Evaluations as Needed			Atom Evaluations as Needed			

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3. Development Phase (approx. October – Mid November)

- Every team must have a period of development time following team selection and prior to the regular season starting.
- Skills before tactics, tactics before systems.
- Exhibition games can take place during this phase to finalize team selection.
- League tiering games can take place during this phase for purposes of creating meaningful competition. Tournament style tiering weekends to be considered.

Practice vs Games



1 efficient practice will give a player more skill development than 11 games collectively.

An ideal, ratio is **3 practices for every 1 game** played for ages 9 – 12.

A Game By The Numbers

- Players will have the puck on their stick for an average of **8 seconds per game**.
- Players will take an average of **1 - 2 shots** per game.
- 99% of the feedback coaches give players is when they have the puck. Ironically, players only have the puck on their stick for 0.2% of the game.

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3. Development Phase

➤ Physical

Warm Up/Cool Down, Performance Enhancers (Hydration, Nutrition, Sleep)

➤ Mental

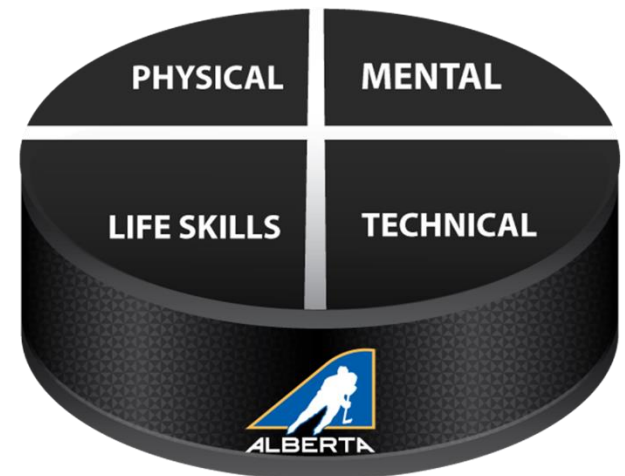
Team Identity, Goal Setting

➤ Life Skills

Team Building, Citizenship

➤ Technical Skills/ Tactical / Team

On-Ice, Off-Ice



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4. Regular Season Phase

- This refers to the period from the first regular season game to the start of playoffs.
- Travel time for league games must be considered to ensure players are not riding in vehicles for longer periods of time than they are playing the game.
- For longer travel times it is recommended to play multiple games or set up tournament style weekends for league play games when necessary.

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5. Playoff Phase

- Playoffs must be tournament-style format versus elimination rounds.
- Can take place over multiple weekends and does not have to be in one location.
- Goal is to have more teams playing meaningful games longer into March.
- 100% of players playing 100% of games.

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6. Off-Season Phase

- This refers to the period of time from the end of the Playoff Phase to the start of the next Preparation Phase.
- No player evaluations or formal games are permitted.
- Associations may choose to run development initiatives in April & May or conditioning initiatives in August. Must be optional for players to attend.
- Multisport

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Fair and Equal Ice Time Policy

- Fair and equal ice time is designed to ensure that all players get the same opportunity to contribute to the outcome of games, regardless of skill or ability. A coach's responsibility is to develop all players to contribute. Shortening of the bench is not permitted.
- All players should receive fair and as close to equal ice time, including opportunities on special teams (PP / PK).
- All skaters should rotate through all positions to ensure each player has the opportunity to try each position at least once. (LW/C/RW/LD/RD)
- Full-time goaltenders are allowed and if a team has two goalies, they should rotate for equal playing time and the goalie not playing should be allowed to play as a skater.