



# INTRODUCTION TO U11 HOCKEY



Development is at the core of U11 hockey, with the focus on refining skills so players will experience success in practices and games. Looking at how kids learn, and the number of repetitions of specific skills and situations that occur in practice versus a game, practice is where players have a chance to develop the most.

U11 hockey should be delivered through a progressive, learn-to-play teaching curriculum that is age-appropriate and skill-specific for 9-10-year-olds. It is a continuous opportunity for young players to develop and refine fundamental movement skills (skating, turning, acceleration), manipulation skills (shooting, puck control, passing) and overall motor skills (balance, coordination, agility) in a fun and safe environment, promoting skill development through self-confidence.

When players continue on a positive note, they enjoy the game and will go on to have fun playing hockey for many years.

OWHA and Hockey Canada wants every Canadian youngster to have the opportunity to participate in and benefit from a program designed to meet their specific needs, one that ensures progressive skill development through well-delivered practice sessions and age-appropriate game play in an environment suited to their skill level.