



TEACHING SKILLS FOR U11 HOCKEY



U11 SKILLS MATRIX

The U7 skills matrix identifies the skills players must have the opportunity to develop through progressive and meaningful practice sessions.

U11 hockey is the Learn to Play stage, when programming is focused on fundamental skill development. The U11 skills matrix identifies the skills players must have the opportunity to develop through progressive and meaningful practice sessions.

Focus on Skill Development

- Small-area games in practice / station-based practices / skill focused drills.
- Only 15% of practice time should be spent on team play and strategy/systems with 85% of practice time spent on skills and tactics.
- Basic positional play and rules can be introduced at the end of the U9 season or prior to the start of the U11 regular season. Basic defensive-zone positioning, offside, icing, etc., can be introduced during the ice sessions prior to evaluation/selection/tryouts or after teams are selected.
- Players should rotate through forward and defence in the first half of the season and then may move to more consistent positions in the second half. Recommended rotation over a five-game segment would be: LW/C/RW/RD/LD.

PLAYER DEVELOPMENT PYRAMID

