

## Squirt Orange 4: Season Plan

Head Coach:

Asst Coach:

My focus for the 10u age group is on the individual skaters development (ISD). We will do this by concentrating on repetition in these core skills:

- **Skating**
- **Shooting**
- **Passing**
- **stick handling**
- **Basic team play**

Practices will also be structured in such a way that players are put in situations where they can develop:

- good habits
- decision making ability
- spatial awareness
- general hockey sense

During **games**, coaches will support this process by allowing players to make their own decisions on the ice with very minimal instruction save for a few 'buzz' words. Once a player has returned to the bench, coaches will have the opportunity to provide feedback and instruction prior to the player's next shift on the ice.

**Basic team concepts** in regards to the following will be discussed and reinforced through our weekly off ice classroom sessions.

- Breakout
- Forecheck
- Neutral Zone Regroup
- Defensive Zone coverage

Initial player evaluations will be completed using USA Hockey's player evaluation form. This will be done the first week of the season to get a starting baseline. Mid season and End of season evaluations will follow the first part of January and March.

Skill Progression checklist for Squirt age will be used as reference for the following skills throughout the year. USA Hockey's 10u/12u dryland phase I/II will also be used as off ice guide as well as references to Ice Hockey Systems which I've found helpful in the past.

- <https://www.icehockeysystems.com/off-ice-exercises>

## **Skating:**

**1 - Bending knees as close to 90 degrees** - shoulders over knees, knees over toes, dorsal flexion of the ankle, glute/hamstring flexibility

- **On-ice** - line drills, meatball, one legged squat variation, squatting while skating fwd/bwd, shoot the duck variations
- **Off-ice** - deep flat footed squats with body weight on heels and chest up, skater squats, lateral squats, squat jumps. Progression to doing the above while stickhandling

**2 - Edges** - knee bend and ankle flexion from above is key

- **On-ice** - line drills, inside/outside edge turns, crossovers, 1 and 2 foot stops, 1 and 2 foot tight turns, transitions, c-cuts, shuffle, foot jumping drills, see 'Edges with Coach Houck' on the flyers website
  - o Above can all be applied fwd and bwd as well as on **both feet/direction**, and progress to include pucks
- **Off-ice** - balance drills, bounding drills,
  - o Above can be done with 1 and 2 feet

**3 - Stride** - long powerful

- **On-ice** - line drills, differences between inside edges/outside edges, striding drills with full recovery maximum side push and knee bend generating power with your inside edge maintaining speed with your outside edge, striding with chest up w/ puck on forehand, change of speed
- **Off-ice** - lunge walk, lunge jump, Heidens
- <http://training-conditioning.com/content/how-heidens-work>

**4 - Crossovers/lateral agility/footspeed/change of direction**

- **On-ice** - circle drills to focus on technique w/ pushing/edges forwards and backwards, tight area figure 8's, overspeed skating drills, Mohawk turns/transitions, lateral crossing over drills, 1 and 2 foot stops/starts
  - o Fwd and bwd, with and w/o pucks

- **Off-ice** - speed ladder drills, cone drills, shuttle runs, side start sprints, pro agility

## Shooting:

Being able to snap the puck on the net and elevate the puck in close. Focus is on the snap shot and stopping on the paint. Reference coaches corner video.

- **On-ice** - stationary shooting against the boards, shooting drills incorporating snap shots/moving passing techniques. Shovel shots-upstairs. Review Houck shooting video on Flyers site.
- **Off-ice** - snap shot practice against tarp/garage/etc. as part of homework each week setting a goal of XXX shots a week at home, toe over puck shots, not lifting stick to snap puck, rolling stick in hands, opening face of blade

## Passing:

Forehand and backhand - sweep, one touch, receiving on skates, saucer, indirect

Emphasis on body position to generate hard, flat passes and receive these passes. Everyone must understand how to present themselves and deliver flat tape to tape North/South and East/West.

- **On-ice** - stationary passing, partner passing, small group passing, moving linear passing, lots of short passes, keep away games, small area games, games with rules to enforce the type of passing we are targeting
- **Off-ice** - similar to above using dribbling ball/puck, look to utilize Hockey Headquarter rink for some of these dryland passing/dribbling drills

## Stick Handling / Puck Control:

Focus on proper hand position, cupping the puck and extension

- **On-ice** - skating drills w/ pucks, lateral skating drills w/ pucks, various warmup drills focusing on puck control skill progression chart, keep away 1v1 type drills, shuffle stride , 3 sided box, both sides of the body, pushing puck, lateral movement, turning
  - o Foreword and backward
- **Off-ice** - see IHS off ice workouts - stickhandling

**Team Play:** *taken from coach Houck Squirt Coaches meeting 10/25*

Tactically / Systematically - play with some semblance of structure

How to Play Hockey - Hockey is a game where 3 situations exist:

- The other team has the puck
- No one has the puck
- We have the puck

On two of the three we are on defense and only one we are on offense. Puck control and possession are keys. When on defense there is a guy pressuring the puck and his teammates supporting him. This is the same on offense, one guy has the puck and the others support him.

This is something we will discuss with our team and they should be able to retain this explanation.

At this level/skill we will touch on the basics of team play. Aside from on the ice, I plan to enforce/reinforce in our off ice classroom sessions using the whiteboard and incorporating the players using a soccer ball (passing it with hands) in simulated scenarios.

**1 - Break Out**

- Options on the breakout, D using one another/hinge/reverse, etc.
- AIE - Analyze Identify Execute

**2 - Forecheck**

- 1-2-2 - Hunt the puck

**3 - Backcheck**

- Skate to the middle of the rink - backcheck to the house - keep the opposition to the outside

**4 - Dzone Coverage**

- Box and 1

**5 - Faceoff**

- Positioning on the faceoff in each zone