### **10U (Squirts)**

* **FOCUS ON SKILLS**
	+ - Emphasis on developing and refining skating and puck control skills
		- Practice plans must be at least 90% skill development and 10% or less on systems
		- Focus on correct technical execution
			* Agility in skating skills with and without the puck
			* Refining edge control skills for balance and coordination
				+ change of pace, change of direction, spins etc.
			* skating skills with puck (multi-tasking)
				+ puck control, fakes and dekes etc.
			* Attacking skills, one-on-one and one-on-two or more defenders
			* Body contact and angling basics should be refined at 10 & Under (Squirt)
			* Offensive body positioning and puck protection skills
* **STATION BASED PRACTICES**
	+ - **ALL** practices must be 50-75% station based with kids in skills groups
		- Teams must work together to utilize the entire ice surface for stations
* **FOCUS ON SMALL AREA GAMES**
	+ - Practicing small area games will lead to better decision-making skills
		- Every practice should include small area games
* **POSITIONING**
	+ - Players should rotate and experience all positions
		- Goalies may begin to focus on their positions but should also skate out when possible
* **SYSTEMS OR TACTICAL SKILLS**
	+ - Encourage learning through unstructured or minimally structured play
		- Emphasis should be on:
			* competing at the puck; winning one-on-one battles and puck races
			* Introduce elements of coordinated attacks, two-on-one, two-on-two, three-on-two, two-on-three
		- Develop basic situational roles in small area game play and specific situational drills
		- Basic team systems can be introduced, however the on-ice time spent should be minimal as to continue to take advantage of the skill development window