### **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