

Smithers Minor Hockey Association
Box 651 Smithers, BC V0J 2N0
smhahockeyinfo@gmail.com
<http://www.smithersminorhockey.com>



U11 COMPETITIVE DEVELOPMENT PROGRAMMING

The U11 Competitive Development (formally known as Atom Development) season will follow BC Hockey and Hockey Canada guidelines and recommendations. As outlined in Hockey Canada's Long-term Player Development and Fair Play Initiatives, the focus of this group will be on skill development in a team environment instead of winning or specialization. This program will practice once per week in addition to the normal U11 hockey schedule with three additional tournaments throughout the year, one home and two away, as well as intersquad game opportunities.

The program is open to any and all U11 players, however, it is designed for players who have the desire to play at a more competitive level and has elevated expectations for commitment. Participants must invest a considerable amount of time, effort and dedication to this model. The objectives of the program are to further develop each player's skills in a more competitive environment. Paramount to this program, as with all SMHA programming, is to provide a fun and safe environment in which players can maximize their potential.

SMHA will conduct this program founded on the points noted above, keeping in mind that registration numbers change from year to year and one concrete structure will not always work. While all are welcome to participate, if a scenario occurs where there are far more participants than what is reasonable to effectively run a practice or field a team, the protocol will be as follows:

1. Practices are open to as many players as the coaching staff can accommodate while still providing a level of instruction in keeping with the program goals.
 2. A maximum roster of 19 (17 skaters, 2 goalies) will be selected 30 days prior to each BC Hockey sanctioned event.
 3. Participants will be encouraged to learn and practice all positions. If more than one goalie, they will alternate equally for all game play.
 4. If numbers exceed the roster maximum of 19, even pods will be created for equal game opportunity. A possible scenario could be: 27 total athletes; two even pods; each pod participates in one away tournament and all 27 athletes play in the home tournament.
 5. All logistical decisions are determined and communicated in October.
 6. The coaching staff, with guidance from SMHA's technical director and head coach will be responsible for making and communicating decisions and their rationale.
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U11 Competitive Development

Player Attributes

-) Competitive
-) Committed
-) Coachable
-) Motivated to improve
-) Open-minded

Basic Coaching Concepts

-) Make the environment fun
-) Station work
-) Small area games
-) Multi variance
-) Appropriate work/rest ratio to keep athletes moving and performing skills.
-) Skill breakdown: show them, tell them how and explain why
-) Get comfortable being uncomfortable
-) Positively push and empower

Development Structure

-) Repetition and refinement of fundamental individual skills
-) Build and develop tactical concepts
-) Introduce practice with pace and competitive instincts
-) Game situation development through appropriate design

Seasonal Plan

-) October through March
-) One 75min practice per week
-) Three tournaments planned, two away and one home tournament
-) Three full-length intersquad games
-) Appointed coaching staff and management
-) Inclusive to all U11 players regardless of skill or experience
-) Emphasis on practice over games and skill development over regional competition

ON BEHALF OF THE SMHA EXECUTIVE