

## 10 or Under SQUIRTS - 2019-2020 Registration Information!

**SEASON:** Our on ice practice schedule will begin on November 11, 2019 and end on March 13, 2020. This is an 18 week season less cancellations for the holidays.

**COMMUNICATION:** Email is our most important tool to disseminate information about the program to our parents, players and coaches. Please make sure that the email you are providing is correct and the one you check most often. We have created a Facebook page to help distribute information and to allow you all to post pictures of your kids in action. If you haven't already please sign up and like the page.

**ICE SCHEDULE:** 3 1hr on ice practices per week. USA Hockey recommendation:

Mondays – 5:30 -6:30pm, Wednesdays 5:30-6:30 pm, Fridays 5:30-6:30 pm (The Friday time slot is rotated on a yearly basis. On travel tournament weekends we can combine practices or switch time slots with other age groups to ensure practice times leading up to tournaments)

**RENTAL EQUIPMENT:** Rental equipment will be made available for Mini Mites, Mite and Squirts only at a yearly rental cost of \$55. All other age groups are required to provide their own gear. A check deposit is required in the amount of \$100 for all rental gear to ensure its timely return at the end of the season. Rental Equipment is available for scholarship recipients that are older than Squirts with limited size availability.

### RENTAL EQUIPMENT PICK UP DATES:

Tuesday & Wednesday October 29<sup>th</sup> & 30<sup>th</sup> from 5:00 – 7:30 Pm @ Kotler Arena

**IMPORTANT:** Please make sure to have your kids try on all of their hockey gear at home to make any necessary adjustments to the equipment prior to the first day on ice practice. Make sure to have your child's skates sharpened. Ask your coach or parent manager for help if you are new to the game and have questions about properly fitting the gear and sharpening.

**TOURNAMENTS:** A portion of your registration fees includes our home tournament to be played on February 28 – March 1<sup>st</sup> 2020 at Kotler Ice Arena. All other travel tournaments, fees and registration costs are up to the parent managers, coaches and families. We recommend the "4 Core Tournaments" meaning; Idaho Falls, Jackson Hole, Sun Valley and Pinedale, our closest regional competitors to minimize travel expenses. We recommend that each team organize a meeting in the beginning of the season to determine which tournaments they want to go to and register early. It is the responsibility of the Parent Manager to make sure they are registering in the appropriate age divisions.

**VOLUNTEER DEPOSIT:** It is required that the parents of each child volunteer 4 hrs during each season. We are requiring a deposit in the amount of \$150 in the form of CHECK to be collected prior to your child stepping foot on the ice. If you meet your 4 hr requirement we will simply tear up the check.

**EXCEPTIONS:**

- 1.) Coaches who have coached two years for the Cutthroats Organization and are currently coaching for the 2019-2020 season are exempt from this deposit.
- 2.) If you have more than two kids participating in the program the third child is exempt. We have capped this deposit at 2 players or \$300.

**WEEKEND ICE RENTAL: Something new this year:** On weekends that Kotler Ice Arena is not hosting a tournament or event, the Cutthroat organization has secured approximately 20 hours of ice time on Saturdays from 3:30-5:30. Our intent in securing this ice time is to allow coaches and teams to schedule friendly matches with neighboring hockey programs, JH, Idaho Falls, Pinedale or to schedule additional practice or on ice training sessions or simply use it as a chance to scrimmage or create inter-age pick-up games.

**Stay tuned to your emails and facebook for further information!**



# USA Hockey's American Development Model



## Hockey for Life

Any Age – Players can enter at any stage. Hockey for Life can provide quality recreational opportunities for all ages. USA Hockey also hopes that as adults we lead a physically active lifestyle and continue to contribute to the sport through volunteerism as coaches, referees and administrators.

### Active Start

**Ages 0-6**

This early development period is essential for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching, striking...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. USA Hockey encourages actively that incorporates fundamental movement skills in the 4 environments that lead to physical literacy:

- In the water: Swimming
- On the ground: Athletics
- In the air: Gymnastics
- On ice and snow: Sliding (skating)

Kids should start with a learn to skate program and then a learn to play program as their initial steps into ice hockey.

**6 & Under (Males):**  
50-60 ice sessions  
2-3 ice sessions per week  
50-60 minute ice sessions  
7-9 skaters per team  
0 full-time goalies  
34-40 quality practices  
16-20 cross-ice game days

### Fundamentals

**Ages 6-8 Female**  
**Ages 6-9 Male**

The objective of this stage is to refine fundamental movement skills and begin to acquire basic sports skills. This is the time when a foundation is laid for future acquisition of more advanced skills.

The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, while the participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced. FUN competitions are also introduced in a team environment.

**8 & Under (Males):**  
50-60 ice sessions/  
2-3 on-ice/1 off-ice sessions/  
week  
50-60 minute ice sessions  
9-12 skaters per team  
0 full-time goalies  
34-40 quality practices  
16-20 cross-ice game days

### Learn to Train

**Ages 8-11 Female**  
**Ages 9-12 Male**

This is the period of accelerated learning of coordination and fine motor control and is the critical stage for the acquisition of hockey skills.

Prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on.

Players should be able to begin to transfer skills and concepts from practices to games. Group interaction, team building and social activities should be emphasized. A balance of practices and games will promote the continued development and mastery of key hockey skills.

**10 & Under (Squirts):**  
95-100 ice sessions  
3-4 on-ice/2 off-ice sessions/  
week  
60 minute ice sessions  
10-12 skaters and 1 goalie  
75-80 quality practices  
20-25 game days  
**12 & Under (Freezees):**  
105-120 ice sessions  
4 on-ice/2 off-ice sessions/week  
60+ minute ice sessions  
12 skaters and 2 goalies  
80-90 quality practices  
30-35 game days

### Train to Train

**Ages 11-15 Female**  
**Ages 12-16 Male**

The focus of this stage is to further develop sports specific skills, begin to introduce competition, and start to emphasize support training to continue development of speed, strength and stamina while maintaining flexibility.

Players should consolidate sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. A continued emphasis is also placed on the development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

**14 & Under (Bantam) & 16 & Under (Midget):**  
160 ice sessions  
4-5 ice sessions per week  
80 minute ice sessions  
Combined and separate practices for team/position  
9 month training calendar  
16 skaters and 2 goalies  
120-130 quality practices  
40-50 games  
Appropriate off-ice training for LTAD stage

### Learn to Compete

**Ages 15-18 Female**  
**Ages 16-18 Male**

This is the time to prepare athletes for the competitive environment, continue to refine technical skills, ancillary skills and develop the physical attributes.

The focus is on optimizing fitness preparation and to begin to specialize in ice hockey. Training should be individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery. During this stage, training volume will increase, as does training intensity. Competitions become more important and the focus shifts to performance. Training will stress the development of position specific technical and tactical skills under competitive conditions. Mental skills that contribute to performance are also emphasized.

**18 & Under (Midget) & 19 & Under (Female):**  
200 ice sessions  
5-6 ice sessions per week  
80 minute ice sessions  
Combined and separate practices for team/position  
10 month training calendar  
18 skaters and 2 goalies  
130-140 quality practices  
50-60 games  
Appropriate off-ice training for LTAD stage

### Train to Compete

**Ages 19-21 Female**  
**Ages 19-23 Male**

The objective of the Train to Compete stage is to transfer from the training environment to a competitive environment. Athletes must consolidate technical skills and maintain ancillary skills and underlying physical capacities. During this stage training volume remains high while intensity increases with the importance of competitions. The training is usually 10+ months of the year and is disciplined and hockey-specific. Athletes will usually be required to move away from home for training and competition environments that fit this level of athlete development. The training is individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery.

**Junior, NCAA:**  
Training calendar that equally supports both training and competition.

### Train to Win

**Ages 19+ Female**  
**Ages 19+ Male**

The focus of this stage is the stabilization of performance on demand characteristics and excellence within the highest level of performance at the NHL, World Championships and Olympics. This is the final phase of athletic preparation that only a very small minority will achieve. Maturation is complete and all the performance factors should be fully established to optimize performance in national or international competitions. The athletes in this stage will be the performers in the highest level professional league and at the highest international level. It is important to build a winning strategy with these athletes, and to individualize training and recovery programs to prevent over-training.

**NCAA, Professional:**  
Appropriate training that supports competition calendar.

For complete details, visit [ADMkids.com](http://ADMkids.com)

# Teton Valley Cutthroats Squirt Tournament Rules

**February 28<sup>th</sup> – March 1<sup>st</sup> - 2020**

This tournament is sanctioned by USA Hockey through Idaho Armature Hockey Association (IAHA), therefore all teams will be required to be registered with USA Hockey and Provide approved Rosters.

All officials must be registered with and be USA Hockey Certified to officiate Tournament games, unless approved otherwise

Travel permits are required for any team from an Affiliate requiring travel permits and are required for all Canadian Teams. An international Competition Form is required for all other foreign teams.

All games will be played at Kotler Arena located at 380 S Agate Ave, Victor ID 83455. There is no admission for spectators. We are an outdoor facility at times can be cold. Please plan accordingly.

## **Category of play is Recreational Division (NO A or AA teams)**

3-4 Games Guarantee (4 whenever possible)

4-6 Team Tournament

### **Tournament Cancellation Policy:**

- 4 weeks or earlier = 100% refund
- Less than 4 weeks = 75% refund
- Less than 3 weeks = 50% refund
- Less than 2 weeks = 25% refund
- Less than 1 week = NO REFUND

Teams should bring 2 Sets of Jerseys if possible – Home (Dark) / Away (Light). The home team will be responsible for changing jersey's if colors conflict.

### **Playing rules are per USA Hockey and as described further in these Tournament Rules:**

**GAME TIME:** 3 minute warm-up. 2 minutes between each period. 12 minute periods-stop time (run time if necessary in 3<sup>rd</sup> period or when +7 diff. in score) *Ice Cut after every game unless weather conditions (snow, blowing snow onto ice surface) warrants ice maintenance.*

**TIME OUTS:** Each Team will be entitled to one 30 second time out during each game.

**OVERTIME:** No overtime during Round Robin games. Overtime Rules apply to Championship game only: 5 minute sudden death, 5 on 5 hockey. First team to score wins. If still tied at end of 5 minute overtime game will go into shootout of 3 shooters per team. If still tied after first round of shootout, then it will go into sudden-victory shootout. The first team to score when other does not is declared the winner.

**TIE BREAKER FOR CHAMPIONSHIP SEEDING:** With the exception of championship games, ties will be counted. Teams will be awarded 2 points for a win, 1 point for a tie, 0 points for a loss or forfeit and 1 point for a shut-out-win. (*Examples – Team A defeats Team B by score of 2-0, Team A would receive 3 points and Team B would receive 0. If Team A and Team B are tied 0-0 at end of regulation, each team would receive 1 point*) If, after Round Robin games, ties based on points have occurred, the tie shall be broken as follows, (the tie breaker must affect all teams)

(a) Points (win/loss)

*If still tied after a):*

**Win = 2 points**

**Tie = 1 Point**

**Loss = 0 Points**

(b) Head-to-Head Competition:

*if still tied after b):*

**Shut-Out-Win = 1 point (*Teams will***

***only receive this point for a win, not a 0-0 tie!*)**

(c) Least goals against

*If still tied after c):*

(d) Goal Differential from all Round Robin games (maximum of 6) Example: If game ends 8-1, winning team receive a max of 6 goal differential applied. The winner is +6 and the loser is -6.

*If still tied after d):*

(e) Lowest Penalty Minutes: Example: During the Round Robin games, players and coaches on Team A have accumulated 45 penalty minutes while players and coaches on Team B have accumulated 65 total penalty minutes, Team A would finish higher than Team B in standings.

*If still tied after e):*

(f) Seeding to play teams that have not yet faced each other in Round Robin games. Example: Teams A & B are tied in points and are vying for spot to play team C who has advanced to championship game. If during Round Robin games Team A has already played team C and B has not, then team B would play team C in championship game.

(g) Coin Toss: The Tournament Director will toss a coin with the team from the city or area lowest in the alphabet (closest to the letter "A"), selecting heads or tails. The Winner will finish highest.

**LOCKER ROOMS:** Teams are required to keep locker rooms clean and pick up any trash or gear left behind. Coaches or team managers will be required to check in license or keys to access locker room and will be issued back once locker room check is complete and satisfactory to rink staff.

**GENERAL TOURNAMENT RULES:**

Teams should report to rink at least 30 minutes prior to start of scheduled game in case tournament is running ahead of schedule and be ready to begin game up-to 15 minutes ahead of schedule.

Teams must play all scheduled tournament games. Refusal to play a scheduled game will result in a forfeiture of that game. Any forfeiture of games will result in a 3-0 score. Any use of ineligible players will disqualification from remaining tournament play. No monies will be refunded.

**Any fighting penalties will result in immediate suspension of the players involved from the rest of tournament play. Fighting will not be tolerated.**

The tournament director will be responsible for keeping official game results which will be posted at rink as games conclude.

Championship Team will receive a team trophy.

# 10-and-Under

At the 10-and-Under level, coaches should focus on the following age-appropriate concepts and skills so that players enjoy the experience and develop both as hockey players and as young kids.

## FOCUS POINTS

- Fun
- Engagement
- Active Practices
- Age-Appropriate Training
- Basic Hockey Knowledge

## FUN

These players are entering the Golden Age of Skill Development, and coaches should ensure that every session, both on-ice and off-ice, is fun for the players. Hockey is a game that requires a tremendous amount of skill to be proficient at any level, and developing this skill takes a substantial amount of time. If fun is not incorporated into every practice and game, then many players will not invest the amount of time necessary to develop their skills. Fun is a crucial component in the long-term athlete-development process. A lack of fun can limit the potential of many young players by deterring them from fully engaging or causing them to quit.

## ENGAGEMENT

Coaches should recognize the importance of engagement. It goes hand-in-hand with fun, but it's more than just fun. It's targeting the optimal skill level for each player – not too easy and not too hard. It's designing small games that do the teaching.

The players don't need a coach to provide the feedback. The games themselves give the players opportunities to successfully demonstrate targeted skills and concepts. The coach becomes the facilitator – less talking from the coach and more learning by doing.

### **ACTIVE PRACTICES**

Coaches should strive to activate players for the majority of each practice session and avoid the archaic practice in which kids spend much of their time standing in line waiting to participate in drills. These archaic practices activate players for only 12-15 minutes in a 60-minute practice. Coaches at the 10-and-Under age level should aim to have much more activity than this for each player in each practice. Coaches should also consider the number of repetitions that each player executes while performing the desired skills in a practice. Coaches are encouraged to take a statistical look at their practices. This includes analyzing the number of minutes each player is active, the number of shots each player takes, the number of passes each player makes, how many shots each goaltender faces, etc. All of these are important skills and it is imperative that coaches consistently maximize the minutes of activity and the number of repetitions. Refer to the Player Activity Chart found on the free Mobile Coach App and at [admkids.com](http://admkids.com) under Coaches/Repetition for a form to evaluate the developmental opportunities that occur for players in practice and in games.

Station-based practices are an effective way to teach 10-and-Under players the skills they need, while also maximizing the activity level and increasing the number of repetitions for each player. Coaches might consider modifying the stations to better fit their players' needs, however high activity levels and age-appropriate skills must remain the main focus.

### **AGE-APPROPRIATE TRAINING**

Coaches must be very careful when determining what is appropriate for the 9- and 10-year-olds in this age group. It's not what the adults want them to be doing at this age that matters. Instead, it should be about what the players are actually ready to do at this age. Although these players should be ready to learn more of the rules and concepts related to the game, skill development is still the top priority. Players will begin learning and executing skills and concepts related to team play.



## **GOLDEN AGE OF SKILL DEVELOPMENT**

Players between the ages of 8-12 are considered to be in the Golden Age of Skill Development. This is the prime age period for kids to acquire and develop athletic skills. Coaches of players who are in this age range should spend the majority of practice time working on skill development. Although skill development should be a focus at other ages, too, there is no better time than during this Golden Age of Skill Development to optimally affect the long-term skill development of each player.

## **RULE KNOWLEDGE**

While players at this age will be able to understand more of the game's rules, coaches must recognize that these players are at an age where skill development must be the priority. All practices should reflect this. Players should gain knowledge related to the rules of the game through the use of small games and drills. Young players learning by playing small games is a far more effective teacher than being told the rules (learning by doing rather than learning by listening). Coaches must be patient throughout this learning process and allow players the opportunity to make mistakes and then encourage them to try again. Failing to create an excellent learning environment can stifle creativity, confidence, learning, and a player's work ethic.

## **PRACTICE FOCUS**

Practices should focus on (percentage of time listed after each):

1. Individual skill improvement (hockey skills, activities, and games) – 75%
2. Hockey sense (teaching concepts through small area games) – 15%
3. Systems (team-play training) – 10%

*While these percentages are approximations, they emphasize the key principle that individual skills are the most important part of development at this age and that the majority of practice should be spent improving those skills. The percentages also indicate that hockey sense and concepts are still more important than systems and team-play training.*

## SMALL AREA GAMES

Coaches should utilize small area games on a consistent basis in every practice for fun, practicing skills and teaching basic concepts. As young hockey players age, they will be increasingly able to understand important concepts related to the game. Rather than telling players how to play each situation, small area games provide a great opportunity to let a game teach the desired concept(s). Players learn the desired concept by playing the game within its parameters; it challenges players to find their own solutions, increasing their confidence and retention. Consistent use of these games is important in the development of hockey sense for each player. They should be playing a variety of games and, in each case, figuring the game out on their own. Coaches should not be telling players how to play. The number of players, rules of the game, and size of the game area should be varied with each game. Coaches might also opt to use pucks, balls, or ringette rings to change the dynamic of each game. Refer to the *Small Area Competitive Games Handbook* for age-appropriate small area games.

## OPTIMAL WINDOWS OF TRAINABILITY

In order for players to maximize their ability and reach their potential, it's important for youth coaches to do the right thing with young athletes at the right time. Focusing on these key components at the appropriate age will give the young athletes the best opportunity to achieve their potential as they progress through their teenage years. Researchers have concluded that players in this age classification should spend time developing the following capabilities related to their long-term development:

1. **Speed** – constant stopping, starting, changing direction, and puck races in small areas
2. **Suppleness (Flexibility)** – perform a variety of activities and exercises through a full range of motion
3. **Skill Acquisition and Development** – science has shown this is the prime age for children to acquire and develop sport skills, therefore it's known as the Golden Age of Skill Development

## PLAYER KNOWLEDGE

*Players should know:*

1. **Rules**
  - a. *face-offs*

- b. *body contact*
- c. *offsides*
- d. *icing*
- e. *checking from behind*
- 2. **Common Infractions**
  - a. *unsportsmanlike conduct*
  - b. *body checking and checking from behind*
  - c. *cross-checking and charging*
  - d. *head contact, elbowing, and high-sticking*
  - e. *tripping and hooking*
  - f. *interference and holding*
- 3. **Penalties**
  - a. *minor*
  - b. *major*

## INDIVIDUAL HOCKEY SKILLS

Players must learn and master:

- 1. **Skating**
  - a. ready position
  - b. edge control
  - c. forward start
  - d. forward stride
  - e. controlled stop: two-foot and one-foot snowplow
  - f. controlled turn
  - g. forward crossover
  - h. backward skating
  - i. backward stop
  - j. ABCs of skating: agility, balance, coordination, and speed drills
  - k. *one-foot stop*
  - l. *backward crossover*
  - m. *mohawk turn*
- 2. **Puck Control**
  - a. lateral (side-to-side) stickhandling
  - b. front-to-back stickhandling
  - c. diagonal stickhandling
  - d. attacking the triangle
  - e. *puck protection*
  - f. *change of pace*
  - g. *toe drag*
  - h. *give and take*
  - i. *accelerating with the puck (one-hand carry)*

3. Passing and Receiving
  - a. forehand pass
  - b. backhand pass
  - c. receiving a pass properly with the stick
  - d. saucer pass (forehand and backhand)**
  - e. receiving a pass properly with the skate**
  - f. indirect pass**
4. Shooting
  - a. wrist shot
  - b. backhand
  - c. flip shot**
  - d. screen shot**
  - e. deflection**
  - f. off rebound**
5. Body Contact
  - a. stick on puck
  - b. stick lift
  - c. poke check**
  - d. gap control concept**
  - e. body positioning and angling**
6. Goaltending
  - a. positioning**
    - i. proper stance**
    - ii. angling**
  - b. movement**
    - i. forward**
    - ii. backward**
    - iii. lateral**
  - c. save technique**
    - i. stick**
    - ii. gloves**
    - iii. body and pads**
    - iv. butterfly**
  - d. recovery**

#### **TEAM PLAY**

**Players must learn and understand:**

1. **Offensive Concepts**
  - a. 2-on-1 situations**
  - b. 1-on-1 situations**
  - c. triangle offense**

2. **Defensive Concepts**
  - a. *gap control*
  - b. *protect center of the ice*
  - c. *stick on puck*
  - d. *backchecking*
  - e. *body position: man-you-net*
  - f. *basic defensive zone coverage*

## NUTRITION

Players should continue learning about:

1. **Proper Hydration** – Players should learn the importance of proper hydration before, during, and after all games and practices.
2. **Good Eating Habits** – Players should be encouraged to eat good meals and refrain from eating candy and other foods that lack nutritional value.
3. **Recovery Drink** – While there are many recovery drinks on the market, players should be encouraged to drink chocolate milk following any practice or game session.

## OFF-ICE ACTIVITIES

Players should perform exercises that improve their agility, balance, coordination, and speed (ABCs). For off-ice activities and exercises, coaches should utilize the 10-and-Under/12-and-Under Off-Ice Training Cards (Phase I and Phase II) that are available through USA Hockey and are on the Mobile Coach App. Exercises and activities should include:

1. Warm-up exercises
2. Cool-down exercises
3. Stretching exercises
4. Flexibility exercises
5. Eye-hand coordination exercises
6. Fun games
7. Relays
8. Exercises related to improving the ABCs
9. Jump-rope activities
10. Off-ice stickhandling

## **INJURY PREVENTION**

Players and parents should be introduced to:

1. Heads Up Hockey Program
2. Proper care of equipment
3. Proper fitting of equipment
4. Rink safety
5. Safety precautions for practice
6. The importance of warming up and cooling down

## **SPORTS PSYCHOLOGY**

Players should be taught:

- the difference between being relaxed and tense (fun vs. nervous).
- that making mistakes is common and a part of sports. Players should be allowed to make mistakes in practice and game settings. Coaches should not squash a player's creativity by making them feel uncomfortable while trying to perform a hockey move or skill. In order to execute a move properly, the player has to be allowed to fail along the way. The key is to establish an environment where players are willing to try again after failing.
- the benefits of positive reinforcement. Everyone involved with youth sports needs to understand that positive comments help reduce stress and enhance the self-image of a player and team. Most of all, positive reinforcement increases the enjoyment of practices and games for the athletes.

## **CHARACTER DEVELOPMENT AND LIFE SKILLS**

Players must learn to:

- demonstrate high levels of sportsmanship.
- have respect for their teammates, coaches, opponents, officials and parents.
- balance family, school and other activities.
- be on time for practices and games.

## **PARENT DEVELOPMENT**

Refer to *An American Hockey Parent Handbook* found on the USA Hockey website.