

12 or Under Pee wee - 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 cancelations 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:

Monday 6:45 -7:45

Tuesday 5:15 – 6:15 ****There will be no practices or games the week of Christmas****

Thursday 5:15 – 6:15

RENTAL EQUIPMENT: Rental equipment will be made available for Mini Mites, Mite and Squirts! Rental equipment is available for scholarship recipients that are older than Squirts with limited sizes and availability.

TOURNAMENTS: A portion of your registration fees includes our home tournament to be played on **December 13 – 15 2019**, 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, Salmon 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:

Coaches who have coached two years for the Cutthroats Organization and are currently coaching for the 2019-2020 season are exempt from this deposit.

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, Sun Valley 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 email 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 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 activity 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 (Mites):**
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 (Mites):**
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 9-11 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 (Peewees):
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 12-18 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) & 18 & Under (Midgett):**
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 of-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 (Midgett) & 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 of-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

Teton Valley Cutthroats Peewee Tournament Rules

December 13-15 2019

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 3rd 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)
<i>If still tied after a):</i> | Win = 2 points
Tie = 1 Point
Loss = 0 Points |
| (b) Head-to-Head Competition:
<i>if still tied after b):</i> | Shut-Out-Win = 1 point (Teams will only receive this point for a win, not a 0-0 tie!) |
| (c) Least goals against
<i>If still tied after c):</i> | |
| (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.
<i>If still tied after d):</i> | |
| (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.
<i>If still tied after e):</i> | |
| (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.

12-and-Under

At the 12-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 and Engagement
- Active Practices
- Age-Appropriate Training
- Skill Development
- Body Contact/Body Checking

FUN AND ENGAGEMENT

It's important for coaches to understand that 12-and-Under players are in the Golden Age of Skill Development, which is a crucial time in the long-term development of a player. Coaches should also remember that fun is a key component of youth sports, and that practices and games at the 12-and-Under level must be fun in order for these players to continue working hard to acquire and improve skills.

When coaches are able to deliver the appropriate level of skill development for each player, then players have an excellent opportunity to engage. Engagement occurs when players are able to successfully execute the targeted skills within an environment that still provides an appropriate challenge level (i.e., not too easy, not too hard). Finding the appropriate balance between success and challenge for each player can be an ongoing challenge for coaches, but providing the optimal blend should always be the goal.

Remember, fun and engagement are important factors in the development process. Coaches should never underestimate the importance of each.

ACTIVE PRACTICES

While a 12-and-Under practice shouldn't be as active as an 8-and-Under practice, coaches must still seek to increase the amount of time players spend participating in drills and small games in each practice session (rather than standing and watching). Players are more likely to successfully execute skills when they have been given many repetitions in practice. Coaches should consider designing practices with high activity levels each week so that players have ample opportunity to practice the targeted skills. Coaches should also design practice sessions that are not as high in activity level, but instead require the players to go hard for short intervals with appropriate rest to follow each interval. Coaches should strive to find the optimal work-to-rest ratio in any of these practices. Refer to the Player Activity Chart found on the free Mobile Coach App and at admkids.com under Coaches/Repetition for a form to evaluate the developmental opportunities that occur for players in practice and in games.

AGE-APPROPRIATE TRAINING

Players in the 12-and-Under age classification are at a sensitive stage in their development. Two aspects of their game need special attention: body contact/body checking and skill development. Coaches at this level must be extra careful when determining what is appropriate for 12-and-Under players to learn. On-ice skills and drills must be age-appropriate and coaches should spend considerably more time developing players' skills rather than teaching systems. Small games should be used to teach appropriate concepts such as understanding the game. Improving hockey sense takes on a heightened priority at this stage.

SKILL DEVELOPMENT

Since 12-and-Under players are in the Golden Age of Skill Development (ages 8-12), coaches must maximize the skill development that occurs during this time period. While skill development can occur during later years, the opportunity for positively affecting the long-term development of a player is never

greater than in this age period. Players should be allowed to focus on developing all of their hockey skills at this age. The development of these skills takes a tremendous amount of time and the time invested at this age will pay great dividends later. Players who are allowed to spend large amounts of time acquiring and developing skills at this age will have an advantage in later years over many players who did not have this opportunity.

BODY CONTACT/BODY CHECKING

Although body checking is not allowed in games at the 12-and-Under level, coaches should teach players the proper techniques of making legal body contact with an opponent. Players must learn that body contact should have a purpose and that purpose is to gain possession of the puck. Skills related to body contact and body checking should be taught in a progression and should be practiced in every session. These skills should include angling, stick position, delivering body contact, and receiving body contact. These skills should be practiced both on and off the ice with the goal of improving the body contact/body checking skills of each player and preparing each player for body checking at the 14-and-Under level. Refer to *Checking the Right Way for Youth Hockey* for information and drills related to body contact and body checking.

PRACTICE FOCUS

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

1. Individual skills (hockey skills and activities) – 65%
2. Hockey sense (teaching of concepts through small area games) – 25%
3. Systems (team-play training) – 10%

While these percentages are approximations, they emphasize that individual skill development remains the highest priority at this stage, and the majority of practice time should be spent improving skills. The percentages also indicate that hockey sense and concepts are still more important than systems and team-play training at 12-and-Under.

SMALL AREA GAMES

Hockey sense becomes a more important focus at this age level. Hockey sense includes the ability to understand important age-appropriate hockey concepts and execute tactics related to these concepts. 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.

Small area games are great teaching tools that also create a fun and competitive environment. Refer to the *Small Area Competitive Games Handbook* and the *Small Area Competitive Games 2* book 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 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. **Skill Acquisition and Development (for boys and girls)**
– 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.
2. **Speed (for girls)** – This is prime time to increase speed by improving the stride length and stride frequency through drills requiring high velocity for shorter intervals of time.
3. **Stamina (for girls)** – This is prime time to improve the endurance of each female athlete (the ability to sustain prolonged physical or mental effort).

The factors affecting long-term development differ slightly for boys and girls at this age level.

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, checking from behind **and boarding**
 - c. cross-checking, charging **and slashing**
 - d. head contact, elbowing, and high-sticking
 - e. tripping, hooking **and kneeing**
 - f. interference and holding
3. Penalties
 - a. minor
 - b. major
 - c. **misconduct**
 - d. **penalty shot**
 - e. **match**

12-and-Under

INDIVIDUAL HOCKEY SKILLS

Players must learn and master:

1. Skating
 - a. ready position **and the ability to find this strong position when engaged in body contact**
 - 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 turns
 - n. lateral skating**
 - o. backward cross-under start**
 - p. backward two-skate stop**
 - q. backward power stop (one skate)**
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)
 - j. change of direction**
 - k. backward puck control**
 - l. fakes and deception while stickhandling**
 - m. puck off the boards**
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
 - g. receiving a pass properly with the hand**
 - h. surround the puck**
 - i. one-touch passes**
 - j. area passes**
4. Shooting
- a. wrist shot
 - b. backhand
 - c. flip shot
 - d. screen shot
 - e. deflection

- f. off rebound
 - g. **snap shot**
 - h. **slap shot**
 - i. **fake shots**
5. Body Contact
- a. stick on puck
 - b. stick lift
 - c. poke check
 - d. gap control concept
 - e. body positioning and angling
 - f. **stick press**
 - g. **angling**
 - h. **delivering body contact**
 - i. **receiving body contact (contact confidence)**
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
 - v. **sliding butterfly**
 - d. recovery
 - e. **stopping the puck behind net**
 - f. **puck retention**
 - i. **cradling**
 - ii. **rebound control**
 - g. **game situations**
 - i. **screen shots**
 - ii. **walkouts**
 - iii. **wraparounds**

TEAM PLAY

Players must learn and understand:

1. Offensive Concepts
 - a. 2-on-1 situations
 - b. 1-on-1 situations
 - c. triangle offense
 - d. team play in each zone**
 - e. face-offs**
 - f. zone entry**
 - g. power-play concepts**
2. Defensive Concepts
 - a. gap control
 - b. stick on puck
 - c. backchecking
 - d. body position: man-you-net
 - e. basic defensive zone coverage
 - f. defending the middle of the ice**
 - g. 1-on-1 and even-numbered situations**
 - h. 2-on-1 and odd-numbered situations**
 - i. forechecking**
 - j. man-short concepts**
 - k. shot blocking**

NUTRITION

Players should learn:

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.
4. **Eating and Energy** – Players should be introduced to the importance of eating healthy foods that are high in carbohydrates in order to gain long-term energy. These players will experience tournaments where they are expected to play several games in a relatively short period of time. This is an excellent time for them to learn about the importance of eating the right foods for long-term energy.

FITNESS AND TRAINING

Players should perform exercises that improve their agility, balance, coordination, and speed (ABCs), as well as:

1. Quickness activities
2. Team games
3. Sprint workouts
4. Agility, balance, and coordination exercises
5. Light calisthenics
6. Flexibility exercises
7. Relays and obstacle courses
8. Upper-body strength: body-weight resistance activities
9. Off-ice skill development
 - a. slideboard
 - b. stickhandling with various types of balls
 - c. shooting range
 - d. passing

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.

12-and-Under

INJURY PREVENTION

Players and parents should continue to learn about:

1. Heads Up Hockey Program
2. The proper care of equipment
3. The proper fitting of equipment
4. Rink safety
5. Safety precautions for practices
6. The importance of warming up and cooling down
7. The RICE concept for treating injuries (Rest-Ice-Compression-Elevation)

SPORTS PSYCHOLOGY

Players should continue to exhibit the sport and life skills learned at previous levels, as well as learning:

- the benefits of positive comments. All involved should realize that positive comments help reduce stress, enhance positive self-image for individuals and the team, and they can increase the enjoyment of practices and games.

- to balance family, school, and other activities.
- to be on time for practices and games.
- to take responsibility for their performance and actions at games, practices, school, and home.
- that alcohol and drugs can negatively impact a player. This includes the player's performance and quality of life.
- to be good teammates who encourage each of his or her teammates.

PARENT DEVELOPMENT

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