

## 14 or Under Bantam - 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 holiday season.

**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; the name of the Facebook page is "Teton Valley Cutthroats Youth Hockey". Stay tuned to your emails for further information.

**ICE SCHEDULE:** We adhere to USA hockey's recommended schedule of **3 one hour practices per week**. Bantam practice times are as follows:

**Monday – 8:00 – 9:00 PM (combined practice HS)**

**Tuesday – 6:30 – 7:30 PM**

**Thursday – 6:30 -7:30 PM**

**\*\*\*\*There will be no practice or games the week of Christmas\*\*\*\***

**For those eligible to play both Bantam and HS, first year HS students aged 14 in 2019 there will be an additional \$75 fee to play both.**

**TOURNAMENTS:** A portion of your season's registration fee includes registration costs for our home tournament to be played on **February 14-17 2020**, at Kotler Ice Arena. All other travel tournaments, fees and registration costs are up to the parent managers, coaches and families. We recommend that each team organize a meeting in the beginning of the season to determine which tournaments they want to go to, then register early. We recommend the "4 Core Tournaments" meaning; Idaho Falls, Jackson Hole, Sun Valley and Pinedale, our closest regional competitors to minimize travel expenses. It is the responsibility of the Parent Manager to make sure players are registering in the appropriate age divisions.

**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.

**VOLUNTEER DEPOSIT:** In order to continue developing our nonprofit Youth Hockey program, parents are required to volunteer at least 4 hours of time per season per child. This can include coaching, supporting tournaments, fundraising, being a team manager, and more. For families with multiple children registered for hockey, the deposit and the hours commitment will be capped at 2 children.

A \$150 deposit per child (maximum deposit \$300) in the form of CHECK will be held to insure this commitment by all families. When the volunteer hours are completed, the check will be shredded. If volunteer hours are not completed, the deposit will be donated to Youth Hockey.

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### Please note:

- Volunteer deposit must be on hand before the first practice in order for your child to participate.
- Please make check out to: Teton Valley Foundation. Check Date: March 1st, 2020
- Checks can be dropped off at Gear Pick Up, the season Kick Off Meeting or mailed to TVF at PO Box 50, Victor ID 83455.

### 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 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 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 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 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 (Peeweeps):

- 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 Bantam Tournament Rules

**February 14-17, 2020**

This tournament is a **4 to 6 team tournament** sanctioned by USA Hockey through Idaho Amateur 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, which can get cold at times. Please plan accordingly.

3-4 Games Guarantee (4 whenever possible)

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.

## **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

**Category of play is Recreational division (NO A or AA TRAVEL TEAMS)**

**Rules of play are per USA Hockey and as described further in these Tournament Rules:**

**GAME TIME:** 3 minute warm-up. 2 minutes between each period. 14 minute periods-stop time (run time if necessary in 3<sup>rd</sup> period or when +6 diff. in score) **Ice Cut every 2 periods.**

**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)

# Teton Valley Cutthroats Bantam Tournament Rules

- (a) Points (win/loss) **Win = 2 points**  
*If still tied after a):* **Tie = 1 Point**  
**Loss = 0 Points**
- (b) Head-to-Head Competition: **Shut-Out-Win = 1 point (Teams will**  
*if still tied after b):* **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.

**LOCER 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.

# 14-and-Under

At the 14-and-Under level, coaches should focus on the following age-appropriate concepts and skills so that players have a good experience and develop as hockey players and young teenagers.

## FOCUS POINTS

- Fun and Engagement
- Practice Activity and Structure
- Age-Appropriate Training
- Body Contact/Body Checking
- Skill Development
- Team Play

## FUN

These young athletes have many recreational and free-time options. It's essential that 14-and-Under players still enjoy hockey practices and games in order to keep them involved in the sport and continuing their development. These early teenage years can provide many challenges for coaches and players alike. It's imperative that coaches are aware of these physical and emotional challenges, but that they also realize there is an excellent opportunity for development at this age. With the increased opportunities for players of this age, fun must remain at the forefront.

## ENGAGEMENT

When coaches are able to create the optimal challenge level, where each player is able to demonstrate success while still having an appropriate level of difficulty, engagement can and will occur for each player. Coaches who incorporate fun into

practices and also find the optimal challenge level for each player are creating the ideal environment for long-term development. The challenge for coaches is that this optimal level will vary from player to player. Coaches will have to be very creative when trying to individualize practices so that the optimal skill level can be targeted for each player. When engagement occurs, players are able to see their own improvement and maximize their development as they are working at the appropriate level.

### **PRACTICE ACTIVITY AND STRUCTURE**

Coaches designing practices should aim for an appropriate work-to-rest ratio for players of this age. This ratio should be used when the intensity of a drill allows for players to go hard for short periods of time. Players of this age are now able to utilize their anaerobic energy system. Coaches should also consider using practices with high activity levels as they continue to hone the skills of these players. Coaches must recognize the need for an adequate work-to-rest ratio in many practices, but must also be able to adapt if the practice requires an especially high activity level. 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.

### **AGE-APPROPRIATE TRAINING**

As stated at previous levels, coaches must carefully determine the skills, concepts, and team systems on which to focus. The proper ratio of these three components is critical. Teams at this level should increase the amount of time they spend focused on team play, however the majority of time in practices should still be spent on improving individual skills and understanding concepts.

### **BODY CONTACT/BODY CHECKING**

Players are now at the age where body checking is allowed in games. Coaches should incorporate drills in practice that teach the skills related to good body contact and body checking. As these are very important skills, these drills should occur in every practice. The drills should focus on balance, stick position, angling, body contact, receiving a body check, delivering a body check, etc. Coaches should also teach players to check with a purpose (that purpose being to make body contact with the puck carrier in an effort to

gain possession of the puck). Therefore, when delivering a body check, players should keep the blade of their stick on the ice and maintain stick-on-stick position. Refer to *Checking the Right Way for Youth Hockey* for information and drills related to body contact and body checking.

### **SKILL DEVELOPMENT**

As players get older, the number of skills, concepts, and systems to be taught throughout a season increases. They are now at an age where the time spent teaching team-related systems will increase. However coaches are reminded that the majority of practice time should be spent improving the individual skills and understanding level of age-appropriate concepts.

### **TEAM PLAY**

The amount of time spent working on team-related concepts and systems should increase from previous age classifications. Players should learn different forecheck systems, defensive-zone coverages, power-plays, etc. More importantly, in each case, players should be taught the concepts within each of those systems. Why is the player being asked to do what he or she is doing within the system? What is the opponent being forced to do? Players should be taught the answers to these questions. This will allow them to read and react appropriately to situations they encounter in games. Understanding and applying a concept, as opposed to just repeating an action, is crucial in the improvement of a player.

### **PRACTICE FOCUS**

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

1. **Individual Skills** (hockey skills and activities) — 50%
2. **Hockey Sense** (teaching of concepts through small area games) — 35%
3. **Systems** (team play training) — 15%

*While these percentages are approximations, they emphasize that individual skills are the most important part of development at this age and that the majority of practice time should be spent improving them. The percentages also indicate that teaching hockey sense is still as important as teaching systems and team-play training.*



## SMALL AREA GAMES

Hockey sense is of even greater importance 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. Greater emphasis on competition should begin at this age, and small area games provide a great opportunity for players to experience a competitive environment every day in practice. 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. **Speed (for boys and girls)** – This is an ideal time to increase speed by improving the stride length and stride frequency through drills requiring high velocity for shorter intervals of time.
2. **Stamina (for boys and girls)** – This is an optimal development stage to improve the endurance of each

athlete (ability to sustain prolonged physical or mental effort).

3. **Strength (for girls)** – Following puberty, it is the ideal time to improve the strength of an athlete.

*\*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
  - f. *player conduct***
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
  - g. *unsportsmanlike conduct, fighting and attempt to injure***
3. Penalties
  - a. minor
  - b. major
  - c. misconduct
  - d. penalty shot
  - e. match

## **INDIVIDUAL HOCKEY SKILLS**

Players should continue developing and mastering the skills listed at previous levels, while adding these new ones:

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. mohawk turns
  - l. one-foot stop
  - m. backward crossover
  - n. lateral skating
  - o. backward cross-under start
  - p. backward two-skate stop
  - q. backward power stop (one skate)
  - r. **quickness**
  - s. **speed**
  - t. **agility**
  - u. **power**
  - v. **change of direction**
  - w. **balance (use of edges)**
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
  - n. **fake shot**
  - o. **stop and go**
  - p. **spin around**
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
  - k. *crisp 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
  - j. one-timers
  - k. *stick position in scoring areas***
  - l. *shots in close (pull the puck in and get it up)***
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)
  - j. *shoulder check***
  - k. *receiving a body check***
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. ***puck handling***
  - i. stopping the puck behind net
  - ii. ***passing the puck***
    - a. ***forehand***
    - b. ***backhand***
  - iii. ***clearing the puck***
    - a. ***forehand***
    - b. ***backhand***
- f. puck retention
  - i. cradling
  - ii. rebound control
- g. game situations
  - i. screen shots
  - ii. walkouts
  - iii. wraparounds
  - iv. ***breakaways***
  - v. ***line rushes (odd and even)***
  - vi. ***face-offs in the defensive zone***
  - vii. ***communication with teammates***

## 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
  - h. offensive principles: pressure, transition, support***
  - i. cycling***
2. Defensive Concepts
  - a. gap control
  - b. stick on puck

- c. back-checking
- 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
- l. defensive principles: pressure, transition, support***
- m. defensive play in each zone***
- n. boxing out and fronting an opponent***

## 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.

## FITNESS AND TRAINING

Players should continue to perform exercises learned at previous age levels, but should also focus on the following:

1. Speed workouts
2. Strength workouts using body weight
3. Range-of-motion exercises
4. Aerobic and anaerobic workouts
5. Off-ice skill development
  - a. slide board
  - b. stickhandling with various types of balls
  - c. shooting range

## **INJURY PREVENTION**

Players should continue to learn more about:

- the Heads Up Hockey Program.
- the importance of hydration.
- safety precautions for practice.
- the importance of warming up with a dynamic warm-up and cooling down with static stretching.
- the RICE concept (Rest–Ice–Compression–Elevation).

## **SPORTS PSYCHOLOGY**

Players should learn:

- to develop a pre-game routine.
- relaxation exercises.
- to focus on things that can be controlled.
- to give maximum effort at all times.
- to play with poise and confidence.
- to be in control of emotions at all times.
- basic visualization skills.
- the benefits of positive self-talk. Positive comments can reduce stress, enhance self-image and can increase fun at practices and games.
- to set goals, strive to reach those goals and periodically evaluate progress towards those goals.

## **CHARACTER DEVELOPMENT AND LIFE SKILLS**

Players must learn:

- the importance of honesty and integrity in and away from the arena.
- to accept responsibility for their actions and athletic performance.
- coping strategies to deal with peer pressure and other adversity.
- to balance family, school, sports, social activities, etc.
- to develop a sense of team commitment.
- about adversity and begin developing strategies to deal with it.

## **PARENT DEVELOPMENT**

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