

# PEE WEE (12U)

## SYHI AGE LEVEL GUIDELINES

SYHI strives to follow the **American Development Model (ADM)** put forth by USA Hockey. All pee wee teams/coaches should follow the guidelines below as closely as possible:

- ❖ Pee Wee 'A' coach will serve as age division coordinator.
- ❖ Season should not start prior to Labor Day or extend beyond March 31<sup>st</sup>. It is the recommendation of the on-ice committee that the pee wee (12u) season should begin in mid-September and extend into mid-March.
- ❖ Teams should consist of **11-14 skaters** and **1-2 goalies**. (Recommended: 12 skaters/1-2 goalies). *\*Players can be cross-rostered after tryouts are completed to help with injury/sickness.*
- ❖ If coaches are going to cross-roster players, it must be agreed upon by both coaches (**Note:** TVHL does NOT allow players to be cross-rostered). Furthermore, coaches must communicate with each other **PRIOR TO** asking a parent if their child wants to join the team for a particular game/tournament.
- ❖ Recommended 3-1 Practice to Game Ratio. 3-4 on-ice sessions/week (including games).
- ❖ **MAXIMUM of 35 GAME DAYS** and a **MAXIMUM of 40 GAMES**. Team schedulers/managers should be notified of this policy prior to the start of every season.
- ❖ Minimum of 80 Practice Hours
- ❖ Practices should follow USA Hockey station based guidelines. It is recommended that practices should focus on: *Individual Skills (65%), Hockey Sense (25% - teaching concepts through the use of small area games), and Systems (10% - Team play training).*
- ❖ The Hockey Director will collect various practice plans from the head coaches throughout the season. These plans will be saved and passed along to future coaches.
- ❖ Majority of practices shall be combined with another team (shared ice). If available, a full sheet of ice may be granted on occasion.
- ❖ 2 dryland training session/week. \*2 may be difficult, but we should be getting at least one in every week.

- ❖ Have a qualified skating coach and goalie coach work with the team 1x/week.
- ❖ Equal playing time for all players. *\*Coaches are allowed to modify playing time if there are disciplinary issues or players are not attending practice on a regular basis.*
- ❖ USA Hockey Recommends: (1) One chalk talk/video session per week and (2) rotating positions so players can play both offense and defense during the season
- ❖ Time off: it is recommended that (3) days off be given around Thanksgiving and (7) at Christmas