

SQUIRT (10U)

SYHI AGE LEVEL GUIDELINES

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

- ❖ Squirt 'A' coach will serve as age division coordinator.
- ❖ Season should not start prior to Labor Day or extend beyond March 31st. *It is the recommendation of the on-ice committee that the squirt (10U) season should begin in mid-late September and extend into early-mid March.*
- ❖ Teams should consist of **11-12 skaters** (preferably 11) and **1 goalie**. *If 2 goalies are to be carried, games should be split evenly. **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 25 GAME DAYS** and a **MAXIMUM of 35 GAMES**. Team schedulers/managers need to be notified of this policy prior to the start of every season.
- ❖ Minimum of 75 Practice Hours
- ❖ Practices should follow USA Hockey station based guidelines. Practices should follow USA Hockey station based guidelines. It is recommended that practices should focus on: *Individual Skills (75%), Hockey Sense (15% - 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.
- ❖ 1 dryland training session/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.*
- ❖ Positions should rotate throughout the season so that players can experience playing both offense and defense.
- ❖ USA Hockey **recommends** 3 days off around Thanksgiving and 7 days for Christmas.