



## Junior Ghost Pirates 14 & Under Program

**Age Group:** 2011, 2012

**Start Date:** October **End Date:** Middle of April

**Roster:** 13 - 15 skaters, 1-2 goalies, equal playing time

**Purpose:** At the 14-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, Practice Activity and Structure, Age-Appropriate Training, Body Contact//Body Checking, Skill Development, Team Play

\* **14 U stage development** is called Train to Train. The focus of this state 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.

### **Program:**

- Practices: 2 shared practices per week
- Games: Atlantic Coast Hockey Conference <https://atlanticcoasthockeyconference.com/>  
Regular season schedule\* + playoffs (playoffs not included in team fees) *\*number of games played depends on the number of teams in your division \*\*pending league acceptance*

### **Tournaments**

- 2 tournaments (within driving distance or local)

**Curriculum:** All age groups follow an on ice curriculum focusing on age-appropriate training and proper player development guidelines. This will ensure all players have the opportunity to reach their full potential in a fun, challenging and positive learning environment.

**Practice Focus:** The goal of practice is to create the most fun, challenging, learning environment for players to enjoy the game and improve faster for performance in games. Game based learning is scientifically proven to be the best retained when acquiring skill, more transferable for optimizing development and performance. Practicing the perception (cognitive) and action (physical) movements “coupled” together allows players to learn in game-like situations. Every practice should be composed of the following:

1. Fun & Engaging
2. High Activity (puck touches, movement)
3. Game Like Situations (looks like the game)
4. Decision Making
5. Competition / Challenging

**Game Rinks:** Games are played throughout the surrounding areas. All within driving distance with no plane trips.

**Team Communication/Schedule** - Teamsnap app will be used.

**Jr.Ghost Pirates - 14U Equipment & Apparel requirements**

- White & Black Practice Jerseys (included)
- Practice Socks (included)

**Required (Not Included in fees)**

- White & Black Game Jersey
- White & Black Game Socks
- Black Helmet
- Black Hockey pants or Pant Shell
- Predominantly Black Gloves (no conflicting colors)
- Joggers & Hoodie
- Dryland Shorts & T-Shirt

**Optional**

- Polo Shirt
- Equipment Bag