



Junior Ghost Pirates 10 & Under Program

Age Group: 2015, 2016

Teams: 10U1, 10U2

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

Roster: 11 - 13 skaters, 1-2 goalies, equal playing time

Purpose: At the 10-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, Engagement, Active Practices, Age-Appropriate Training (includes skills and concepts), Basic hockey knowledge.

Players at the 10U level are considered to be in the Golden Age of Skill Development. This is the prime age period for kids to acquire and develop athletic skills. Coaches of players who are in this age range should spend the majority of practice time working on skill development.

Program:

- Practices: 2 shared practices per week
- Games:
- 10U1 - 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*
- 10U2 will be an independent team and not be in an official league and will play 10 games

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 - 10U 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