

# U10 Travel Hockey



**JOIN US FOR OUR U10 TRYOUTS AT NORTHFORD ICE PAVILION**

**3/14 at 6:10 pm**

**3/15 at 5:00 pm**

**3/16 at 5:30 pm**

## Building Hockey Sense and Game Awareness

As players are still learning the fundamentals of the game at the U10 level, we spend a significant amount of time teaching our Sharks how to play all areas of the ice.

By giving our players opportunities at all positions during games throughout the season, they become better hockey players.

Post-game video is a critical tool that personalizes feedback and accelerates learning.

## OVERVIEW

At our U10 level teams, the season goals are simple: advance player development, build a strong team culture and keep hockey fun. If at the end of the season our players improved and want to continue playing hockey, we've been successful.

Our approach at this level is on using our ice time efficiently with a focus on skills, strengthening hockey sense/game awareness, and optimizing off-ice time.

### On-Ice Time

- Two hours of fast-paced, ADM-centered practices with shared practice plans each week
- Two hours of IPH-led skill sessions monthly
- Four hours of goalie training with ProCrease GoalTending monthly
- Ongoing use of video in practices to provide real-time feedback on skill mechanics

### Off-Ice Time

- Utilize the SeeSaw "app" to strengthen team bonding, publish practice plans, and share home-based off-ice training recommendations
- Facilitate player connection through engaging team-building activities and group warm-ups

## U10 BLACK 2021-2022 SEASON HIGHLIGHTS

Second place in CGHL  
U10 Division 1 State  
Tournament

Participated in the  
Rhode Island Sting All-  
Girls Tournament

45 games (20 vs. girls'  
teams and 25 vs. CHC  
A1/B teams)

100+ Hours of Ice Time



**shorelinesharkshockey.com**