



# U8 BLACK

## 2023-2024 PROGRAM INFORMATION

- 2015 Birth Year
- Professional Coaching Staff with College/Pro Experience
- 45 Plus Games Schedule
- On-Ice Practice 2x per Week
- On-Ice Skill Session 2x per month led by former NHLer Ike Corriveau
- Off-Ice Sticks Skills Training 1x per week with PHG Training Center
- CT Crease Goalie Training: 2 sessions per month
- Clearly Defined Development Path



### **Development Plan:**

Our plan is to focus on skating technique and correction to create the best foundation for our young hockey players. During the ages of 6-8, player focus and routine is the approach we take to create maximum rep time with limited down time. Speaking with many teaching professionals, it can take 20-50 reps per player before muscle memory sets in. The Connecticut Indians use fast pace practice routine that creates maximum movement time, while still working on the corrective fundamentals that will make your player better.

### **Format**

(2) One Hour Ice Practices per week.

- Focused on Power Skating, Turning, Transitions, Edge Work, and Foot Reaction.
- Focused on Skills, Shooting, Stick Handling, Positioning, Body Control, Passing, Heads Up play

(1-2) Off Ice Practices per week

- Focused on personal growth. Stick handling, Body Strengthening, Reaction Speed, Hand-Eye Coordination
- Focused on Mental growth. Video Sessions, Chalk Talks, Open conversations to make players learn hockey from a different perspective.

### **Why Choose Connecticut Chiefs: Focus on Long Term Success:**

The CT Indians are a strong hockey minded organization. As professionals, we understand that every family want to win, however fun and growth are the keys to success. At the mite level, we specifically focus on these 2 ideas to create a serious yet fun environment for our young players. Being an organization that has placed over 512 top level players into Prep Schools, Junior and College Hockey, we know what scouts & coaches are looking for and asking about. No Scout has ever asked, "How many points did your child have in mites". Understanding that your player's developments is the #1 focus of Mites. Position, Points, and Shift Time on ice are three ideas that have no bearing to your players development. Teaching your players that practice is where you get better, games are for showing what you have learned in practice. A love for the game, respect for their families and teammates, and have the best experience is what this age is all about.