

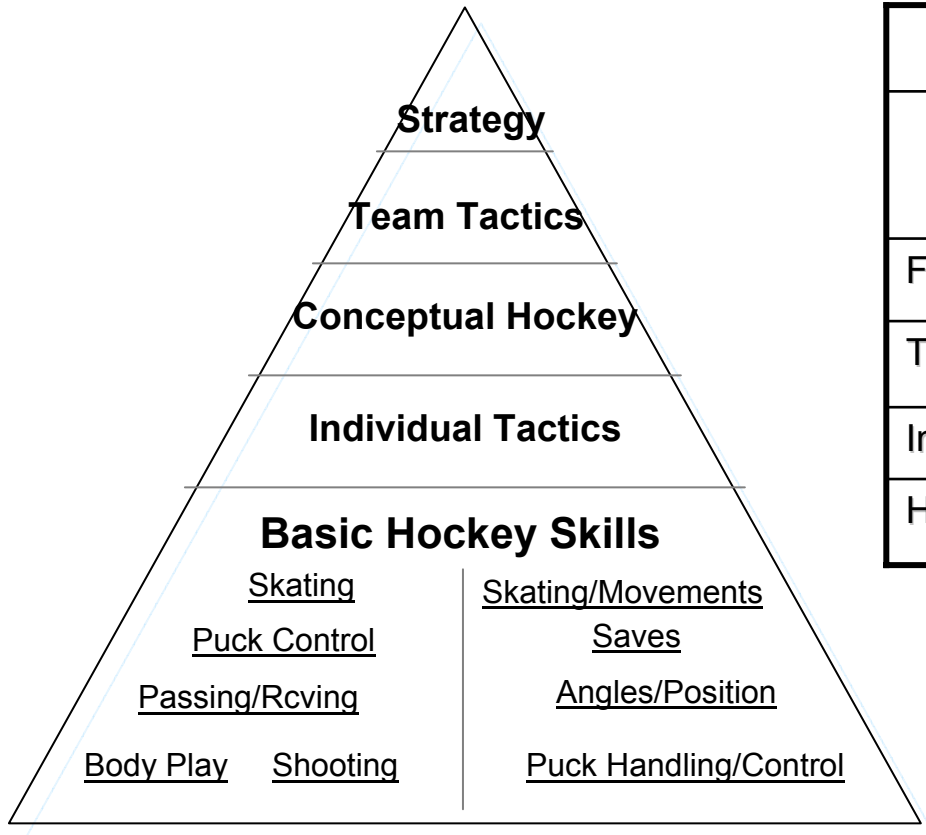


HEP Practice Model

Practice to Game Ratio			
Mite 8 & Under	Squirt 10 & Under	Pee Wee 12 & Under	Bantam 14 & Under
Occasional ½ Ice or Cross-ice Game	> 3 Practices to 1 Game	3 Practices to 1 Game	> 2 Practices to 1 Game
2 - 3 Days Per Week	3 - 4 Days Per Week	4 - 5 Days Per Week	4 - 6 Days Per Week



HEP Practice Model



Pyramid to Success

Practice Time Allocation			
	Mite	Squirt Pee Wee	Bantam
Fun Games	25%	20%	10%
Team Tactics		5%	15%
Ind. Tactics		20%	30%
Hockey Skills	75%	55%	45%

***“Expanding Skills
vs.
Winning”***