

SOUTHAMPTON ICE RINK

10U Winter Club

Development Model

- Our model is designed for individual player development.
- We run a 90/10 training to game ratio.
- Summer consists of on and off ice training.
- Summer on ice training is done at various ice rinks on Long Island and is included in our tuition. 5-10 sessions offered.
- Summer off ice training is done at roller hockey rinks and is included in our tuition. 10-15 sessions offered.
- All summer ice time is completely skills based with an emphasis on skating and puck control. There are no team concepts being implemented. Small area games are implemented.
- All summer off ice time is completely skills based with an emphasis on stickhandling, shooting, passing, heads up play. There are no team concepts being implemented. Small area games are implemented. A small amount of athletic training is implemented.
- September/October consists of on and off ice training, with the addition of some games. All practices on and off ice are parallel to the summer. All practices are completely skills based. No team concepts are implemented. Team concepts / strategy is provided before games and discussed again after games.
- November - March is the bulk of our season. On-ice training is 3x per week. All on-ice sessions are 75 minutes long. We offer off-ice training 1x per month. We pause during holiday breaks.
- Our on ice training focuses on skating development first and foremost: skating stance, skating stride, balance, edgework, tight turns, crossovers, backwards skating, transitional skating. 30-40% of most training sessions are skating based. Second we focus on puck control, stickhandling, passing, shooting, with small area gameplay implemented every session. Intra squad games are implemented weekly. Our players will compete in some fashion every session. We implement no team concepts during training sessions.

- Off ice training during this time of the season focuses on stickhandling, puck control, passing, heads up play, with small area gameplay implemented. 10 minutes of training minimum focuses on athletic development. No team concepts implemented during these training sessions.
- We bring in an outside power skating coach to work with our players 1x per month, minimum. This coach uses 75-85% of a session to work solely on power skating. November - March. Included in tuition.
- Our players each receive (1) 30 minute private lesson per month - working on skating and puck control. Included in tuition.
- Our players receive one shooting session, as part of a small group, on synthetic ice, per month. Included in tuition.
- Our team will have (8) total video training sessions. Included in tuition.
- Our team receives a day mini camp (2 hours on ice and 1 hour off ice) - 2x per season. Included in tuition.
- Every player receives an individual player evaluation, October, December, January and March.
- Approximately 10-12 regulation games + 2 tournaments will be played in total.
- 2025-2026 tuition per individual player - \$1100 plus tournament fees, uniforms included.