



Spartacats Girls Hockey

10U Coach Playbook

Developing Confident Players. Building Lifelong Hockey Players.

Welcome to the Spartacats Way

- Mission: Develop confident athletes, outstanding teammates, and lifelong leaders through skill development, competition, character, and a love for the game.
- Core Values: Character, Compete, Teamwork, Confidence, Fun.

The Spartacats Coach Promise

- Teach every player with patience.
- Encourage effort before results.
- Build confidence in every practice.
- Develop great teammates before great hockey players.
- Make hockey fun.

Coaching 10U Players

- Keep explanations under 30 seconds.
- Maximize puck touches.
- Use stations and small-area games – groups of 3-4 organized by skill level.
- Celebrate effort and improvement.

Practice Blueprint

- 0-5 Dynamic Warm-Up
- 5-15 Skating with and without the puck
- 15-30 Skill Stations
- 30-45 Small Area Game
- 45-58 Competition
- 58-60 Character Huddle

Season Development Calendar

WEEKS

- 1-2 Skating Foundations
- 3-4 Edges & Transitions
- 5-6 Backward Skating
- 7-8 Passing & Puck Protection
- 9-10 Shooting & Decision Making
- 11-12 Battles
- 13-14 Offensive Concepts
- 15-16 Defensive Concepts
- 17-18 Game Play
- 19-20 Review & Fun

Weeks 1-2 | Skating Foundations

Objectives

- Develop weekly focus skills
- Build confidence
- Encourage creativity

Skating Progression

- Edge work
- Crossovers
- Acceleration

Skill Stations

1. Passing
2. Stickhandling
3. Shooting
4. Net-front

Small Area Game

Cross-ice 3v3 or age-appropriate competitive game.

Competition

Relay race, Sharks & Minnows, Accuracy Challenge, King of the Circle.

Coach's Corner

Keep players moving. Praise effort before outcomes.

Character Focus

Confidence

Weeks 3-4 | Edges & Transitions

Objectives

- Develop weekly focus skills
- Build confidence
- Encourage creativity

Skating Progression

- Edge work
- Crossovers
- Acceleration

Skill Stations

1. Passing
2. Stickhandling
3. Shooting
4. Net-front

Small Area Game

Cross-ice 3v3 or age-appropriate competitive game.

Competition

Relay race, Sharks & Minnows, Accuracy Challenge, King of the Circle.

Coach's Corner

Keep players moving. Praise effort before outcomes.

Character Focus

Respect

Weeks 5-6 | Backward Skating & Puck Control

Objectives

- Develop weekly focus skills
- Build confidence
- Encourage creativity

Skating Progression

- Edge work
- Crossovers
- Acceleration

Skill Stations

1. Passing
2. Stickhandling
3. Shooting
4. Net-front

Small Area Game

Cross-ice 3v3 or age-appropriate competitive game.

Competition

Relay race, Sharks & Minnows, Accuracy Challenge, King of the Circle.

Coach's Corner

Keep players moving. Praise effort before outcomes.

Character Focus

Resilience

Weeks 7-8 | Passing & Puck Protection

Objectives

- Develop weekly focus skills
- Build confidence
- Encourage creativity

Skating Progression

- Edge work
- Crossovers
- Acceleration

Skill Stations

1. Passing
2. Stickhandling
3. Shooting
4. Net-front

Small Area Game

Cross-ice 3v3 or age-appropriate competitive game.

Competition

Relay race, Sharks & Minnows, Accuracy Challenge, King of the Circle.

Coach's Corner

Keep players moving. Praise effort before outcomes.

Character Focus

Communication

Weeks 9-10 | Shooting & Decision Making

Objectives

- Develop weekly focus skills
- Build confidence
- Encourage creativity

Skating Progression

- Edge work
- Crossovers
- Acceleration

Skill Stations

1. Passing
2. Stickhandling
3. Shooting
4. Net-front

Small Area Game

Cross-ice 3v3 or age-appropriate competitive game.

Competition

Relay race, Sharks & Minnows, Accuracy Challenge, King of the Circle.

Coach's Corner

Keep players moving. Praise effort before outcomes.

Character Focus

Courage

Weeks 11-12 | Angling & Battles

Objectives

- Develop weekly focus skills
- Build confidence
- Encourage creativity

Skating Progression

- Edge work
- Crossovers
- Acceleration

Skill Stations

1. Passing
2. Stickhandling
3. Shooting
4. Net-front

Small Area Game

Cross-ice 3v3 or age-appropriate competitive game.

Competition

Relay race, Sharks & Minnows, Accuracy Challenge, King of the Circle.

Coach's Corner

Keep players moving. Praise effort before outcomes.

Character Focus

Leadership

Weeks 13-14 | Offensive Concepts

Objectives

- Develop weekly focus skills
- Build confidence
- Encourage creativity

Skating Progression

- Edge work
- Crossovers
- Acceleration

Skill Stations

1. Passing
2. Stickhandling
3. Shooting
4. Net-front

Small Area Game

Cross-ice 3v3 or age-appropriate competitive game.

Competition

Relay race, Sharks & Minnows, Accuracy Challenge, King of the Circle.

Coach's Corner

Keep players moving. Praise effort before outcomes.

Character Focus

Accountability

Weeks 15-16 | Defensive Zone & Breakouts

Objectives

- Develop weekly focus skills
- Build confidence
- Encourage creativity

Skating Progression

- Edge work
- Crossovers
- Acceleration

Skill Stations

1. Passing
2. Stickhandling
3. Shooting
4. Net-front

Small Area Game

Cross-ice 3v3 or age-appropriate competitive game.

Competition

Relay race, Sharks & Minnows, Accuracy Challenge, King of the Circle.

Coach's Corner

Keep players moving. Praise effort before outcomes.

Character Focus

Team First

Weeks 17-18 | Game Concepts & Pressure

Objectives

- Develop weekly focus skills
- Build confidence
- Encourage creativity

Skating Progression

- Edge work
- Crossovers
- Acceleration

Skill Stations

1. Passing
2. Stickhandling
3. Shooting
4. Net-front

Small Area Game

Cross-ice 3v3 or age-appropriate competitive game.

Competition

Relay race, Sharks & Minnows, Accuracy Challenge, King of the Circle.

Coach's Corner

Keep players moving. Praise effort before outcomes.

Character Focus

Resilience Under Pressure

Weeks 19-20 | Review, Confidence & Fun

Objectives

- Develop weekly focus skills
- Build confidence
- Encourage creativity

Skating Progression

- Edge work
- Crossovers
- Acceleration

Skill Stations

1. Passing
2. Stickhandling
3. Shooting
4. Net-front

Small Area Game

Cross-ice 3v3 or age-appropriate competitive game.

Competition

Relay race, Sharks & Minnows, Accuracy Challenge, King of the Circle.

Coach's Corner

Keep players moving. Praise effort before outcomes.

Character Focus

Love the Game

Hey Coach!

Thank you for investing your time in Spartacats players. They may forget the score of a tournament, but they will remember the coach who believed in them, encouraged them after mistakes, and made hockey fun. **Go Spartacats!**