



## SOUTH WINDSOR KNIGHTS PLAYER DEVELOPMENT

### **Learn to Play**

#### **Focus: Introduction & comfort**

- Become comfortable on ice, proper equipment
- Basic skating & puck handling
- Emphasis on fun & confidence, no competitive pressure

### **Mites**

#### **Focus: Fundamentals & gameplay**

- Learn rules, intro to games/tournaments
- Develop skating, passing, shooting
- Prepare for full-ice play, structured practice, & correct competitive contact

### **Squirts**

#### **Focus: Team play & hockey positioning**

- Introduce systems & hockey positions
- Experience full-ice games, faceoffs, line changes, special teams
- Begin position-specific skills, understand effective body contact

### **PeeWee**

#### **Focus: Game awareness & checking introduction/preparation**

- Apply skills in games, intro to checking & puck protection
- Learn teamwork & linemate chemistry
- Expand basic skill set to create higher pace & decision-making

### **Bantam**

#### **Focus: Skill refinement & competitive play**

- Confidence in proper contact, checking & puck protection
- Execute plays quickly, learn advanced strategies
- Develop consistent habits & accountability

### **High School**

#### **Focus: Advanced play & team contribution**

- Analyze opponents, adjust strategies
- Apply individual skills in team systems
- Continue skill development, prepare for next levels

**Across All Levels - Development is long-term: consistent growth, effort, and enjoyment matter most... GO KNIGHTS!!**

**Any further hockey talk... Don't hesitate to reach out to Coach Drew!!**

**[drew.callin@swhockey.com](mailto:drew.callin@swhockey.com)**

