



ACADEMY OF HOCKEY
HARBORCENTER

PLAYER DEVELOPMENT IN YOUTH HOCKEY: PRACTICE TIME VS GAME TIME



AVERAGE DURATION OF A GAME



TOTAL GAME TIME AN AVERAGE PLAYER HAS CONTROL OF THE PUCK



3:1
PRACTICE : GAME RATIO
IDEAL FOR AGES 7-13

MANY EUROPEAN ORGANIZATIONS DON'T BEGIN PLAYING GAMES UNTIL THE PLAYERS ARE



8 YEARS OLD

