

U10 Team Overview - Mitch Mahoney

Personal:

- Wife Alissa of 22 years
- Children Blake (18), Ava (16), and Calder (8)
- Grew up in Hamilton Ontario Canada where I played House League/All Star at younger ages then made my way to AAA Hockey for Peewee and Bantam Hockey in the Greater Toronto Area
- Began playing Golf at the age of 14, represented Canada in the World Juniors in Japan, Played 4 years of Varsity Golf at Miami University as well as Club Hockey my Senior year
- Am a student of the game of Hockey, have been around some great hockey minds since a young age, grew up in a strong hockey culture, am always looking to learn from those around me
- Have worked in the Technology Industry in Cincinnati since 1998

Coaching:

- Coached 4 years Youth Football in Mason OH
- Coached 5 years Youth Lacrosse in Mason OH
- Coached 3 Years SOGO Travel Lacrosse for the program's first Team
- Coached Miami University Jr Redhawks from Learn to Play & Mite Through Bantam Teams – developed the Junior Brotherhood Mentor Program between Miami Varsity and Jr Redhawk Players
- Have Assisted with Coaching Mason High School Hockey throughout 2018-2020
- Assisted last Season with Cincinnati Swords Mite Team

Coaching “at u10” Philosophy

For me, through age and coaching many teams, plus having three kids of my own (Lessons Learned on the first two), my philosophy has evolved over the years. **I have learned that “at the u10” level, a coach’s main goal is to ensure each player WANTS to come back to the rink and is excited to hit the ice the NEXT TIME!**

I look to focus on the following 4 objectives “at the u10” Age:

1. Help our players develop a **PASSION** for hockey
2. Create a **fun** and **active** learning environment – you may see me act like a 10 year old
3. Develop **basic skills** around skating, passing/puck handling, ice awareness and hockey sense
4. Prepare each player for THEIR next level – I can often help the family with this as well

At a basic level, the Hockey areas I will always put focus on that will evolve at each age level (the players will hear this every time we are together):

1. Win the Puck
2. Control the Puck
3. Move the puck

Team Preview

- 15-17 Players – even rotation of all players in games including playing all positions in all situations
- 1-2 Away Tournaments for experience and Team bonding – not interested “at u10” in spending your money and time traveling all over for games and tournaments
- Approx. 15-20 Home games 15-20 Away Games – as close to home as possible

- Mix of competition levels – prefer to finish a season at .500 – need to win and lose for development
- 40-44 60 Minute Practices – u10 needs to be highly active and minimal amount of time to keep focus
- **Open to any and all feedback from parents – I want to know as much as I can about your player as to best motivate and what to look out for**
- Assistant Coaches TBD
- Approx. Player Fee of \$1900-\$2200 for the season

I hope you can see I look to keep things simple, fun, motivating with the right amount of pushing and discipline where needed “at u10”.

Your family is putting forth time and money for your player to have a fun experience, love the game, be part of a team, and hopefully learn some things along the way. I have learned through coaching and with my own kids that the motivation needs to come from within. We will present that opportunity and we will see over the years who will run with it.

Lead the horses to water and see who drinks!

Mitch Mahoney