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## Bantam Skill Progressions

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At the Bantam level, players should focus on the skill progressions listed below:

### Knowledge

Players should know:

#### 1. Rules

- face-offs
- checking
- checking from behind
- player conduct

#### 2. Common Infractions

- kneeling
- high sticking
- charging
- boarding
- checking from behind
- slashing

#### 3. Penalties

- misconduct
- penalty shot

### Goal Setting

Players should:

1. Set written goals that encompass a variety of areas in their development including skills, tactics, fitness and team play.
2. Demonstrate external motivation.  
*Examples:*
  - show intensity during practices and games
  - be attentive and dedicated to training
3. Have written goals and a plan of action demonstrating a detailed approach to training. Practice good habits in nutrition, overall health and practice performance.
4. Participate in a fitness program which includes training for both aerobic and anaerobic energy systems as well as strength training.
5. Consider keeping a daily training log book which includes:
  - practice goals
  - note your pre- and post-practice attitude
  - note your pre- and post-game attitude
  - record your positive self talk for the day
  - nutrition record

### Individual Hockey Skills

Players should continue to master all the previous skills listed as well as the following:

1. Skating
  - quickness
  - speed
  - agility
  - power
2. Puck Control
  - change of pace
  - slip through
  - slip across
  - slip around
  - fake shot
  - spin around
  - stop and go
  - grand stand
  - puck protection
3. Passing and Receiving
  - surround the puck
  - receiving (skate)
  - receiving (hand)
  - one-touch pass
  - indirect (board) pass
  - flip - saucer pass (forehand and backhand)
  - alley-oop
  - breakout
  - wrap around
4. Shooting
  - wrist
  - backhand
  - snap
  - flip
  - slap
  - one-timer
  - tipping
  - rebounding
  - approach to net
  - close in shots (yo-yo pull, roof)
5. Checking
  - covering
  - gap control
  - angling
  - shoulder check
  - taking a check
  - hip check
  - body check
  - block check
  - roll check
  - backchecking
  - angling - steering - deflecting
6. Goalkeeping
  - skate save
  - stacking the pads

- "V" drop
- playing angles
- rebounds
- situations
- moving behind the net
- stopping the puck along the boards
- poke checking

## Team Play

Players should understand and learn:

1. Offense
  - offense in defensive zone
  - offense in neutral zone
  - offense in offensive zone
  - power play systems
  - face-offs
  - principles: pressure, transition, support, control
  - triangulation
  - cycling
2. Defense
  - one-man forecheck
  - two-man forecheck
  - backchecking (neutral zone)
  - center-on-point defensive coverage
  - wings-on-point defensive coverage
  - man-short situations
  - principles: pressure, transition, support, control
  - defense in defensive zone
  - defense in neutral zone
  - boxing out

## Nutrition

Players should:

1. Be able to identify the appropriate amount and type of food from the basic food groups.

<b>FOUR BASIC FOOD GROUPS</b> <b>EAT A VARIETY OF FOODS FROM</b> <b>EACH GROUP EVERY DAY</b>		
<b>Food Group</b>	<b>Servings per day</b>	<b>Food Sources</b>
Meats & Alternatives	2-4	Lean meat, fish, liver, poultry (skin removed), low-fat cheeses, eggs, peas, beans, nuts
Milk Products	2-6	Low-fat or fat-free milk and cheese, cottage cheese, yogurt, sherbert, milk, fruit shakes
Grain Products	8-15	Whole grain and enriched cereals, breads, pasta, pancakes, steamed, boiled rice, crackers, bagels, muffins

Fruits & Vegetables	8-15	Fruits and vegetables - fresh, dried, frozen, canned and in juices
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2. Be able to make wise decisions about what to eat before, during and after games and practices.
3. Be able to devise and follow a daily eating plan that consists of sound nutritional choices to enhance athletic performance.
4. Players must know to drink fluids before, during and after games and practices. Additionally, they need to know which fluids work best:  
Before games/practices: water  
During games/practices: water, sports drink, diluted juice  
After games/practices: water, sports drink, juice

## Fitness and Training

Players should learn:

- overloading principles
- flexibility exercises
- speed workouts
- strength workouts
- aerobic workouts
- anaerobic workouts
- off-ice skill development
  - slide board
  - puckhandling with whiffle ball
  - shooting range
- set realistic goals to improve weaknesses
- understand the importance of improving athleticism

## Injury Prevention

Players should know:

- Heads Up Hockey program
- safety precautions for practice
- the importance of warm-up, stretching and cooldown
- the concept of RICE for treating injuries:
  - R rest
  - I ice
  - C compression
  - E elevation

## Sports Psychology

Players should:

1. Understand basic visualization skills (i.e., picture scoring a goal or making a big save).
2. Develop a pre-game routine.
3. Learn relaxation exercises.
4. Develop an air of confidence, good body posture and appear in emotional control at all times.
5. Focus on things you can control and give 100% effort at all times.

6. Understand the benefits of and use of positive self-talk at the rink. Realize that positive comments help reduce stress, enhance self-image and can increase "fun" at practices and games.
7. Be able to control your breathing patterns in difficult and tense situations during games and practices.

## **Character Development and Life Skills**

Players must learn:

- to realize the importance of honesty and integrity in and away from the arena.
- to accept responsibility for your actions and athletic performance.
- coping strategies to deal with peer pressures.
- the ability to balance school, social activities, sports and family.
- to develop a sense of team commitment.
- the meaning of adversity.
- to cope with adversity.

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