

10U/Squirt Skill Development
Adapted from USA Hockey Skill Progressions

Practice Should Focus On (percentage of time listed after each):

- Individual skill improvement (hockey skills, activities, and games) – 75%
- Hockey sense (teaching of concepts through small-area games) – 15%
- Tactics (team-play training) – 10%

Player Knowledge

Players should know:

1. Rules
 - a. face-offs
 - b. body contact
 - c. offsides
 - d. icing
 - e. checking from behind

2. Common Infractions
 - a. unsportsmanlike conduct
 - b. body checking and checking from behind
 - c. cross-checking and charging
 - d. head contact, elbowing, and high-sticking
 - e. tripping and hooking
 - f. interference and holding

Individual Hockey Skills

Players should learn and master:

1. Skating
 - a. ready position
 - b. edge control
 - c. forward start
 - d. forward stride
 - e. controlled stop: two-foot and one-foot
 - f. controlled turn
 - g. forward crossover
 - h. backward skating
 - i. backward stop
 - j. ABCs of skating: agility, balance, coordination, and speed drills
 - k. one-foot stop
 - l. backward crossover
 - m. mohawk turn

2. Puck Control
 - a. lateral (side-to-side) stickhandling
 - b. front-to-back stickhandling
 - c. diagonal stickhandling
 - d. attacking the triangle
 - e. puck protection
 - f. change of pace

- g. toe drag
- h. give and take
- i. accelerating with the puck (one-hand carry)

3. Passing and Receiving

- a. forehand pass
- b. backhand pass
- c. receiving a pass properly with the stick
- d. saucer pass (forehand and backhand)
- e. receiving a pass properly with the skate
- f. indirect pass

4. Shooting

- a. wrist shot
- b. Backhand
- c. flip shot
- d. screen shot
- e. Deflection
- f. off rebound

5. Body Contact

- a. stick on puck
- b. stick lift
- c. poke check
- d. gap control concept
- e. body positioning and angling

6. Goaltending

- a. positioning
 - i. proper stance
 - ii. angling
- b. Movement
 - i. forward
 - ii. backward
 - iii. lateral
- c. Save technique
 - i. stick
 - ii. gloves
 - iii. body and pads
 - iv. butterfly
 - v. recovery

Team Concepts

Players must learn and understand:

- 1. Offensive Concepts
 - a. 2-on-1 situations
 - b. 1-on-1 situations
 - c. triangle offense

2. Defensive Concepts

- a. gap control
- b. protect center of the ice
- c. stick on puck
- d. Backchecking
- e. body position: man-you-net
- f. basic defensive zone coverage

Character Development and Life Skills

Players must learn:

- demonstrate high levels of sportsmanship.
- have respect for their teammates, coaches, opponents, officials and parents.
- balance family, school and other activities.
- be on time for practices and games.