



U14 INDIVIDUAL HOCKEY SKILLS

Players must learn and master:

1. Skating

- a. Ready position
- b. Edge control
- c. Forward state
- d. Forward stride
- e. Controlled stop: two-foot and one-foot snowplow
- f. Controlled turn
- g. Forward crossover
- h. Backward skating
- i. Backward stop
- j. ABC's of skating
 - i. Agility, balance, coordination and speed drills
- k. One-foot stop
- l. Backward crossover
- m. Mohawk turn
- n. Lateral skating
- o. Backward cross-under start
- p. Backward two-skate stop
- q. Backward power stop (one skate)
- r. Quickness
- s. Speed
- t. Agility
- u. Power
- v. Change of direction
- w. Balance (use of edges)

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)

- j. Change of direction
- k. Backward puck control
- l. Fakes and deception while stickhandling
- m. Puck off the boards
- n. Fake shot
- o. Stop and go
- p. Spin around

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 skate
- f. Indirect pass
- g. Receiving a pass properly with the hand
- h. Surround the puck
- i. One-touch passes
- j. Area passes
- k. Crisp passes

4. Shooting

- a. Wrist shot
- b. Backhand shot
- c. Tips/Flip shot
- d. Screen shot
- e. Deflection
- f. Off rebound
- g. Snap shot
- h. Slap shot
- i. Fake shot
- j. Pull & shoot
- k. Catch & release
- l. One-timers
- m. Stick positioned in scoring areas
- n. Shots in close

5. Body Contact

- a. Stick on puck
- b. Stick lift
- c. Poke check
- d. Gap control concept
- e. Body positioning and angling
- f. Stick press
- g. Angling
- h. Delivering body contact
- i. Receiving body contact (contact confidence)
- j. Shoulder check

- k. Receiving a body check
- 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. Sliding butterfly
 - d. Recovery
 - e. Puck handling
 - i. Stopping puck behind net
 - ii. Passing the puck
 - 1. Forehand
 - 2. Backhand
 - iii. Clearing the puck
 - f. Game situations
 - i. Screen shots
 - ii. Walkouts
 - iii. Wraparounds
 - iv. Breakaways
 - v. Line rushes (odd and even)
 - vi. Faceoffs in the defensive zone
 - vii. Communication with teammates

TEAM PLAY

Players must learn and understand:

- 1. Offensive Concepts
 - a. 2-on-1 situations
 - b. 1-on-1 situations
 - c. Triangle offense
 - d. Faceoffs
 - e. Zone entry
 - f. Powerplay concepts
 - g. Offensive principles: pressure, transition, support
 - h. cycling

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
- g. 1-on-1 and even-numbered situations
- h. 2-on-1 and odd-numbered situations
- i. Forecheck
 - i. 2-1-2
 - 1. A hard on puck, B supports puck, C high, D1 can pinch (C covers), D2 stays in middle of ice
- j. Short-manned concepts
- k. Shot blocking
- l. Defensive principles: pressure, transition, support
- m. Defensive play in each zone
- n. Boxing out and fronting an opponent

NUTRITION

Players should continue learning about:

- 1. Proper hydration
 - a. Players should learn the importance of proper hydration before, during and after all games and practices
- 2. Good eating habits
 - a. Players should be encouraged to eat good meals and refrain from eating candy and other foods that lack nutritional value
- 3. Recovery drink
 - a. While there are many recovery drinks on the market, players should be encouraged to drink chocolate milk following any practice or game session
- 4. Eating and Energy
 - a. Players should be introduced to the importance of eating healthy foods that are high in carbohydrates in order to gain long-term energy.
 - i. These players will experience tournament where they are expected to play several games in a relatively short period of time. This is an excellent time for them to learn about the importance of eating the right foods for long-term energy.

OFF-ICE ACTIVITIES/FITNESS AND TRAINING

Players should perform exercises and play games that improve their agility, balance, coordination and speed (ABC's). And continue to perform exercises learned at previous age levels.

Exercise and activities should include:

1. Speed workouts
2. Strength workouts using body weight
3. Range-of-motion exercises
4. Aerobic and anaerobic workouts
5. Off-ice skill development
 - a. Slide board
 - b. Stickhandling with various types of balls
 - c. Shooting range
 - d. passing

INJURY PREVENTION

Players and parents should be introduced to:

1. Heads Up Hockey Program
2. Proper care of equipment
3. Proper fitting of equipment
4. Rink safety
5. Safety precautions for practice
6. The importance of warming up and cooling down
7. RICE concept for treating injuries
 - a. Rest – Ice – Compression – Elevate

SPORTS PSYCHOLOGY

Players should continue to exhibit the sport and life skills learned at previous levels, as well as learning:

1. Develop pregame routine
2. Relaxation exercises
3. Focus on things that can be controlled
4. Give maximum effort at all times
5. Play with poise and confidence
6. Be in control of emotions at all times
7. Basic visualization skills
8. Benefits of positive self-talk
 - a. Positive comments can reduce stress, enhance self-image, and can increase fun at practice and games
9. Set goals
 - a. Strive to reach these goals and periodically evaluate progress towards those goals

CHARACTER DEVELOPMENT AND LIFE SKILLS

Players must learn:

1. Importance of honesty and integrity in and away from the arena
2. Accept responsibility for their actions and athletic performance
3. Coping strategies to deal with peer pressure and other adversity
4. To balance family, school, sports, social activities, etc.
5. Develop a sense of team commitment
6. About adversity and begin developing strategies to deal with it

PARENT DEVELOPMENT

Refer to An American Hockey Parent Handbook found on the USA Hockey website.

ON ICE PLAN

1. Faceoffs Win/Loss
 - a. Neutral zone
 - b. Offensive zone
 - c. Defensive zone
 - d. Mindset
2. Line Rushes
 - a. Take the puck wide
 - b. Middle lane drive
 - c. D middle high
 - d. Gretzky buy time
3. Forecheck
 - a. 2-1-2 aggressive or Czech
 - b. D-pinch on the wrap-F3 covers for pinching D and D2 stays in the middle.
4. Back check- go to open guys- not puck carrier. Get inside position on him and cover him all the way back to the post. D need to quarterback these situations.
5. DZONE Coverage
 - a. D1 in corner trying to gain possession
 - b. F1 couple feet away from him reading the situation
 - c. F2 positions himself around the face off dot-prevents walks and has the strong side D as his responsibilities
 - d. F3 positions himself slightly above the hashmarks in the middle of the ice, he communicates with D2 in regards to covering their forward in front of net. His main responsibilities are high guy and weak side D
 - e. D2- Starts off far post and works with F3 to cover high guy. He needs to read play in corner to determine where to go from there.
6. Breakouts
 - a. D-W
 - b. D-D-W
 - c. D-W-WSD
 - d. Slash/Middle
 - e. Reverses
7. Neutral Zone
 - a. Same as forecheck
 - b. Forwards Fill lanes
 - c. D stay inside dots
8. Rear Support and Hinge

9. Line changes
 - a. 30-40 seconds max
 - b. Keep 1 player on the forecheck
 - c. Change 1 D at a time
 - d. Don't take the puck behind the net/Quick up

10. PP-Breakout -Over load

11. PK 5/5-5/3

12. 4/4

13. Pulled Goalie

TEAM IDENTITY

- Aggressive, Attacking, in all situations

**Accountability – play the right way, defensive on the right side of the puck,
offensive, manage the puck, puck possession**

**Rule #1
DON'T EMBARRASS THE PROGRAM**