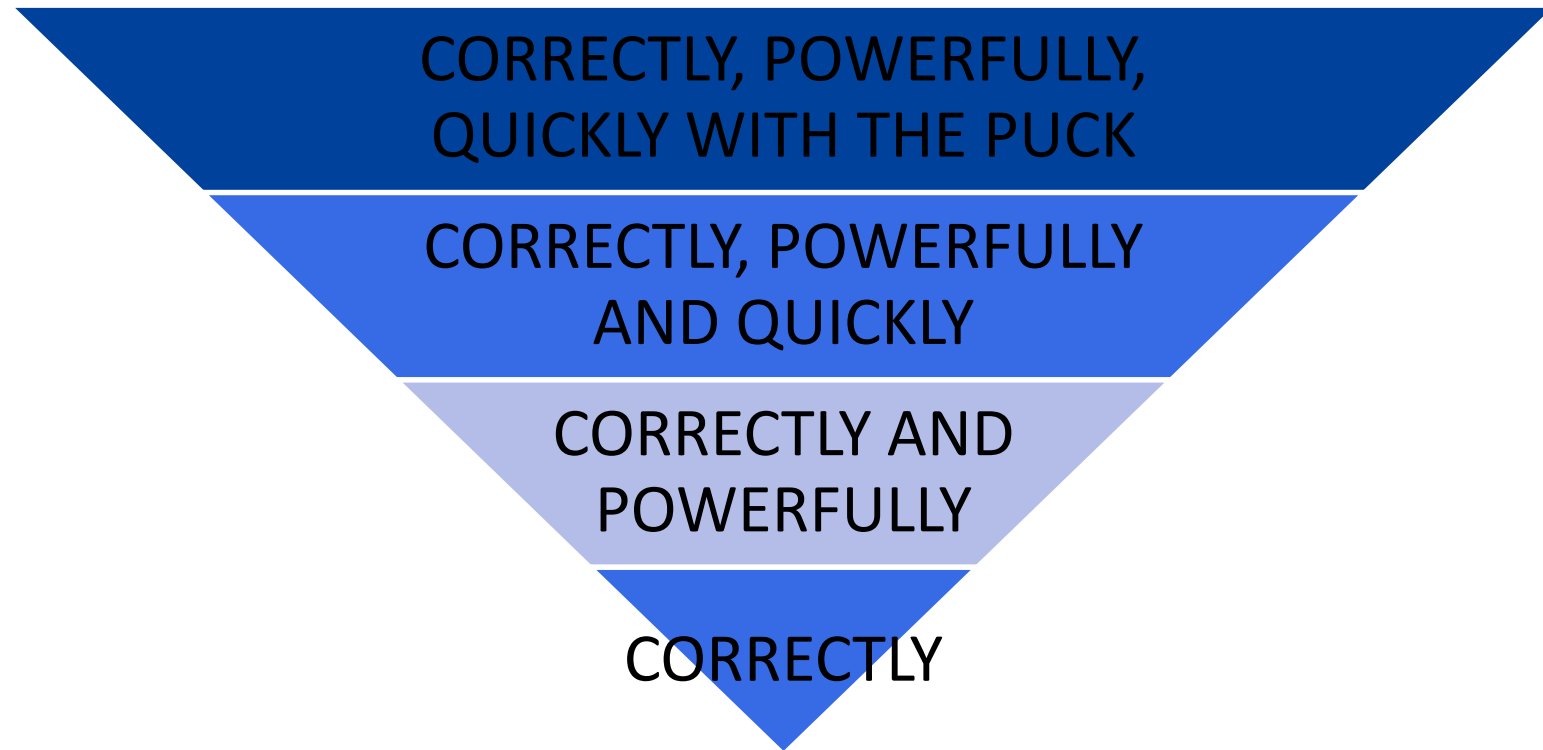


ABERDEEN HOCKEY ASSOCIATION
SKILLS PROGRESSIONS



ABERDEEN HOCKEY ASSOCIATION

SKILLS PROGRESSIONS

SKILL	TERMITES	MITES	SQUIRTS	PEEWEEES	BANTAMS	VARSITY
SKATING						
Focus on Proper Technique	X	X	X	X	X	X
Ready Position	X	X	X	X	X	X
Getting Back to feet after a fall	X	X	X	X	X	X
Push and Recovery	X	X	X	X	X	X
2 Foot Glide	X	X	X	X	X	X
1 Foot Glide	X	X	X	X	X	X
Front Start	X	X	X	X	X	X
Forward Stride	X	X	X	X	X	X
Backward C-Cuts	X	X	X	X	X	X
Skate With Head Up	X	X	X	X	X	X
Glide Turns	X	X	X	X	X	X
Inside Edge	X	X	X	X	X	X
Outside Edge	X	X	X	X	X	X
Control Stop (Snowplows)	X	X	X	X	X	X
Forward Cross Over (Left)		X	X	X	X	X
Forward Cross Over (Right)		X	X	X	X	X
Power Turn (Left)		X	X	X	X	X
Power Turn (Right)		X	X	X	X	X
Mohawk		X	X	X	X	X
Backward Cross Over (Left)		X	X	X	X	X
Backward Cross Over (Right)		X	X	X	X	X
Backward V Stop		X	X	X	X	X
Transitions		X	X	X	X	X
Power Stop (Left)		X	X	X	X	X
Power Stop (Right)		X	X	X	X	X
Skate with Head Up-With the Puck			X	X	X	X
Change Directions Laterally			X	X	X	X
Quick Starts			X	X	X	X
Escapes			X	X	X	X
Backward Cross Over Starts			X	X	X	X
Quick Acceleration from Coast			X	X	X	X
Power Turns and Accelerate			X	X	X	X

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SKILLS PROGRESSIONS

SKILL	TERMITES	MITES	SQUIRTS	PEEWEEES	BANTAMS	VARSITY
SKATING						
Backward Cross Unders (Left)			x	x	x	x
Backward Cross Unders (Right)			x	x	x	x
Stop on One Foot (Forward)			x	x	x	x
Stop on One Foot (Backward)			x	x	x	x
Backward Power Stop				x	x	x
Deceptive Skating/change of speed				x	x	x
Lateral Mobility- To the Left				x	x	x
Lateral Mobility- To the Right				x	x	x
Fake Turns				x	x	x
Forward to Backward spin				x	x	x
Backward to Forward Spin				x	x	x
Focus on Maintaining Speed with Puck				x	x	x
Focus on Speed					x	x

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SKILLS PROGRESSIONS

SKILL	TERMITES	MITES	SQUIRTS	PEEWEEES	BANTAMS	VARSITY
PUCK CONTROL						
Proper Grip of the Stick	x	x	x	x	x	x
Puck Push	x	x	x	x	x	x
Front Dribble	x	x	x	x	x	x
Side Dribble	x	x	x	x	x	x
Lateral Dribble	x	x	x	x	x	x
Cupping the puck -forehand	x	x	x	x	x	x
Cupping the puck- backhand	x	x	x	x	x	x
Forward Stride with Puck- Forehand	x	x	x	x	x	x
Giving Target for Pass		x	x	x	x	x
Forehand Shift		x	x	x	x	x
Attack Triangle		x	x	x	x	x
Toe Pull		x	x	x	x	x
Puck Protection		x	x	x	x	x
Puck Protection with Body, Legs and Stick		x	x	x	x	x
Expansion of Reach		x	x	x	x	x
Stopping with Puck		x	x	x	x	x
Skating with puck- backward		x	x	x	x	x
Open Blade to Forehand- with Acceleration		x	x	x	x	x
Open Blade to Forehand-Open Ice		x	x	x	x	x
Fake- Forehand to backhand		x	x	x	x	x
Fake- Backhand to forehand		x	x	x	x	x
Split Vision		x	x	x	x	x
Head Fakes		x	x	x	x	x
Control with feet		x	x	x	x	x
Forehand Turns		x	x	x	x	x
Backhand Turns		x	x	x	x	x
Fake Shot- Wrist			x	x	x	x
Attack the Triangle-Fake-FH thru to BH			x	x	x	x
Attack the Triangle- Fake-BH thru to FH			x	x	x	x
Attack the Triangle-FH-BH-FH			x	x	x	x
Attack the Triangle- BH-FH-BH			x	x	x	x
Toe Pull to BH side			x	x	x	x

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SKILLS PROGRESSIONS

SKILL	TERMITES	MITES	SQUIRTS	PEEWEEES	BANTAMS	VARSITY
PUCK CONTROL						
Toe Pull to FH side			x	x	x	x
Forehand Pulls			x	x	x	x
Backhand Pulls			x	x	x	x
Change of Pace			x	x	x	x
Fake Front over to Backhand			x	x	x	x
Fake Backhand out inside to Forehand			x	x	x	x
One Hand for Protection			x	x	x	x
Glove to Ice			x	x	x	x
Chip in Chase			x	x	x	x
Power Stop with Puck- forward right			x	x	x	x
Power Stop with Puck- forward left			x	x	x	x
Power Stop with Puck- backward right			x	x	x	x
Power Stop with Puck- backward left			x	x	x	x
Escapes			x	x	x	x
Flip Moves			x	x	x	x
Mohawks with Puck			x	x	x	x
Lateral Movement with Puck			x	x	x	x
Give and Go				x	x	x
Backward Puck Control				x	x	x
Backhand Toe Pull				x	x	x
Off Boards to Self Behind Back				x	x	x
Through Feet - both ways				x	x	x
Fake Slap Shot				x	x	x
Forward to Backward Turn				x	x	x
Backward to Forward Turn				x	x	x
360 Turn with Puck				x	x	x
Stick Fakes- Deception				x	x	x
Pull Up and Side Up					x	x
Puck Protection on Boards					x	x

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SKILLS PROGRESSIONS

SKILL	TERMITES	MITES	SQUIRTS	PEEWEEES	BANTAMS	VARSITY
PASSING AND RECEIVING						
Forehand Pass	X	X	X	X	X	X
Forehand Receive	X	X	X	X	X	X
Backhand Pass	X	X	X	X	X	X
Backhand Receive	X	X	X	X	X	X
Stopping the Puck (Soft Hands)	X	X	X	X	X	X
Eye Contact	X	X	X	X	X	X
Presents a Good Target	X	X	X	X	X	X
Overall Accuracy	X	X	X	X	X	X
Forehand Pass While Skating		X	X	X	X	X
Forehand Receive While Skating		X	X	X	X	X
Backhand Pass While Skating		X	X	X	X	X
Backhand Receive While Skating		X	X	X	X	X
Communication		X	X	X	X	X
Control Puck With Feet		X	X	X	X	X
Receive Pass With Skate		X	X	X	X	X
Pass With Skate		X	X	X	X	X
Board Pass		X	X	X	X	X
Drop Pass		X	X	X	X	X
Trailer Pass		X	X	X	X	X
Area Pass			X	X	X	X
Flip Pass Forehand			X	X	X	X
Flip Pass Backhand			X	X	X	X
Saucer Pass Forehand			X	X	X	X
Saucer Pass Backhand			X	X	X	X
Setting a Rolling Puck			X	X	X	X
Out of Air -Hand			X	X	X	X
Open Body Up			X	X	X	X
Soff Board Pass			X	X	X	X
Leading the Player			X	X	X	X
Catching and Passing In Stride			X	X	X	X
One Handed Pass on Forehand				X	X	X
One Handed Pass on Backhand				X	X	X

ABERDEEN HOCKEY ASSOCIATION

SKILLS PROGRESSIONS

SKILL	TERMITES	MITES	SQUIRTS	PEEWEEES	BANTAMS	VARSITY
PASSING AND RECEIVING						
Wrap Pass				X	X	X
Snap Pass				X	X	X
One-Touch Pass				X	X	X
Through Legs				X	X	X
Through Sticks				X	X	X
Pass to a 1 -Timer				X	X	X
Cycle Pass				X	X	X
Break Out Pass				X	X	X
Alley-Oop				X	X	X
Pass Moving Backwards				X	X	X
Pass Moving Laterally				X	X	X
Fake Slap and Pass				X	X	X
Pass to Tip				X	X	X
Catching and Passing At Speed				X	X	X
Flat Passing Angles					X	X
Getting Open More than Once					X	X

ABERDEEN HOCKEY ASSOCIATION
SKILLS PROGRESSIONS

SKILL	TERMITES	MITES	SQUIRTS	PEEWEEES	BANTAMS	VARSITY
SHOOTING						
Proper Hand Position Wrist Shot	x	x	x	x	x	x
Proper Hand Position Backhand Shot	x	x	x	x	x	x
Proper Weight Transfer Forehand	x	x	x	x	x	x
Proper Weight Transfer Backhand	x	x	x	x	x	x
Forehand Stationary	x	x	x	x	x	x
Backhand Stationary	x	x	x	x	x	x
Wrist Shot	x	x	x	x	x	x
Backhand Shot	x	x	x	x	x	x
Shooting while moving feet	x	x	x	x	x	x
Catch a Pass and Shoot	x	x	x	x	x	x
Shooting with Purpose- Heads Up	x	x	x	x	x	x
Shoot Off a Dribble	x	x	x	x	x	x
Overall Accuracy	x	x	x	x	x	x
Flip Shot		x	x	x	x	x
Screening		x	x	x	x	x
Deflect and Tip		x	x	x	x	x
Snap Shot			x	x	x	x
Fake Shot			x	x	x	x
Opening Up for a Shot			x	x	x	x
Shooting With Purpose- Score			x	x	x	x
Shooting with Purpose- Create Rebound			x	x	x	x
Forehand to Backhand Quick Shot High			x	x	x	x
Defensemen Shooting			x	x	x	x
Slap Shot				x	x	x
Drag and Shoot				x	x	x
Use Defense as Screen				x	x	x
One Timer- Slap				x	x	x
One Timer- Snap				x	x	x
Deceptive Shot				x	x	x
Tips- Out of Air				x	x	x
Tips- On Ice Tip High				x	x	x
Tips- Shot to a Tip				x	x	x
Anticipate Rebounds				x	x	x
Shooting at Speed				x	x	x
Backpedaling					x	x

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SKILLS PROGRESSIONS

SKILL	TERMITES	MITES	SQUIRTS	PEEWEEES	BANTAMS	Varsity
CHECKING						
Balance	x	x	x	x	x	x
Stick Lift	x	x	x	x	x	x
Angling	x	x	x	x	x	x
Body Position and Balance	x	x	x	x	x	x
Poke Check		x	x	x	x	x
Steering		x	x	x	x	x
Body Contact		x	x	x	x	x
Boards- Fight for Puck- Front		x	x	x	x	x
Boards- Fight for Puck- Back		x	x	x	x	x
Defensive Side Position		x	x	x	x	x
Body Positioning in Front of Net		x	x	x	x	x
Gap Control Concept/Knowledge			x	x	x	x
Backchecking			x	x	x	x
Rink Awareness			x	x	x	x
Racing to the Board/Puck with Contact			x	x	x	x
Gap Control- Actual			x	x	x	x
Pinning and Body Control Along Boards				x	x	x
Pinching with Contact				x	x	x
Receiving a Pinch				x	x	x
Shoulder Check					x	x
Receiving a Check					x	x
Hip Check					x	x
Open Ice Hits					x	x
Block Check					x	x
Roll Check					x	x

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SKILLS PROGRESSIONS

SKILL	TERMITES	MITES	SQUIRTS	PEEWEEES	BANTAMS	Varsity
HOCKEY CONCEPTS AND VOCABULARY						
Safety	x	x	x	x	x	x
Offense	x	x	x	x	x	x
Defense	x	x	x	x	x	x
Offensive Zone		x	x	x	x	x
Defensive Zone		x	x	x	x	x
Neutral Zone		x	x	x	x	x
Forecheck		x	x	x	x	x
Backcheck		x	x	x	x	x
Understands Face-Offs- Basic Concept		x	x	x	x	x
Crash the Net		x	x	x	x	x
D to D (Hinge)			x	x	x	x
Understands Face-Offs- Positioning			x	x	x	x
Understands Face-Off- Plays			x	x	x	x
Defense- Push Opponent Out			x	x	x	x
Break Out			x	x	x	x
Power Play			x	x	x	x
Penalty Kill			x	x	x	x
Weak Side			x	x	x	x
Strong Side			x	x	x	x
Triangle Offense			x	x	x	x
One-Man Forecheck Systems			x	x	x	x
House			x	x	x	x
Entering the Zone			x	x	x	x
Dump-ins			x	x	x	x
Support			x	x	x	x
2 on 1 Options				x	x	x
3 on 2 Options				x	x	x
Two-Man Forecheck Systems				x	x	x
Center-on-Point Defense Coverage				x	x	x
Wings-on-Point Defensive Coverage				x	x	x
Shot Blocking				x	x	x
Short-Handed System				x	x	x
Cycle				x	x	x
Wheel				x	x	x
Pinch				x	x	x
Reverse				x	x	x
Cycling in Offensive Zone				x	x	x
Hold the Line				x	x	x

ABERDEEN HOCKEY ASSOCIATION
SKILLS PROGRESSIONS

SKILL	TERMITES	MITES	SQUIRTS	PEEWEEES	BANTAMS	Varsity
HOCKEY RULES						
Understands Basic Rules- Checking from Behind	x	x	x	x	x	x
Understands Infractions- Unsportsmanlike Conduct		x	x	x	x	x
Understands Basic Rules- Body Checking		X	x	x	x	x
Understands Infractions-Head Contact		x	x	x	x	x
Understands Infractions- High Sticking		x	x	x	x	x
Understands Infractions- Tripping		x	x	x	x	x
Understands Basic Rules- Icing			x	x	x	x
Understands Basic Rules- Offsides			x	x	x	x
Understands Penalties-Major vs Minor			x	x	x	x
Understands Infractions- Body Checking			x	x	x	x
Understands Infractions- Cross Checking			x	x	x	x
Understands Infractions- Holding			x	x	x	x
Understands Infractions- Charging			x	x	x	x
Understands Infractions- Elbowing			x	x	x	x
Understands Infractions- Falling on Puck			x	x	x	x
Understands Infractions- Interference			x	x	x	x
Understands Infractions- Broken Stick			x	x	x	x

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SKILL	TERMITES	MITES	SQUIRTS	PEEWEEES	BANTAMS	VARSITY
GOALIES SKILLS						
Parallel Shuffle -Right			X	X	X	X
Parallel Shuffle -Left			X	X	X	X
Scooter Skate-Right			X	X	X	X
Scooter Skate- Left			X	X	X	X
Lateral T Glide- Right			X	X	X	X
Lateral T Glide- Left			X	X	X	X
Forward Moves			X	X	X	X
Backward Moves			X	X	X	X
Basic Stance			X	X	X	X
Angles			X	X	X	X
Keeps Body Square to Puck			X	X	X	X
Stickhandling			X	X	X	X
Passing the Puck			X	X	X	X
Clearing the Puck			X	X	X	X
Moving Behind the Net			X	X	X	X
Stopping the Puck Along the Boards			X	X	X	X
Play at the Post			X	X	X	X
Deflections			X	X	X	X
Screens			X	X	X	X
Tip Ins			X	X	X	X
Odd Man Rushes			X	X	X	X
Stick Save			X	X	X	X
Body Save			X	X	X	X
Glove Save- Blocker			X	X	X	X
Glove Save- Catcher			X	X	X	X
Leg Saves			X	X	X	X
Five Hole Coverage			X	X	X	X
Stacking Pads			X	X	X	X
Half Split			X	X	X	X
V Drop/Butterfly			X	X	X	X
Rebound Control			X	X	X	X
Paddle Down			X	X	X	X
Freezing the Puck			X	X	X	X
Skate Save			X	X	X	X
Face Offs			X	X	X	X