

PRINCETON YOUTH HOCKEY

SKILLS PROGRESSION CHECKLIST

MITES/8U

SQUIRTS/10U

PEEWEEES/12U

BANTAMS/14U

"Defined as the willpower to persevere with passion and a sense of purpose, GRIT is what matters most in whether a person succeeds or fails."

-Darrin Donnelly (p.12 Old School Grit)

Mite/8U Skills Checklist (PYHA)

**Mite A's do squirt progression*

85% - Individual skill improvement (hockey skills, activities, and games)

15% - Hockey sense (teaching of concepts through small area games)

0% - Systems (team-play training)

1. Tiger Code

- a. Team First
- b. Integrity
- c. Grit
- d. Engaged *
- e. Respectful *

2. Skating (w/wo pucks)

- a. ready position
- b. edge control
 - i. inside edge (including swizzles)
 - ii. outside edge (including delayed crossover)
- c. forward start
 - i. crossover start (side start)
 - ii. v start
- d. forward stride
 - i. railroad motion
 - ii. proper leg extension
- e. stopping
 - i. one foot snowplow
 - ii. two foot snowplow
 - iii. one foot hockey stop
 - iv. two foot hockey stop
 - v. stop with t-start
- f. controlled turn
 - i. both directions
 - ii. with crossover
 - iii. close in figure 8
 - iv. proper balance
- g. forward crossover
 - i. proper stick, shoulder, leg position
 - ii. under leg lower push
 - iii. cross under "v" position
- h. backward skating
 - i. c-starts
 - ii. inside edge "c's"
- i. backward stop
 - i. w/wo v-starts
- j. ABCs of skating (agility, balance, coordination, and speed drills)
- k. pivoting
 - i. forward to backward
 - ii. backward to forward
 - iii. 360 degree turns

3. Puck Control (stationary & in motion)

- a. lateral (side-to-side) stickhandling
 - i. turns around cones and players
 - ii. dekes around cones and players
 - iii. accelerating w/puck
 - iv. stopping - protecting the puck
- a. front-to-back stickhandling
- b. diagonal stickhandling
- c. attacking the triangle

4. Passing and Receiving

- a. forehand pass
 - i. stationary with partner
 - ii. in motion with partner
 - iii. give and go's
 - iv. eye contact
 - v. calling for passes
- b. backhand pass
 - i. stationary with partner
 - ii. in motion with partner
- c. receiving a pass properly with the stick

5. Shooting

- a. wrist shot
- b. backhand

6. Body Contact

- a. stick on puck
- b. stick lift

7. Team Concepts

- a. puck pursuit (2 on the puck)
- b. puck support (get open, one man in front of the net)
- c. protect the house (lift sticks)

Dryland Training

1. stretching/flexibility exercises
2. fun games
3. relay races
4. eye-hand coordination exercises
5. exercises related to improving ABCs
6. shooting
7. stick handling

Squirt/10U Skills Checklist (PYHA)

**Mite A's do squirt progression*

75% - Individual skill improvement (hockey skills, activities, and games)

15% - Hockey sense (teaching of concepts through small area games)

10% - Systems (team-play training)

***1 Hour Per Week** - Chalk talks/videos in classroom setting

1. Tiger Code

- a. **Team First ***
- b. **Integrity**
- c. **Grit ***
- d. **Engaged**
- e. **Respectful**

2. Skating (w/wo pucks)

- a. ready position
- b. edge control
- c. forward start
- d. forward stride
- e. stopping
- f. controlled turn
- g. forward crossover
- h. backward skating
- i. backward stop
- j. ABCs of skating (agility, balance, coordination, and speed drills)
- k. pivoting
- l. backward crossover**
- m. mohawk turn**

3. 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 puck (one-hand carry)**

4. 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**

5. Shooting

- a. wrist shot
- b. backhand
- c. flip shot**
- d. screen shot**
- e. deflection**
- f. off rebound**

6. Body Contact

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

7. Goaltending

- a. positioning**
 - i. proper stance**
 - ii. angling**
- a. movement**
 - i. forward**
 - ii. backward**
 - iii. lateral**
- d. save technique**
 - i. stick**
 - ii. gloves**
 - iii. body and pads**
 - iv. butterfly**
- e. recovery**

8. Offensive Concepts

- a. 2-on-1 situations**
- b. 1-on-1 situations**
- c. triangle offense**

9. Defensive Concepts

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

Dryland Training

- 1. Warm-up exercises
- 2. Cool-down exercises
- 3. Stretching exercises
- 4. Flexibility exercises
- 5. Eye-hand coordination exercises
- 6. Fun games
- 7. Relays
- 8. Exercises related to improving ABCs
- 9. Jump-rope activities
- 10. Off-ice stickhandling

Peewee/12U Skills Checklist (PYHA)

65% - Individual skill improvement (hockey skills, activities, and games)

25% - Hockey sense (teaching of concepts through small area games)

10% - Systems (team-play training)

***1-2 Hours Per Week** - Chalk talks/videos in classroom setting

1. Tiger Code

- a. **Team First ***
- b. **Integrity ***
- c. **Grit**
- d. **Engaged**
- e. **Respectful**

2. Skating (w/w/o pucks)

- a. ready position **and ability to find this strong position when engaged in body contact**
- b. edge control
- c. forward start
- d. forward stride
- e. stopping
- f. controlled turn
- g. forward crossover
- h. backward skating
- i. backward stop
- j. ABCs of skating (agility, balance, coordination, and speed drills)
- k. pivoting
- 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)**

3. 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 puck (one-hand carry)
- j. change of direction**
- k. backward puck control**
- l. fakes and deception while stickhandling**
- m. puck off the boards**

4. 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
- g. receiving a pass properly with the hand**
- h. surround the puck**
- i. one-touch passes**
- j. area passes**

5. Shooting

- a. wrist shot
- b. backhand
- c. flip shot
- d. screen shot
- e. deflection
- f. off rebound
- g. snap shot**
- h. slap shot**
- i. fake shots**
- j. one-timers**

6. 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)**

7. Goaltending

- a. positioning
 - i. proper stance
 - ii. angling
- b. movement
 - i. forward
 - ii. backward
 - iii. lateral
- c. save technique
 - iii. stick
 - iv. gloves
 - v. body and pads
 - vi. butterfly
 - vii. sliding butterfly

d. recovery

- e. stopping the puck behind the net**
- f. puck retention**
 - i. cradling**
 - ii. rebound control**
- g. game situations**
 - i. screen shots**
 - ii. walkouts**
 - iii. wraparounds**

8. Offensive Concepts

- a. 2-on-1 situations
- b. 1-on-1 situations
- c. triangle offense
- d. team play in each zone**
- e. face-offs**
- f. zone entry**
- g. power-play concepts**

9. Defensive Concepts

- a. gap control
- b. protect center of ice
- c. stick on puck
- d. backchecking
- e. body position: man-you-net
- f. basic defensive zone coverage
- g. basic breakouts
- h. 1-on-1 and even-numbered situations**
- i. 2-on-1 and odd-numbered situations**
- j. forechecking**
- k. man-short concepts**
- l. shot blocking**

Dryland Training

- 1. Quickness activities
- 2. Team games
- 3. Sprint workouts
- 4. Agility, balance, and coordination exercises
- 5. Light calisthenics
- 6. Flexibility exercises
- 7. Relays and obstacle courses
- 8. Upper-body strength: body-weight resistance activities
- 9. Off-ice skill development
 - a. slideboard
 - b. stickhandling with various types of balls
 - c. shooting range
 - d. passing

Bantam/14U Skills Checklist (PYHA)

50% - Individual skill improvement (hockey skills, activities, and games)

35% - Hockey sense (teaching of concepts through small area games)

15% - Systems (team-play training)

***1-2 Hours Per Week** - Chalk talks/videos in classroom setting

1. Tiger Code

- a. Team First *
- b. Integrity
- c. Grit *
- d. Engaged
- e. Respectful

2. Skating (w/wo pucks)

- a. ready position and ability to find this strong position when engaged in body contact
- b. edge control
- c. forward start
- d. forward stride
- e. stopping
- f. controlled turn
- g. forward crossover
- h. backward skating
- i. backward stop
- j. ABCs of skating (agility, balance, coordination, and speed drills)
- k. pivoting
- 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) quickness
- r. speed
- s. agility
- t. power
- u. change of direction
- v. balance (use of edges)

3. 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 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

4. 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
- g. receiving a pass properly with the hand
- h. surround the puck
- i. one-touch passes
- j. area passes
- k. crisp passes

5. Shooting

- a. wrist shot
- b. backhand
- c. flip shot
- d. screen shot
- e. deflection
- f. off rebound
- g. snap shot
- h. slap shot
- i. fake shots
- j. one timers
- k. stick position in scoring areas
- l. shots in close (pull puck in and get it up)

6. 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

7. Goaltending

- a. positioning
 - i. proper stance
 - ii. angling
- b. movement
 - i. forward
 - ii. backward
 - iii. lateral
- c. save technique
 - iii. stick
 - iv. gloves
 - v. body and pads
 - vi. butterfly
 - vii. sliding butterfly

- d. recovery

e. puck handling

- i. stopping the puck behind the net
- ii. passing the puck
 - a. forehand
 - b. backhand
- iii. clearing the puck
 - a. forehand
 - b. backhand
- f. puck retention
 - i. cradling
 - ii. rebound control
- g. game situations
 - i. screen shots
 - ii. walkouts
 - iii. wraparounds
- iv. breakaways
- v. line rushes (odd and even)
- vi. face-offs in the defensive zone
- vii. communication with teammates

8. Offensive Concepts

- a. 2-on-1 situations
- b. 1-on-1 situations
- c. triangle offense
- d. team play in each zone
- e. face-offs
- f. zone entry
- g. power-play concepts
- h. offensive principles: pressure, transition, support
- i. cycling

9. Defensive Concepts

- a. gap control
- b. protect center of ice
- c. stick on puck
- d. backchecking
- e. body position: man-you-net
- f. basic defensive zone coverage
- g. basic breakouts
- h. 1-on-1 and even-numbered situations
- i. 2-on-1 and odd-numbered situations
- j. forechecking
- k. man-short concepts
- l. shot blocking
- m. defensive principles: pressure, transition, support
- n. defensive play in each zone
- o. boxing out and fronting an opponent

Dryland Training

- 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. slideboard
 - b. stickhandling with various types of balls
 - c. shooting range