



U12 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
- d. Backward power stop (one skate)

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

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

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

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)

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. Stopping puck behind net
- f. Puck retention
 - i. Pulling pucks back into body
 - ii. Rebound control
- g. Game situations
 - i. Screen shots
 - ii. Walkouts
 - iii. Wraparounds

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
 - i. Overload

2. Defensive Concepts
 - a. Gap control
 - b. Protect center of the ice
 - c. Blade on Blade
 - d. Backchecking
 - e. Basic defensive zone coverage
 - f. 1-on-1 and even-numbered situations
 - g. 2-on-1 and odd-numbered situations
 - h. Forecheck
 - i. 2-1-2
 1. F1 hard on puck, F2 supports puck, F3 high, D1 can pinch (F3 covers), D2 stays in middle of ice
 - i. Shot blocking
 - i. Down to one knee
 - ii. Understand angles
 - iii. Make yourself big

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).

For off-ice activities and exercises, coaches should utilize the 10-and-under/12-and-under Off-Ice Training Cards (Phase I and Phase II) that are available through USA Hockey and are on the Mobile Coach App.

Exercise and activities should include:

1. Quickness activities
2. Team games
3. Sprint workouts
4. ABC's
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. 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. The benefits of positive comments
 - a. All involved should realize that positive comments help reduce stress, enhance positive self-image for individuals and the team, and they can increase the enjoyment of practices and games
2. Balance family, school and other activities
3. Be on time for practices and games
4. Take responsibility for their performance and actions at games, practices, schools and home

CHARACTER DEVELOPMENT AND LIFE SKILLS

Players must learn to:

1. Demonstrate high levels of sportsmanship
2. Have respect for their teammates, coaches, opponents, officials and parents
3. Balance family, school and other activities
4. Be on time for practices and games

PRACTICE FOCUS

Practices should focus on (percentage of time listed after each section and are approximations):

1. Individual skills (hockey skills and activities) --- 65%
2. Hockey sense (teaching of concepts through small area games --- 25%
3. Systems (team play training) --- 10%

TEAM SEASON STRUCTURE 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. Dot drive
 - d. D middle high
- 3. Forecheck
 - a. 2-1-2 aggressive or Czech forecheck
 - b. D-pinch on the wrap: F3 covers for D1, D2 stays in middle of the ice.
- 4. Offensive Zone Plays
 - a. Middle drives
 - b. Soft areas
 - c. Cycles
- 5. 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.
- 6. 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.
- 7. Breakouts
 - a. D-W
 - b. D-D-W
 - c. Middle with pass or skating
 - d. Reverses
- 8. Neutral Zone
 - a. Same as forecheck
 - b. Forwards fill lanes
 - c. D stay inside dots
- 9. Rear Support and Hinge

10. 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

11. PP-Breakout

- a. Overload
- b. 4 guys back to help get out on Breakouts

12. PK 5/5-5/3

13. 4/4

14. Pulled goalie

TEAM IDENTITY

- Aggressive, up tempo, puck protection, hard to play against

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**