### **14U (Bantams)**

* **CONTINUE FOCUS ON SKILLS**
	+ - Continue to refine skating skills
		- Introduce position specific skills
			* Forwards
			* Defenseman
			* Goalies
		- Continue to develop deceptive skills
		- Continue refining skating and puck control skills
		- Practice plans must be at least 60% skill development and 40% or less on systems
		- Focus on correct technical execution
		- * Continue body contact and angling basics and introduce checking
			* Offensive body positioning and puck protection skills
* **STATION BASED PRACTICES**
	+ - **ALL** practices must be 30-50% station based with kids in skills groups
		- Teams must work together to utilize the entire ice surface for stations
* **FOCUS ON SMALL AREA GAMES**
	+ - Practicing small area games will lead to better decision-making skills
		- Every practice should include small area games
			* 14U introduces more complex and structured or systems based games
* **POSITIONING**
	+ - Players should focus on their preferred positions
			* Some rotation is still beneficial
		- Goalies will focus on their positions and are unlikely to skate out
* **SYSTEMS OR TACTICAL SKILLS**
	+ - Team systems further developed - a significant amount of ice time should be given to skills
		- Further develop elements of coordinated attacks, two-on-one, two-on-two, three-on-two, two-on-three
		- Introduce the four game situation roles; puck carrier, offensive support player, defender at the puck, defender away from the puck
		- Develop basic situational role knowledge and experience in small area game play and specific situational drills