### **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