



## KNOWLEDGE

		Mite	Squirt	Pee Wee	Bantam	Midget
<b>Rules</b>						
	Off Sides	X	X	X	X	X
	Icing	X	X	X	X	X
	Face Offs		X	X	X	X
	Checking from Behind		X	X	X	X
	Body Checking			X	X	X
	Player Conduct				X	X
<b>Infractions</b>						
	Unsportsmanlike Conduct	X	X	X	X	X
	Body Checking	X	X	X	X	X
	Cross Checking	X	X	X	X	X
	Checking from Behind	X	X	X	X	X
	Holding	X	X	X	X	X
	High Sticking	X	X	X	X	X
	Tripping	X	X	X	X	X
	Slashing	X	X	X	X	X
	Charging		X	X	X	X
	Elbowing		X	X	X	X
	Falling on the Puck		X	X	X	X
	Hooking		X	X	X	X
	Interference		X	X	X	X
	Boarding			X	X	X
	Kneeing				X	X
<b>Penalties</b>						
	Minor	X	X	X	X	X
	Major	X	X	X	X	X
	Match		X	X	X	X
	Misconduct			X	X	X
	Checking from Behind			X	X	X
	Penalty Shot				X	X
	Order in which combined penalties are served.					X
	Fighting					X
	Attempt to injure					X



## GOAL SETTING

	Mite	Squirt	Pee Wee	Bantam	Midget
Establish specific and measurable performance goals that are written, shared with coaches and parents, and revised on a regular basis to promote development.	X	X	X	X	X
Divide performance goals into two categories: -practice -game	X	X	X	X	X
Be able to engage in evaluations of your performance at practices and games. Re-adjust game and practice goals based on those evaluations.		X	X	X	X
Divide performance goals into broad categories. Daily tasks should then be planned based on the goals set: -long term - one season -intermediate - 6 - 10 games or practices -short term - 1 - 5 games or practices			X	X	X
Set goals that encompass a variety of areas in your development including skills, tactics, fitness and team play.			X	X	X
Demonstrate external motivation. Example: -show intensity during practices and games -be attentive and dedicated to training			X	X	X
Have written goals and a plan of action demonstrating a detailed approach to training. Practice good habits in nutrition, overall health and practice performance.				X	X
Participate in a fitness program which includes training for both aerobic and anaerobic energy systems as well as strength training.				X	X
Consider keeping a daily training log book which includes: - practice goals - note your pre- and post-practice attitude - note your pre- and post-game attitude - record your positive self talk for the day - nutrition record				X	X



## INDIVIDUAL HOCKEY SKILLS

	Mite	Squirt	Pee Wee	Bantam	Midget
<b>Skating</b>					
Edge Control	X	X	X	X	X
Ready Position	X	X	X	X	X
Forward Start	X	X	X	X	X
Forward Stride	X	X	X	X	X
Control Stop	X	X	X	X	X
Forward Crossover	X	X	X	X	X
Forward Start Right/Left		X	X	X	X
One-foot Stop		X	X	X	X
Backward Skating		X	X	X	X
Backward Stop		X	X	X	X
Control Turn		X	X	X	X
Backward Crossover		X	X	X	X
Mohawk		X	X	X	X
Lateral Skating		X	X	X	X
Backward Crossunder Start			X	X	X
Backward Two Skate Stop			X	X	X
Backward Power Stop (one skate)			X	X	X
Quickness				X	X
Speed				X	X
Agility				X	X
Power				X	X
Forward/reverse step out					X
<b>Puck Control</b>					
Lateral Dribble	X	X	X	X	X
Forward to Backward Dribble	X	X	X	X	X
Diagonal Dribble	X	X	X	X	X
Attacking the Triangle	X	X	X	X	X
Forehand Shift	X	X	X	X	X
Accelerating with the Puck	X	X	X	X	X
Backhand Shift		X	X	X	X
Change of Pace		X	X	X	X
Puck Protection		X	X	X	X
Give and Take		X	X	X	X
Slip through			X	X	X
Slip across			X	X	X
Puck off boards			X	X	X
Backward puck control			X	X	X
Slip around				X	X
Fake shot				X	X
Spin around				X	X
Stop and go				X	X
Grand stand				X	X
Double shift					X



## INDIVIDUAL HOCKEY SKILLS

	Mite	Squirt	Pee Wee	Bantam	Midget
<b>Passing and Receiving</b>					
Forehand	X	X	X	X	X
Backhand	X	X	X	X	X
Receive (stick)	X	X	X	X	X
Eye Contact	X	X	X	X	X
Flip-Saucer Pass (forehand and backhand)		X	X	X	X
Receive (skate)		X	X	X	X
Indirect (board) Pass		X	X	X	X
Snap			X	X	X
Receive (hand)			X	X	X
Surround the puck			X	X	X
One-touch pass			X	X	X
Wrap around			X	X	X
Breakout			X	X	X
Alley-oop			X	X	X
One touch				X	X
Block and drop					X
<b>Shooting</b>					
Wrist	X	X	X	X	X
Backhand	X	X	X	X	X
Flip		X	X	X	X
Screen and Deflection		X	X	X	X
Rebounding		X	X	X	X
Snap			X	X	X
Slap			X	X	X
Fake shot			X	X	X
Tipping			X	X	X
One timer				X	X
Approach to net				X	X
Close in shots (pull, roof, etc.)				X	X
Inside shot					X
Drive shot					X
<b>Checking</b>					
Poke Check	X	X	X	X	X
Hook Check	X	X	X	X	X
Lifting the Stick	X	X	X	X	X
Covering		X	X	X	X
Gap Control Concept		X	X	X	X
Body Positioning-Angling		X	X	X	X
Stick Press			X	X	X
Body check			X	X	X
Receiving a check			X	X	X
Shoulder Check			X	X	X
Angling-steering-deflecting			X	X	X
Pinning			X	X	X
Contain/stall				X	X
Hip check				X	X
Block check				X	X
Roll check				X	X



## INDIVIDUAL HOCKEY SKILLS

	Mite	Squirt	Pee Wee	Bantam	Midget
<b>Goalkeeping</b>					
Basic Stance	X	X	X	X	X
Parallel Shuffle	X	X	X	X	X
Lateral T-Glide	X	X	X	X	X
Forward and Backward Moves	X	X	X	X	X
Stick Save	X	X	X	X	X
Body Save	X	X	X	X	X
Glove Save	X	X	X	X	X
Leg Save		X	X	X	X
Skate Save		X	X	X	X
Stacking Pads		X	X	X	X
"V" Drop		X	X	X	X
Rebounds		X	X	X	X
Playing the angles			X	X	X
Situations			X	X	X
Moving behind the net				X	X
Stopping the puck along the boards				X	X
Poke checking				X	X
Face offs				X	X
Deflections and screens				X	X
Playing the post				X	X
Clearing/passing				X	X



## TEAM PLAY

	Mite	Squirt	Pee Wee	Bantam	Midget
<b>Offense</b>					
Positional Offense	X	X	X	X	X
In the Offensive Zone	X	X	X	X	X
In the Defensive Zone	X	X	X	X	X
Face-Offs		X	X	X	X
One on One Confrontations		X	X	X	X
Triangulation		X	X	X	X
Box Offense		X	X	X	X
Entering the Zone		X	X	X	X
In the Neutral Zone			X	X	X
Power Play systems			X	X	X
Two on one confrontations			X	X	X
Principles of pressure, transition, support, control				X	X
Cycling				X	X
Dump ins					X
Wide rim					X
<b>Defense</b>					
Territorial Defense	X	X	X	X	X
One Man Forechecking	X	X	X	X	X
Basic Defensive Zone Coverage	X	X	X	X	X
Two Man Forechecking		X	X	X	X
Backchecking Principles		X	X	X	X
Center on point coverage			X	X	X
Wings on point coverage			X	X	X
Man short situations			X	X	X
One on One Confrontations			X	X	X
Shot blocking			X	X	X
Principles of pressure, transition, support, control				X	X
Defense in the neutral zone				X	X
Boxing out				X	X
Stall/contain					X
Zone coverage					X
Man to man coverage					X
Backside coverage					X
Sagging coverage					X



## NUTRITION

	Mite	Squirt	Pee Wee	Bantam	Midget
Understand the importance of proper hydration before, during and after all practices and games.	X	X	X	X	X
For evening practices and games, eat a normal breakfast and lunch; Before the game or practice, eat a light snack; After the game or practice, eat a meal.	X	X	X	X	X
For early morning games and practices, eat lightly at breakfast. After practice or the game, eat a snack.	X	X	X	X	X
For tournaments, if you play more than one game on the same day or several games in successive days, emphasize foods that are high in carbohydrate (fruit, hot or cold cereal, pancakes, cold meats, soup, rice, pasta) while avoiding those foods with a high sugar content.		X	X	X	X
Be able to identify the appropriate amount and type of food from the four basic food groups. (see Food Groups)			X	X	X
Be able to devise and follow a daily eating plan that consists of sound nutritional choices to enhance athletic performance.				X	X
Players must know to drink fluids before, during and after games and practices. Additionally, they need to know which fluids work best: -Before games/practices: water -During games/practices: water, sports drink, diluted juice -After games/practices: water, sports drink, juice				X	X
Eat four or five small meals on game day rather than two or three large meals.					X
Allow two to six hours for digestion and absorption of food before competition. Follow these general guidelines:					X

<b>Time To Digest Meals</b>	
Large Meals	3 to 4 hours
Small Meals	2 to 3 hours
Blender/Liquid Meal	1 to 2 hours



## NUTRITION

# FOUR BASIC FOOD GROUPS

**Eat A Variety Of Foods From Each Group  
Every Day**

<b>Food Group</b>	<b>Servings Per Day</b>	<b>Food Sources</b>
Meats & Alternative	2-4	Lean meat, fish, liver, poultry (skin removed), low-fat cheeses, eggs, peas, beans, nuts
Milk Products	2-6	Low-fat or fat-free milk and cheeses, cottage cheese, yogurt, sherbet, ice milk, fruit shakes
Grain Products	8-15	Whole grain and enriched cereals and breads, pasta, pancakes, steamed or boiled rice, crackers, bagels, muffins
Fruits & Vegetables	8-15	Fruits and vegetables - fresh, dried, frozen, canned and in juices



## FITNESS AND TRAINING

	Mite	Squirt	Pee Wee	Bantam	Midget
Warm-up exercises	X	X	X	X	X
Cool down exercises	X	X	X	X	X
Stretching exercises	X	X	X	X	X
Flexibility exercises	X	X	X	X	X
Agility exercises	X	X	X	X	X
Eye-hand coordination exercises	X	X	X	X	X
Fun games	X	X	X	X	X
Relays	X	X	X	X	X
Balance activities and exercises		X	X	X	X
Jump rope activities		X	X	X	X
Light calisthenics			X	X	X
Coordination exercises			X	X	X
Quickness activities			X	X	X
Team games			X	X	X
Sprint workouts			X	X	X
Obstacle course activities			X	X	X
Upper body strength (body resistant activities only)			X	X	X
Dryland skill development			X	X	X
Overloading principles				X	X
Speed workouts				X	X
Strength workouts				X	X
Aerobic workouts				X	X
Anaerobic workouts				X	X
Set realistic goals to improve weaknesses				X	X
Understand the importance of improving athleticism				X	X



## FITNESS AND TRAINING

	Mite	Squirt	Pee Wee	Bantam	Midget
Have a clear understanding of the purpose for each training phase prior to implementing them:					X
A. Post Season Recovery					
▪ active rest					
▪ recovery					
B. Spring Conditioning					
▪ aerobic endurance					
▪ muscular endurance					
▪ begin sprint workout					
C. Summer Strength					
▪ muscular strength					
▪ increase muscle mass					
▪ continue sprint workouts					
D. Early Fall Speed/Power					
▪ sprint					
▪ begin anaerobic endurance intervals					
▪ leg power: weights and plyometrics					
▪ upper body strength					
E. Pre-Season Anaerobic Conditioning					
▪ sprints and anaerobic endurance					
▪ muscular strength					
▪ leg power (speed/strength)					
▪ upper body strength (without weights)					
▪ lower body power (sprints and plyometrics)					
F. In Season					
▪ maintain upper and lower body strength (with and without weights)					



## INJURY PREVENTION

	<b>Mite</b>	<b>Squirt</b>	<b>Pee Wee</b>	<b>Bantam</b>	<b>Midget</b>
Heads Up Hockey program	X	X	X	X	X
The importance of warming up, cooling down and stretching	X	X	X	X	X
Proper care of equipment		X	X	X	X
Proper fitting of equipment		X	X	X	X
Rink safety		X	X	X	X
Safety precautions for practice		X	X	X	X
The concept for RICE for treating injuries:			X	X	X
-Rest					
-Ice					
-Compression					
-Elevation					



## SPORTS PSYCHOLOGY

	<b>Mite</b>	<b>Squirt</b>	<b>Pee Wee</b>	<b>Bantam</b>	<b>Midget</b>
Understand the difference in being relaxed and tense.	X	X	X	X	X
Understand that making mistakes is common and a part of sports.	X	X	X	X	X
Understand the benefits and the use of positive reinforcement. Realize that positive comments help reduce stress, enhance self image, enhance the team's image, and can increase the enjoyment of games and practices		X	X	X	X
Understand the benefits and use of positive self talk.			X	X	X
Understand basic visualization skills.			X	X	X
Develop a pre-game routine				X	X
Learn relaxation exercises				X	X
Develop an air of confidence, good body posture and appear in emotional control at all times.				X	X
Focus on things that you can control and give 100% effort at all times.				X	X
Be able to control your breathing patterns in difficult and tense situations during games and practice.				X	X
Understand the importance of keeping competition in the proper perspective.					X
Take mistakes as a challenge to improve and learn.					X
Never allow setbacks to interfere with long range goals.					X



## CHARACTER DEVELOPMENT / LIFE SKILLS

	Mite	Squirt	Pee Wee	Bantam	Midgets
They are part of a team	X	X	X	X	X
To have respect for their teammates, coaches, opponents, officials and parents	X	X	X	X	X
Team rules	X	X	X	X	X
Self control and discipline	X	X	X	X	X
To always try their best	X	X	X	X	X
Respect for authority	X	X	X	X	X
The importance of a strong work ethic	X	X	X	X	X
Commitment to a team	X	X	X	X	X
Demonstrate high levels of sportsmanship		X	X	X	X
Demonstrate an ability to balance school and outside activities		X	X	X	X
Understand only they can Just Say No" to drugs and other harmful substances		X	X	X	X
Be on time for games and practices			X	X	X
Understand and take responsibility for their performance at games, practices and school			X	X	X
Not be influenced by the negative behavior or actions of teammates			X	X	X
Realize the importance of honesty and integrity in and away from the rink.				X	X
Accept responsibility for your actions and athletic performance				X	X
Coping strategies to deal with peer pressure.				X	X
Meaning of adversity				X	X
Coping with adversity				X	X
Appreciate the benefits received from hockey and be willing to give back to the sport.					X