

# GSAHA

## *Skills Progression and Player Development*



Our purpose in collecting and listing these specific skill progressions is to help players and coaches understand the scope of skills and abilities that are required in hockey.

The list for players has been divided by age classifications: 8-and-Under (Mite), 10-and-Under (Squirt), 12-and-Under (Pee Wee) and 14-and-Under (Bantam).

You should use these skill progressions as a guide rather than an absolute standard for development. As coaches you should incorporate these skills in your practice schedule whenever possible. Please contact your coaching director or reference USA Hockey for skill specific drills.

These skill progressions guides should be reviewed and considered when coaches are asked to evaluate/recommend a player for move-up.

Sportsmanship, enjoyment, recreation and competition are the major focus of the skill progressions for youth hockey. GSAHA recommended skill progressions encourage an environment in which youth players can learn the basic skills, master these skills and have fun while developing a life-long interest in hockey.

## **Sports Psychology**

*Players should:*

1. Understand the benefits of and the use of positive comments. Realize that positive comments help reduce stress, enhance self image, enhance the team's image, and can increase the enjoyment of games and practices.
2. Understand the benefits and use of positive self talk.
3. Understand basic visualization skills (i.e., picture scoring a goal or making a big save).

## **Character Development and Life Skills**

*Players must learn to:*

1. Have respect for their teammates, coaches, opponents, officials and parents.
2. Demonstrate an ability to balance school and outside activities.
3. Be on time for games and practices.
4. Understand only they can "Just Say No" to drugs and other harmful substances.
5. Understand and take responsibility for their performance at games, practices and school.
6. Not be influenced by the negative behavior or actions of teammates.



At the 8-and-Under (Mite) level, players should focus on the skill progressions listed below:

This is to be used as a guideline for age appropriate practice, drills and player assessment.

**Knowledge**

Players should know:

**1. Rules**

- off-sides
- icing

**2. Common Infractions**

- unsportsmanlike conduct
- body checking
- cross checking
- checking from behind
- holding
- high sticking
- tripping

**Individual Hockey Skills**

Players must learn and master:

**1. Skating**

- edge control
- ready position
- forward start
- forward stride
- control stop
- backward skating
- backward stop
- control turn
- forward crossover

**2. Puck Control**

- lateral dribble
- forward-to-backward dribble
- diagonal dribble
- attacking the triangle
- accelerating with the puck

**3. Passing and Receiving**

- forehand
- backhand
- receiving (stick)

**4. Shooting**

- wrist
- backhand

**5. Checking**

- poke check
- hook check
- lift the stick check

**Team Play**

Players must understand and learn:

**1. Offense**

- positional offense
- offense in the offensive zone
- offense in the defensive zone

**2. Defense**

- territorial defense
- one-man forechecking
- basic defensive zone coverage



**Player information:**

Player Name: \_\_\_\_\_

Player Year: 1<sup>st</sup> 2<sup>nd</sup>

Date: \_\_\_\_\_

Evaluator: \_\_\_\_\_

Strengths:

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Weaknesses:

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General Comments:

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# 10-AND-UNDER (SQUIRT) SKILL PROGRESSIONS



## Knowledge

*Players should know:*

### 1. Rules

- face-offs
- off-sides
- icing
- checking from behind

### 2. Common Infractions

- unsportsmanlike conduct
- body checking
- checking from behind
- cross checking
- charging
- elbowing
- falling on the puck
- high sticking
- holding
- hooking
- interference
- tripping

### 3. Penalties

- minor
- major
- match

## Individual Hockey Skills

*Players must learn and master:*

### 1. Skating

- edge control
- ready position
- forward start
- forward start right/left
- forward stride
- control stop
- one-foot stop
- backward skating
- backward stop
- control turn
- forward crossover
- backward crossover
- lateral skating

### 2. Puck Control

- lateral side-to-side dribble
- forward-to-backward dribble
- diagonal dribble
- attacking the triangle
- forehand shift
- backhand shift
- change of pace
- puck protection
- give and take
- accelerating with puck

### 3. Passing and Receiving

- forehand (forehand and backhand)
- backhand
- flip - saucer pass (forehand and backhand)
- receiving (stick)
- receiving (skate)
- indirect (board) pass

### 4. Shooting

- wrist
- backhand
- flip
- screen and deflection
- rebounding

### 5. Checking

- poke check
- hook check
- lift the stick check
- covering
- gap control concept
- body positioning - angling

## Team Play

*Players must understand and learn:*

### 1. Offense

- positional offense
- offense in the defensive zone
- offense in the offensive zone
- face-offs
- one-on-one confrontations
- triangle offense
- box offense
- entering the zone

### 2. Defense

- territorial defense
- one-man forechecking
- two-man forechecking
- backchecking principles
- basic defensive zone coverage

## Player information:

Player Name: \_\_\_\_\_

Player Year: 1<sup>st</sup> 2<sup>nd</sup>

Date: \_\_\_\_\_

Evaluator: \_\_\_\_\_

Strengths:

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Weaknesses:

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General Comments:

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# 12-AND-UNDER (PEE WEE) SKILL PROGRESSIONS

## Knowledge

*Players should know:*

### 1. Rules

- face-offs
- off-sides
- icing
- body checking
- checking from behind

### 2. Common Infractions

- boarding
- charging
- cross checking
- elbowing
- holding
- kneeling
- falling on the puck
- high sticking
- hooking
- interference
- slashing
- tripping

### 3. Penalties

- minor
- major
- misconduct
- match
- penalty shot
- checking from behind

## Individual Hockey Skills

*Players must learn and master:*

### 1. Skating

- edge control
- ready position
- forward start right/left
- forward stride

- one-foot stop
- backward skating
- forward crossover
- backward crossover
- mohawk
- lateral skating
- backward crossunder start
- backward two-skate stop
- backward power stop (one skate)

### 2. Puck Control

- forehand shift
- backhand shift
- change of pace
- slip through
- puck off the boards
- puck protection
- give and take
- backward puck control

### 3. Passing and Receiving

- forehand
- backhand
- snap
- receiving with the stick
- receiving with the skate
- receiving with the hand
- one-touch pass
- indirect (board) pass
- flip - saucer pass
- wrap around
- breakout

### 4. Shooting

- wrist
- backhand
- snap
- flip
- slap
- rebounding
- tipping

### 5. Checking

- poke check
- hook check
- stick press
- lift the stick check
- covering
- receiving a check
- shoulder check
- angling - steering - deflecting
- gap control

## Team Play

*Players should understand and learn:*

### 1. Offense

- offense in the defensive zone
- offense in the neutral zone
- offense in the offensive zone
- power play systems
- face-offs
- one-on-one confrontations
- two-on-one confrontations
- entering the zone

### 2. Defense

- territorial defense
- one-man forechecking
- two-man forechecking
- backchecking
- center-on-point defensive
- wings-on-point defensive
- man-short situations
- one-on-one confrontations
- shot blocking



## Player information:

Player Name: \_\_\_\_\_

Player Year: 1<sup>st</sup> 2<sup>nd</sup>

Date: \_\_\_\_\_

Evaluator: \_\_\_\_\_

Strengths:

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Weaknesses:

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General Comments:

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# 14-AND-UNDER (BANTAM) SKILL PROGRESSIONS

## Knowledge

*Players should know:*

### 1. Rules

- face-offs
- off-sides
- icing
- body checking
- checking from behind

### 2. Common Infractions

- boarding
- charging
- cross checking
- elbowing
- holding
- kneeling
- falling on the puck
- high sticking
- hooking
- interference
- slashing
- tripping

### 3. Penalties

- minor
- major
- misconduct
- match
- penalty shot
- checking from behind

## Individual Hockey Skills

*Players must learn and master:*

### 1. Skating

- quickness
- speed
- agility
- power

### 2. Puck Control

- change of pace
- slip through
- slip across/slip around
- fake shot
- spin around
- stop and go
- puck protection

### 3. Passing and Receiving

- surround the puck
- receiving (skate)
- receiving (hand)
- one-touch pass
- indirect (board) pass
- flip - saucer pass (forehand and backhand)
- alley-oop
- breakout
- wrap around

### 4. Shooting

- wrist
- backhand
- snap
- flip
- slap
- one-timer
- tipping
- rebounding
- approach to net
- close in shots (yo-yo pull, roof)

### 5. Checking

- covering
- gap control
- angling
- shoulder check
- taking a check
- hip check

- body check
- block check
- roll check
- backchecking
- angling - steering - deflecting

## Team Play

*Players should understand and learn:*

### 1. Offense

- offense in defensive zone
- offense in neutral zone
- offense in offensive zone
- power play systems
- face-offs
- principles: pressure, transition, support, control
- triangulation
- cycling

### 2. Defense

- one-man forecheck
- two-man forecheck
- backchecking (neutral zone)
- center-on-point defensive
- wings-on-point defensive
- man-short situations
- principles: pressure, transition, support, control
- defense in defensive zone
- defense in neutral zone
- boxing out



## Player information:

Player Name: \_\_\_\_\_

Player Year: 1<sup>st</sup> 2<sup>nd</sup>

Date: \_\_\_\_\_

Evaluator: \_\_\_\_\_

Strengths:

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Weaknesses:

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General Comments:

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