



USA Hockey Program Recommendations

12 & UNDER (PEE WEE)

The objective is to provide coaches with the resources to create a positive and healthy environment for players to learn. The emphasis is to develop a non-competitive environment for the younger age levels that stresses the fun of playing and the learning of basic skills.

This manual provides the coach with the knowledge to develop successful practice sessions. The drills have been developed to stress the youngsters' individual improvement. The fundamental skills of skating, puck control, passing, shooting and checking are presented in a progressive manner.

It is important that coaches prepare and organize their session prior to going on the ice. The better thought out a practice, the more successful it will be. Coaches are encouraged to use the USA Hockey Practice Plan Manuals as well as their own imagination to create drills.

The overall emphasis at the 12 & Under (Pee Wee) level is fun, enjoyment, and a maximum amount of active participation for each player.

OBJECTIVES

- ❖ Enjoyable experience in ice hockey
- ❖ Provide a healthy atmosphere for fun and learning
- ❖ Development of communication at the player's level of learning
- ❖ Encourage the players to enjoy, learn and continue to play hockey
- ❖ Develop qualities important to hockey: quickness, agility, coordination, balance, strength and flexibility

PHILOSOPHY

Enjoyment and recreational benefits are the focal points of the new guidelines for youth hockey issued by the USA Hockey Board of Directors. More than 80% of registered teams play in the classifications of 8 & Under (Mite), 10 & Under (Squirt), 12 & Under (Pee Wee), 14 & Under (Bantam), 16 & Under (Midget), 18 & Under (Midget), prompting the Youth Council of USA Hockey to emphasize the educational and recreational values of ice hockey.

The USA Hockey recommended guidelines encourage an environment in which children can learn the basic skills without the distractions that are often associated with an overemphasis on winning. Mastery of the fundamental skills and the fun of playing are essential to the development of a lifelong interest in hockey and player development. Programs must be conducted to accommodate all levels of players who wish to play hockey and to reduce the number who become disenchanted and drop out.

These voluntary guidelines are directed at youth programs, but they must be implemented by adults if they are to influence youth hockey programs. Coaches, parents, administrators and rink operators should do their part to promote the USA Hockey philosophy and the following guidelines.



PARENTS' CODE OF CONDUCT

- ❖ Be a good example to your player.
- ❖ Help make your child's participation rewarding.
- ❖ Be understanding and supportive of the coach and the officials.
- ❖ Support and assist the program in a positive manner.
- ❖ The parent is the most important example to which a child can relate.
- ❖ Be everything you want your child to be.

RECOMMENDED PROGRAMS

- ❖ Two or three practices to every game.
 - House Team 25 games maximum = 75 practices***
 - Travel Team 35 games maximum = 105 practices***
- ❖ Practice sessions lasting no longer than 90 minutes.
- ❖ We encourage or recommend the implementation of in-house teams.
- ❖ While emphasis of development of the fundamental skills is still important, it becomes important that more time is now spent teaching the principles of the game.

PROGRAM

A. On-Ice Training

- ❖ 50-90 minute practices
- ❖ Individual instruction
- ❖ Skating
- ❖ Passing and receiving
- ❖ Shooting
- ❖ Puck handling
- ❖ Cross ice and small game activities
- ❖ Fun games
- ❖ Scrimmage

B. Off-Ice Activities

- ❖ Only for those who wish to participate
- ❖ Stress flexibility
- ❖ Encourage players to participate in multiple sports
- ❖ Stickhandling, shooting and inline skating

DEVELOPMENT OF SPEED AND QUICKNESS

- ❖ Sudden bursts in different directions
- ❖ Obstacle courses
- ❖ Track and field
- ❖ Soccer
- ❖ Jumping
- ❖ Team combination drills



PHYSICAL PREPARATION

- ❖ Daily physical education
- ❖ Stress proper posture
- ❖ Include games and activities that involve some physical contact in a safe and organized environment
- ❖ Stress agility, quickness, balance, coordination and dexterity
- ❖ Encourage the players to participate in school activities and other sports
- ❖ Flexibility drills
- ❖ Alternate work and rest periods; youngsters are easily fatigued

PSYCHOLOGICAL PREPARATION

- ❖ Positive reinforcement; build confidence
- ❖ By seeking alignment with peer groups, team loyalty develops; youngsters need the coach's approval and encouragement
- ❖ Help the players develop self-reliance and independence
- ❖ Stress group participation and sharing; be aware of the individual needs of the youngster
- ❖ Support and protect the youngster in situations they are not prepared to handle

TECHNICAL PREPARATION

- ❖ Introduction of body contact skills and techniques (angling, puck protection, etc.)
- ❖ Continued refinement of skills necessary to perform elements of team play
- ❖ Master principle game elements, methods and techniques

TACTICAL PREPARATION

- ❖ Development of attention, visual memory, relaxed concentration and orientation
- ❖ Simple combinations in pairs or in a line combination (2-on-1, 3-on-2, etc.)
- ❖ Simple game situation theory (when to pass, when to shoot, where to pass, where to shoot)
- ❖ Introduction of a basic team system including offensive and defensive tactics (basic breakout, forecheck, basic positioning)

| TEAM PLAY | |
|---|---|
| Offense Basic Breakout Neutral Zone Regroup Entering the Offensive Zone Cycling Face-offs | Defense Defensive Zone Coverage Basic Forechecking Backchecking |



SKILLS & ABILITIES

Suggested Emphasis for 12 & Under (Pee Wee)

| PERFORMANCE AREAS | | | | | |
|--|---|---|---|--|---|
| Skating Ready Position Forward Stride Edge Control Control Turn Crossover Start (right/left) Forward Crossunder Control Stop Backward Skating Backward Stop | Puck Control Forehand Shift Backhand Shift Change of Pace Slip Through Slip Across Puck Off Boards Attacking the Triangle | Passing & Receiving Forehand Backhand Snap Flip Receiving (stick) Receiving (skate) Receiving (hand) Saucer Pass Change of Pace | Shooting Wrist Shot Backhand Snap Flip Slap | Checking Poke Check Hook Check Lift the Stick Check Covering Angling Checking | Goalkeeping Parallel Shuffle Lateral T-Glide Forward & Backward Movement Stick Saves Body Saves Glove Saves Leg Saves Skate Saves Stacking Pads "V" Drop Playing Angles Rebounds Situations Handling the Puck |