

Five-Star Hockey Development

A Step-By-Step Model to Attract New Players for Your Program

INTRODUCTION

To accomplish any large task, the best way to get there is by breaking it into smaller steps. One organization broke down the intimidating first step of learning youth hockey and buying equipment down to five small steps.

Each step included the cost for on-ice training and pieces of equipment. By the end, not only did families want to complete all five steps for the hockey training, they also wanted to get all of the hockey equipment.

Five Different Stages:

- **STAGE 1 (6 Weeks)**
 - Learn to skate

- **STAGE 2 (6 Weeks)**
 - Included in cost is a helmet, gloves and stick
 - More basic skating work
 - Stationary puckhandling
 - Passing

- **STAGE 3 (6 Weeks)**
 - Included in cost is shin pads, elbow pads & equipment bag
 - Intermediate skating skills
 - Start carrying the puck with skating drills
 - Shooting

- **STAGE 4 (6 Weeks)**
 - Included in cost is socks/garter, shoulder pads, pants & jersey
 - Crossovers
 - Backwards stops
 - Pivots
 - Puckhandling

- **STAGE 5 (12 Weeks)**
 - Combining all the skills they have learned with cross-ice games

Once they have finished all five stages, they are eligible to enter a mite cross-ice program.

For more information, contact Program Services at
(719) 576-8724 or ComePlayYouthHockey@usahockey.org

