



VERONA WILDCATS YOUTH HOCKEY ASSOCIATION COACH'S MANUAL AND GUIDELINES FOR SUCCESS

PURPOSE OF MANUAL AND GUIDELINES

The purpose of this handbook is to communicate the goals, expectations and responsibilities of every Verona Wildcat Hockey Coach from Learn To Play to High School 2. When every coach is working together toward a common goal and delivering a quality product, it is the belief of the coaching committee that most problems that our coaches face each year can be diminished through a better understanding of what's expected of them and communicating those expectations and goals with their teams, skaters, and skater's parents. It is our hope that this guide is a step in the process of continually improving our organization and the sport of hockey in Verona.

GOALS OF THE VERONA WILDCAT YOUTH HOCKEY ASSOCIATION

Our goal is to provide an organization and environment that allows youth hockey players an opportunity to grow as individuals and develop hockey skills by:

- Giving skaters the opportunity to participate in competitive hockey regardless of their skill level.
- Encouraging skaters to achieve individual and team goals through positive reinforcement.
- Providing practice and game facilities that are safe and always supervised by qualified coaches.
- Promoting the ideals of teamwork, sportsmanship, competition, and fair play in victory and defeat.
- Encouraging parent involvement and guidance in helping skaters achieve their individual and team goals.
- Teaching skaters the importance of practice time and proper equipment.

CREATING THE NEXT GENERATION OF “RINK RATS”

Ask any hockey coach what they feel is the most important factor in the development of a hockey player and most will tell you that it's ice time. Hockey Teams develop during practices and games. Open hockey, open skating, the outdoor rink, and backyard rinks create Hockey Players. Coaches should encourage kids to skate as often as possible and take advantage of the opportunities available to them.

Encourage skaters to also watch hockey both on TV and at the rink. Going to the Verona Ice Arena to cheer on the Varsity Wildcats or supporting other association teams is a great way to learn about this game. Watching the Wisconsin Badgers at the Kohl Center or visiting the Dane County Coliseum to watch the USHL Tier 1 Madison Capitols are great ways to expose young players to hockey at the next level.

“Call them pros, call them mercenaries -- but in fact they are just grown-up kids who have learned on the frozen creek or flooded corner lot that hockey is the greatest thrill of all.”

Lester Patrick (NHL Pioneer, 2 Stanley Cups)

PLAYER AND TEAM SELECTION PROCESS

Skaters and Goalies at the Squirt, Pee Wee, and Bantam levels will participate in a three session evaluation process. All sessions are weighted equally, with each session counting for one third of the player's total evaluation score. The complete evaluation process is detailed in the Verona Wildcat Youth Hockey Association Parent Handbook. Coaches must review and be familiar with this process.

Skaters at the Red, White & Blue (RWB) level will be informally evaluated and placed on teams with skaters of similar ability and skill. This process is conducted by the RWB Age Level Director (ALD), Coaches Committee Liaison, and selected coaches at that level. USA Hockey's ADM model will provide a basis for determining team size, structure, and make-up.

U6 age skaters will be placed with the goal of building teams of equal ability. There will be NO A, B, or C teams placed at this level. USA Hockey's ADM model and age recommendations will provide a basis for determining team size, structure, and make-up.

HOW TO APPLY FOR A COACHING POSITION

Visit the Coaches Corner Tab on the association website for application instructions and deadlines. Details on USA Hockey CEP requirements are also available on the association website.

All interested individuals are encouraged to apply for coaching positions. The Coaches Committee is charged with the responsibility of recommending coaches for assignment to the Verona Wildcat Board of Directors for all rostered teams at the Squirt Level and higher.

The ACE Director, Coaches Committee, and ALD's at the LTP, U6 and RWB level will work together to collectively assign coaches to ensure appropriate coverage and experience is best utilized amongst the teams at skaters at these levels.

COACHING FOR VERONA WILDCATS YOUTH HOCKEY ASSOCIATION

As referenced and defined in the association handbook, *Coaches direct the players at practices and games/scrimmages. Many of our coaches are parents of skaters, but there are also non-parent coaches on our staff. All of our coaches are unpaid volunteers. They are required to attend USA Hockey certification clinics to learn and develop coaching skills. Coaches are responsible for communicating team rules to skaters and parents...and more.*

The definition of *more*:

- Head Coaches must be able to commit to attending a minimum of 90% of all practices and games
- Assistant Coaches must be able to commit to attending a minimum of 80% of all practices and games
 - If you are interested in coaching but cannot meet the time requirements and obligations, the association will still consider candidates on a case-by-case basis to fill specialty needs.
- Head Coaches will hold a team meeting within two weeks of evaluations and the naming of rosters.
 - Sample team meeting agenda and topics for discussion can be viewed on the Coaches Corner tab on the association website.
- Coaches will respond to parent concerns in a timely and appropriate fashion.
 - The Board of Directors and Coaches Committee will not tolerate poor parent conduct or behavior and will be there to support and address issues when they arise. Contact the ACE Director and your ALD immediately to report conduct issues.
- Coaches will be prepared for each practice and game.
 - Ice time is a valuable and expensive resource that cannot be wasted.
- Coaches will support the Goalie Dojo development program and will assign an assistant coach to work as a liaison with the Goalie Dojo staff and serve as a team goalie coach.
- All skaters will receive equal ice time and opportunity.
- Create a positive learning environment that fosters a positive experience for all skaters and families.
- Coaches will select a team manager to assist with administrative duties such as statistics, scheduling of games, practices, and referees, tournament coordination, and communication with parents.

STUDENT HELPERS AND STUDENT COACHES POLICY

The Student Coach Policy is available on the Coaches Corner tab on the association website. **Whether student coaches are welcome to help with practices or games, and the number of student coaches on the ice for practices is the head coach's prerogative.** All student coaching applications are subject to the final approval of the head coach and/or coaching staff for which the student coach will be helping. The Coaches Committee's approval is required to ensure that there is a suitable number of coaches available to supervise, space available for the student coach, and willingness and ability of the coaching staff to supervise the student coach's involvement. Our first and foremost consideration is to ensure a positive environment for the skaters participating in the program. This is not an opportunity for an extra sheet of ice for certain skaters or a personal sheet of practice ice.

GOALIE DEVELOPMENT PROGRAM “GOALIE DOJO”

The Goalie Dojo was developed and formally introduced during the 2012-13 hockey season with the purpose of providing reward, recognition, and position specific coaching for all players who volunteer to play in goal. Equally important aspects of identifying, recruiting, and retaining players that want to play goalie are driving forces for the Goalie Dojo program.

Each rostered team from Squirts and older will select an assistant coach to serve as a liaison to the Goalie Dojo staff to support this important development initiative. Specific information about required Goalie Coach Training and offered specific goaltender practices will be announced by the Goalie Dojo staff prior to and during the season.

Visit the Goalies tab on the association website to learn more about the Goalie Dojo program.

DRYLAND TRAINING & “SWEET HOCKEY” AS A RESOURCE

Practice time can be just as productive off-ice as it is on-ice. Verona Wildcat Hockey introduced the implementation of the Sweet Hockey Program during the 2013-14 hockey season. This online video training module is available to all coaches through the association website and was purchased because when used correctly, it makes our hockey players better!

During practices, there isn't time to spend on stationary stickhandling work. Sweet Hockey is a way for coaches to deliver a specific, progressive training program to their skaters to work on this skill set. Details about this program can be found on the Sweet Hockey tab on the association website.

The “Dry Land” training corner in the rink along with the mezzanine is available for teams to schedule their training sessions throughout the season. Shooting, stickhandling, agility, and conditioning drills should all be components of dry land training sessions conducted by rostered coaches at the Squirt level and higher.

Coaches at these levels are strongly encouraged to schedule a minimum of ten (10) Dry Land sessions throughout the season.

UNIFORMS AND DRESS CODE

The official Wildcat colors are black and orange. What does this mean?

- Black helmets. (NOT WHITE, RED, OR ANY OTHER COLOR)
- Orange jerseys and socks will be worn for all home games.
- Black jerseys and socks will be worn for all away games.
- Mismatched socks or the wrong socks will not be allowed during games.
- Black or black with orange gloves.

PREGAME

Game day preparation is an important aspect of team management. Having skaters arrive at the rink at what they deem appropriate can lead to conflict and impact the coach's ability to prepare appropriately for the game. While expectations for the U8 and younger age group should be such that parents are not required to arrive an hour prior to the game, there should be expectations that skaters be to the rink and ready to go on the ice 10 minutes prior to the scheduled start.

The following timeline is a strongly recommended guideline for the Squirt level and higher.

- 60 minutes prior to game – skaters arrive at rink
- 45 minutes prior to game - stretching and warm-ups
- 30 minutes prior to game – get dressed
- 15 minutes prior to game – parents out of locker room
- Remaining time – Chalk talk, lines, game objectives, etc.

PLAYER DEVELOPMENT AND VERONA WILDCAT HOCKEY

The following skill progressions have been collected from USA Hockey and the IIHF and are meant to help players and coaches understand the scope of skills and abilities that are required in hockey and the skill focus for each age division. These recommendations are listed by age: 6 and under (U6), 8 and under (RWB), 10 and under (Squirt), 12 and under (Pee Wee), 14 and under (Bantam).

U6 DEVELOPMENT OVERVIEW

U6 Coaching Philosophy

- Keep players moving--no waiting at end of long lines.
- Lots of fun, lots of encouragement.
- No goalie equipment--everyone learns to skate.
- Tire goalies or shooter tooters instead of goalies
- Need a dedicated coach to work with newcomers/non-skaters to teach them how to skate and get off the skating bar.
- Coaches should be creative with drills in order to keep kids interested in hockey. If the kids like to play tag or “sharks and minnows” go ahead and let them.

Overall goals:

- Learn to skate (forward, backward, cross-overs).
- Get past the “walking on ice” stage.
- Stick handling - basics of puck control.

Individual Skills:

- Skating--hockey stance, posture, proper stride, balance, forward and backward strides, stopping, forward crossovers, control turns.
- Puck handling--stationary, straight ahead “puck push”, side to side control while skating, control around cones.
- Passing and receiving passes--little or none at this level. Focus is on skating and skating with puck.
- Shooting--forehand, backhand, no slap shots.

Team Skills:

- None. Essential to learn skating and stick handling fundamentals.

Individual Hockey Skills (player must learn and master)

- Balance, by midseason 1st year skaters should not need a chair or other means of support.
- Taking strides, not steps.
- Controlled stops - snowplow. Discourage skaters from dropping to knees or diving at opponents.
- Avoid “slapping” the puck. New players will automatically slap the puck around, that is ok but work on not doing this as much as possible. Encourage skaters to skate the puck “We work hard to get the puck, don’t just slap it away.”
- Handle the puck with 2 hands on the stick.

U8 DEVELOPMENT OVERVIEW (Mite - Red, White, & Blue)

Mite Coaching Priorities/Philosophy

- Skill development has priority over winning games.
- Develop well rounded players--all skaters split time equally on forward and defense.
- Encourage players to skate with puck.
- Back checking--importance of.
- Use half-ice/cross-ice opportunities to develop skills in tight areas.
- Encourage all players to try playing in the goal.
- Teach to an objective--stay focused, keep kids focused on skill being taught.

Overall Goals

- Skating--continue to work on skating, front and back crossovers.
- Stick handling--puck control.
- Puck movement--introduce passing and receiving, keep working on skating with puck.
- Understand basic rules of the game.
- Find and identify goalies to enter the squirt program (refer to Goalie Dojo recommendations).

Individual Skills (Focus on skating, stick handling, and passing/receiving)

- Skating--stick on ice, forward, backward, crossovers, variety of stops (2 foot snowplow, 1 foot snowplow), starts, speed and quickness drills, and Mohawk turns.
- Stick handling--lateral, forward, backward, forward to backward, cupping, puck control while skating, techniques and speed drills (cones, etc.) lateral / deke moves.
- Passing/receiving--forehand, backhand, fundamental techniques of passing and receiving with accuracy (stationary and moving), look up and pass.
- Shooting--wrist shot, backhand, how to create "quality" shots (emphasize slot area, discourage wide-angle shots), goalie dekes.
- Face-offs--positional line-up at a face-off.
- Goalkeeping—Pass the bag and provide all skaters the opportunity to play goalie. Focus on basic stance, parallel shuffle, lateral t-glide, forward and backward moves, stick save, body save, glove save, blocker save and positioning. Continue to rotate all players through the position (refer to Goalie Dojo recommendations).

Skills To Be Learned And Mastered

Skating	Puck Control	Passing & Receiving	Shooting	Checking	Goalkeeping
<ul style="list-style-type: none"> ➤ Edge control (Know difference between inside and outside edges) ➤ Ready position ➤ Forward start ➤ Forward Stride ➤ Control stop (two foot snowplow, one foot snowplow) ➤ Backward skating ➤ Backward stop ➤ Control turn ➤ Forward Crossover 	<ul style="list-style-type: none"> ➤ Lateral dribble ➤ Forward to backward dribble ➤ Accelerating with the puck 	<ul style="list-style-type: none"> ➤ Forehand ➤ Backhand ➤ Receiving (Soft Hands) ➤ Keep the head up 	<ul style="list-style-type: none"> ➤ Wrist ➤ Backhand ➤ Flip 	<ul style="list-style-type: none"> ➤ Poke check ➤ Lift the stick check ➤ Stick press ➤ Angling concept 	<ul style="list-style-type: none"> ➤ Basic stance ➤ Parallel shuffle ➤ Lateral t-glide ➤ Stick save ➤ Glove save ➤ Blocker save ➤ Pad save ➤ Positioning- Get in front of the puck, don't "hide" in the net.

Team Skills

- Rules of the game--understand zones, spacing- get to an open area of the ice to receive or make a pass, positions, what to do when your team or other team has the puck.
- Basic offensive concepts: fore-check (puck, support, slot) triangulation, give and go attack.
- Basic defensive concepts: defensive angling of the puck carrier, stick-on-stick, stick-on-puck, introduction to gap control, back checking, and "protect the house".
- Penalties- Understand what they are. (unsportsmanlike conduct, body checking, cross checking, checking from behind, holding, high sticking, tripping, slashing)

SQUIRT DEVELOPMENT OVERVIEW (10 years old and younger)

Squirt Coaching Priorities/Philosophy:

- Develop defensemen--top players play defense "1/2" the season.
- Establish discipline on passing, positional play, and teamwork.
- Back checking--develop two-way players.
- Emphasis on development, not winning games.
- Encourage team play.
- Teach to an objective—focus on skill being taught
- Practices should be played at "game speed".

Overall Goals:

- Achieve sound skating ability.
- Stick handle while skating with head up.
- Pass and receive puck with accuracy while skating and keeping the head up.
- Know the rules of the game, common infractions and understand basic game strategies.

Individual Skills:

- Skating--powerful stride, deep knee extension drills, edges, balance drills, control turns, agility and acceleration drills with and without the puck.
- Stick handling--lateral, forward, and backward, forward to backward cupping, pushing puck on the fly, technique and speed drills, one on one moves, attacking the triangle, wide separation, use of feet.
- Passing/receiving--continue with fundamental techniques, forehand and backhand, on the move accuracy, drop pass, bank pass (use of boards), break to open areas of ice to receive a pass.
- Shooting--wrist shot, backhand, goalie dekes, rebounds, tips, shooting on the fly (keep feet moving), strength and quickness drills, finishing around the net.
- Face-offs--Continue fundamental techniques, positions.
- Communication--on ice, verbal communication between players, positional awareness.
- Goaltending—While goalie's tryout and evaluate at the Squirt level, we still provide opportunities for other skaters that want to play goalie (refer to association handbook and Goalie Dojo recommendations).

Skills To Be Learned And Mastered

Skating	Puck Control	Passing & Receiving	Shooting	Checking	Goalkeeping
<ul style="list-style-type: none"> ➤ 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 ➤ Mohawk (forward to backward transition while skating) ➤ Lateral skating 	<ul style="list-style-type: none"> ➤ 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 	<ul style="list-style-type: none"> ➤ Forehand ➤ Backhand ➤ Receiving (with stick and skate) ➤ Indirect (board) pass 	<ul style="list-style-type: none"> ➤ Wrist ➤ Backhand ➤ Flip ➤ Screen and deflection ➤ Rebounding 	<ul style="list-style-type: none"> ➤ Poke check ➤ Lift the stick check ➤ Stick press ➤ Covering ➤ Gap control concept ➤ Body positioning 	<ul style="list-style-type: none"> ➤ Basic stance ➤ Parallel shuffle ➤ Lateral t-glide ➤ Forward and backward moves ➤ Stick save ➤ Body save ➤ Glove save ➤ Leg save ➤ Stacking pads ➤ Control rebounds

Team Skills

	Offensive Zone	Defensive Zone	Neutral Zone
Forwards	<ul style="list-style-type: none"> ➤ Zone entries ➤ Introduce offensive plays ➤ Center trail ➤ Center lane drive ➤ Attack wide ➤ Stay on-side ➤ Support puck carrier ➤ Control / movement of the puck ➤ Use of defensemen 	<ul style="list-style-type: none"> ➤ Know zone responsibilities and positional coverage ➤ Transitions (offensive to defensive and vice versa) ➤ Back check (pick up the open skater and identify the biggest threat) ➤ Man-to-man angling ➤ Breakout basics 	<ul style="list-style-type: none"> ➤ Move and pass puck ➤ Headman or carry it ➤ Move to get open ➤ Create good passing angles ➤ Basic regroupings ➤ Try to create 2 on 1 (odd man situations)
Defensemen	<ul style="list-style-type: none"> ➤ Breakout basics ➤ Rushing the puck ➤ Following the play ➤ Holding the blue line ➤ Point-shooting decisions/angles ➤ Diagonal support ➤ D to D passes ➤ Pinching decisions 	<ul style="list-style-type: none"> ➤ Net coverage ➤ Corners ➤ D to D passes ➤ Diagonal support ➤ 1-1,2-1 and 3-2 rushes/situations ➤ Know goalie responsibilities 	
Team Play	<ul style="list-style-type: none"> ➤ Positional offense ➤ Offense in the defensive zone ➤ Face offs ➤ One on one confrontations ➤ Triangle offense ➤ Box offense ➤ Entering the zone 	<ul style="list-style-type: none"> ➤ Territorial defense ➤ One man fore-checking ➤ Two man fore-checking ➤ Back checking principles ➤ Basic defensive zone coverage 	<ul style="list-style-type: none"> ➤ Faceoff plays <ul style="list-style-type: none"> ○ positioning ○ coverage ➤ Introduce fore-check system <ul style="list-style-type: none"> ○ keep it simple by starting with a 1-2-2 ○ advance to 2-1-2 once players understand the concepts

PEE WEE DEVELOPMENT OVERVIEW (12 years old and younger)

Pee Wee Coaching Priorities/Philosophy:

- Develop defensemen.
- Establish team discipline on passing and teamwork.
- Teach “safety valves” --some actions are never wrong. (If your team gets stuck in defensive zone, it is ok to put the puck off the boards/glass and out of the zone. It is ok to “eat” the puck. Once your team crosses the red line it is ok to dump and chase).
- Develop creativity with puck--encourage puck handling.
- Individual puck protection/individual attack the puck.
- Maximize “game like” conditions in practice.
- Teach shooters to finish drills with speed and following shots to net. Also, give goalies enough time to finish the play during drills, space shooters accordingly. At this level technique cannot and will not be rushed.
- Develop two-way players--back check.
- Teach rink safety--for self and others.
- Teach to an objective.

Overall Goals:

- Continue emphasis on skating.
- Refinement of passing/shooting-wrist shots, snap shots, slap shots.
- Develop defensemen.
- Ice awareness and positional play.
- Encourage creativity and aggressive puck movement.

Individual Skills:

- Skating--Continue emphasis on basics, turns, stops, pivots, edges, look for and work on individual player's skating weaknesses. Full speed drills, acceleration drills, lengthen stride drills.
- Stick handling--expansion of reach, cupping the puck, backwards skating with head up, puck protection, dekes, escape moves, handling puck in feet.
- Passing/receiving--forehand, backhand, on the move--full speed drills, accuracy techniques, drop pass, bank pass, break to open areas, angles, passing before challenged, vacating/filling lanes.
- Shooting--wrist shot, introduce snap shots and slap shots, shooting on the fly (feet moving), shot selection, accuracy, quick release, shoot to score, creating screens, goalie dekes.
- Defensive skills--techniques for delivering/receiving checks, finishing and holding checks, body handling, blocking vs. attacking, containment. Forechecking, proper angling, finishing, creating turnovers. Playing 1 on 1, 2 on 2. Back checking responsibilities-first man, second man, third man.
- Offensive skills--1 on 1 attacks, creating odd man situations, attacking wide with speed, driving to the net, “seeing” the ice, face-offs.
- Defensemen--board to board vision, diagonal support, escapes with puck, reverse escapes, reversing the puck, D to D passes, board passes, using the net. Goalie support (moving people in front of net so goalie can clearly see the shot).
- Communication is crucial at this stage of development. Emphasize the importance of on ice communication (forward to forward, goalie to defenseman, etc.)

- Goaltending--Goalies who are most interested should play most often. Ideally, each team should have two goalies alternating games. When not starting a game in net, the "backup goalie" should be dressed as a skater. Do not exclude any players from playing in net if they show interest. Goalies may purchase their own pads, but not recommended. If interested, goalie camps are encouraged. Bulldog goalie sessions are mandatory.

Skills To Be Learned And Mastered

Skating	Puck Control	Passing & Receiving	Shooting	Checking	Goalkeeping
<ul style="list-style-type: none"> ➤ Edge control ➤ Ready position ➤ Forward start right/left ➤ Forward stride ➤ One foot stop ➤ Backward skating ➤ Forward crossover ➤ Backward crossover ➤ Mowhawk ➤ Lateral skating ➤ Backward cross under start ➤ Backward two skate stop ➤ Backward power stop (one skate) 	<ul style="list-style-type: none"> ➤ Change of pace ➤ Slip through ➤ Slip across ➤ Puck off the boards ➤ Puck protection ➤ Give and take ➤ Backward puck control 	<ul style="list-style-type: none"> ➤ Forehand ➤ Backhand ➤ Snap ➤ Receiving with the stick ➤ Receiving with the skate ➤ Receiving with the hand ➤ Surround the puck ➤ One touch pass ➤ Indirect (board) pass ➤ Breakout 	<ul style="list-style-type: none"> ➤ Wrist ➤ Backhand ➤ Snap ➤ Flip ➤ Slap ➤ Fake shot ➤ Rebounding ➤ Tipping 	<ul style="list-style-type: none"> ➤ Poke check ➤ Hook check ➤ Stick press ➤ Covering ➤ Receiving a check ➤ Shoulder check ➤ Angling, steering, deflecting ➤ Gap control 	<ul style="list-style-type: none"> ➤ Parallel shuffle ➤ Lateral t-glide ➤ Forward and backward moves ➤ Glove, leg, skate save ➤ Stacking the pads save ➤ V drop (butterfly) ➤ Playing the angles ➤ Rebounds ➤ Situations ➤ Communication

Team Skills

	Offensive Zone	Defensive Zone	Neutral Zone
Forwards	<ul style="list-style-type: none"> ➤ cycling ➤ face-offs positions ➤ zone attack options ➤ screening/tipping ➤ breakouts ➤ fore checking ➤ power play 	<ul style="list-style-type: none"> ➤ fore check systems ➤ back checking ➤ defensive zone coverage ➤ face offs ➤ penalty kill ➤ covering for rushing defenseman 	<ul style="list-style-type: none"> ➤ Move and pass puck ➤ Headman or carry it ➤ Move to get open ➤ Create good passing angles ➤ Basic regrouping ➤ Try to create 2 on 1 (odd man situations)
Defensemen	<ul style="list-style-type: none"> ➤ breakout options ➤ rushing ➤ follow the play regrouping ➤ holding the offensive blue line ➤ pinching ➤ diagonal support ➤ play making decisions ➤ power play 	<ul style="list-style-type: none"> ➤ penalty kill ➤ diagonal support ➤ net coverage ➤ odd man rushes ➤ defensive zone coverage ➤ gap control ➤ holding defensive blue line 	
Team Play	<ul style="list-style-type: none"> ➤ offense in the defensive zone ➤ offense in the neutral zone ➤ offensive the offensive zone ➤ power play systems ➤ face offs ➤ 1 on 1's, 2 on 1's, 3 on 2's, etc. ➤ Entering the zone 	<ul style="list-style-type: none"> ➤ Territorial defense ➤ One man fore checking ➤ Two man fore checking ➤ Back checking (breakaways; always back check and cover the trailers) ➤ Center on point defensive coverage ➤ Wings on point defensive coverage ➤ Man short situations ➤ One on one confrontations ➤ Shot blocking ➤ 1 on 1's, 2 on 1's, 3 on 2's, etc. 	<ul style="list-style-type: none"> ➤ Faceoff plays <ul style="list-style-type: none"> ○ positioning ○ coverage ➤ Introduce fore-check system <ul style="list-style-type: none"> ○ keep it simple by starting with a 1-2-2 ○ advance to 2-1-2 once players understand the concepts

BANTAM DEVELOPMENT OVERVIEW (14 years old and younger)

Bantam Coaching Priorities/Philosophy:

- Respect for others—self-control, behavior on/off ice.
- Develop/refine defensemen.
- Establish team discipline in executing systems of play.
- Practice like you play—game-like condition during practice.
- Shooters—finish at the net, quick release, on net shots.
- Encourage creativity with the puck.
- Reinforce player on-ice communication.
- BACK CHECK
- Teach to an objective in every drill you do.

Overall Goals:

- Develop scorers, puck handlers/playmakers, goalies, and defensemen.

Individual Skills:

- Skating--build on previous fundamentals (maintenance). Identify weak skaters-focus on improving shortfalls, stress-muscle strength, speed, power, and endurance.
- Stick handling--maintenance/improvement. Stress quickness.
- Shooting--maintenance, quick release, shooting on the fly, goalie dekes, screens, tips. Identify weak shooters-focus on improving.
- Offensive skills--control puck (use of body/boards), face-offs-positioning, strategies.
- Defensive skills--holding/finishing checks, not allowing give and goes, always face the puck.
- On ice communication at this level is critical.
- Focus on improving all weaknesses.
- Goaltending--Goalies should be known, but they should also skate out when appropriate. External goalie camps are strongly encouraged. Dojo goalie sessions are mandatory. Off-ice activities to improve reaction time and reflexes should be encouraged (anything to improve hand eye coordination).

Skills To Be Learned And Mastered

Skating	Puck Control	Passing & Receiving	Shooting	Checking	Goalkeeping
<ul style="list-style-type: none"> ➤ Quickness ➤ Speed ➤ Agility ➤ Power 	<ul style="list-style-type: none"> ➤ Change of pace ➤ Slip through ➤ Slip across/slip around ➤ Fake shot ➤ Spin around ➤ Stop and go ➤ Puck protection 	<ul style="list-style-type: none"> ➤ Surround the puck ➤ Receiving (skate, hand, feet, stick) ➤ One touch pass ➤ Indirect (board) pass ➤ Saucer pass (forehand and backhand) ➤ Breakout ➤ Wrap around ➤ Flip to open ice 	<ul style="list-style-type: none"> ➤ Wrist ➤ Backhand ➤ Snap ➤ Flip ➤ Slap ➤ One timer ➤ Rebounding ➤ Tipping ➤ Approach to net 	<ul style="list-style-type: none"> ➤ Covering ➤ Gap control ➤ Angling ➤ Shoulder check ➤ Taking a check ➤ Hip check ➤ Body check ➤ Back checking ➤ Angling, steering, deflecting 	<ul style="list-style-type: none"> ➤ Skate save ➤ Stacking the pads ➤ V-drop ➤ Playing angles ➤ Rebounds ➤ Situations ➤ Moving behind the net ➤ Stopping the puck along the boards ➤ Poke checking ➤ Communication

Team Skills

	Offensive Zone	Defensive Zone	Neutral Zone
Forwards	<ul style="list-style-type: none"> ➤ Breakouts/danger zones ➤ Regrouping ➤ Puck control in danger zones ➤ Creating offense behind opponents net ➤ 3rd man high in scoring zone for scoring opportunities and good defensive position ➤ No turnovers ➤ Cycling 	<ul style="list-style-type: none"> ➤ Shot blocking ➤ Back-checking pickup man, not puck carrier ➤ 2 man short penalty kill ➤ Covering defensemen rushes ➤ Counter attacks ➤ Pressuring puck carrier ➤ Odd man defenses 	<ul style="list-style-type: none"> ➤ Move and pass puck ➤ Headman or carry it ➤ Move to get open ➤ Create good passing angles ➤ Basic regroupings ➤ Try to create 2 on 1 (odd man situations)
Defensemen	<ul style="list-style-type: none"> ➤ Breakouts ➤ Breakout danger zones ➤ Rushing the puck ➤ When to gamble on offensive zone blue line ➤ Shooting on net ➤ Tips ➤ Height ➤ Screens ➤ D to D passes 	<ul style="list-style-type: none"> ➤ Reading odd man rushes with and without back checkers ➤ Holding defensive blue line ➤ Always pressure puck carrier ➤ Backs to the net 	
Team Play	<ul style="list-style-type: none"> ➤ Offense in the defensive zone ➤ Offense in the neutral zone ➤ Offense in the offensive zone ➤ Power play systems ➤ Face offs ➤ Principles: pressure, transition, support, control ➤ Cycling 	<ul style="list-style-type: none"> ➤ One man fore checking ➤ Two man fore checking ➤ Back checking (neutral zone) ➤ Center on point defensive coverage ➤ Wings on point defensive coverage ➤ Man short situations ➤ Principles: pressure, transition, support, control ➤ Defense in defensive zone ➤ Defense in neutral zone ➤ Defense in offensive zone ➤ One on one confrontations ➤ Boxing out ➤ Anticipation 	<ul style="list-style-type: none"> ➤ Faceoff plays <ul style="list-style-type: none"> ○ positioning ○ coverage ➤ Introduce fore-check system <ul style="list-style-type: none"> ○ keep it simple by starting with a 1-2-2 ○ advance to 2-1-2 once players understand the concepts