



Spud Success Plan

12U/PEEWEE



Team/association identity

Play fast, use skill and hockey sense, compete for every puck

Skill and teamwork, Puck possession,

Don't Embarrass the Program

Compete, Challenge, Communicate, Championships etc.

Team rules

1. Don't touch anyone
2. Don't touch anyone else's stuff
3. Don't talk negatively about anyone
4. Communicate
5. Clean up after yourself

Skills

1. Skating
 - a. Edge control
 - b. Lengthening forward stride
 - c. Focused forward starts
 - i. T start
 - ii. V Starts
 - iii. Cross over starts
 - d. One Foot stops
 - e. Mohawks turns
 - f. Over speed drills
 - g. Power skating
 - h. Backwards skating
 - i. Change of Direction
 - j. Agility skating
2. Puck control
 - a. Attacking the triangle
 - b. Adding depth and width
 - c. Adding quickness on recovery
 - d. Puck protection
 - e. Change of pace

- f. Catch passes on backhand
 - g. Give and take aways
 - h. 1 hand carries
 - i. Pick up pucks off wall
- 3. Passing
 - a. Sauce pass
 - b. Receiving pass with skates
 - c. Catching passes on backhand and pulls to forehand
 - d. One touch passes
 - e. Give and go
 - f. Area passes
 - g. Board passes
 - h. Surround puck
 - i. Think ahead
- 4. Shooting
 - a. Pull and shoot
 - b. One-timers
 - c. Elevating in tight
 - d. Backhand to forehand pulls
 - e. Forehand to backhand pulls
 - f. Catch and release drills
 - g. Fake shots
 - h. Gather rebounds
 - i. Tips and deflections
 - j. Snap shots
 - k. Looking off goalie
 - l. Deception
 - m. Shooting from bad passes
- 5. Body contact
 - a. Stick on puck
 - b. Angling
 - c. Poke checks
 - d. Gap control concepts
 - e. Delivering body contact
 - f. Receiving body contact
 - g. Contact with a purpose
 - h. Into hands
 - i. Steering
- 6. Team Play
 - a. 2 on 1 concepts
 - i. Spreading out
 - ii. Using angles
 - iii. Using deception
 - iv. Far posts drives

- v. Royal road
- vi. Get inside dots
- vii. Creativity
- b. 1 on 1
 - i. Offensive
 - 1. Changing speeds
 - 2. East west change of directions
 - 3. Setting up D
 - 4. Lowering hand outside drives
 - 5. Far posts finishes
 - 6. Attacks after shot
 - ii. Defensive
 - 1. Blade on blade early
 - 2. Setting up dot or outside lane
 - 3. Steering the play
 - 4. Making the play as early as possible
 - 5. Recovers after getting beat
- c. Defensive Concepts
 - i. Gap control
 - ii. Protecting center of ice
 - iii. Blade on blade
 - iv. Backchecking
 - v. Body positioning- man-you-net
 - vi. D zone coverage
 - vii. Shot blocking
 - viii. Boxing out

Game situations

Face-offs

- 1. Neutral zone
 - a. D to D get a rotation, wing sprint to boards
- 2. Offensive zone – 2-4 plays
- 3. Defensive zone-who goes where and why
- 4. Mindset

Line rushes

- 1. Middle lane drives
- 2. Board side entry
- 3. Wide drives
- 4. Creating triangle
- 5. Gretzky buy time

Cycling

1. 2 man with quick attack
2. Scissors with D
3. Push passes

Forecheck

1. 2-1-2 or Czech
2. D pinch scenarios
3. D positioning
4. 3rd man high
5. F1, 2 and 3 jobs

Breakouts

1. D-W
2. Quick ups
3. D-D-W
4. Reverses
5. Hinge plays
6. Hit middle

Line changes

1. 40-50 second shifts
2. Keep 1 player on ice during forechecks
3. Change 1 D at a time
4. Quick Ups

End of game situations

1. 5 of dice
2. Communication
3. Proper stick placements
4. When to attack loose pucks

OFF-ICE

1. Injury prevention
 - a. Heads up hockey
 - b. Proper care of equipment
 - c. Proper fitting equipment
 - d. Safety precautions for practice
 - e. Warming up and cooling down
 - f. RICE- Rest, ice, compression and elevate
2. Sport psychology
 - a. Develop pregame routine
 - b. Focus on things that can be controlled
 - c. Play with poise and confidence

- d. Go all out
 - e. Body language
 - f. Basic visualization skills
 - g. Goal setting
3. Life lessons
- a. Honesty and integrity
 - b. Accept responsibilities for your actions
 - c. Coping strategies to deal with pressure
 - d. Proper work life balance
 - e. Develop a sense of team commitment
 - f. Dealing with adversity
 - g. Clean up after yourselves.
 - h. M3
4. Nutrition
- a. What to eat and when
 - b. How it affects your body
 - c. What to drink before during and after games/practices

