







**Guide for Female Players
Massachusetts Hockey
Player Development
CCM High Performance Process**

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Year 1: Player Skills Series



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-  Players are selected to attend Skills Series.
-  Each session includes an on-ice and off-ice focus.
-  There is no formal evaluation throughout the season.
-  The goal of the program is to educate and familiarize players and parents with the Mass Hockey staff and process.



Year 2: Player Skills Series & Regional Camp



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-  Players continue to participate in the Skills Series.
-  Year long evaluations begin for Festival selections.
-  Open tryout in March for those not pre-selected for the Festival.
-  Selected players attend the Festival in April.
-  Players will be selected to attend the Regional Camp.
-  Regional camp players will attend Mass Select Camp at Boston University.

Year 3: 15 National Camp



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Year long evaluations begin for Festival selection.



Open tryout in March for those not pre-selected for the Festival.



Selected players attend the festival in April.



Players will be selected to attend the National Camp at St. Cloud.










Regional camp players will attend Mass Select Camp at Boston University.

Year 4: 16 National Camp



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-  Year long evaluations begin for Festival selection.
-  Open Tryout in March for those not pre-selected for the Festival.
-  Selected players attend the Festival in April.
-  Players will be selected to attend the National Camp.
-  Players are eligible for U.S. Select Camp.
-  Players are eligible for 18U team.
-  Regional camp players will attend Mass Select Camp at Boston University.

Year 5: 17 National Camp



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Year long evaluations begin for Festival selection.



Open tryout in March for those not pre-selected for the Festival.



Selected players attend the Festival in April.



Players will be selected to attend the National Camp.



Players are eligible for U.S. Select Camp.



Players are eligible for 18U team.



Regional camp players will attend Mass Select Camp at Boston University.



Last year of eligibility for USA Development Camps.

Evaluation Skills Checklist



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Skating is the most important skill.



Hockey IQ is extremely important (how you play the game).



Do players make accurate passes?



Do players back check to the proper places on the ice?



Do players understand hockey concepts?



Overall puck skills including shooting and passing.



Puck protection.



Team player.



Off-Ice Training Methods



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 Focus on strength exercises.

 Focus on agility exercises.

 Focus on pliability exercises (stretching and yoga).

 Practice stick handling in various ways.

 Practice on focused shooting (quality not quantity)

 Have a focused plan for each workout.

 Develop short and long term goals.

