

12U/PW Skill Development
Adapted from USA Hockey Skill Progressions

Body Contact

Although body checking is not allowed in games at the 12-and Under level, coaches should teach players the proper techniques of making legal body contact with an opponent. Players must learn that body contact should have a purpose and that purpose is to gain possession of the puck. Skills related to body contact and body checking should be taught in a progression and should be practiced in every session. These skills should include angling, stick position, delivering body contact, and receiving body contact. These skills should be practiced both on and off the ice with the goal of improving the body contact/body checking skills of each player and preparing each player for body checking at the 14-and-Under level.

Practice Should Focus On (percentage of time listed after each):

- Individual skill improvement (hockey skills and activities) – 65%
- Hockey sense (teaching of concepts through small-area games) – 25%
- Systems (team-play training) – 10%

Player Knowledge

Players should know:

1. Rules
 - a. face-offs
 - b. body contact
 - c. offsides
 - d. icing
 - e. checking from behind

2. Common Infractions
 - a. unsportsmanlike conduct
 - b. body checking, checking from behind and boarding
 - c. cross-checking, charging and slashing
 - d. head contact, elbowing, and high-sticking
 - e. tripping, hooking and kneeing
 - f. interference and holding

Individual Hockey Skills

Players should learn and master:

1. Skating
 - a. ready position and the ability to find this strong position when engaged in body contact
 - b. edge control
 - c. forward start
 - d. forward stride
 - e. controlled stop: two-foot and one-foot
 - f. controlled turn
 - g. forward crossover
 - h. backward skating
 - i. backward stop
 - j. ABCs of skating: agility, balance, coordination, and speed drills

- k. one-foot stop
- l. backward crossover
- m. mohawk turn
- n. n. lateral skating
- o. backward cross-under start
- p. backward two-skate stop
- q. backward power stop (one skate)

2. Puck Control

- a. lateral (side-to-side) stickhandling
- b. front-to-back stickhandling
- c. diagonal stickhandling
- d. attacking the triangle
- e. puck protection
- f. change of pace
- g. toe drag
- h. give and take
- i. accelerating with the puck (one-hand carry)
- j. change of direction
- k. backward puck control
- l. fakes and deception while stickhandling
- m. puck off the boards

3. Passing and Receiving

- a. forehand pass
- b. backhand pass
- c. receiving a pass properly with the stick
- d. saucer pass (forehand and backhand)
- e. receiving a pass properly with the skate
- f. indirect pass
- g. receiving a pass properly with the hand
- h. surround the puck
- i. one-touch passes
- j. area passes

4. Shooting

- a. wrist shot
- b. Backhand
- c. flip shot
- d. screen shot
- e. deflection
- f. off rebound
- g. snap shot
- h. slap shot
- i. fake shots

5. Body Contact

- a. stick on puck
- b. stick lift
- c. poke check

- d. gap control concept
- e. body positioning and angling
- f. stick press
- g. Angling
- h. delivering body contact
- i. receiving body contact (contact confidence)

6. Goaltending

- a. positioning
 - i. proper stance
 - ii. angling
- b. Movement
 - i. forward
 - ii. backward
 - iii. lateral
- c. Save technique
 - i. stick
 - ii. gloves
 - iii. body and pads
 - iv. butterfly
 - v. sliding butterfly
- d. Recovery
- e. stopping the puck behind net
- f. puck retention
 - i. Cradling
 - ii. rebound control
- g. game situations
 - i. screen shots
 - ii. Walkouts
 - iii. wraparounds

Team Concepts

Players must learn and understand:

- 1. Offensive Concepts
 - a. 2-on-1 situations
 - b. 1-on-1 situations
 - c. triangle offense
 - d. team play in each zone
 - e. Face-offs
 - f. zone entry
 - g. power-play concepts
- 2. Defensive Concepts
 - a. gap control
 - b. protect center of the ice
 - c. stick on puck
 - d. backchecking
 - e. body position: man-you-net

- f. basic defensive zone coverage
- g. defending the middle of the ice
- h. 1-on-1 and even-numbered situations
- i. 2-on-1 and odd-numbered situations
- j. forechecking
- k. man-short concepts
- l. hot blocking

Character Development and Life Skills

Players must learn:

- demonstrate high levels of sportsmanship.
- have respect for their teammates, coaches, opponents, officials and parents.
- balance family, school and other activities.
- be on time for practices and games.