



## U10 INDIVIDUAL HOCKEY SKILLS

Players must learn and master:

### 1. Skating

- a. Ready position
- b. Edge control
- c. Forward state
- d. Forward stride
- e. Controlled stop: two-foot and one-foot snowplow
- f. Controlled turn
- g. Forward crossover
- h. Backward skating
- i. Backward stop
- j. ABC's of skating
  - i. Agility, balance, coordination and speed drills
- k. One-foot stop
- l. Backward crossover
- m. Mohawk turn

### 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)

### 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 skate
- f. Indirect pass

#### **4. Shooting**

- a. Wrist shot
- b. Backhand shot
- c. Tips/Flip shot
- d. Screen shot
- e. Deflection
- f. Off rebound

#### **5. Body Contact**

- a. Stick on puck
- b. Stick lift
- c. Poke check
- d. Gap control concept
- e. Body positioning and angling

#### **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. Recovery

### **TEAM PLAY**

#### **Players must learn and understand:**

- 1. Offensive Concepts
  - a. 2-on-1 situations
  - b. 1-on-1 situations
  - c. Triangle offense
- 2. Defensive Concepts
  - a. Gap control
  - b. Protect center of the ice
  - c. Blade on blade
  - d. Backchecking
  - e. Body position
  - f. Basic defensive zone coverage
  - g. Forecheck
    - i. 2-1-2
      - 1. F1 hard on puck, F2 supports puck, F3 high, D1 can pinch (F3 covers), D2 stays in middle of ice

## **NUTRITION**

### **Players should continue learning about:**

1. Proper hydration
  - a. Players should learn the importance of proper hydration before, during and after all games and practices
2. Good eating habits
  - a. Players should be encouraged to eat good meals and refrain from eating candy and other foods that lack nutritional value
3. Recovery drink
  - a. While there are many recovery drinks on the market, players should be encouraged to drink chocolate milk following any practice or game session

## **OFF-ICE ACTIVITIES**

Players should perform exercises and play games that improve their agility, balance, coordination and speed (ABC's).

For off-ice activities and exercises, coaches should utilize the 10-and-under/12-and-under Off-Ice Training Cards (Phase I and Phase II) that are available through USA Hockey and are on the Mobile Coach App.

Exercise and activities should include:

1. Warm-up exercises
2. Cool-down exercises
3. Stretching exercises
4. Flexibility exercises
5. Eye-hand coordination exercises
6. Fun games
7. Relays
8. Exercises related to improving the ABC's
9. Jump-rope activities
10. Off-ice stickhandling

## **INJURY PREVENTION**

### **Players and parents should be introduced to:**

1. Heads Up Hockey Program
2. Proper care of equipment
3. Proper fitting of equipment
4. Rink safety
5. Safety precautions for practice
6. The importance of warming up and cooling down

## **SPORTS PSYCHOLOGY**

### **Players should be taught:**

1. The difference between being relaxed and tense (fun vs. nervous)
2. Making mistakes is common and a part of sports
3. Players should be allowed to make mistakes in practice and make settings
4. Coaches should not squash a player's creativity by making them feel uncomfortable while trying to perform a hockey move or skill
  - a. In order to execute a move properly, the player has to be allowed to fail along the way.
5. The key to establish an environment where players are willing to try again after failing
6. The benefits of positive reinforcement
  - a. Everyone involved in youth sports needs to understand that positive comments help reduce stress and enhance the self-image of a player and team.
  - b. Most of all, positive reinforcement increases the enjoyment of practices and games for the athletes

## **CHARACTER DEVELOPMENT AND LIFE SKILLS**

### **Players must learn to:**

1. Demonstrate high levels of sportsmanship
2. Have respect for their teammates, coaches, opponents, officials and parents
3. Balance family, school and other activities
4. Be on time for practices and games

## TEAM SEASON STRUCTURE PLAN

1. Faceoffs Win/Loss
  - a. Neutral zone
  - b. Offensive zone
  - c. Defensive zone
  - d. Mindset
2. Line Rushes
  - a. Take the puck wide
  - b. Middle lane drive
  - c. Dot drive
  - d. D middle high
3. Forecheck
  - a. 2-1-2 aggressive
    - i. F1- hard on the puck
    - ii. F2- Supports F1
    - iii. F3- High slot- fill in for pinching D and in a good spot offensively
  - b. D-pinch on the wrap- F3 covers
4. Offensive Zone Plays
  - a. Middle drive
  - b. Cycles
  - c. Gretzky buy time
5. Back check- go to open guys- not puck carrier. Get inside position on him and cover him all the way back to the post. D need to quarterback these situations.
6. DZONE Coverage/3 in the Corner/Weak Side Wing Net Coverage
7. Breakouts
  - a. D-W
  - b. D-D-W
  - c. D-W-WSD
  - d. D carry through middle
  - e. Reverses
8. Neutral Zone
  - a. Same as forecheck
  - b. D-D seam
9. Rear Support and Hinge
10. Line changes
  - a. 30-40 seconds max
  - b. Keep 1 player on the forecheck

- c. Change 1 D at a time
  - d. Don't take the puck behind the net/Quick up
11. PP-Breakout
- a. Overload
  - b. 4 guys back to help breakout
12. PK 5/5-5/3
13. 4/4
14. Pulled Goalie

#### **TEAM IDENTITY**

- Aggressive, Attacking, in all situations.

**Accountability – play the right way, defensive on the right side of the puck, offensive, manage the puck, puck possession.**

**Rule #1  
DON'T EMBARRASS THE PROGRAM**