

## Skills and Abilities: Level Goals

### **Squirts, U10 and under:**

#### Basic Fundamentals:

- Basic stance – hands and stick positioning and balance,
- Movements - parallel shuffles, T-glides, forward and backward movement, and pivots.
- Save selections – glove saves, blocker saves, stick saves, pad saves, ½ V's, Full V, Deck save and body saves.
- Systems – Angles/positioning and intro to rebound control

### **Pewees and U12:**

#### Review/practice (5-10minutes per practice):

- Basic stance, movements, save selections, and angles.

#### Teach (10 minutes per practice):

- Pivots: Depths and include ½ V's and Deck Saves
- Angles: Telescoping, crease drills, and distances
- Rebound Control: use of blocker, pads, stick, and freezing the puck

#### Introduce (discuss and practice periodically throughout the year)

- Stopping puck behind the net
- Shooting/passing puck
- Situational play
- Screen/tips

### **Bantams and U14:**

#### Review/practice (5-10 minutes a day):

- Angles, skating/movements and pivots
- Rebound control (important, this is on-going throughout practice)
- Save selections (1/2 V's, full V's, and decks)

#### Teach (10 minutes per practice):

- Situational play – Taking the rush (3 on 3, 3 on 2, 3 on 1), penalty kill, etc...
- Playing the puck – stopping behind net, passing, shooting
- Advanced situations – screen/tips, high/low cut across, wraparounds, walkouts, and crease play.