



Player Skill Progression



SKILLS

Performance Area	SUGGESTED EMPHASIS				
	Ages 6-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15-16
SKATING					
Edge Control	X	X	X		
Ready Position	X	X	X		
Forward Start	X	X			
Forward Start Right/Left		X	X		
Forward Stride	X	X	X		
Control Stop	X	X			
Backward Skating	X	X	X		
Backward Stop	X	X			
Control Turn	X	X			
Forward Crossovers	X	X	X		
PUCK CONTROL					
Lateral Dribble	X	X			
Forward to Backward Dribble	X	X			
Diagonal Dribble	X	X			
Attacking the Triangle	X	X			
Forehand Shift	X		X		
Backhand Shift		X	X		
Change of Pace		X	X	X	
Slip Through			X	X	
Slip Across			X	X	
Slip Around				X	X
Fake Shot				X	X
Spin Around				X	X
Puck Off Boards			X		
Double Shift					X
Stop and Go				X	X
Grandstand					X
PASSING/RECEIVING					
Forehand	X	X	X		
Backhand			X	X	X
Snap			X	X	X
Flip		X	X	X	X
Receiving (stick)	X	X	X		
Receiving (skate)		X	X	X	
Receiving (hand)			X	X	X

Skills (cont'd)

Performance Area	SUGGESTED EMPHASIS				
	Ages 6-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15-16
SHOOTING					
Wrist	X	X	X	X	X
Backhand	X	X	X	X	X
Flip			X	X	X
Slap			X	X	X
CHECKING					
Poke Check	X	X	X		
Hook Check	X	X	X		
Lift the Stick Check	X	X	X		
Covering		X	X	X	X
Shoulder Check				X	X
Hip Check				X	X
GOAL KEEPING					
Basic Stance	X	X			
Parallel Shuffle	X	X	X		
Lateral T-Glide	X	X	X		
Forward/Backward Moves	X	X	X		
Stick Saves	X	X			
Body Saves	X	X	X		
Leg Saves		X	X		
Skate Saves		X	X	X	
Stacking Pads		X	X	X	
V Drop		X	X	X	
Playing Angles			X	X	X
Rebounds		X	X	X	
Situations			X	X	X
TEAM PLAY					
Position Offense	X	X			
Offense in the Defensive Zone	X	X	X	X	X
Offense in the Neutral Zone			X	X	X
Offense in the Offensive Zone		X	X	X	X
2-1-2 Power Play		X	X	X	X
Faceoffs	X	X	X	X	X
Territorial Defense	X	X	X		
One-Man Forecheck	X	X	X		
Two-Man Forecheck			X	X	X
Backchecking (neutral zone)		X	X	X	X
Basic Defensive Coverage	X	X			
Center on Point Coverage			X	X	X
Wing on Point Coverage			X	X	X
Man Short Situations		X	X	X	X

KNOWLEDGE

Performance Area	SUGGESTED EMPHASIS				
	Ages 6-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15-16
RULES					
Face-offs		X	X	X	
Offsides	X	X	X		
Icing	X	X	X		
Checking			X	X	X
COMMON INFRACTIONS					
Unsportsmanlike Conduct	X	X			
Boarding		X	X		
Charging		X	X		
Cross Checking	X	X			
Elbowing		X	X		
Kneeling			X	X	
Falling on Puck		X	X		
High Sticking	X	X			
Holding	X	X			
Hooking		X	X		
Interference		X	X		
Tripping	X	X			
PENALTIES					
Minor	X	X			
Major	X	X			
Match		X	X		
Penalty Shot		X	X		
NUTRITION					
Pregame Meal				X	X
CONDITIONING					
Warm-up	X	X			
Cool-down	X	X			
Stretching	X	X			
Light Calisthenics		X	X		
Overload				X	X
Adaptation				X	X
Progression				X	X

FITNESS

Performance Area	SUGGESTED EMPHASIS				
	Ages 6-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15-16
MUSCULAR STRENGTH/POWER					
Neck					X
Shoulders/Back					X
Shoulders/Chest					X
Upper Arm					X
Forearm					X
Chest					X
Abdomen					X
Upper Leg					X
Lower Leg					X
MUSCULAR ENDURANCE					
Neck					X
Shoulders/Back					X
Shoulders/Chest					X
Upper Arm					X
Forearm					X
Chest					X
Abdomen					X
Upper Leg					X
Lower Leg					X
MUSCULAR FLEXIBILITY					
Hamstrings/Back	X	X	X	X	X
Hip	X	X	X	X	X
Arm/Shoulder	X	X	X	X	X
Lower Leg	X	X	X	X	X
ENERGY PRODUCTION					
Aerobic				X	X
Anaerobic					X

ATTITUDES

Performance Area	SUGGESTED EMPHASIS				
	Ages 6-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15-16
PERSONAL					
Self Worth	X	X	X	X	X
Self Control	X	X	X	X	X
Coping with Success/Failure	X	X	X	X	X
Best Efforts	X	X	X	X	X
Persistence	X	X	X	X	X
Tolerance	X	X	X	X	X
Concentration	X	X	X	X	X
Avoiding Excuses	X	X	X	X	X
SOCIAL					
Cooperation	X	X	X	X	X
Respect for Others	X	X	X	X	X
Encouraging Others	X	X	X	X	X
Respect for Authority	X	X	X	X	X
Team Membership	X	X	X	X	X
Suppression of "Blaming"	X	X	X	X	X
Suppression of "Put Downs"	X	X	X	X	X