

# RMHA PLAYER AND COACH SKILL PROGRESSIONS

## 16-AND-UNDER (MIDGET) & 18-AND-UNDER (JUNIOR)

At the 16-and-Under (Midget) and 18-and-Under (Junior) levels for boys and girls, players should focus on the skill progressions listed below:

### Knowledge Players should have:

1. **Rules** • checking • face-offs • offsides • body checking • player conduct • hitting from behind
2. **Common Infractions** • slashing • checking from behind • charging • hooking • cross checking • elbowing • holding the stick • kneeling • high sticking • falling on the puck • boarding • unsportsmanlike conduct • interference • holding
3. **Penalties** • minor • major • penalty shot • misconduct • match  
• order how combined penalties are served • fighting • attempt to injure

### Goal Setting Players should:

1. Establish specific and measurable performance goals that are written, shared with their coach and revised on a regular basis to promote development.  
  
Example: to develop one time in shooting. Be able to one time successfully 7 shots out of 10 shots.
2. Divide performance goals into broad categories. Daily tasks should then be planned on the goals set
  - long term one season
  - intermediate 6-10 games or practices
  - short term 1-5 games or practices
3. Be able to engage in evaluations of your performance at practices and games. Re-adjust goals based on those evaluations.
4. Set goals that encompass a variety of areas in your development including skills, tactics, fitness and team play.
5. Demonstrate external motivation. Example:

- show intensity during practices and games • be attentive and dedicated to train • show evidence of independence as a player

6. Have a written plan to demonstrate a systematic approach to training. Practice good habits in nutrition and overall good health.

7. Use a training log book to keep track of your performance goals, nutrition habits and mental preparation.

### **Individual Hockey Skills Players should continue to master all the skills listed for the previous levels including the following:**

1. **Skating** • all the skills mentioned in the above levels and add

power, speed, quickness and agility. • forward reverse stepout

2. **Puck Control** • fake shot • spin around • slip around • double shift • stop and go • grandstand • change of pace • puck protection

3. **Passing and Receiving** • surround the puck • snap • receiving (skate) • receiving (hand) • block and drop • one touch pass • flip - saucer pass (forehand and backhand) • wrap around • breakout • alley-oop

4. **Shooting** • wrist • backhand • snap • flip • slap • one timer • inside shot • drive shot • roofing

5. **Checking** • covering • taking a check • shoulder check • hip check • angling

• body check • positioning • closing the gap • pinning • backchecking • body position • contain/stall • block check • roll check 6. Goal Keeping • playing angles • situations • rebound control • moving behind the net • stopping the puck along the boards • poke checking • positioning • face-offs • deflection and screens • play at the post • clearing/passing

### **Team Play Player should understand and learn:**

1. **Offense** • offense in the defensive zone • offense in the neutral zone • offense in the offensive zone • power play systems • face-offs • transition • support • puck control • dump ins • wide rim • cycling • attacking the zone

2. **Defense** • one man forecheck • two man forecheck • backchecking (neutral zone) • center on point defensive coverage • wing on point defensive coverage • man short situations • pressure • stall/contain • support • transition • zone coverage • man to man coverage • backside coverage • sagging coverage • shot blocking

### **Nutrition Players should continue following all the information listed previously for all the levels including the following:**

1. Be able to identify the appropriate amount and types of food from the four basic food groups.

