

# RMHA PLAYER AND COACH SKILL PROGRESSIONS

## Hockey 2-4

The following statement emphasizing the importance of skill progressions which have been developed by the Coach Mentoring Program and Curriculum Advisory Group:

**We believe that all players and coaches who aspire to have a successful experience in hockey should have personal goals to acquire each of these skills.**

Our purpose in collecting and listing these specific skill progressions is to help players and coaches understand the scope of the age specific skills and abilities that are required in hockey. The list for players has been divided by age classifications: 8-and-Under (Hockey 2-4), 10-and-Under (Atom), 12-and-Under (Pee Wee), 14-and-Under (Bantam), 16-and-Under (Midget) and 18-and-Under (Midget Plus). The section for coaches has been divided into levels of coaching education components.

You should use these skill progressions as a guide rather than an absolute standard for development.

Sportsmanship, enjoyment, recreation and competition are the major focus of the skill progressions for youth hockey. We recommended skill progressions encourage an environment in which youth players can learn the basic skills, master these skills and have fun while developing a life-long interest in hockey.

### Introductory Knowledge Players should have:

#### **1. Rules**

- off-sides
- icing

#### **2. Common Infractions**

- Unsportsmanlike conduct • body checking • cross checking • checking from behind • holding
- high sticking • tripping

#### **3. Penalties**

- minor • major

### Goal Setting Players should have:

1. Establish specific and measurable performance goals that are written, shared with coaches and parents, and revised on a regular basis to promote development. Example: To develop passing and receiving. Be able to execute five good passes and receive five passes (forehand and backhand).

2. Divide performance goals into two categories:

- Practice

- game

### **Individual Hockey Skills Players must learn and master:**

1. **Skating** • edge control • ready position • forward start • forward stride • control stop (two-foot snowplows, one-foot snowplows) • backward skating • backward stop • control turn • forward crossover
2. **Puck Control** • lateral dribble • forward-to-backward dribble • diagonal dribble • attacking the triangle • forehand shift • accelerating with the puck
3. **Passing and Receiving** • forehand • backhand • receiving (stick) • eye contact
4. **Shooting** • wrist shot and sweep shot • backhand and flip shot
5. **Checking** • poke check • hook check • lift the stick check
6. **Goalkeeping** • basic stance • parallel shuffle • lateral t-glide • forward and backward moves • Stick saves • body save • glove save/blocker saves

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

1. **Offense**  
Face-offs • positional offense • offense in the offensive zone • offense in the defensive zone
2. **Defense**  
Face-offs • territorial defense • one-man forechecking • basic defensive zone coverage

### **Nutrition Players should know:**

1. Understand the importance of proper hydration before, during and after all practices and games.
2. For evening practices and games, eat a normal breakfast and lunch; before the game or practice, eat a light snack; after the game or practice, eat a meal.
3. For early morning games and practices, eat lightly at breakfast. After practice or the game, eat a snack.

### **Fitness and Training Players should learn:**

1. Warm-up exercises
2. Cool down exercises
3. Stretching exercises
4. Flexibility exercises
5. Agility exercises
6. hand-eye coordination exercises
7. Fun games

8. Relays

**Injury Prevention Players should be introduced to:**

1. Heads Up Hockey Program
2. The importance of warming up, cooling down and daily stretching

**Sports Psychology Players should be taught:**

1. Understand the difference in being relaxed and tense.
2. Understand that making mistakes is common and a part of sports.

**Character Development and Life Skills Players must learn:**

1. They are part of a team
2. To have respect for their teammates, coaches, opponents, officials and parents
3. Team rules
4. Self-control and discipline
5. To always try their best
6. Respect for authority
7. The importance of a strong work ethic
8. Commitment to a team

