

Squirt / 10U Player Development

10U PLAYER KNOWLEDGE

Players should know:

1. Rules

- a. face-offs
- b. body contact
- c. offsides
- d. icing
- e. checking from behind

2. Common Infractions

- a. unsportsmanlike conduct
- b. body checking and checking from behind
- c. cross-checking and charging
- d. head contact, elbowing, and high-sticking
- e. tripping and hooking
- f. interference and holding

3. Penalties

- a. minor
- b. major

INDIVIDUAL HOCKEY SKILLS

Players must learn and master:

1. Skating

- a. ready position
- b. edge control
- c. forward start
- 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. ABCs of skating: 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 the skate
- f. indirect pass

4. Shooting

- a. wrist shot
- b. backhand
- c. 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

Cont.

Goaltending cont.

b. movement

i. forward

ii. backward

iii. lateral

c. save technique

i. stick

ii. gloves

iii. body and pads

iv. butterfly

d. 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. stick on puck

d. backchecking

e. body position: man-you-net

f. basic defensive zone coverage

CHARACTER DEVELOPMENT AND LIFE SKILLS

Players must learn to:

- demonstrate high levels of sportsmanship.
- have respect for their teammates, coaches, opponents, officials and parents.
- balance family, school and other activities.
- be on time for practices and games.