



Peewee / 12U Player Development

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, checking from behind and boarding
- c. cross-checking, charging and slashing
- d. head contact, elbowing, and high-sticking
- e. tripping, hooking and kneeing
- f. interference and holding

3. Penalties

- a. minor
- b. major
- c. misconduct
- d. penalty shot
- e. match

Cont.



INDIVIDUAL HOCKEY SKILLS

Players must learn and master:

1. Skating

a. ready position and the ability to find this strong position when engaged in body contact

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 turns

n. lateral skating

o. backward cross-under start

p. backward two-skate stop

q. backward power stop (one skate)

2. Puck Control

a. lateral (side-to-side) stickhandling

b. front-to-back stickhandling

c. diagonal stickhandling

Cont.



Puck Control cont.

- 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)
- j. change of direction
- k. backward puck control
- l. fakes and deception while stickhandling
- m. puck off the boards

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
- g. receiving a pass properly with the hand
- h. surround the puck
- i. one-touch passes
- j. area passes

Cont.



4. Shooting

- a. wrist shot
- b. backhand
- c. flip shot
- d. screen shot
- e. deflection
- f. off rebound
- g. snap shot
- h. slap shot
- i. fake shots

5. Body Contact

- a. stick on puck
- b. stick lift
- c. poke check
- d. gap control concept
- e. body positioning and angling
- f. stick press
- g. angling
- h. delivering body contact
- i. receiving body contact (contact confidence)

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
- v. sliding butterfly

d. recovery

e. stopping the puck behind net

f. puck retention

- i. cradling
- ii. rebound control

g. game situations

- i. screen shots
- ii. walkouts
- iii. wraparounds

Cont.



TEAM PLAY

Players must learn and understand:

1. Offensive Concepts

- a. 2-on-1 situations
- b. 1-on-1 situations
- c. triangle offense
- d. team play in each zone
- e. face-offs
- f. zone entry
- g. power-play concepts

2. Defensive Concepts

- a. gap control
- b. stick on puck
- c. backchecking
- d. body position: man-you-net
- e. basic defensive zone coverage
- f. defending the middle of the ice
- g. 1-on-1 and even-numbered situations
- h. 2-on-1 and odd-numbered situations
- i. forechecking
- j. man-short concepts
- k. shot blocking

Cont.



SPORTS PSYCHOLOGY

Players should continue to exhibit the sport and life skills learned at previous levels, as well as learning:

- the benefits of positive comments. All involved should realize that positive comments help reduce stress, enhance positive self-image for individuals and the team, and they can increase the enjoyment of practices and games.
- to balance family, school, and other activities.
- to be on time for practices and games.
- to take responsibility for their performance and actions at games, practices, school, and home.
- that alcohol and drugs can negatively impact a player. This includes the player's performance and quality of life.
- to be good teammates who encourage each of his or her teammates.