

Bantam / 14U Player Development

PLAYER KNOWLEDGE

Players should know:

1. Rules

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

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
- g. unsportsmanlike conduct, fighting and attempt to injure

3. Penalties

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

INDIVIDUAL HOCKEY SKILLS

Players should continue developing and mastering the skills listed at previous levels, while adding these new ones:

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. mohawk turns
- l. one-foot stop
- m. backward crossover
- n. lateral skating
- o. backward cross-under start
- p. backward two-skate stop
- q. backward power stop (one skate)
- r. quickness
- s. speed
- t. agility
- u. power
- v. change of direction

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)
- j. change of direction
- k. backward puck control
- l. fakes and deception while stickhandling
- m. puck off the boards
- n. fake shot
- o. stop and go
- p. spin around

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 (puck protection)

Passing and Receiving cont.

- i. one-touch passes
- j. area passes
- k. crisp passes

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
- j. one-timers
- k. stick position in scoring areas
- l. shots in close (pull the puck in and get it up)

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)

- j. shoulder check

- k. receiving a body check

6. Goaltending

- a. positioning

- i. proper stance

- ii. angling

- 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. puck handling

- i. stopping the puck behind net

- ii. passing the puck

- a. forehand

- b. backhand

Goaltending cont.

e. puck handling cont.

iii. clearing the puck

a. forehand

b. backhand

f. puck retention

i. cradling

ii. rebound control

g. game situations

i. screen shots

ii. walkouts

iii. wraparounds

iv. breakaways

v. line rushes (odd and even)

vi. face-offs in the defensive zone

vii. communication with teammates

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

1. Offensive Concepts cont.

- g. power-play concepts
- h. offensive principles: pressure, transition, support
- i. cycling

2. Defensive Concepts

- a. gap control
- b. stick on puck
- c. back-checking
- 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
- l. defensive principles: pressure, transition, support
- m. defensive play in each zone
- n. boxing out and fronting an opponent

NUTRITION

Players should learn:

1. Proper Hydration – Players should learn the importance of proper hydration before, during, and after all games and practices.
2. Good Eating Habits – Players should be encouraged to eat good meals and refrain from eating candy and other foods that lack nutritional value.
3. Recovery Drink – While there are many recovery drinks on the market, players should be encouraged to drink chocolate milk following any practice or game session.
4. Eating and Energy – Players should be introduced to the importance of eating healthy foods that are high in carbohydrates in order to gain long-term energy.

FITNESS AND TRAINING

Players should continue to perform exercises learned at previous age levels, but should also focus on the following:

1. Speed workouts
2. Strength workouts using body weight
3. Range-of-motion exercises
4. Aerobic and anaerobic workouts
5. Off-ice skill development
 - a. slide board
 - b. stickhandling with various types of balls
 - c. shooting range

INJURY PREVENTION

Players should continue to learn more about:

- the Heads Up Hockey Program.
- the importance of hydration.
- safety precautions for practice.
- the importance of warming up with a dynamic warm-up and cooling down with static stretching.
- the RICE concept (Rest–Ice–Compression–Elevation).

SPORTS PSYCHOLOGY

Players should learn:

- to develop a pre-game routine.
- relaxation exercises.
- to focus on things that can be controlled.
- to give maximum effort at all times.
- to play with poise and confidence.
- to be in control of emotions at all times.
- basic visualization skills.
- the benefits of positive self-talk. Positive comments can reduce stress, enhance self-image and can increase fun at practices and games.
- to set goals, strive to reach those goals and periodically evaluate progress towards those goals.

CHARACTER DEVELOPMENT AND LIFE SKILLS

Players must learn:

- the importance of honesty and integrity in and away from the arena.
- to accept responsibility for their actions and athletic performance.
- coping strategies to deal with peer pressure and other adversity.
- to balance family, school, sports, social activities, etc.
- to develop a sense of team commitment.
- about adversity and begin developing strategies to deal with it.