



EYHA 6U Season Development Plan

Season Dates: October – March

Theme: Learning to Love Hockey

Model: USA Hockey ADM + EYHA Development Model

Program Philosophy

At 6U, our goal is to build confidence and excitement for hockey while developing the basic skating and puck skills players will use throughout their hockey careers.

Players should leave 6U wanting to come back to the rink.

Winning games is not the objective. Developing confident skaters, encouraging teamwork, and creating a fun learning environment is.

Phase 1: Fundamentals & Confidence (October - November)

Theme: Getting comfortable on skates, learning hockey basics, having fun

Skill Focus:

- Skating: Falling/getting up, 2-foot glides, swizzles, snowplow stops
- Balance/Edges: Marching, log rolls, one-foot stands
- Puck Control: Holding stick, standing still stickhandling
- Social: Learn names, practice team cheer, high-fives

Sample Drills/Games: Clean Your Room, Red Light/Green Light, Obstacle Courses, Soccer on Ice, Balloons, Freeze Tag

Phase 2: Building Skills & Small Games (December - January)

Theme: More puck touches, skating with speed, starting to think “game play”

Format: Players grouped Blue (beginners), White (intermediate), Red (advanced) for some stations

Skill Focus:

- Skating: Stride, two-foot stops, beginning crossovers, tight turns



- Puck Control: Stickhandling while moving, forehand passes, shooting basics
- Team Play: Passing to teammates, learning shift changes, celebrating together
- Competition: Small-area games (1v1, 2v2)

Sample Stations: 1v1 Keep-Away & Passing, Tire Push Races, Chaos Puck Control, Relay Races, 2v2 Tight-Space Hockey, Sharks & Minnows with pucks

Phase 3: Playing Together (February - March)

Theme: Game-like situations, confidence, sportsmanship

Skill Focus:

- Skating: Crossovers in both directions, quick starts/stops
- Puck Control: Head up with puck, puck protection
- Game Concepts: Positioning, line changes, “stay between puck and your net”
- Sportsmanship: Shake hands, congratulate opponents

Game Play & Fun: Cross-ice games (2v2, 3v3), Ringette, Mini-tournaments, End-of-season skills competition

6U Graduation Goal

By the end of 6U, players should:

- Skate confidently in all directions.
- Carry the puck while skating.
- Pass and receive with teammates.
- Begin supporting teammates.
- Love coming to the rink and be excited for 8U.



EYHA 8U Season Development Plan

Season Dates: October – March

Theme: Learning Hockey Through Play

Model: USA Hockey ADM + EYHA Development Model

Program Philosophy

At 8U, players begin connecting skating and puck skills to actual hockey. The focus shifts from simply learning skills to applying those skills in competitive and game-like situations. Players should receive high repetitions, high puck touches, and opportunities to be creative while beginning to understand how hockey works.

Phase 1: Individual Skills & Compete (October – November)

Players develop confidence with the puck while improving skating, agility, and basic hockey skills. The goal is to become comfortable making plays while competing for possession and space.

Skill Focus

- Skating agility and edge control
- Puck control while moving
- Passing fundamentals
- Shooting fundamentals
- Puck protection
- Competing for space and possession

Sample Activities

- Chaos Puck Control
- Slalom Puck Control
- Stopping
- Sharks and Minnows
- 1v1 Keep Away
- Obstacle Courses
- Forward Crossovers
- Edge Control Circuits



Phase 2: Playing With Teammates (December – January)

Players begin applying individual skills with teammates. The emphasis shifts toward support, spacing, passing, and understanding simple offensive and defensive responsibilities.

Skill Focus

- Passing and receiving while moving
- Supporting the puck carrier
- Finding open ice
- Creating passing lanes
- Transitioning between offense and defense
- Playing with pace and awareness

Sample Activities

- Pass and Follow
- Passing Shuttle
- Passing in 3s
- 2v2 Tight Space
- 3v3 Tight Space
- Small Area Possession Games
- Give and Go Activities
- Support Triangle Games

Phase 3: Playing on Both Sides of the Puck (February – March)

Players combine skills and concepts in game-like situations. The focus is on creating and using space, supporting teammates, transitioning quickly between offense and defense, and making simple hockey decisions under pressure.

Skill Focus

- Creating time and space
- Reading pressure
- Making simple hockey decisions
- Supporting teammates
- Getting to the defensive side of the puck
- Competing in game situations

Sample Activities

- 2v2 Cross Ice



- 3v3 Cross Ice
- Find Open Ice Games
- 2v2 Backcheck Drill
- Continuous 2v1
- Change of Possession Games
- Read and React Games
- Corner Battles

8U Graduation Goal

By the end of 8U, players should skate confidently in all directions, control the puck while moving at speed, pass and receive while moving, compete for possession, understand support and spacing, transition between offense and defense, make simple hockey decisions, and be prepared for the transition to 10U hockey.



EYHA 10U Season Development Plan

Season Dates: October – March

Theme: Learning Team Hockey

Model: USA Hockey ADM + EYHA Development Model

Program Philosophy

10U is the first full ice age level and represents an important transition in player development. Players continue refining skating and puck skills while beginning to understand how hockey works across all three zones. The emphasis shifts toward support, spacing, transition, positional awareness, and playing with teammates. The goal is not to teach systems, but to introduce the structure and habits that form the foundation for future team play.

Phase 1: Understanding the Full Ice Game (October – November)

Players learn how the game flows across a full sheet of ice. The focus is on understanding support, spacing, and responsibilities in all three zones while continuing to improve individual skills.

Skill Focus

- Speed and acceleration
- Crossovers and transitions
- Passing while moving
- Receiving while moving
- Shooting in stride
- Puck protection under pressure

Hockey Concepts

- Offensive zone, neutral zone, and defensive zone
- Offensive side vs defensive side of the puck
- Supporting underneath the puck
- Creating width and depth
- Playing with your head up

Sample Activities

- 3 Zone Games
- Continuous Transition Games



- Neutral Zone Games
- 2v1 Rushes
- Small Area Possession Games
- Race for Possession

Phase 2: Playing With Structure (December – January)

Players begin learning the structure that allows teammates to support one another. The emphasis is on understanding where to go and how to provide support without introducing formal systems.

Skill Focus

- Passing and receiving under pressure
- Puck support
- Backchecking habits (through middle)
- Transition skating
- Competing for possession

Hockey Concepts

- Center support
- Winger support
- Defense supporting each other
- Basic breakout support
- Backchecking and recovery
- Supporting away from the puck

Sample Activities

- Breakout Support Stations
- Continuous 2v1
- 3v2 Rushes
- Backcheck Games
- Support Triangle Games
- Retrieval and Support Drills

Phase 3: Playing Connected Hockey (February – March)

Players combine skills, structure, and decision making in increasingly game-like situations. The focus is on playing connected, supporting teammates, and transitioning quickly between offense and defense.



Skill Focus

- Decision making under pressure
- Communication
- Puck support
- Transition play
- Competing in game situations

Hockey Concepts

- Playing on both sides of the puck
- Recovering to the defensive side
- Moving the puck through support
- Creating offense through puck movement
- Playing connected as five players

Sample Activities

- 3v3 Full Ice
- 4v4 Full Ice
- Continuous Hockey
- Transition Games
- Read and React Games
- Small Area Team Play Games

10U Graduation Goal

By the end of 10U, players should understand all three zones, play on both sides of the puck, support teammates offensively and defensively, understand basic positional responsibilities, move the puck through support rather than individual play, transition quickly between offense and defense, and be prepared for team concepts at 12U.



EYHA 12U Season Development Plan

Season Dates: October – March

Theme: Learning Team Concepts

Model: USA Hockey ADM + EYHA Development Model

Program Philosophy

At 12U, players begin connecting individual skills and positional responsibilities into team concepts. Players should understand how their decisions impact teammates and begin learning a consistent organizational approach to playing hockey. The focus is on puck support, transition, possession, body contact confidence, and introducing team concepts that will prepare players for 14U.

Phase 1: Building Team Concepts (October – November)

Players begin connecting individual skills into team play.

Skill Focus

- Puck protection
- Passing under pressure
- Retrievals
- Transition skating
- Angling

Hockey Concepts

- Center lane drive
- Support triangles
- Puck possession
- Offensive support
- Defensive side positioning

Sample Activities

- 3v2 Rushes
- Continuous Transition Games
- Possession Games
- Support Triangle Games
- Angling Drills



Phase 2: Offensive & Defensive Responsibilities (December – January)

Players begin learning how teams create offense and defend together.

Skill Focus

- Board play
- Net drives
- Communication
- Puck support
- Battle skills

Hockey Concepts

- F1 pressure
- F2 support
- F3 high
- Cycling the puck
- Low to high puck movement
- Basic breakout routes

Sample Activities

- Cycle Stations
- Low to High Games
- Breakout Support Drills
- Corner Battles
- Net Drive Games

Phase 3: Playing Team Hockey (February – March)

Players apply concepts in game situations and begin understanding team identity.

Skill Focus

- Decision making
- Compete habits
- Transition execution
- Puck movement

Hockey Concepts

- Forecheck support
- Transition play
- Defensive zone responsibilities



- Creating offense through possession
- Playing connected

Sample Activities

- 5v5 Situational Games
- Transition Games
- Forecheck Games
- Continuous Hockey
- Small Area Team Play

Graduation Goal

By the end of 12U, players should understand team concepts, play with structure, support teammates in all three zones, understand basic breakout and forecheck responsibilities, and be prepared for team structure at 14U.



EYHA 14U Boys Season Development Plan

Season Dates: October – March

Theme: Preparing for High School Hockey

Model: USA Hockey ADM + EYHA Development Model

Program Philosophy

At 14U, players prepare for the transition to high school hockey. Players should learn how to execute within a team structure, compete consistently, play through contact, and understand the systems and concepts required at the next level.

Phase 1: Playing Through Contact (October – November)

Players learn to compete confidently in a checking environment.

Skill Focus

- Body checking fundamentals
- Receiving contact
- Puck protection
- Retrievals
- Wall play

Hockey Concepts

- Angling to contact
- Support through contact
- Defensive side play
- Body position

Sample Activities

- Checking Progressions
- Wall Battles
- Retrieval Drills
- Angling Drills
- Puck Protection Games

Phase 2: Team Structure (December – January)

Players begin executing within a consistent organizational structure.



Skill Focus

- Transition execution
- Puck movement
- Communication
- Compete habits

Hockey Concepts

- 2-1-2 forecheck
- 1-2-2 neutral zone concepts
- Breakout structure
- Defensive zone coverage
- Support through all three zones

Sample Activities

- Breakout Stations
- Forecheck Games
- Neutral Zone Games
- Coverage Drills
- Transition Games

Phase 3: Preparing for the Next Level (February – March)

Players apply team structure in game situations and prepare for high school hockey.

Skill Focus

- Leadership
- Decision making
- Situational execution
- Competing under pressure

Hockey Concepts

- Time and score
- Special teams concepts
- Game management
- Team identity

Sample Activities

- 5v5 Situational Play



- Special Teams Games
- End Game Scenarios
- Full Ice Team Concepts
- Continuous Hockey

Graduation Goal

By the end of 14U, players should be comfortable playing through contact, understand team structure and systems, execute within all three zones, compete consistently, and be prepared for the demands of high school hockey.



EYHA 14U Girls Season Development Plan

Season Dates: October – March

Theme: Preparing for High School Hockey

Model: USA Hockey ADM + EYHA Development Model

Program Philosophy

At 14U, players prepare for the transition to high school hockey. Players should learn how to execute within a team structure, compete consistently, play through contact, and understand the systems and concepts required at the next level.

Phase 1: Playing Through Contact (October – November)

Players learn to confidently initiate and receive legal body contact while protecting pucks, winning battles, and maintaining possession.

Skill Focus

- Puck protection
- Receiving contact
- Retrievals
- Wall play
- Balance through contact

Hockey Concepts

- Angling
- Body positioning
- Defensive side play
- Winning body position
- Support through contact

Sample Activities

- Wall Battle Progressions
- Retrieval Drills
- Angling Drills
- Puck Protection Games
- Corner Battle Games
- Net Front Battle Games



Phase 2: Team Structure (December – January)

Players begin executing within a consistent organizational structure.

Skill Focus

- Transition execution
- Puck movement
- Communication
- Compete habits

Hockey Concepts

- 2-1-2 forecheck
- 1-2-2 neutral zone concepts
- Breakout structure
- Defensive zone coverage
- Support through all three zones

Sample Activities

- Breakout Stations
- Forecheck Games
- Neutral Zone Games
- Coverage Drills
- Transition Games

Phase 3: Preparing for the Next Level (February – March)

Players apply team structure in game situations and prepare for high school hockey.

Skill Focus

- Leadership
- Decision making
- Situational execution
- Competing under pressure

Hockey Concepts

- Time and score
- Special teams concepts
- Game management
- Team identity



Sample Activities

- 5v5 Situational Play
- Special Teams Games
- End Game Scenarios
- Full Ice Team Concepts
- Continuous Hockey

Graduation Goal

By the end of 14U, players should be comfortable playing through contact, understand team structure and systems, execute within all three zones, compete consistently, and be prepared for the demands of high school hockey.