



USA Hockey Program Recommendations

14 & UNDER (BANTAM)

16 & UNDER (MIDGET)

18 & UNDER (MIDGET)

As part of an ongoing effort to promote enthusiasm and enjoyment in hockey, USA Hockey has prepared a Practice Plan Manual for 14 & Under (Bantam), 16 & Under (Midget), and 18 & Under (Midget).

The objective of this manual is to provide coaches with the resources to create a positive and healthy environment for players to learn. The emphasis is to develop a non-competitive environment for the younger age levels that stresses the fun of playing and the learning of basic skills.

This manual provides the coach with the knowledge to develop successful practice sessions. The drills have been developed to stress the youngster's individual improvement. The fundamental skills of skating, puck control, passing, shooting and checking are presented in a progressive manner.

It is important that coaches prepare and organize their session prior to going on the ice. The better thought out a practice, the more successful it will be. Coaches are encouraged to use the USA Hockey Practice Plan Manuals as well as their own imagination to create drills.

The overall emphasis at the 14 & Under (Bantam), 16 & Under (Midget), and 18 & Under (Midget) levels is fun, enjoyment, and a maximum amount of active participation for each player.

OBJECTIVES

- ❖ Provide a healthy atmosphere for fun and development
- ❖ Increased competition designed to expand existing skills
- ❖ Development of communication at the player's level of learning
- ❖ Stress the importance of the educational development of the individual as a whole – socially physically and mentally
- ❖ Enjoyable and rewarding experiences in ice hockey that will encourage continued participation

PHILOSOPHY

Enjoyment and recreational benefits are the focal points of the new guidelines for youth hockey issued by the USA Hockey's Board of Directors. USA Hockey-registered teams play in the classifications of 8-and Under (Mite), 10 & Under (Squirt), 12 & Under (Pee Wee), 14 & Under (Bantam), 16 & Under (Midget), and 18 & Under (Midget), prompting the Youth Council of USA Hockey to emphasize the educational and recreational values of ice hockey.

USA Hockey's recommended guidelines encourage a non-competitive environment in which children can learn the basic skills without the distractions that are often associated with an over-



emphasis on winning. Mastery of the fundamental skills and the fun of playing are essential to the development of a lifelong interest in hockey and player development. Programs must be conducted to accommodate all levels of players and to reduce the number who become disenchanted and drop out.

These voluntary guidelines are directed at youth programs, but they must be implemented by adults. Coaches, parents, administrators, and rink operators should all do their part to promote the USA Hockey philosophy and the following guidelines.

PARENTS' CODE OF CONDUCT

- ❖ Be a good example to your player.
- ❖ Help make your child's participation rewarding.
- ❖ Be understanding and supportive of the coach and the officials.
- ❖ Support and assist the program in a positive manner.
- ❖ The parent is the most important example to which a child can relate.
- ❖ Be everything you want your child to be.

RECOMMENDED PROGRAMS

At this level, the diversity of the individual's desire and abilities will result in a player participating in either the recreational or developmental program

Recreational

- ❖ Two or three practices to every game.
35 games maximum
- ❖ 50-90 minute practice sessions.

Developmental

- ❖ Two or three practices to every game.
40 games maximum for 14 & Under (Bantam)
45 games maximum for 16 & Under (Midget) and 18 & Under (Midget)
- ❖ 50-90 minute practice sessions.

PROGRAM

A. On-Ice Training

- ❖ April - May Rest
- ❖ June - July Develop speed and agility – off-season
- ❖ August - September Hockey skills – preseason
- ❖ October - March Hockey-active season

B. Off-Ice Training

- ❖ Flexibility
- ❖ Agility exercises
- ❖ Skills off-ice



PHYSICAL PREPARATION

- ❖ Daily physical training for the total development of the athlete
- ❖ Stress proper posture
- ❖ Include games and activities that involve some physical contact in a safe and organized environment
- ❖ Both on- and off-ice training should stress and continue to develop strength, quickness, agility and flexibility
- ❖ Careful attention should be made to establish a work:rest ratio of 2:1 or 3:1 during practice activities
- ❖ Development of game-like drills to complement teaching systems and tactics

PSYCHOLOGICAL PREPARATION

- ❖ Positive reinforcement; build confidence
- ❖ By seeking alignment with peer groups, team loyalty develops; youngsters need the coach's approval and encouragement
- ❖ Help the players develop self-reliance and independence
- ❖ Stress group participation and sharing; be aware of the individual needs of the youngster
- ❖ Support and protect the youngster in situations they are not prepared to handle
- ❖ Develop an understanding on the player's part of the role of the coach

TECHNICAL PREPARATION

- ❖ Development of those skills specific to each position
- ❖ Further development of conceptual skills necessary for the enhancement of the team system
- ❖ Advanced development of skills necessary to perform elements of team play

TACTICAL PREPARATION

- ❖ Psychology – development of attention, visual memory, relaxed concentration and orientation
- ❖ Development of group interaction and team awareness in game situations
- ❖ Development of a more complex team system including offensive and defensive tactics and special situations

TEAM PLAY	
Offense Breakouts Neutral Zone Regroup Offensive Zone Entry Offensive Systems (Cycling) Power Play Situations Face-offs	Defense Defensive Zone Coverage Forechecking Options Backchecking Penalty Kill Situations



SKILLS & ABILITIES

Suggested Emphasis for 14, 16, 18 & Under (Bantam/Midget)

PERFORMANCE AREAS					
Skating Ready Position Forward Stride Edge Control Control Turn Forward Start (right/left) Crossover Start Forward Crossunder Control Stop Backward Skating Backward Stop	Puck Control Change of Pace Slip Through Slip Across Fake Shot Spin Around Double Shift Stop and Go Grandstand Attack the Triangle	Passing & Receiving Snap Flip Receiving (Skate) Receiving (Hand) Saucer Pass Change of Pace	Shooting Wrist Shot Backhand Snap Flip Slap One Timing	Checking Covering Shoulder Check Hip Check Playing Angles Stickchecking	Goalkeeping Skate Saves Stacking Pads V-Drops Rebounds Situations Handling & Passing the Puck