
RAHA HOCKEY DEVELOPMENT

Coaching & Player Development Guidelines & Expectation



AUGUST 1, 2017
ROSEMOUNT AREA HOCKEY ASSOCIATION



Purpose of the Coaches/Players Development Handbook

As the RAHA organization continues to grow and strengthen, it is important that we set specific standards and expectations of our coaches and players at each level of play. You have been provided many materials from Minnesota Hockey and USA Hockey to help support what you can do during practice time. RAHA is now providing you the skills you should focus on and how often you should be focusing on them to help create consistency across our organization regardless of which of the several dozen coaches the players have.

Expectations of Coaches

1. Be prepared for every practice. You should have a written plan for every practice that can be shared.
2. Be positive – players that are encouraged positively become more confident players
3. Be on time to practice – have a pre practice ritual to prepare your players for practice
4. Respect your players – do not degrade them for any reason
5. Follow the player development model provided. This is a roadmap to help all of our players develop in our association
6. Communicate with your families – a weekly email should go out with the next weeks happenings
7. Assess your players mid-season and provide individual feedback to the families

Coaches Checklist

- Did you set goals and objectives for your practice?
- Does each of your drills have a specific purpose?
- Are the drills suitable to the age and skill level of your players?
- Do you teach new skills and drills early in practice?
- Can you or a coach on your staff explain and demonstrate each drill?
- Do you include and utilize your assistant coaches effectively?
- Do you observe, evaluate, and give feedback throughout practice?
- Did you stop drills when there is error or general lack of effort?
- Do you emphasize fun?



RAHA Hierarchy of Development





Rosemount Area Hockey Association – Hockey Development Core Skills

Mini-Mite/6U

Technical Skills (100%) – Fundamental Skills Required to Play the Game

Balance & Agility	Starting & Stopping	Forward Skating	Backward Skating	Turning
<input type="checkbox"/> Basic Stance <input type="checkbox"/> Getting Up <input type="checkbox"/> Balance on 1 Foot <input type="checkbox"/> Gliding on 2 Skates	<input type="checkbox"/> T-Start <input type="checkbox"/> Front V-Start <input type="checkbox"/> Backward C-Cut Start <input type="checkbox"/> 2 Foot Parallel Start	<input type="checkbox"/> C-cuts – Left/Right foot – Alternating <input type="checkbox"/> Forward Stride	<input type="checkbox"/> C-cuts – left / right foot <input type="checkbox"/> Gliding on 2 skates	<input type="checkbox"/> Glide Turns <input type="checkbox"/> Tight Turns <input type="checkbox"/> C-Cuts – around circle – outside foot – forward & backward <input type="checkbox"/> Crossovers (Forward)

Passing & Receiving	Shooting	Puck Control
<input type="checkbox"/> Stationary (Forehand, Backhand) <input type="checkbox"/> Moving (Forehand, Backhand)	<input type="checkbox"/> Sweep shot (Forehand) <input type="checkbox"/> Wrist Shot (Forehand)	<input type="checkbox"/> Stationary Control (Stance, Narrow, Wide) <input type="checkbox"/> Moving Control (Narrow, Wide)

RAHA SKILL DEVELOPMENT GUIDELINES FOR COACHES														
	Conditioning	Forward Skating	Backward Skating	Stopping and Turning	Puck Control	Passing	Shooting & Scoring	Stick Checking/Angling	Body Checking	Systems	Specialty (faceoffs, shot blocking, etc.)	Small-Area Games	Fun & Games	
Mini-Mite	0.00%	55.00%	5.00%	5.00%	5.00%	2.50%	2.50%	0.00%	0.00%	0.00%	0.00%	0.00%	25.00%	100%



Rosemount Area Hockey Association – Hockey Development Core Skills

Mite/8U

Technical Skills (75%) – Fundamental Skills Required to Play the Game

Balance & Agility	Starting & Stopping	Puck Control	Backward Skating	Turning
<input type="checkbox"/> Gliding on 1 Skate-Forward & Backward <input type="checkbox"/> Lateral Crossovers	<input type="checkbox"/> Backward crossover start <input type="checkbox"/> 1 o'clock– 11 o'clock <input type="checkbox"/> Outside leg stop <input type="checkbox"/> 1 leg backward stop + restart <input type="checkbox"/> 2 leg backward stop + restart	<input type="checkbox"/> Stationary (side-front-side) <input type="checkbox"/> Stationary Toe Drag (side & front) <input type="checkbox"/> Open ice carry – forehand & backhand <input type="checkbox"/> Weaving w/puck <input type="checkbox"/> Moving Toe Drag (side & front) <input type="checkbox"/> Puck in feet	<input type="checkbox"/> Gliding on 1 Skate	<input type="checkbox"/> Backward crossover <input type="checkbox"/> Pivots – backward to forward and forward to backward <input type="checkbox"/> Pivots – open & reverse

Passing & Receiving	Shooting	Edge Control		Warm-ups (Pre-Activity)
<input type="checkbox"/> Moving pairs passing <input type="checkbox"/> Lead Pass	<input type="checkbox"/> Sweep Shot (Backhand) <input type="checkbox"/> Wrist Shot (Backhand) <input type="checkbox"/> Flip Shot (Forehand)	<input type="checkbox"/> Figure 8's – Forward inside & outside edge <input type="checkbox"/> Figure 8's – Backward inside & outside edge		<input type="checkbox"/> Arm Circles <input type="checkbox"/> Trunk Rotations <input type="checkbox"/> Leg Swings front to back <input type="checkbox"/> Leg Swings side to side <input type="checkbox"/> High Knee <input type="checkbox"/> Heel Kicks

Individual Tactics (15%) – Action by a player using one or a combination of technical skills to create an advantage

Offensive Tactics	Defensive Tactics
<input type="checkbox"/> Body fakes <input type="checkbox"/> Stick fakes	<input type="checkbox"/> Angling



Team Tactics (5%) – Collective action by 2 or more players using technical skills or individual tactics to create or takeaway and advantage

Offensive Tactics	Defensive Tactics
<input type="checkbox"/> 2 on 1 Spacing	<input type="checkbox"/> Gap Control
<input type="checkbox"/> 3 on 2 Spacing	

Team Play (5%) – Pattern of play which requires a coordinated movement by all players (**Start in February**)

Offensive System	Defensive System
<input type="checkbox"/> Offensive zone Positioning	<input type="checkbox"/> Defensive Zone Positioning
<input type="checkbox"/> Onside/Offside	

RAHA SKILL DEVELOPMENT GUIDELINES FOR COACHES														
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Mite-Begin	0.00%	52.50%	5.00%	7.50%	5.00%	5.00%	5.00%	0.00%	0.00%	0.00%	0.00%	0.00%	20.00%	100%
Mite-Interm	0.00%	45.00%	7.50%	10.00%	5.00%	5.00%	5.00%	2.50%	0.00%	0.00%	0.00%	0.00%	20.00%	100%
Mite-Advan	0.00%	30.00%	10.00%	10.00%	7.50%	10.00%	7.50%	2.50%	0.00%	2.50%	0.00%	5.00%	15.00%	100%



Rosemount Area Hockey Association – Hockey Development Core Skills

Squirt/10U

Technical Skills (60%) – Fundamental Skills Required to Play the Game

Forward Skating	Shooting	Puck Control	Backward Skating	Passing & Receiving
<input type="checkbox"/> One leg weaving	<input type="checkbox"/> In motion wrist shot <input type="checkbox"/> Snap shot (low) <input type="checkbox"/> Slap shot (low) – end of season	<input type="checkbox"/> Moving (side-front-side)	<input type="checkbox"/> One leg weaving <input type="checkbox"/> Backward sculling	<input type="checkbox"/> Stationary Saucer pass (forehand & backhand) <input type="checkbox"/> Moving bank pass (forehand & backhand) <input type="checkbox"/> Pass and follow <input type="checkbox"/> Moving Saucer Pass

Individual Tactics (15%) – Action by a player using one or a combination of technical skills to create an advantage

Offensive Tactics - DZone	Offensive Tactics-OZone	Offensive Tactics	Offensive Tactics	Defensive Tactics-DZone
<input type="checkbox"/> Escape Moves <input type="checkbox"/> Puck retrieval <input type="checkbox"/> Direct pass – wall <input type="checkbox"/> Direct pass - midlane	<input type="checkbox"/> Net drive <input type="checkbox"/> Middle drive <input type="checkbox"/> High Delay <input type="checkbox"/> Wrap around	<input type="checkbox"/> Attack triangle – puck under stick <input type="checkbox"/> Change of pace <input type="checkbox"/> Fake pass <input type="checkbox"/> Fake shot – deke <input type="checkbox"/> Puck protection	<input type="checkbox"/> Defender as screen <input type="checkbox"/> Picks and screens <input type="checkbox"/> Defensive stagger <input type="checkbox"/> Flat skating <input type="checkbox"/> Control skating <input type="checkbox"/> Saving Ice	<input type="checkbox"/> Puck carrier behind net <input type="checkbox"/> Corner – into/out of <input type="checkbox"/> Net front <input type="checkbox"/> Point <input type="checkbox"/> Side boards

Defensive Tactics	Defensive Tactics	Face-offs
<input type="checkbox"/> Changing directions <input type="checkbox"/> Active stick <input type="checkbox"/> Positioning <input type="checkbox"/> Pinching <input type="checkbox"/> Gap Control <input type="checkbox"/> Pressure or contain	<input type="checkbox"/> Tracking <input type="checkbox"/> Backside pressure <input type="checkbox"/> Head on swivel <input type="checkbox"/> Play non-puck carrier – no pass <input type="checkbox"/> Play puck carrier w/pressure	<input type="checkbox"/> Techniques



Team Tactics (10%) – Collective action by 2 or more players using technical skills or individual tactics to create or take away an advantage

Defensive Tactics-OZone	Defensive Tactics-DZone	Defensive Zone	Offensive Tactics-DZone	Tips & Deflections
<input type="checkbox"/> Role of F1 <input type="checkbox"/> Role of F2 <input type="checkbox"/> Role of F3 <input type="checkbox"/> Role of D1 <input type="checkbox"/> Role of D2	<input type="checkbox"/> Role of F1 <input type="checkbox"/> Role of F2 <input type="checkbox"/> Role of F3 <input type="checkbox"/> Role of D1 <input type="checkbox"/> Role of D2	<input type="checkbox"/> DZ Coverage – basic <input type="checkbox"/> DZ Coverage - rotation	<input type="checkbox"/> Rim Pass	<input type="checkbox"/> Stationary Tips

Team Play (10%) – Pattern of play which requires a coordinated movement by all players

Offensive Tactics-OZone	Offensive Tactics-NZone	Offensive Tactics-OZone	Off Ice Stickhandling	Warm-ups (Pre Activity)
<input type="checkbox"/> Low Delay <input type="checkbox"/> Attack Triangle <input type="checkbox"/> Walkout <input type="checkbox"/> Give & Go (corner) <input type="checkbox"/> Give & Go (behind net) <input type="checkbox"/> Low Cycle	<input type="checkbox"/> Stretch Skate & Pass <input type="checkbox"/> Chip Pass <input type="checkbox"/> Regroups <input type="checkbox"/> Cross & Drop <input type="checkbox"/> Pass & Follow <input type="checkbox"/> Give & Go <input type="checkbox"/> Headman	<input type="checkbox"/> Middle Drive <input type="checkbox"/> Wide Drive <input type="checkbox"/> Wide entry (high delay) <input type="checkbox"/> Low entry (low delay) <input type="checkbox"/> Crosses	<input type="checkbox"/> Bounce ball on blade <input type="checkbox"/> Flip ball-knock down <input type="checkbox"/> Narrow & wide <input type="checkbox"/> Side-front-side <input type="checkbox"/> Toe drag (front & side) <input type="checkbox"/> One touch pass (forehand/backhand) <input type="checkbox"/> Saucer Pass (forehand/backhand) <input type="checkbox"/> Freestyle	<input type="checkbox"/> Hip Abduction Walks <input type="checkbox"/> Lunges <input type="checkbox"/> Squat jumps <input type="checkbox"/> Power Leap <input type="checkbox"/> Side to side bounding <input type="checkbox"/> Agility Cones

RAHA SKILL DEVELOPMENT GUIDELINES FOR COACHES														
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Squirt C	0.00%	55.00%	7.50%	7.50%	7.50%	5.00%	5.00%	2.50%	0.00%	0.00%	2.50%	0.00%	7.50%	100%
Squirt B	0.00%	37.50%	10.00%	10.00%	10.00%	10.00%	7.50%	2.50%	0.00%	2.50%	2.50%	2.50%	5.00%	100%
Squirt A	5.00%	20.00%	10.00%	10.00%	12.50%	12.50%	10.00%	5.00%	0.00%	5.00%	2.50%	5.00%	2.50%	100%