

14U/BA Skill Development
Adapted from USA Hockey Skill Progressions

Body Contact

Players are now at the age where body checking is allowed in games. Coaches should incorporate drills in practice that teach the skills related to good body contact and body checking. As these are very important skills, these drills should occur in every practice. The drills should focus on balance, stick position, angling, body contact, receiving a body check, delivering a body check, etc. Coaches should also teach players to check with a purpose (that purpose being to make body contact with the puck carrier in an effort to gain possession of the puck). Therefore, when delivering a body check, players should keep the blade of their stick on the ice and maintain stick-on-stick position. Refer to Checking the Right Way for Youth Hockey for information and drills related to body contact and body checking.

Practice Should Focus On (percentage of time listed after each):

- Individual skill improvement (hockey skills and activities) – 50%
- Hockey sense (teaching of concepts through small-area games) – 35%
- Systems (team-play training) – 15%

While these percentages are approximations, they emphasize that individual skills are the most important part of development at this age and that the majority of practice time should be spent improving them. The percentages also indicate that teaching hockey sense is still as important as teaching systems and teamplay training.

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
 - h. fighting and attempt to injure
3. Penalties
 - a. minor
 - b. major

- c. misconduct
- d. penalty shot

Individual Hockey Skills

Players should 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
- 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 turn
- 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
- w. balance (use edges)

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 and go

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
 - 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. stick position in scoring areas
 - k. 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) and 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. puckhandling
 - i. stopping the puck behind net
 - ii. passing the puck- forehand/backhand
 - iii. clearing the puck- forehand/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/even)
 - vi. face-offs in the defensive zone
 - vii. communication with teammates

Team Concepts

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
 - h. offensive principles: pressure, transition, support
 - i. cycling

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

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.