



PERINTON YOUTH HOCKEY

Player & Coaching Development Program

2003 – 2004

Player & Coaching Development Program

Mission Statement

The primary goal of the PYH Player and Coaching Development Program for the 2003-2004 season is to develop, identify and formalize points of emphasis for the development of our players. Additionally, the Player Development Board will develop a minimum set of development standards for each level and will provide our coaches with the tools and resources to attain these objectives.

The PYH Player & Coaching Development Board is focused on enhancing the skill development of all players. We believe that this can best be accomplished by allowing coaches to balance teaching the game of hockey through their beliefs yet focusing on specific areas of development that the board feels provide the essential fundamentals. By focusing on the following fundamental, we feel that PYH will continue to set themselves apart from other organizations.

It is the recommendation of the Player Development Board that PYH focus on the following:

1. **Skating** – Continue to be known as an Organization that develops good skaters. Focus on “**Speed**”, quick feet mobility & agility.
2. **Passing** – Emphasis the importance of passing
3. **Read & React** – develop this skill through situational play ie. 2 on 1 & Small Ice Games
4. **Keeping it Fun!!**

It is also recommended that a specific amount of practice time be allocated to these objectives. We will distribute drills that we would like to see incorporated in team practices as well as provide a video tape showing these drills.

Additionally, we will implement minimum standards of individual skill development and team play for each level from Mites through Midgets based on the guidelines established by USA Hockey. It is our hope to establish a teaching system that incorporates the development of both the systems and skills that will progress from year to year.

We have begun and will continue to develop a PYH Manual that will include teaching of specific systems and suggested drills to introduce these systems while focusing on the skills that need to be developed to execute these drills and systems.

2003 – 2004 Player & Coaching Development

As stated in the mission statement, the PYH Player & Coaching Development Group is focused on enhancing the skill development of all players. We believe that this can best be accomplished by allowing coaches to balance teaching the game of hockey through introducing systems yet focusing on the development of the skills necessary to perform such systems. We have based a minimum standards of individual skill development and team play for each level from Mites through Midgets based on the guidelines established by USA Hockey. It is our hope to establish a teaching system that incorporates the development of both the systems and skills listed below that will progress from year to year.

Systems and Skills

SYSTEMS

I. DEFENSE

Forechecking

- 2 – 1 – 2
- 1-2-2
- 2-3

Backchecking

- 2 – 1 – 2

Defensive Zone Coverage

- Zone
- Box + one
- 3 on 3 down low
- Man to Man

II. OFFENSE

Breakout

- 2 – 1 – 2
- 1-2-2
- 2-3

Transition

- Quick counter
- D to D

Entering the Zone

- Attack the net
- Trailer Pass
- Escape
- Lateral
- Off-Wing Trailer
- Center Stop

Offensive Zone

- Triangle
- Cycling

SKILLS

Skating

- Edge control
- Start, Stride & Stops
- Quick Feet/Wide turns vs Tight turns
- Mohawk turns
- Escapes

Puckhandling

- Dribbling
- Attack the Triangle – Laterals, Pulls
- Puck Protection

Passing

- One touch – giving/receiving;for/back
- Trailer pass
- Drop pass
- Dead zone(cycling) pass

Shooting

- Wrist, Snap & Slap Shots
- Backhand
- Shooting off the pass
- Shooting Off the Back Foot
- Tips & Rebounds

Checking

- Stick checks – poke, lift & press
- Body block vs body check
- Angling

Reading and Reacting

- Reading the puck carrier
- Offensively & Defensively
- Read the play as the puck carrier
- Read and Pass
- Reading the Situational play
- 1-1, 2-1, 3-1, 3-2, 3-3

We have begun and will continue to develop a PYH Manual that will include teaching of specific systems and suggested drills to introduce the system while pointing out the skills that need to be developed. For example, we would like each coach to teach and utilize the four basic breakouts as outlined in the breakout attachment. Similarly, it is recommended that each coach break the game down to basic situation play as described in the basics attachment.

It is important that each coach realize that as an organization we want to continue to develop exceptional skaters. As a result, it is highly recommended that the drills outlined in the skating document be utilized by all coaches. We also want the coaches to implement the passing drills.

Finally, we want to remind every coach to Keep it Fun! By using small ice games you can develop skills as well as making it fun for the players.

Mite Skill Progressions

At the Mite level, players should focus on the skill progressions listed below:

Individual Hockey Skills

Players must learn and master:

1. Skating
 - edge control
 - ready position
 - forward start
 - forward stride
 - control stop (two-foot snowplow, one-foot snowplow)
 - backward skating
 - backward stop
 - control turn
 - forward crossover
2. Puck Control
 - lateral dribble
 - forward-to-backward dribble
 - diagonal dribble
 - attacking the triangle
 - forehand shift
 - accelerating with the puck
 -
3. Passing and Receiving
 - forehand
 - backhand
 - receive (stick)
 - eye contact
4. Shooting
 - wrist
 - backhand
5. Checking
 - poke check
 - hook check
 - lift the stick check
6. Goalkeeping
 - basic stance
 - parallel shuffle
 - lateral t-glide
 - forward and backward moves
 - stick save
 - body save
 - glove save

Team Play

Players must understand and learn:

1. Offense
 - positional offense
 - offense in the offensive zone
 - offense in the defensive zone
2. Defense
 - territorial defense
 - one-man forechecking
 - basic defensive zone coverage

Squirt Skill Progressions

At the Squirt level, players should focus on the skill progressions listed below:

Individual Hockey Skills

Players must learn and master:

1. Skating

- edge control
- ready position
- forward start
- forward start right/left
- forward stride
- control stop
- one-foot stop
- backward skating
- backward stop
- control turn
- forward crossover
- backward crossover
- mohawk
- lateral skating

2. Puck Control

- lateral side-to-side dribble
- forward-to-backward dribble
- diagonal dribble
- attacking the triangle
- forehand shift
- backhand shift
- change of pace
- puck protection
- give and take
- accelerating with puck

3. Passing and Receiving

- forehand
- backhand
- flip - saucer pass (forehand and backhand)
- receiving (stick)
- receiving (skate)
- indirect (board) pass

4. Shooting

- wrist
- backhand
- flip
- screen and deflection
- rebounding

5. Checking

- poke check
- hook check
- lift the stick check
- covering
- gap control concept
- body positioning - angling

6. Goalkeeping

- basic stance
- parallel shuffle
- lateral t-glide
- forward and backward moves
- stick save
- body save
- glove save
- leg save
- skate save
- stacking pads
- "V" drop
- rebounds

Team Play

Players must understand and learn:

1. Offense

- positional offense
- offense in the defensive zone
- offense in the offensive zone
- face-offs
- one-on-one confrontations
- triangle offense
- box offense

2. Defense

- entering the zone
- territorial defense
- one-man forechecking
- two-man forechecking
- backchecking principles
- basic defensive zone coverage

Pee Wee Boys Skill Progressions

At the Pee Wee level, players should focus on the skill progressions listed below:

Individual Hockey Skills

Players should continue to master all of the skills for the previously mentioned levels, including the following:

1. Skating
 - edge control
 - ready position
 - forward start right/left
 - forward stride
 - one-foot stop
 - backward skating
 - forward crossover
 - backward crossover
 - mohawk
 - lateral skating
 - backward crossunder start
 - backward two-skate stop
 - backward power stop (one skate)
2. Puck Control
 - forehand shift
 - backhand shift
 - change of pace
 - slip through
 - slip across
 - puck off the boards
 - puck protection
 - give and take
 - backward puck control
3. Passing and Receiving
 - forehand
 - backhand
 - snap
 - receiving with the stick
 - receiving with the skate
 - receiving with the hand
 - surround the puck
 - one-touch pass
 - indirect (board) pass
 - flip - saucer pass (forehand and backhand)
 - wrap around
 - breakout
 - alley-oop
4. Shooting
 - wrist
 - backhand
 - snap
 - flip
 - slap
 - fake shot
 - rebounding
 - tipping
5. Checking
 - poke check
 - hook check
 - stick press
 - lift the stick check
 - covering
 - receiving a check
 - shoulder check
 - angling - steering - deflecting
 - gap control
6. Goalkeeping
 - parallel shuffle
 - lateral t-glide
 - forward and backward moves
 - glove save
 - leg save
 - skate save
 - stacking save
 - "V" drop
 - playing the angles
 - rebounds
 - situations

Team Play

Players should understand and learn:

1. Offense
 - offense in the defensive zone
 - offense in the neutral zone
 - offense in the offensive zone
 - power play systems
 - face-offs
 - one-on-one confrontations
 - two-on-one confrontations
 - entering the zone
2. Defense
 - territorial defense
 - one-man forechecking
 - two-man forechecking
 - backchecking
 - center-on-point defensive coverage
 - wings-on-point defensive coverage
 - man-short situations
 - one-on-one confrontations
 - shot blocking

Bantam Skill Progressions

At the Bantam level, players should focus on the skill progressions listed below:

Individual Hockey Skills

Players should continue to master all the previous skills listed as well as the following:

1. Skating
 - quickness
 - speed
 - agility
 - power
2. Puck Control
 - change of pace
 - slip through
 - slip across
 - slip around
 - fake shot
 - spin around
 - stop and go
 - grand stand
 - puck protection
3. Passing and Receiving
 - surround the puck
 - receiving (skate)
 - receiving (hand)
 - one-touch pass
 - indirect (board) pass
 - flip - saucer pass (forehand and backhand)
 - alley-oop
 - breakout
 - wrap around
4. Shooting
 - wrist
 - backhand
 - snap
 - flip
 - slap
 - one-timer
 - tipping
 - rebounding
 - approach to net
 - close in shots (yo-yo pull, roof)
5. Checking
 - covering
 - gap control
 - angling
 - shoulder check
 - taking a check
 - hip check
 - body check
 - block check
 - roll check
 - backchecking
 - angling - steering - deflecting
6. Goalkeeping
 - skate save
 - stacking the pads
 - "V" drop
 - playing angles
 - rebounds
 - situations
 - moving behind the net
 - stopping the puck along the boards
 - poke checking

Team Play

Players should understand and learn:

1. Offense
 - offense in defensive zone
 - offense in neutral zone
 - offense in offensive zone
 - power play systems
 - face-offs
 - principles: pressure, transition, support, control
 - triangulation
 - cycling
2. Defense
 - one-man forecheck
 - two-man forecheck
 - backchecking (neutral zone)
 - center-on-point defensive coverage
 - wings-on-point defensive coverage
 - man-short situations
 - principles: pressure, transition, support, control
 - defense in defensive zone
 - defense in neutral zone
 - boxing out

Midget Skill Progressions

At the Midget level, players should focus on the skill progressions listed below:

Individual Hockey Skills

Players should continue to master all the skills listed for the previous levels including the following:

1. Skating
 - all the skills mentioned in the above levels and add power, speed, quickness and agility.
 - forward reverse stepout
2. Puck Control
 - fake shot
 - spin around
 - slip around
 - double shift
 - stop and go
 - grandstand
 - change of pace
 - puck protection
3. Passing and Receiving
 - surround the puck
 - snap
 - receiving (skate)
 - receiving (hand)
 - block and drop
 - one touch pass
 - flip - saucer pass (forehand and backhand)
 - wrap around
 - breakout
 - alley-oop
4. Shooting
 - wrist
 - backhand
 - snap
 - flip
 - slap
 - one timer
 - inside shot
 - drive shot
 - roofing
5. Checking
 - covering
 - taking a check
 - shoulder check
 - hip check
 - angling
 - body check
 - positioning
 - closing the gap
 - pinning
 - backchecking
 - body position
 - contain/stall
 - block check
 - roll check
6. Goal Keeping
 - playing angles
 - situations
 - rebound control
 - moving behind the net
 - stopping the puck along the boards
 - poke checking
 - positioning
 - face-offs
 - deflection and screens
 - play at the post
 - clearing/passing

Team Play

Player should understand and learn:

1. Offense
 - offense in the defensive zone
 - offense in the neutral zone
 - offense in the offensive zone
 - power play systems
 - face-offs
 - transition
 - support
 - puck control
 - dump ins
 - wide rim
 - cycling
 - attacking the zone
2. Defense
 - one man forecheck
 - two man forecheck
 - backchecking (neutral zone)
 - center on point defensive coverage
 - wing on point defensive coverage
 - man short situations
 - pressure
 - stall/contain
 - support
 - transition
 - zone coverage
 - man to man coverage
 - backside coverage
 - sagging coverage
 - shot blocking

