

Hockey Skills Challenge for Pee Wee and 12 & Under



COACH'S MANUAL



Skills Challenge

**Pee Wee
12 & under**

This coach's manual is intended to provide the instructions and tools to conduct the Pee Wee and 12 & Under Minnesota Hockey - HEP (Hockey Education Program) Skills Challenge.

Table of Contents

Introduction	3
Instructions	3
Skater Skill Testing Procedure	4
Skater Skill Test 1 - Stops, Starts & Control Turns	5
Skater Skill Test 2 - Forward, Backward & Forward Zig-Zag	5
Skater Skill Test 3 - Circle - Forward & Backward Pivots	6
Skater Skill Test 4 - Agility Skate Movements	6
Skater Skill Test 5 - Puck Control - Circle and Zig-Zag Pylons	7
Skater Tips to Speed Up Testing	8
Skater Skills Checklist	9
Goalie Skill Testing Procedure	11
Goalie Skill Test 1 - Forward, Backward Figure 8 with "C" Cuts	12
Goalie Skill Test 2 - 3 Shuffle Step Zig-Zag	12
Goalie Skill Test 3 - Half "V" Save with Pivot Zig-Zag	13
Goalie Skill Test 4 - "Y" Drill - Backward, Pivot, Shuffle Step & Half "V" Save	13
Goalie Skill Test 5 - 5 Puck Forehand Puck Clear Pass	14
Goalie Skill Checklist	15
Coaching Tips	17
Master Form	18

Introduction

Coach, you have a unique opportunity and responsibility because you are charged with teaching and developing your players' hockey skills. A player's success and ultimate enjoyment of the game is directly related as to how well you do that. The HEP "Skill Challenge" provides a guide for teaching and developing the skills required to play the game. There are three components to the skill challenge program.

- Coach's Manual - provides the instructions for the Skills Challenge program, instructions for the skill tests and a skill checklist.
- Player Evaluation Form - Each player receives a report of his test times at the beginning of the season and the end of the season and can compare his or her times with those at his or her level on a state-wide basis.
- "Skills Challenge" Website - Times for each players will be entered on the website and in real-time one can view the state-wide average time, top 10% time and best time for each classification of play.

A player's enjoyment of the game will be a direct result of how well they master the basic hockey skills. The "Skill Challenge" provides a guide as well as a measure as to how well a player is doing and the areas needing work. Practice makes permanent. Teach your player the proper techniques. Most importantly you are a skill instructor and not a drill instructor.

Practice the basic skills at every practice. Using the "Skills Challenge" checklist, plan your season so that you cover each of the skills. Use the "Skills Challenge" to communicate with the parents of your team. In the long run it is not your win-loss record that really counts, but whether or not you have been able to help your players learn and develop. Practice can be FUN if your players continue to get better.

Instructions

1. Introduce the Hockey Education Program Skills Challenge at your "Parent Meeting".
2. Conduct "Early Season" skill tests during first two weeks of practice.
3. Enter results of "Early Season" skill tests on the HEP Skills Challenge website.
4. Distribute "Participation Helmet Decal" to players having completed the "Early Season" skill tests.
5. Practice skills at every practice.
6. Conduct "Mid Season" skill tests (optional)
7. Conduct "Late Season" skill tests at the end of the season.
8. Enter results of "Late Season" skill tests on the HEP Skills Challenge website.
9. Complete the "Player Evaluation form" and distribute to players. Association, District and State results are available from the HEP Skills Challenge website.

Skill Test Procedure

The skill tests in this program are outlined on the following pages.

EACH TEST MUST BE SET UP ACCORDING TO ITS DIAGRAM

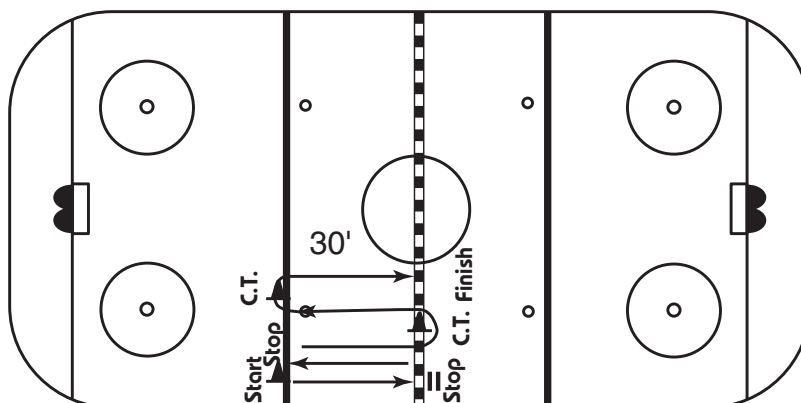
Testing Guidelines

1. Players must wear full protective equipment, including helmets and facemasks, for all tests. They always carry their stick.
2. Before doing each skills test, give a demonstration.
3. Have a starter at the starting line and signal the start with a whistle or a drop of the arm.
4. Where pylons are positioned. Use red magnum permanent marker to mark the exact location. Make sure the player skates around the pylon as outlined in each skills test.
5. If a player falls or loses the puck the first time, let them repeat. If a player falls or loses the puck the second time, they must get up and continue the test.
6. Make sure the player does not start to slow down until after he has crossed the finish line.
7. The timer starts the watch when the player begins movement. The timer stops the watch as soon as the first skate crosses the finish line.
8. To ensure uniform accuracy, time must be recorded to hundredths of a second.

Testing Equipment Required

- * Whistles
- * Stopwatches
- * 18 pylons
- * 100 foot measuring tape
- * Red Magnum permanent marker
- * Clipboards for each station
- * Pencils for recording scores
- * Hockey Skills Result Worksheet each station

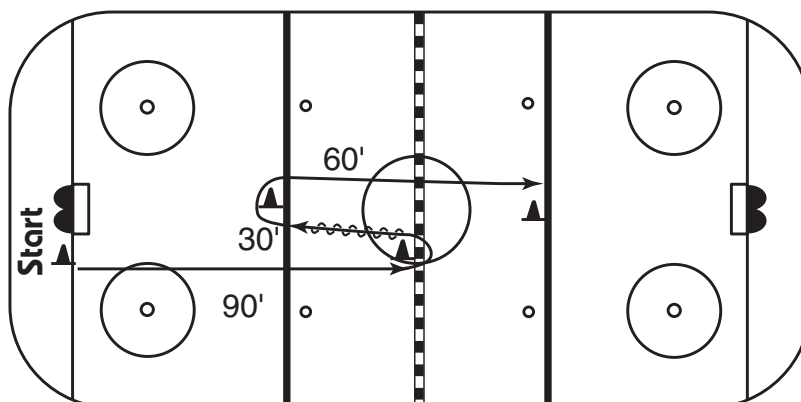
Skater Skill Test #1 - Stop, Starts & Control Turns



Stops/Starts & Control Turns

1. Distance - 30 feet. 4 pylons: one at Start Line (blue line) 5 ft. from the boards, a 2nd pylon on same blue line 15 ft. from boards, 3rd pylon on the red line 10 ft. from boards and the 4th pylon at the finish line on the red line 20 ft. from the boards.
2. Starter at Start Line & Timer at Finish Line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

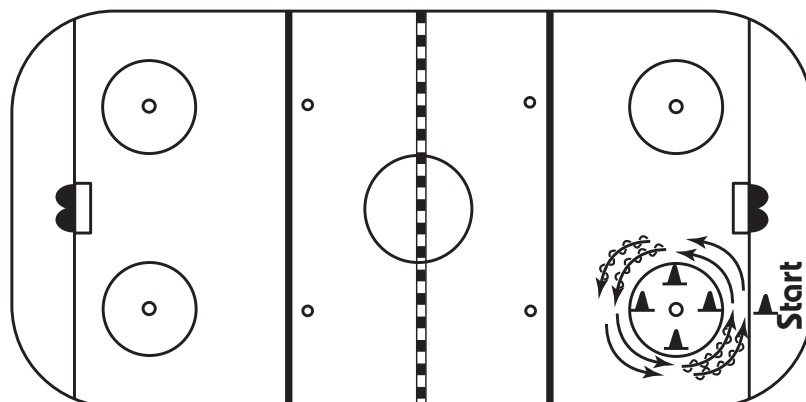
Skater Skill Test #2 - Forward, Backward, Forward Zig-Zag



Forward - Backward - Forward Zig-Zag

1. Distance - 90 feet to 120 feet. Place 1st pylon at Start Line (goal line) & 2nd pylon at Finish Line (red line). Also, place a 3rd pylon at the red line in line with start pylon and the 4th pylon at the near blue line (10 ft. wider than 3rd pylon)
2. Starter at Start Line & Timer at Finish Line.
3. Player starts with both skates behind the start line.
4. Start at goal line and skate forward to red line - step out backward at 3rd pylon and skate backward to 4th pylon, then step up forward and sprint to far blue line.
5. Timer stops watch when player's first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores.

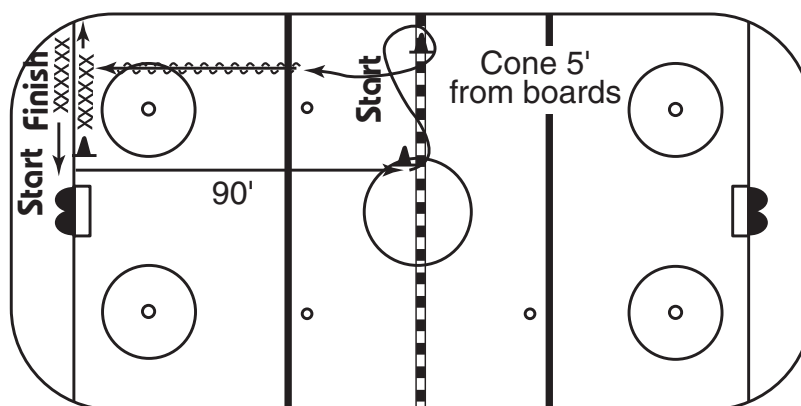
Skater Skill Test #3 - Circle - Forward & Backward Pivots



Circle - Forward & Backward Pivots

1. Place 4 pylons equal distance around a face-off circle. Place a 5th pylon on the goal line for start & finish.
2. Start & Timer at Start/Finish pylon.
3. Player skates 2 times around circle doing forward & backward pivots at pylons.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

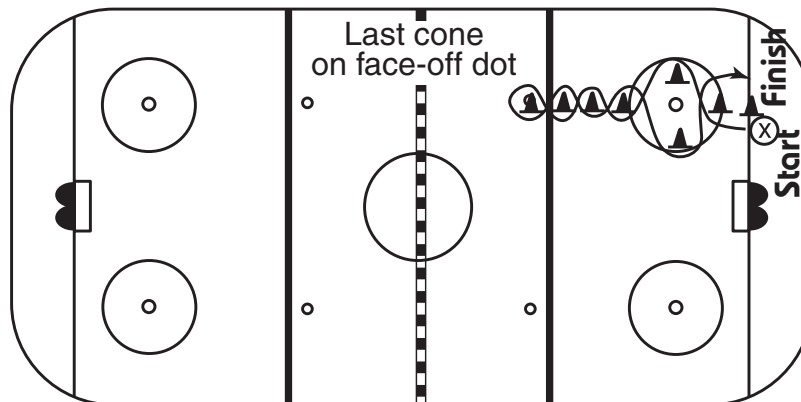
Skater Skill Test #4 -Agility Skate Movements



Agility Skate Movements

1. Distance - 90 feet. Place 1st pylon at start/finish line on goal line in line with inside edge of face-off circle. Place the 2nd pylon at red line, in line with start pylon. Place 3rd pylon at red line - 5 feet from boards.
2. Starter & Timer at Finish Line
3. Player starts with both skates behind the start line.
4. Player starts at 1st pylon and does lateral crossover steps to the boards and back to start cone. Player then skates forward to 2nd pylon at red line & does a control turn. At the 3rd pylon do an escape and skate forward to blue line. At blue line go backward to goal line.
5. Timer stops watch when player's first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores

Skater Skill Test #5 - Puck Control - Circle & Zig-Zag Pylons

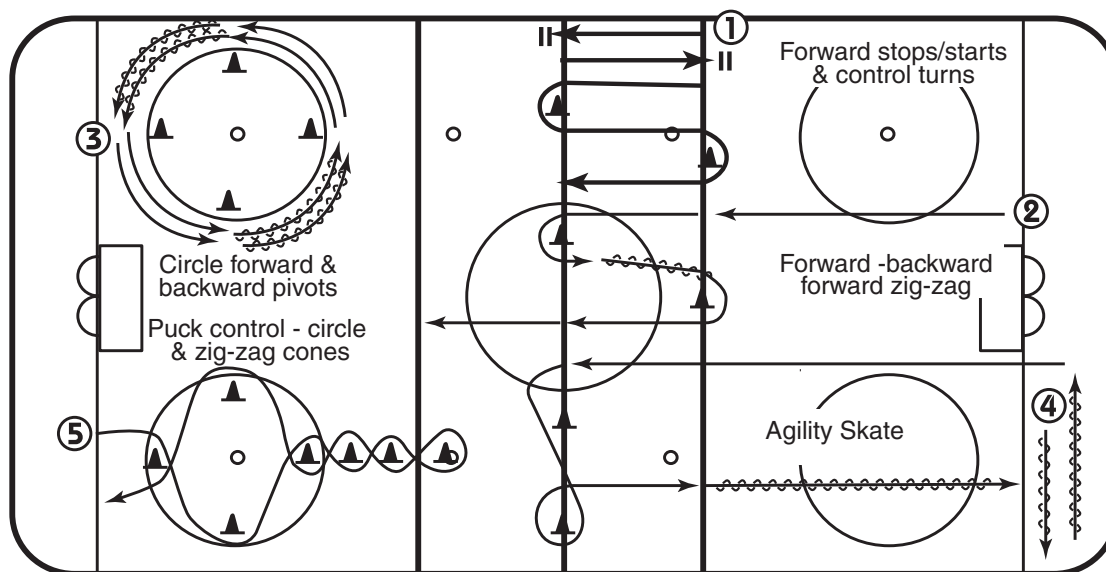


Circle & Zig-Zag Pylons

1. Place 4 cones equally around circle. Then place 3 more cones in a straight line (equal distances) up to the face-off dot just over the blue line. Place one cone on goal line for start & finish.
2. Starter & Timer at Start/Finish Line.
3. Player starts with both skates and puck behind the start line.
4. Timer stops watch when player's first skate crosses the finish line (not the puck).
5. Player weaves a pattern up & back through the 7 pylons.
6. Players will have 2 attempts at this test. Record both scores.

Tips to Speed Up Testing

To complete the drills quickly, it is possible to run 3-5 skills tests at the same time. This requires the assistance of extra people (starters, timers and possible recorders). Depending on how many teams are sharing the ice, please try and follow one of the sequences listed below.



1. All five stations set up at one time. Use red magnum permanent marker to mark the spot where each cone is placed.
2. There can be one to three teams on the ice at a time. Divide up the players into 5 groups. Make sure that the player's names for each team are on the correct score sheets.
3. You will need 5 starters and 5 timers/recorders.
4. Use tag board and number each station on the ice. This will make it easier for players to rotate from station to station.
5. Plan on 5 to 10 minutes at each station (depending on how many teams are being tested at one time).
6. Keep players in the same order when moving from one station to the next. Also, the clip board with the group skills score sheet travels with the players as they go from one station to the next station.
7. Hold each group of players till everyone in all the groups is finished at their station. When all station areas are finished, rotate groups.
8. Demonstrate each drill when the players rotate to the next station.
9. Warm-up players for 5 minutes before any drills are started.



Skills Challenge

Pee Wee
12 & under

Skater Skills Checklist

SKATING

MITE SKILLS 8 & UNDER

1. Aggressive Edge Control
2. Inside Edge Control
3. Forward Weight & Stick Shift
4. Forward Power Stride
5. Forward Start
6. Control Stops
7. Control Turn w/Crossunder Push
8. Backward Basic Stance
9. Backward Power Stride
10. Backward One Skate Stop
11. Backward/Forward Turns
12. Forward Crossovers with Crossunder Push

SQUIRT SKILLS 10 & UNDER

13. Backward Crossunder Start
14. Backward Crossovers
15. Backward Lateral Pumps
16. Backward Lateral Crossover Steps

PEE WEE SKILLS 12 & UNDER

17. Forward Reverse Step-Out
"When Changing Direction, Keep Chest on Opponent
When Changing Direction - Don't Turn Back On Opponent"

PUCK CONTROL

MITE SKILLS 8 & UNDER

1. Stick - Stance - Grip
2. Wrist Roll
3. Split Vision
4. Basic Dribbling Skills
5. Forward Stride With "Pulls"
6. Weave & Control Pulls
7. One Hand Puck Acceleration
8. Attacking the Triangle
9. Forehand & Backhand Shifts

11. Puck Protection

- "Use Body to Shield Puck from Opponent"
2 Techniques Used:
1. Drop One Arm Off Stick, Using it to Ward Off Defender. Keep skates Moving Using 'Scooter' Technique"
2. Use a series of Control Turns to Shield Defender from Puck. STRESS: Accelerating After Doing Control Turn"

12. Control Turns & Escapes

- "Place Puck to Side of Body Away from Defender"
"Blade of Puck is 'Cupped' Over Puck"

PEE WEE SKILLS 12 & UNDER

13. Backward Puck Control

- "Blade Surrounds the Top Side of Puck"
"Pull Puck Side to Side on Back Diagonal"

14. Puck Pass Off Boards

- "Passing the Puck Off the Boards & Going Around the Defender"

PASSING & RECEIVING

MITE SKILLS 8 & UNDER

1. Basic Elements
"Passing: Look-Slide-Guide-Point" - Eyes Up, Start Puck on Heel, Start Puck Near Back Skate, Sweep Puck Forward Towards Front Skate, Release Follow Through With Blade.
"Receive: Right Angle-Cup & Give" - 'Rt. Angle': Move Blade to Front Skate for Receiving Pass, 'Cup' Blade is Cupped Over Puck on Contact, 'Give': Relax the Wrist Upon Contact.
2. Forehand Pass
3. Backhand Pass
4. Stationary Passing
5. Continuous Moving Passes

PEE WEE SKILLS 12 & UNDER

9. Snap Pass

- "Pass Starts with the Blade 2-3 inches Behind the Puck"
"Quick Forward Thrust of Blade & Follow Through to Target"

10. Receiving Pass in Air

- Hand - "Use Glove to Deflect Puck to Ice - Can't Close Glove"
Stick - "Can Deflect with Stick Below Player's Waist"

11. Drop Pass

- "Puckcarrier Starts Drop Pass by Crossing in Front of Defender"
"Receiving Player Delays & Crosses in Back of Puckcarrier"
"Stop the Puck with Body Between Defender & Puck"

12. Trailer Pass (Back Diagonal)

- "Puckcarrier Enters Zone Wide & does a Back Diagonal Pass"
"Receiver Moves onto 'Seam' (Face-Off Dots) to Receive Pass"

13. One Touch Pass

- "Receiving - Quick Give of Blade...Release Pass - Without Pausing After Catching Puck"

14. Wrap or Ring Around Pass

- Off-Wing Side - "Catch Puck with Forehand Side of Stick"
Strong Wing Side - "Face Up Ice, Jam Blade Against Boards"

SQUIRT SKILLS 10 & UNDER

6. Indirect-Board Pass
"Use when a Defender is Between Passer & Receiver
Board Rebound Theory: "The Angle onto the Boards Equals the Angle Off the Boards"
7. Flip-Saucer Pass
"A Quick-Forceful-Forward-Upward Motion of the Blade"
"Puck Motion from Heel to Toe of Blade at Release"
8. Receiving Pass In Skate
"Skate Closest to Pass is Flat on Ice & Angled to Deflect to Stick"

Skater Skills Checklist - Continued

SHOOTING

MITE SKILLS 8 & UNDER

1. _____ **Mechanics of Shooting**
2. _____ **Forehand Sweep Shot**
3. _____ **Backhand Sweep Shot**
4. _____ **Screen & Deflections**
Screen: "Stand 1 Stick Length in Front of Goalie, Tripod Stance"
Deflect: "Keep Blade Flat on Ice & Rotate Blade to Deflect Puck A Different Direction"

SQUIRT SKILLS 10 & UNDER

5. _____ **Flip Shot**
"Wide Grip on Stick, Bend Nearest Knee & 'Scoop' up Puck on Toe Portion of Blade, Blade is Propelled High into Air"

CHECKING

MITE SKILLS 8 & UNDER

1. _____ **Poke check**
2. _____ **Stick Lift**
3. _____ **Stick Press**
4. _____ **Angling**

SQUIRT SKILLS 10 & UNDER

5. _____ **GAP Control Pressure**
Backward: "Close Gap on Puckcarrier as quickly as possible, but Maintain Speed, Force Opponent to Outside"
Forward: "Approach on Angle, Close Gap to Finish Check"
6. _____ **Backcheck**
"Take Inside Position, Must Use 'Swivel Head', Stay in Stick Contact, Angle Opponent to Outside"
7. _____ **Coverage in Defensive Zone**
"Stay Between Opponent & Goal, Maintain Stick or Body Contact"

TEAM PLAY

1. _____ **Defensive Team Play**

Team Skills Key Elements:

1. Forecheck Options:
 - a. 1-2-2
 - b. 2-1-2
2. Backcheck - Lane Responsibilities
3. "D" Zone: Box Plus One

2. _____ **Offensive Team Play**

Team Skills Key Elements:

1. 2 Quick Passes When Breaking Out:
Breakout Options: - D to W, D to C, D "Over" to D to W, D Counter, D to W Give & Go, D "Carry", D "Reverse"
2. Neutral Zone - Regroup Options:
- 3 Lanes - Width & Depth, Weave & Exchange Lanes

6. _____ **Rebounds**

"Anticipate Rebound Path of Shoot, Stick on Ice Weight on it, Drive The Rebound Shot High into Net"

PEE WEE SKILLS 12 & UNDER

7. _____ **Snap Shot**

"Draw Stick Back a Short distance, Explode the Blade Forward, Grip Tightens & Wrist Locked at Impact"

8. _____ **Slap Shot**

"Hands Wide Apart on Stick, Puck Centered Between Legs, Short Back Swing, Transfer Weight from Back to Front Leg, contact Ice 1/2 to 1 inch Behind Puck"

PEE WEE SKILLS 12 & UNDER

8. _____ **Contact Confidence**

Checked Into Boards - "Turns Skate Parallel to Boards, Put Stick & Gloves up on glass to Spread Out Force"
Checked Along Boards - "Keeps Skates Well Apart and Knees Bent, Press Forearm and Hip Against Boards"
Check in Open Ice - "Keep Skates Apart, Knees Bent, Move Toward Checker to Gain Momentum"

9. _____ **Body Blocks**

"Slow down the Opponent and Steer Them Toward Outside"
"Outside Shoulder Lined Up with Center Line of Opponent"
"Stress the Importance of Lateral Movement"

10. _____ **Take-Out or Rub-Out Check**

"Angling Very Important, Accelerate & get Hips in Front of Opponent, Checker's Hips Squeeze Out the Puck-carrier's Gloves...Separation Of Puck from Opp. Body"

11. _____ **Shoulder Check**

"Opponent Very Close - One Stride Forward Only, get Shoulder Lower than Opponent's Shoulder, Turn Back Skate Sideways to Drive into Check, Keep eyes on Chest, Put Stick Between Legs"

3. Entering Offensive Zone, Basic Plays:

- Entry Options:

- a. "PC" Drives to Middle in Front or Behind "D"
- b. Trailer Pass with Shot or Give & Go
- c. Double Drive-Weakside Trailer
- d. Escape & Pass to Middle or Cycle to Corner
- e. Cross & Drop Pass

- Trianglization once Inside Attack Zone

- Cycle Options:

- a. Curl Side Boards Give to "D" or Bump to Corner
- b. Curl Up Side Boards Step In & Shoot

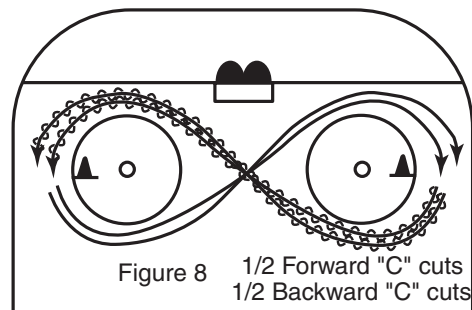
- Face-Off Options:

- a. Pull to "D" Shot (3-2)
- b. Pull to Slot "Wing" Shot (2-1-2)
- c. Pull to Board Side Back "Off-Wing" Shot (2-1-2)

Goalie Skill Testing Procedure

1. Goalies must wear full protective equipment, including helmet and facemask, for all tests.
2. Before doing the test, explain and give a demonstration.
3. Have a starter at the starting position and signal the start with a whistle or drop of an arm.
4. Where pylons are positioned, use red magnum permanent marker to mark exact location. Make sure goalies skate right up to the pylon as outlined in each test.
5. Goalies must always do their moves in the goalie stance (goalie ready position). Stick on ice, catch glove open to side, knees bent, and head up.
6. If goalie falls or loses puck on first attempt, let them repeat. If goalie falls or loses puck on second attempt they must get up and complete the test.
7. Make sure the goalies do not slow down until after they have crossed the finish line.
8. The timer starts the watch when the goalie begins movement and stops the watch as soon as they cross the finish line.
9. To ensure uniform accuracy, time must be recorded to hundredths (x.xx) of a second.

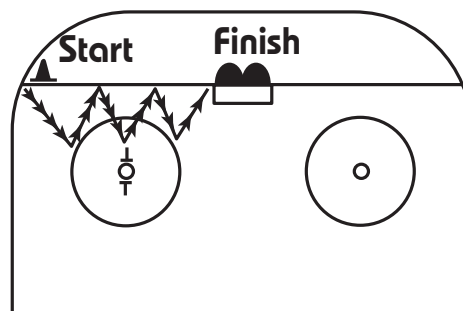
Goalie Skill Test #1 - Forward, Backward Figure 8 with "C" Cuts



Forward/Backward Figure 8 with "C" Cuts

1. Distance - Figure "8" pattern on two face-off circles at one end of rink. Place 2 pylons for start and finish at hash mark of the same circle, and place a 3rd pylon at the hash mark on far circle.
2. Starter at Start Line & Timer at Finish Line.
3. Goalie starts with both skates behind the start line. Stay in goalie stance going forward doing "C" Cuts following the circle making a 1/2 figure 8 pattern; at 3rd pylon on far circle goalie pivots to backward "C" cuts then goes one more time around doing forward on half the pattern and backward on the other half of the pattern.
4. Timer stops watch when Goalie's first skate crosses the finish line.
5. Goalies will have 2 attempts at this test. Record both scores.

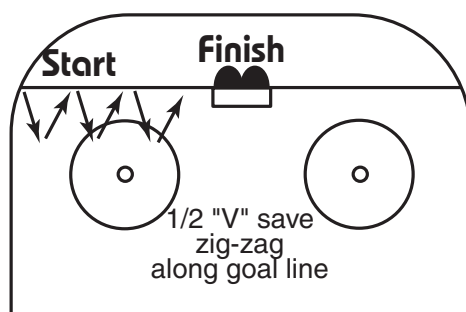
Goalie Skill Test #2 - 3 Shuffle Step Zig-Zag



3 Shuffle Step Zig-Zag

1. Distance - Follow the goal line starting at one side board.
2. Place pylon on goal line at side board, then place finish pylon on goal line at center of goal.
3. Starter is at start pylon and timer at finish pylon.
4. Goalie stance, do 3 shuffle steps on diagonal then pivot and do 3 shuffle steps on diagonal back to goal line. Continue this zig-zag pattern until 3 complete series are done on each side, a total of 6 series done.
5. Goalies should complete the pattern by the time they get to center of goal on goal line.
6. Timer stops watch when Goalie's first skate crosses the goal line.
7. Goalies will have 2 attempts at this test. Record both scores.

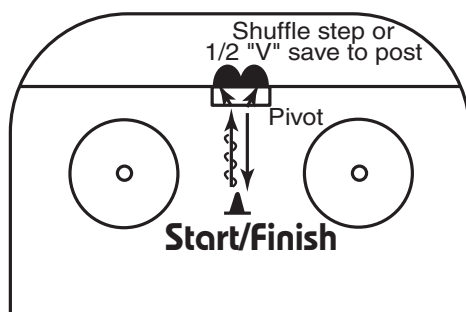
Goalie Skill Test #3 - Half "V" Save with Pivot Zig-Zag



Half "V" Save with Pivot Zig-Zag

1. Distance - Follow the goal line starting at one side board.
2. Place pylon on goal line at side board, then place finish pylon on goal line at center of goal.
3. Starter is at start pylon and timer at finish pylon.
4. Goalie stance, goalie makes half "V" save to right, pivots, then makes half "V" save to left; repeat this for a total of 6 times (3 to each side).
5. Timer stops watch when goalie's first skate crosses the goal line.
6. Goalies will have 2 attempts at this test. Record both scores.

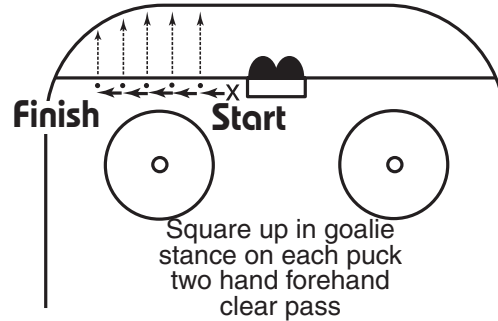
Goalie Skill Test #4 - "Y" Drill - Backward, Pivot, Shuffle Step & Half "V" Save



"Y" Drill - Backward, Pivot, Shuffle Step & Half "V" Saves

1. Distance - hash mark of circle to goal.
2. Place pylon in middle in line with circle hash marks. Make sure goal has pegs in place.
3. Starter/Timer at start pylon.
4. Goalie stance, goalie starts at pylon in line with hash marks, skate backward towards top of crease, then pivot to goal post doing stand up shuffle step, then immediately goes forward up to pylon and repeats to other side. The 3rd and 4th time through the goalie, after making pivot, does half "V" saves to goal post. Goalie finishes by skating forward past start cone.
5. Timer stops watch when goalie's first skate crosses the start pylon.
6. Goalies will have 2 attempts at this test. Record both scores.

Goalie Skill Test #5 - 5 Puck Forehand Puck Clear Pass



5 Puck - Forehand Clear Pass

1. Start by putting 5 pucks on goal line 3 feet apart.
2. Start at first puck and finish at last puck.
3. Goalie squares up to puck #1 in Goalie Stance.
4. Goalie does two-hand forehand clear to boards on puck #1, then immediately moves to 2nd puck and squares to puck #2 and does two-hand forehand clear to boards. Continue moving - squaring up & forehand clear with each puck.
5. Timer stops watch when goalie clears #5 puck and it hits the back boards.
6. Goalies have 2 attempts at this test. Record both scores.

Goalie Skills Checklist

MITES - 8 & Under

1. **Basic Stance**
"Skates Shoulder Width Apart & Knees Bent"....
"Hands Ahead of Body".... "Stick Blade Flat, Ahead of Skates"
2. **Forward & Backward Movement - "C" Cuts**
"Shift the weight from inside edge of one skate to the other"
"Stay low, glove up, stick down, eyes on puck"
"Stopping - Slight snowplow stop with one skate"
"Always keep Body Square to Puck"
3. **Stick Save**
Directly at Goalie - "Position Stick 4-6 inches in front of skate"
"Stay standing & relax, let the puck come to the stick"
"As the puck contacts stick CUSHION the shot, No Rebound"
Shot Just To The Side - "Move stick to one side & back up. The stick with skate turned".... "Stick arm works as a steering wheel & deflects shot to the side"

SQUIRTS - 10 & Under

6. **Parallel Shuffle**
"Stay Compact & Low".... "Lateral shuffle steps are short".... "Stick moves with lead leg, blade on ice, cover opening between the skates"
7. **Lateral T-Glide**
"Point lead skate in direction wanting to go".... "push off with the other skate".... "The two skates form the letter T" "Lead with the stick, keeping stick on ice"
8. **Pivots to Post**
"Shooter goes to one side - Goalie pivots body to face shooter at a right angle" "Most of the time - Pivot & Parallel Shuffle to Post"
9. **Telescoping**
"Challenging the Shooter - Movement forward toward the puck to reduce the body movement required to protect the goal"
10. **Skate Save**
"Shot Just to Side - Stand Up Skate/Stick Save - Make save with stick but back it up with skate save (rotate toe of skate to outside"
"Shot Heading for Corner of Goal - Split Skate Save - Leg away from shot, drop knee going laterally to puck side, strongside skate arcs out laterally with entire blade staying on ice, stick backs up behind heel of skate making the save"
11. **Leg Pad Save**
"Cushion shot on the leg pad, Raise buttocks slightly, thus straightening the knees slightly, it is important that this occurs just when the puck hits pad"
"Shot To One Side - Kick the puck with the leg pad, following through to direct it to the corner or side board"

4. **Catch Glove Save**
"Basic Position - Glove open, around knee high, ahead of body, filling open net"
"Shift body weight towards shot, eyes follow puck into glove"
5. **Blocker Glove Save**
"Basic Position - Stick Glove held at knee height, balanced with the catching glove on the other side"
"Hard shots - Deflect shot to corner by turning the wrist to outside at the moment of contact" or
"On Slower Shots - Bring Catch Glove across & trap shot against the stick glove"
12. **Body Save - Body Trap**
"Position Upper Body (Chest & Stomach) in front of Puck" "Bring both arms in to trap the puck against the body"
13. **Stacking Pads & Recovery**
"Desperation Save - Obtain as much height as possible with pads, stack one pad on top of the other and use the top arm to increase the height of the wall, bottom arm flush to ice"
14. **Half "V"**
"Drop the leg pad closest to the shot flat on the ice, upper body is upright & square to puck, stick blade on ice & moves to puck side covering the opening between the pads"
15. **"V" Drop**
"Drop to inside of knees & lower legs by fanning out the skates to the side, pads must be flush to ice"
"The upper body must remain upright with the glove open above the pad" "Stick blade is flat on the ice, covering up the "5" hole between the pads"
16. **Control Rebounds**
"Cushion the puck with stick save or pad save"
"Drop to knees & have stick out in front to protect puck from being knocked into goal"
"Place catch glove over top of puck"
17. **Playing the Angles**
"Goalie is out of net when the puck is in front"
"Goalie must be in middle of angle & centered on puck"
"Maintain the basic stance & squared to puck"
"Cut down shooter's vision of the net"
"Never give the shooter the short side"
"Play the puck, not the shooter's body"

Goalie Skills Checklist

PEE WEES 12 & Under

18. **Poke Check**

"Be in Goalie Stance - Grip stick just above wide part of the stick"

"As puck gets within range, stay square to puck and throw stick blade at puck by allowing the stick to slide through the hand until it hits the knob at the end of the stick"

19. **Handling the Puck**

"**One Hand Backhand Clear** - Turn stick perpendicular to pads, sweep backhand side of stick sideways contacting puck, always step sideways when sweeping stick to gain more power in clearing the puck"

"**Two-Hand Forehand Clear** - Throw stick out allowing stick to slide through hands to top of knob on stick, take catch glove and place on stick close to wide paddle part of stick, then sweep stick on forehand side clearing puck to side"

"**Setting Puck Up for Defensemen** - Control rebound, place puck to either side of goal about two feet from goal post on goal line, always tell/motion to "D" to what side the puck will be set up to"

"**Ring Around Shot - Set Up Behind Net** - Puck shot in around boards, goalie moves behind net from side puck shot in, jam stick to boards and stop puck behind center of net, continue around to front of net on opposite side"

20. **Shooting Situations**

"**Puck in Shooting Position** - Goalie maintains position on crease line, squared to puck location, if pass occurs, reposition on crease line"

"**Positioning Against a Stick Handling Shooter** -

As shooter approaches never move first, grudgingly retreat. Save options: pivot-stay on feet, poke check, pivot-half "V", full "V", stack the pads"

"**Playing A Two Player Rush** - Goalie should stay standing, cut down the shooting angle in relation to the position of the puck (do not try and play both players), square up to the player with the puck"

"**Screen & Deflected Shots** - "Screens" - Rule is to look low. Cover the lower part of the goal by performing 'V' Drop. "Deflections" - Recognize potential deflector & get close to their stick blade. Types of saves are: Half 'V' or 'V' Drop.

"**Breakaways** - Stay in stance, centered on puck, moving back at speed of the attacker. Goalie must be able to close off all open ice to post at time of deke. Types of Saves: Pivot, Parallel Slide to Post or Pivot, Stack Pads or Pivot, Half 'V'"

"**Positioning When Puck Behind the Goal Line** -

Hug the goal post with body & push skate against inside post, the stick is placed to side of net where puck is located, just in front of the skates...use stick to deflect pass or poke check the puck"

Coaching Tips

1. Plan practices in advance. Share your plan with your assistants.
2. Strive for a practice to game ratio of two or three practices to one game.
3. Make best use of the ice by using multiple stations. Keep as many players moving as possible.
4. Keep drills short in duration and change drills every 5 to 7 minutes.
5. Players should execute the drill a minimum of 4 times.
6. Use a white board to explain and diagram the drill.
7. If a drill isn't working, scrap it and go on to the next drill.
8. Be patient and positive.
9. Use the KISS principle (Keep It Simple Silly).
- 10 Use Fun Games, Cross-Ice Scrimmages and Small Area Games as alternatives to drills, which at the same time will develop skills and creativity. Always end practices with one of these.



Skills Challenge

Pee Wee
12 & Under

Season: _____

District: _____

Team: _____

Early/Late Test: _____

Association: _____

(Times should be recorded in hundredths seconds x.xx)

Player's Name (Last, First)	Skater Goalie	#1 Stop, Starts & Control Turns		#2 Forward, Backward & Zig-Zag		#3 Circle - Forward & Backward Pivots		#4 Agility Skate Movements		#5 Puck Control Circle & Zig-Zag Pylons	
		Forward, Backward Figure 8	Time #1	Time #2	Shuffle Step Zig-Zag	Time #1	Time #2	Save with Pivot Zig-Zag	Time #1	Time #2	Time #1