

U12 - REFINING SKILLS & INTRODUCING NEW SKILLS



MKSTORM

Skating

Balance & Agility	Edge Control	Starting & Stopping	Forward Skating & Striding	Backward Skating	Turning & Crossovers
<ul style="list-style-type: none"> Refining all skills from U8 & U10 	<ul style="list-style-type: none"> Refining all skills from U8 & U10 Bwd scissor skate - large 	<ul style="list-style-type: none"> Refining all skills from U8 & U10 	<ul style="list-style-type: none"> Refining all skills from U8 & U10 Forward striding - hands on stick on ice 	<ul style="list-style-type: none"> Refining all skills from U8 & U10 	<ul style="list-style-type: none"> Refining all skills from U8 & U10

Puck Control

Stationary Puck Control	Moving Puck Control	Stationary Passing & Receiving	Moving Passing & Receiving	Shooting
<ul style="list-style-type: none"> Refining all skills from U8 & U10 Figure 8's - one handed Body / stick - opposite Puck scoop - forehand / backhand Puck over stick - forehand / backhand Bounce puck on blade Flip puck up – knock down 	<ul style="list-style-type: none"> Refining all skills from U8 & U10 Body / puck - opposite Body / stick - opposite Puck scoop - forehand / backhand Backhand - one hand - with pylons Fake - flip puck 	<ul style="list-style-type: none"> Refining all skills from U8 & U10 Saucer pass - forehand / backhand Flip puck to partner - knock down pass back 	<ul style="list-style-type: none"> Refining all skills from U8 & U10 Moving saucer pass - forehand 	<ul style="list-style-type: none"> Refining all skills from U8 & U10 Snap shot - low Slap shot - low Stationary tips - out of air - forehand / backhand Stationary tips - between legs - forehand / backhand Moving tips - forehand / backhand

U10 - DEVELOPING SKILLS & INTRODUCING NEW SKILLS



MKSTORM

Tactics

Individual Offensive Tactics		Individual Defensive Tactics	Team Play
<ul style="list-style-type: none"> • Refining all skills from U8 & U10 • Gretzky move • The Chili dip • The slider • Drop & kick • Lacrosse move • Off wing one-hander • Stick through legs flip shot • Wraparounds • Change of pace • Fake pass • Fake pass - toe drag • Fake drop pass • Fake pass - shoot • Fake shot - deke • Fake wrist shot • Fake shot - pass • Puck protection basics / turnbacks / loose puck • Body / puck - opposite • Double fake • Slider • Drop puck in skates • Puck outside defenseman - body inside • Toe drag - puck off skate • Miss puck then deke • Flip puck over stick • Defender as a screen • Bounce puck off net • Close / available support • Picks & screens 	<ul style="list-style-type: none"> • Decoy skate • Defense stagger • Flat skating • Control skating • Facing the puck carrier • Saving ice • Puck retrieval - turnback / over pass / reverse pass • Rim / chip / area passes • Cross & lateral pass • Stretch skate & pass • Regroups • Low delay • Attack triangle • Fourth attacker • High / low walkout • Behind the net walkout • Fake wrap around - pivot & shoot / pass short side • Give & go - out of corner / behind net • Low / high cycle • Defence - back door 	<ul style="list-style-type: none"> • Refining all skills from U8 & U10 • Positioning • Redirecting the rush • Pinching • Gap control • Closing the gap • Stepping up • Pressure or contain • Tracking • Backside pressure • Head on a swivel • Body in shooting lane • Play non puck carrier - take away pass • Play puck carrier - with pressure Defensive zone • Puck carrier behind the net • Corner - into / out of • Net front • Point • Side boards • Activated defenseman Offensive zone • Middle / wide drive • Wide entry – high / low delay • Crosses Face-Offs • Technique – quick draw / hit stick / draw back forehand & backhand / body block / use feet / forward support 	<ul style="list-style-type: none"> • Role of F1 / F2 / F3 / D1 / D2 in Offensive zone • In Neutral zone – 2 on 1 / 3 on 2 / 2 on 2 / 3 on 2 / 1 on 2 / 3 on 3 tracking / 3 on 3 rush