



## MINOR-MAJOR BANTAM ON ICE DEVELOPMENT CURRICULUM



The Following outline is linked with the Ottawa Jr 67's Hockey Club Yearly Training Cur.

The following accommodations will be made for:

- Forwards vs. Defensemen in certain skills and tactics
- Those who play only one year Bantam with the club
- Those whose previous competitive playing experience was below AA

Working in close proximity with the coaching staff, the delivery of the on ice development sessions is based on the fundamental principals listed below:

**Repetition & Isolation of specific skating skills with puck progressions to enhance level of difficulty**

**Puck progressions:** Stickhandling, fakes, moves and dekes

**Variations of time, skating patterns, space, resistance and combinations will be added progressively**

**Skill is developed through continuous repetition (10 year rule, 10 000 h of practice)**

**Shooting , Passing and Receiving will be incorporated as the execution gets better**

**Fear of failure during execution of drills is to be addressed and eliminated as this is why we practice Drills, Intensity and level of difficulty will increase as players understand the concepts**

**All sessions will focus on the repetition and development of all basic individual skills required to take your level of play, confidence and speed to a higher level**

Areas of focus consist on:

### Skating

- Forward Skating / Starts & Stops (S&S) / Tight Turns (t/t) and Figure 8's
- Backward Skating / Starts & Stops (S&S) / Tight Turns (t/t) and Figure 8's
- Forward-Backward Transitions Left & Right side (L&R)
- Backward-Forward Transitions Left & Right side (L&R)
- Lateral Skating, reverse & open face pivot (L&R)
- Forward X-Over (L&R)
- Backward X-Over (L&R)
- Lower Body and Power Development
- Puck Battles
- Overspeed Drills

### Stickhanling

- Moves (inside/outside)
- Fakes (inside/outside)
- Dekes (inside/outside)
- Head, Shoulder, Passing and Shooting Fakes
- Dribbling
- Puck Protection

### Passing

- Giving & receiving (Forehand/Backhand)
- Saucer, sweep (Forehand/Backhand)

### Shooting

- In motion
- One-timers
- Wrist/snap/slap/backhand
- Off-wing



### Concepts Used

- 1- End to End Progression
- 2- Stations
- 3- Resistance
- 4- Motion Circuits
- 5- Skate & Shoot
- 6- Flow
- 7- Game Simulations