



## MINOR-MAJOR MIDGET ON ICE DEVELOPMENT CURRICULUM



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

By the end of the year, all players will have been provided the tools, the knowledge the guidance and the direction to execute the following skills at game speed.

Combined with effort, will and determination, players will increase their level of speed, confidence and play to a greater level

Working in close proximity with the coaching staff, the delivery of the on ice development sessions is based on the combination of fundamental skills 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**

**Drills, Intensity and level of difficulty will increase as players understand the concepts**

Areas of focus consist on:

### Skating and thinking

Incorporation of all skating mvts in high speed drills

Entering the zone at full speed:

Passing

Receiving

Shooting

Protecting

Defending

Chasing

Analyzing

### Stickhanling

Moves (inside/outside)

Fakes (inside/outside)

Dekes (inside/outside)

Head, Shoulder, Passing and Shooting Fakes

Dribbling

Puck Protection

### Passing in motion

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