

Ottawa Jr. 67's AAA Hockey Club: BANTAM Curriculum

At the completion of two years of Bantam hockey in this club, each player should be able to execute, in a game situation, the following skills and tactics.

Accommodations may be made for:

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

(NOTE: "w/wo puck" means "with and without puck")

(NOTE: "Intro" means introduce in practice – game execution not absolutely necessary)

<i>Individual Skills:</i>
Tight turns to both sides: w/wo puck
Acceleration out of tight turns to both sides: w/wo puck
Crossover turns to both sides: w/wo puck
Scooting or driving to both sides: w/wo puck
Change of speed skating forward: w/wo puck
Backward skating agility, turns, ½ turns, pivots in both directions
Forward skating agility, including reverse turns and pivots in both directions
Stickhandling manoeuvres including (but not limited to): head/shoulder fakes, shooting fakes, inside/out & outside/in feints
Stickhandling in and out of "traffic"
Forehand and backhand passing
1-touch passing
Give and go passing
Saucer, bank, back, and flip passes
Shooting: wrist, sweep, backhand, slap, one-timer
Wraparounds: forehand and backhand – Intro.
Off-wing shooting – Intro.
Rebounding
Tip-ins and redirects – Intro.
Stickchecking
Puck protection
Bodychecking – give and receive: along boards
Pinning
<i>Combination Skills:</i>
All skating manoeuvres, forward & backward, w/wo puck
All skating manoeuvres with passing
All skating manoeuvres with passing and shooting

All skating manoeuvres with passing and shooting and checking/being checked
<i>Individual Tactics:</i>
1 on 1 using deke, feint, fake shot, change of speed
Drive to net, both sides
Walkouts
Delays & turn-ups
Breakaways – from all lanes
Screenshots
1 on 1 gap control
Goalside/inside body position
Angling for containment
Head on swivel
Pressure puck movement
Active stick
Pressure puckcarrier from front, side, rear
Faceoffs – draw or pull puck back
Faceoffs – sprint to hole
<i>Small Group Tactics</i>
<i>Defensive zone</i>
Support puck
Point coverage
Slot coverage
Sagging
Block passing lanes
2 on 2 low
Cover prime scoring area
Faceoff alignment
Controlled breakout from 1 pass
Fast long breakout
Breakout from def. carry
<i>Offensive zone</i>
Triangulation
2 –player cycling
Quiet zone setups
2 types of zone entries: 1 retaining possession, 1 from shoot-in
Faceoff alignment
Odd man rushes: shooting – back pass – wide lane pass
Forecheck pressure with 1 or 2 forwards
Forecheck with def. pinch
Contain forecheck with 1 or 2 forwards
<i>Neutral zone</i>
Def to def. passing
Quick turn-ups to forwards

Gain offensive zone on transition
Regroup with speed and quick puck movement
Specialty teams
<i>Power-play</i>
Breakout with 5
Principle of outnumbering along boards
Overload on zone entry
Use of 1-touch passes – Intro.
1 basic set-up with 1-2 options
Playing 5 on 3
<i>Penalty-Killing</i>
Use of 1-2 forecheckers
Pressure on pass through neutral zone
Active small box
Passive large box
Sagging
1 faceoff alignment (def. zone)
Neutral zone contain forecheck
Physical preparation
Pre and post-ice flexibility
Establishment of pre-season aerobic base
Increase in anaerobic threshold – Intro.
Awareness of muscular endurance and strength training – Intro.
Agility and balance
Application of nutritional and hydration guidelines
Mental training
Individual and team goal-setting
Team building
Game and practice routines
Ideal performance state – Intro.
Focus management – Intro.
Visualization – Intro.
Positive self-talk – Intro.
Relaxation techniques – Intro.