

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

Players entering Midget AAA are expected to have most, if not all, of the skills and tactical knowledge base from the Bantam curriculum. It is understood that the backgrounds of those not from the Jr. 67's will vary considerably. Nevertheless, in order for them to succeed in our Midget program, the majority of these skills and tactics should be at or near a game speed level.

At the completion of one year of Midget 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

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

<i>Individual Skills:</i>
One-timer shooting
Driving to the net – both sides
Various stickhandling fakes and dekes
Delays & turn-ups
Backchecking
Stickchecks and active stick
Angling
Bodychecks – boards + open-ice
Pinning
Puck pursuit
Puck protection
Shooting from either wing
Scoring techniques
Head on swivel
<i>Individual Tactics:</i>
1 on 1 using various moves
Walkouts & wraparounds
Breakaways – from all lanes
Screenshots
1 on 1 gap control
Goalside/inside body position
Angling for containment
Active stick
Pressure puckcarrier from front, side, rear
Faceoffs – technique and positioning
Give and go

Give and follow
Pass and cross
Weave and pass
Shot blocking – Intro.
Delays, turn-ups, stretch skating
Backchecking
Group & Team Tactics
<i>Defensive zone</i>
Support puckcarrier
Point coverage
Slot & prime scoring area coverage
Net and behind net coverage
Sagging
Block passing lanes
2 on 2 low
3 on 3 low
Faceoff alignments
Controlled breakout
Fast long/ fast short breakout
<i>Offensive zone</i>
Triangulation
2 and 3 player cycling
Quiet zone setups
Zone entries
Faceoff alignments
Odd man rushes: shooting – back pass – wide lane pass
Forecheck pressure with 1 or 2 forwards
Forecheck w/wo def. pinch
Contain forecheck with 1 or 2 forwards
Off. Zone trap
Forecheck inside/out and outside/in
Transition offence to defence
Shoot-ins, dump-ins, wide rims
<i>Neutral zone</i>
Def to def. passing for regroup
Quick turn-ups to forwards
Gain offensive zone on transition
Trap options
Transition and regroup
Specialty teams
<i>Power-play</i>
Breakout – different from even strength
Principle of outnumbering along boards
Overload on zone entry
Use of 1-touch passes

2 Set-ups with 1-2 options for each
Playing 5 on 3
Playing 4 on 3
Pulled goalie situations
<i>Penalty-Killing</i>
Use of 1-2 forecheckers
Pressure on pass through neutral zone
Active/passive small box
Active/passive large box
Sagging
2 faceoff alignments (def. zone)
Neutral zone contain forecheck
<i>Physical preparation</i>
Pre and post-ice flexibility
Establishment of pre-season aerobic base
Increase in anaerobic threshold
Awareness of muscular endurance and strength training
Agility and balance
Application of nutritional and hydration guidelines
<i>Mental training</i>
Individual and team goal-setting
Team building
Game and practice routines
Ideal performance state
Focus management
Visualization
Positive self-talk
Relaxation techniques
Mental rehearsal & practice
Simulation training