

DEVELOPMENT PYRAMID

The foundation of Team play is INDIVIDUAL SKILLS. A complete hockey player will have skill and hockey sense. They will be able to use their skills in game situations. 21 st century coaches will need to combine skill development with "thinking" to develop Hockey players for the future.



Progressive Deliberate practice is required to develop Individual skill. Game like (Random) practice will develop "Hockey Sense". Players need to develop their Fundamental skills and use them in game situations. 21 st Coaches will develop players skill and hockey IQ taking the game of hockey to a higher level.