	Aug	Sep	Sep	Sep	Sep	Oct	Oct	Oct	Oct	Nov	Nov	Nov	Nov	Dec	Dec	Dec	Dec	Jan	Jan	Jan	Jan	Feb	Feb	Feb	Feb
INDIVIDUAL SKILLS																									
1. Skating Skills																									
ABCs of skating: agility, balance, coordination	x		x				x				x				x				x				x		
backward crossover	x				x				x				x				x				x				x
backward cross-under start	x				x				x				x				x				x				x
backward skating	x				x				x				x				x				x				x
backward stop one skate	x			x				x				x				x				x				x	
backward stop two skates	x			x				x				x				x				x				x	
edge control	x		x				x				x				x				x				x		
forward control turn	x	x				x				x				x				x				x			
forward crossover	x	x				x				x				x				x				x			
forward start	x	x				x				x				x				x				x			
forward stride	x	x				x				x				x				x				x			
lateral skating	x		x				x				x				x				x				x		
mohawk turns	x		x				x				x				x				x				x		
One-foot stop	x			x				x				x				x				x				x	
ready position	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
two-foot stop	x			x				x				x				x				x				x	
2. Puck Control																									
accelerating with the puck (one-hand carry)	x	x				x				x				x				x				x			
attacking the triangle			x				x				x				x				x				x		
backward puck control					x				x				x				x				x				x
change of direction				x				x				x				x				x				x	
change of pace				x				x				x				x				x				x	
diagonal stickhandling			x				x				x				x				x				x		
fakes and deception while stickhandling					x				x				x				x				x				x
front-to-back stickhandling					x				x				x				x				x				x
give and take		x				x				x				x				x				x			
lateral (side-to-side) stickhandling			x				x				x				x				x				x		
puck off the boards		x				x				x				x				x				x			
puck protection	x			x				x				x				x				x				x	
toe drag			x				x				x				x				x				x		
3. Passing and Receiving																									
area passes				x				x				x				x				x				x	
backhand pass	x	x				x				x				x				x				x			
forehand pass	x	x				x				x				x				x				x			
indirect pass				x				x				x				x				x				x	
one-touch passes		x				x				x				x				x				x			
receiving a pass properly with the hand			x				x				x				x				x				x		

receiving a pass properly with the skate			x				x				x				x				x				x			
receiving a pass properly with the stick	x		x				x				x				x				x				x			
saucer pass (forehand and backhand)	x				x				x				x				x				x					x
surround the puck					x				x				x				x				x					x
4. Shooting																										
backhand	x			x				x				x				x				x				x		
deflection	x		x				x				x				x				x				x			
fake shots				x				x				x				x				x				x		
flip shot					x				x				x				x				x					x
off rebound			x				x				x				x				x				x			
screen shot					x				x				x				x				x					x
slap shot	x	x				x				x				x				x				x				
snap shot	x	x				x				x				x				x				x				
wrist shot		x				x				x				x				x				x				
5. Body Contact																										
angling		x				x				x				x				x				x				
body positioning and angling		x				x				x				x				x				x				
delivering body contact					x				x				x				x				x					x
gap control concept		x				x				x				x				x				x				
poke check	x		x				x				x				x				x				x			
receiving body contact (contact confidence)					x				x				x				x				x					x
stick lift	x			x				x				x				x				x				x		
stick on puck	x		x				x				x				x				x				x			
stick press				x				x				x				x				x				x		
TEAM CONCEPTS																										
1. Offensive Concepts																										
1-on-1 situations	x	x				x				x				x				x				x				
2-on-1 situations		x				x				x				x				x				x				
face-offs	x				x				x				x				x				x					x
power-play concepts					x				x				x				x				x					x
team play in each zone	x		x				x				x				x				x				x			
triangle offense			x				x				x				x				x				x			
zone entry				x				x				x				x				x				x		
2. Defensive Concepts																										
1-on-1 and even-numbered situations	x	x				x				x				x				x				x				
2-on-1 and odd-numbered situations		x				x				x				x				x				x				
backchecking			x				x				x				x				x				x			
basic defensive zone coverage	x	x				x				x				x				x				x				
body position: man-you-net				x				x				x				x				x				x		
defending the middle of the ice					x				x				x				x				x					x

forechecking	x		x				x				x				x				x				x		
gap control			x				x				x				x				x				x		
man-short concepts					x				x				x				x				x				x
shot blocking				x				x				x				x				x				x	
stick on puck	x			x				x				x				x				x				x	
GOALIE SKILLS																									
1. Skating Skills:																									
T-pushes: Efficient lateral movement.	x	x				x				x				x				x				x			
Shuffles: Quick, short movements.	x	x			x	x			x	x			x	x			x	x			x	x			x
Backward skating: Essential for depth control.	x	x				x				x				x				x				x			
Edge control: Maintaining balance and power.				x				x				x				x				x				x	
Quick starts and stops.			x				x				x				x				x				x		
Maintaining balance in various positions.	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
2. Positioning and Stance:																									
Athletic stance: Balanced and ready.	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Maintaining proper depth in the crease.	x		x	x			x	x			x	x			x	x			x	x			x	x	
Angle play: Positioning relative to the puck and shooter.	x		x				x				x				x				x				x		
Understanding the crease boundaries.	x		x	x			x	x			x	x			x	x			x	x			x	x	
Efficient movement within the crease.	x	x		x		x		x		x		x		x		x		x		x		x		x	
VH: Vertical Horizontal					x				x				x				x				x				x
RVH: Reverse, Vertical, Horizontal			x		x		x		x		x		x		x		x		x		x		x		x
3. Save Techniques:																									
Butterfly technique: Blocking low shots.	x	x		x	x	x		x	x	x		x	x	x		x	x	x		x	x	x		x	x
Glove saves: Catching high shots.	x		x		x		x		x		x		x		x		x		x		x		x		x
Blocker saves: Deflecting shots with the blocker.	x		x		x		x		x		x		x		x		x		x		x		x		x
Pad saves: Using the pads to deflect shots.	x			x	x			x	x			x	x			x	x			x	x			x	x
Directing rebounds away from danger.		x		x	x	x		x	x	x		x	x	x		x	x	x		x	x	x		x	x
Minimizing rebound opportunities.		x	x		x	x	x		x	x	x		x	x	x		x	x	x		x	x	x		x	x
Stick saves: proper stick placement in various positions	x	x			x	x			x	x			x	x			x	x			x	x			x
Chest save	x			x	x			x	x			x	x			x	x			x	x			x	x
4. Puck Tracking:																									
Following the puck's movement.	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Maintaining focus on the puck.	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Reading the play and anticipating shots.	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
5. Stick Handling and Puck Playing:																									
Making passes.			x		x		x		x		x		x		x		x		x		x		x		x
Handling pucks with confidence.		x		x		x		x		x		x		x		x		x		x		x		x	
Total Skills and Concepts By Week	**54**	**36**	**35**	**32**	**34**	**36**	**35**	**32**	**34**	**36**	**35**	**32**	**34**	**36**	**35**	**32**	**34**	**36**	**35**	**32**	**34**	**36**	**35**	**32**	**34**

NOTES:

This list is derived from USA Hockey's skill progression manual

This list is meant to be used as a guide for practice planning and is subject to change based on identified skill gaps
The total numbers do not reflect drills/activities specific to these skills and concepts. The intent is to incorporate multiple skills/ concepts throughout drills and activities.
If a skill or concept cell is highlighted green, it means it is scheduled at least 5 times throughout the season.