# CONTENT

<table>
<thead>
<tr>
<th>DIVISION</th>
<th>LEVEL REQUIREMENTS FOR PLAYERS</th>
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</table>
| M11 (ATOMI) | • Developing coordination.  
            • Initiating technical skills used in game play.  
            • Developing agility by changing directions.  
            • Increasing acceleration speed in small spaces.  
            • Developing read and react speed while skating. |
| M13 (PEE-WEE) | • Emphasizing precision and consistency of movements.  
               • Emphasizing front and back skating.  
               • Continuing the development of puck control while in movement.  
               • Developing different types of passes (technical and while in movement).  
               • Increasing the amount of puck protection and fakes (dekes).  
               • Introducing notions of uncovering (3 players, 1 located at the passing line). |
| M15 (BANTAM) | • Developing notions of acceleration during speed changes.  
               • Developing shooting skills while in movement.  
               • Increasing skating speed interval to 20 seconds.  
               • Developing players covering skills.  
               • Consolidating individual uncovering in order to receive a pass. |
| M18 (MIDGET) | • Accentuating speed of execution.  
               • Consolidating skills related to passing and receiving.  
               • Consolidating speed in longer intervals.  
               • Developing precision while shooting in movement.  
               • Developing puck carrier's role and defensive players read and react. |
In order to facilitate the evaluation and sorting of players over a condensed period, focusing on certain specific points for each one of the three sessions is recommended. The progression of objectives over each evaluation session is summarized in the following table.

For exercise suggestions meant to facilitate the evaluation of players according to their division’s requirements, it is possible to refer to the players’ evaluation session documents for each division.

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>LEVEL REQUIREMENTS FOR GOAL KEEPERS</th>
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<tbody>
<tr>
<td>BEGINNER</td>
<td>• Balance and agility: base position, butterfly position.</td>
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<td></td>
<td>• Movement skills: cross step, C-cut, T-push, pivot, gliding.</td>
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<td>• Positioning: angles, being perpendicular, depth, following the puck.</td>
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<td>• Selecting saves: stopping with the stick, stopping with the mitt, stopping with the blocking glove, stopping with the body, breakaway.</td>
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<td></td>
<td>• Basic puck control: basic control of rebounds, immobilizing the puck, stick-handling.</td>
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<tr>
<td>INTERMEDIATE</td>
<td>• Advanced skating skills: C-cut, pivot toward T-push, cross step, butterfly, gliding on one leg, repositioning.</td>
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<td></td>
<td>• Visual abilities: following the puck.</td>
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<td>• Advanced hands skills: front and back movements, East-West movements.</td>
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<td></td>
<td>• Advanced puck handling: immobilizing the puck, passing to support a breakout, shooting the puck along the boards.</td>
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<tr>
<td></td>
<td>• Ten scoring situations: clear shots / zone entries / net attacks / breakaways / rebounds / bottom-up plays / East to West plays / beyond the goal line / deviations / screens</td>
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<tr>
<td>ADVANCED</td>
<td>• Defensive team play: defensive zone, numerical disadvantage, outnumber situation.</td>
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<tr>
<td></td>
<td>• Offensive team play: breakouts, hitting pucks along the boards.</td>
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<td>• Hockey sense: communication, developing an individual plan.</td>
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<tr>
<td>SESSION</td>
<td>OBJECTIVES</td>
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| **GENERAL PRINCIPLES**| • Evaluating players individually in order to identify those with a distinct gap in skills as compared to the rest of the group; these players will need to be moved to a different class.  
  • Providing a fair and unbiased evaluation.  
  • Observing actual players skills and not just their potential.  
  • The evaluation must not take positions into account (forward, defense).  
  • Forming and confirming groups to ensure game homogeneity. |
| **PRACTICE 1**        | • Evaluating skating and puck control skills.  
  • Specific skills:  
    • Forward skating  
    • Skating with the puck  
    • Stopping  
    • Shooting the puck while in movement  
    • Evaluating recuperation  
    • Agility and coordination |
| **PRACTICE 2**        | • Evaluating skating and puck skills  
  • Specific skills:  
    • Sharp turns  
    • Agility and accelerating with the puck  
    • Passing and receiving passes |
| **PRACTICE 3**        | • Evaluating skating and puck control skills  
  • Specific skills:  
    • Shooting  
    • Passing and receiving passes  
    • Skating with the puck |
### TECHNICAL-TACTICAL ELEMENT

#### SKATING
- Skating forward and backward
- 2-directional turns
- 2-directional stops
- Is the player in a position that gives him stability and strength?

#### PASSING
- Forehand and backhand passes
- Toward a stationary or moving target
- Vision: is the player looking and making the best decision?

#### PUCK CONTROL
- Carrying the puck in open space with speed
- Completing dekes in 1 on 1 situations (facing an object)

#### SHOOTING
- Backhand and forehand shots
- Velocity
- Precision
- Choice of shot (wrist, sweeping, slap-wrist, slap shot)

#### DIRECTION OF THE GAME
- The player is able to read the play and making the most appropriate decision.

### TOOLS

**U13 EVALUATION PRACTICES**

**U18 EVALUATION PRACTICES**