



**FITNESS SKILLS**

Agility      Speed\*  
Speed      Flexibility\*  
Coordination      Endurance\*  
Intro to Strength Development  
*\* Key Development Period*



**MENTAL SKILLS**

Self-Awareness  
Decision Making/Tactics  
Ethical Development  
Goal Setting (Personal Best)  
Personal Responsibility



**ETHICAL AND SOCIAL SKILLS**

Learn to Compete vs Win  
Learn to Win/Lose Gracefully  
Develop Leadership Skills  
Mood Awareness in Sport  
Develop Friendships (Character Development)

**INTRODUCE CONCEPTS:**

Continuous Improvement  
Fair Play - Spirit of the Rules  
Ethics over Outcome  
Sportsmanship  
Teamwork



**GOALIE SKILLS**

**ACQUISITION:**

Ready Position  
Stick Control (Grip, On-Ice)  
Throwing the Ring  
Block, Stopping the Ring  
Hugging Posts & Orientation  
Getting Up & Down  
Reading the Play

**INTRODUCTION:**

Passing the Ring with Stick  
Reflexes to Catch, Trap & Deflect  
Rebound Control  
Lead Passing/Throwing  
Defending Against Screens



**SKATING SKILLS**

**CONSOLIDATED/REFINED:**

Sweep Passing  
Forehand & Backhand  
Grip and Stick Safety

**ACQUISITION:**

Backwards  
Strides and Glides

**INTRODUCTION:**

Acceleration  
Tight Turns  
Cross-Over Start  
Backwards Stops - V & T  
Stops  
One-Foot Outside Edge, Parallel  
Backward Glides  
Two-Foot Toes, One-Foot Edges  
(Both Inside and Outside Edges)

Backwards  
Acceleration, Turns, Double Scull,  
Thrust  
Backwards Continuous Outside Edges  
Transitions  
Pivot Forwards to Backwards,  
Backwards to Forwards  
Mohawks with Two-Foot and  
One-Foot  
Three-Turns



**RINGETTE SKILLS**

**CONSOLIDATION/REFINEMENT:**

Sweep Pass (Forehand, Backhand)  
Grip and Stick Safety

**ACQUISITION:**

Stabbing/Receiving of the Ring  
Retrieving the Ring  
Sweep Shots (Forehand, Backhand)  
Backhand Flip Shot  
Checking  
Body Position, Sweep Check

**INTRODUCTION:**

Communicating During Games  
Awareness of Shot Clock  
Awareness of Three-in & Switching  
Awareness of Goaltender Pulling  
Transitions - Offense to Defense  
Ring Protection when Carrying  
Passing  
Drop, Board, Lead, Skate

Forehand Flip Shot  
Receiving  
From the Boards, Stick, Drop  
Checking  
"Rainbow," Back-Check,  
Two-On Check, Along the  
Boards  
Fakes & Dekes



**GAMES LITERACY**

Use of minor games to teach game concepts used in sport i.e. offensive and defensive tactics.  
Examples:

|                  |                |                        |
|------------------|----------------|------------------------|
| Keep Away        | Skittles       | Adapted Games:         |
| Capture the Flag | Crows & Cranes | Offense-Defense        |
| Tag              | Dodge-ball     | Scrimmage with 2 Rings |



**TEACHING TIPS**

Keep it to 70% play and practice, with 30% going to game time  
Low Structure: Teach how to compete, not win  
More touch time = more opportunity to develop  
Focus on sport specific skill application (Fundamental Sport Skills - FSS)  
Work for mastery in game-like scenarios  
Ask leading questions — Kids predict and interpret (helps build decision making skills)  
Encourage vigorous play. Look for elevated heart rates, faster breathing and pink cheeks.  
Key Development Areas:  
1. Endurance & Strength  
2. Capable of Refined Skill Execution  
3. Introduce Tactics (offensive, defensive concepts)  
Give specific praise. Leads to Increase in Confidence, Competence and Motivation