### Skating Individual Offensive Play

- **Strong On Feet**
- **Stride**
- **Edges**
- **Transition And Pivots**
- **Change Of Direction**
- **Acceleration / Crossovers**
- **Stability**
- **Power**
- **Agility**
- **Quick Feet**
- **Evasive Turns**
- **Escapes**
- **Skate The Game**
- **NZ Speed**

### Individual Offensive Play Puck Control

- **Control**
- **Carry With Speed**
- **Protection/In A Crowd**
- **Driving To The Net**
- **Stick Fakes**
- **Body Fakes**
- **Dekes**
- **Moves In Combination**
- **Creativity**
- **Deception**

### Individual Offensive Play Passing / Receiving

- **Puck Management Skills**
- **Passing**
- **Look Offs**
- **Receive And Control Consistently**
- **Pick up Bad Passes**
- **1st Pass Threat**
- **Finding Seams**

### Individual Offensive Play Shooting

- **Being An Option**
- **Quick Release**
- **In Stride**
- **Change Puck Angle**
- **Shot Choice**
- **Shot Mentality**
- **Find Shooting Lane**

### Team Play / Offensive Skills

- **Head Up**
- **Puck Protection**
- **Puck Management**
- **Quick Transition**
- **Smart Puck Support Principles (Under Pressure)**
- **Entries**
- **Retrievals**
- **Hinging**
- **Delays**
- **Cycling**
- **Net Drives**
- **Anticipation**

### Individual Defensive Skills

- **Angling**
- **Stick On Puck**
- **Defensive Side Positioning**
- **Shot Blocking**
- **Boxing Out**
- **Fronting**
- **Controlled Skating**
- **Tracking**
- **Transition From Defense To Offense**

### Team Play / Defensive Skills

- **Timing And Support - Spatial Awareness**
- **Situational Gap Control**
- **Read and React**
- **Communication**

### Intangibles

- **Dedication To Being An Elite Athlete**
- **Be In Every Battle**
- **Resiliency**
- **Work Ethic**
- **Communication Skills**
- **Emotional Control**
- **Does “Whatever It Takes”**

### Hockey Sense

- **Ability To Make Decisions That Affect The Play**
- **Ability To Understand The Tactics Necessary To Compete At This Level**
- **Adaptability**

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**U15 / U18**

**LTPD STAGE – Train to Train**