

# BANTAM / MIDGET SKILLS

## LTPD STAGE – Train to Train



Skating	Individual Offensive Play Puck Control	Individual Offensive Play Passing / Receiving	Individual Offensive Play Shooting	Team Play / Offensive Skills	
<ul style="list-style-type: none"> <li>• Strong On Feet</li> <li>• Stride</li> <li>• Edges</li> <li>• Transition And Pivots</li> <li>• Change Of Direction</li> <li>• Acceleration / Crossovers</li> <li>• Stability</li> <li>• Power</li> <li>• Agility</li> <li>• Quick Feet</li> <li>• Evasive Turns</li> <li>• Escapes</li> <li>• Skate The Game</li> <li>• NZ Speed</li> </ul>	<ul style="list-style-type: none"> <li>• Control</li> <li>• Carry With Speed</li> <li>• Protection/In A Crowd</li> <li>• Driving To The Net</li> <li>• Stick Fakes</li> <li>• Body Fakes</li> <li>• Dekes</li> <li>• Moves In Combination</li> <li>• Creativity</li> <li>• Deception</li> </ul>	<ul style="list-style-type: none"> <li>• Puck Management Skills</li> <li>• Passing</li> <li>• Look Offs</li> <li>• Receive And Control Consistently</li> <li>• Pick up Bad Passes</li> <li>• 1<sup>st</sup> Pass Threat</li> <li>• Finding Seams</li> </ul>	<ul style="list-style-type: none"> <li>• Being An Option</li> <li>• Quick Release</li> <li>• In Stride</li> <li>• Change Puck Angle</li> <li>• Shot Choice</li> <li>• Shot Mentality</li> <li>• Find Shooting Lane</li> </ul>	<ul style="list-style-type: none"> <li>• Head Up</li> <li>• Puck Protection</li> <li>• Puck Management</li> <li>• Quick Transition</li> <li>• Smart Puck Support Principles (Under Pressure)</li> <li>• Entries</li> <li>• Retrievals</li> <li>• Hinging</li> <li>• Delays</li> <li>• Cycling</li> <li>• Net Drives</li> <li>• Anticipation</li> </ul>	
Individual Defensive Skills	Team Play / Defensive Skills	Intangibles	Hockey Sense		
<ul style="list-style-type: none"> <li>• Angling</li> <li>• Stick On Puck</li> <li>• Defensive Side Positioning</li> <li>• Shot Blocking</li> <li>• Boxing Out</li> <li>• Fronting</li> <li>• Controlled Skating</li> <li>• Tracking</li> <li>• Transition From Defense To Offense</li> </ul>	<ul style="list-style-type: none"> <li>• Timing And Support - Spatial Awareness</li> <li>• Situational Gap Control</li> <li>• Read and React</li> <li>• Communication</li> </ul>	<ul style="list-style-type: none"> <li>• Dedication To Being An Elite Athlete</li> <li>• Be In Every Battle</li> <li>• Resiliency</li> <li>• Work Ethic</li> <li>• Communication Skills</li> <li>• Emotional Control</li> <li>• Does "Whatever It Takes"</li> </ul>	<ul style="list-style-type: none"> <li>• Ability To Make Decisions That Affect The Play</li> <li>• Ability To Understand The Tactics Necessary To Compete At This Level</li> <li>• Adaptability</li> </ul>		