
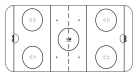

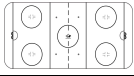



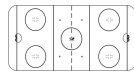

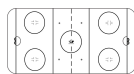

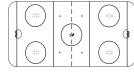

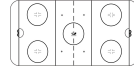

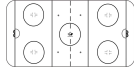

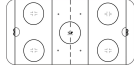

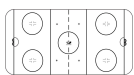

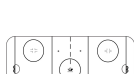



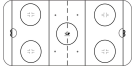





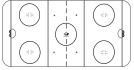



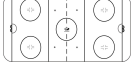

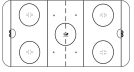

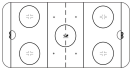

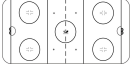

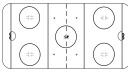

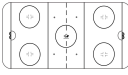

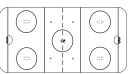





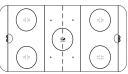





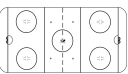

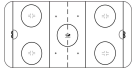



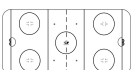















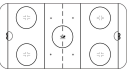

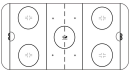

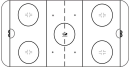

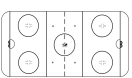
## U16 Technical Performance Indicators

Performance Indicators	Definitions	Video Link	Drill Link	
<u>Skating</u>	<b>Strong on Feet</b>	The player is hard to knock off the puck/out of position because of the deep knee bend; a wide base of support and lower centre of gravity to provide more stability.		
	<b>Stride</b>	Someone who is fluid with a strong push and a full recovery.		
	<b>Edges</b>	Use different edges for different situations. The ability to gain acceleration in turns and transitions through use of edges. (Inside, outside and flat edge).		
	<b>Transition and Pivots</b>	Has the ability to change direction equally as well in both directions. Transition can be a forward to backward/backward to forward change of direction or a mohawk turn (continuing in the same direction).		
	<b>Change of Direction</b>	The player has the ability to change their direction based on the situation (east/west as well as north/south)		
	<b>Acceleration</b>	Light on feet and can get up to full speed in 3-4 movements.		
	<b>Stability</b>	Has good knee bend and control of body and edges. Wide base of support adds to strength of posture.		
	<b>Power</b>	The ability to fight through a check, take the puck to the net in traffic.		
	<b>Agility</b>	Ability to change direction quickly and effectively in traffic or tight spaces; doesn't lose speed and wins races to puck and can reach full speed in 3-4 movements.		
	<b>Quick Feet</b>	Dynamic skater, constantly has feet moving and uses front of blade to accelerate.		
	<b>Evasive Turns</b>	The ability to evade an oncoming checker going in the same direction as the puck handler. Shoulder Check, fake before turn, feet staggered, wide base, deep knee bend, roll off opponents' check, protect the puck with inside leg and wide stick position, ability to accelerate out of the turn.		
	<b>Escapes</b>	The ability to avoid being checked by an opponent when facing the attacker and having the skill set to get away from the check either by spinning to either your forehand or backhand.		

<i>Performance Indicators</i>		<i>Definitions</i>	<i>Video Link</i>	<i>Drill Link</i>
<b>Individual Offensive Play (Creating Offense Through Individual Skills/Talents) - <u>Handling</u></b>	<b>Control</b>	Movement from the puck carrier must be used at all times. The space and time available to the puck carrier must be kept at a maximum to provide opportunity for vision/choice of shot/passing options. Increasing space and time will increase the possibility of error on the defender's part and optimize the offense's chances of maintaining control of the puck to attack the net.		
	<b>Carry With Speed</b>	The ability to carry/handle a puck in any zone under pressure with "game speed".		
	<b>Protection/In a Crowd</b>	The player's ability to protect the puck from a checker(s) in any zone without panic or giving the puck away. The players skill set (2 hands (or one) on the stick, fakes and edge control) to keep possession by using evasive moves, body positioning (wide base, body between puck and opponent) and speed variance.		
	<b>Driving to the Net</b>	The ability and desire of a player to "go to the net" with purpose. With the puck, F1 reading the defense and making smart puck decisions; F2 getting good positioning on the defender (fronting or back door) so as to provide F1 with an option in making a successful offensive play on the net.		
	<b>Creativity</b>	The ability of the athlete to use their imagination and deception to develop new and original ideas or "moves", especially in an artistic context relating to the game and what is required to achieve success. Players need to use creativity in context of what is being given and the opportunity to be successful in making responsible plays.		
<i>Performance Indicators</i>		<i>Definitions</i>	<i>Video Link</i>	<i>Drill Link</i>
<b>Individual Offensive Play (Creating Offense Through Individual Skills/Talents) - <u>Passing/Reception</u></b>	<b>Puck Management Skills</b>	Make sure to give a target, allow for error, and control the puck on reception, winning space, anticipating, making good choices and always being an option.		
	<b>Passing</b>	The ability to move the puck from 1 player to another. It can be direct (on the tape) or indirect (area pass) in nature and allows for a teammate to receive it in a manner that he can then do something with it.		
	<b>Receive and Control Consistently</b>	Having the skill set to receive a pass and hold onto it stationary, moving and when it is not a good pass.		
	<b>1<sup>st</sup> Pass Threat</b>	A player who unfailingly is in the right spot at the right time to receive a pass.		


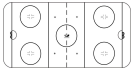

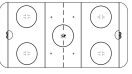

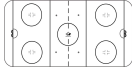

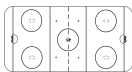

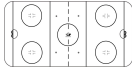
<i>Performance Indicators</i>		<i>Definitions</i>	<i>Video Link</i>	<i>Drill Link</i>
<b>Individual Offensive Play (Creating Offense Through Individual Skills/Talents) – <u>Shooting/Scoring</u></b>	<b>Being an Option</b>	The player is always an option with timing and support through anticipation.		
	<b>Quick Release</b>	The ability to have your stick presented ready to shoot and options of the shot are there for the player (1 timer, wrist shot, snap shot, backhand...)		
	<b>Choices</b>	The ability and confidence to shoot effectively whether he is on his strong or weak side when attacking the net(right side, backhand)		
	<b>Shot Mentality</b>	The player is selfish in prime scoring areas and thinks shot first. He has the ability and/or choice to shoot to score, shoot for the far pad (rebound), shot pass and/or use look offs as a way to hide his true intentions.		
	<b>Find Shooting Lane</b>	Players' will always try to prevent you from shooting. The shooter must find a way to change angles of his shot to get puck to the net. Dragging the puck or pushing puck away from your body will influence deception and release point.		
<i>Performance Indicators</i>		<i>Definitions</i>	<i>Video Link</i>	<i>Drill Link</i>
<b>Team Play/Offensive Skills (Creating Offense Through Team Skills/Talents and Cognitive Awareness)</b>	<b>Head Up</b>	This is the player's ability to learn and use his peripheral vision when he is playing the game with or without the puck. This lessens the risk of injury and loss of situational play in the game.		
	<b>Puck Protection</b>	Protecting the puck is the ability of a player to shield the puck from a checker(s) in any zone without panic or giving it away. The player's skill set (hands, fakes, edge control) to keep possession by using evasive moves, body positioning, speed variance and directional change.		
	<b>Puck Management</b>	The ability of a team to make plays to maintain possession of the puck and stay on offense. A way of evaluating quickly the smart option for the best of the team, under pressure from the team against or the pressure of the game situation. Very important to have a player that manage the puck the right way to prevent turnover or momentum swing. It is okay to move back towards your defensive end to create time and space.		
	<b>Quick Transition</b>	Players have the ability to recognize and react to possession changes. Winning free pucks is a key part of transition. Offensive transition is measured in a teams' ability to move quickly from defense to offense when the puck is recovered. All players must be prepared to move quickly to the attack. Offensive transition can only lead to a quick and effective counteract if there is immediate pressure, good puck control and excellent offensive support away from the puck.		

<p style="text-align: center;"><b>Team Play/Offensive Skills (Creating Offense Through Team Skills/Talents and Cognitive Awareness)</b></p>	<p><b>Smart Puck Support Principles (Under Pressure)</b></p>	<p>The ability to “own” the puck means having the ability to possess the puck individually and collectively. “Timing is Everything” and spatial awareness means that all offensive players must be in motion and available as passing options to provide the puck carrier with close support; physically by moving your body into a passing lane or verbally by being the eyes of the puck carrier by using your voice. This will allow you to create numerical inequality at all times through puck support – 2 vs 1’s and 3 vs 2’s, etc. (to read the intentions of their defensive counterparts and at the same time read and anticipate the movements and the possibilities of the puck carrier). Offensive pressure is created through a quick player and/or puck movement that forces the defender to react more quickly or in a different direction than they would like. The goal of pressure is to create increased time and space for the attackers.</p>		
	<p><b>Entries</b></p>	<p>Entries are offensive tools/options to effectively enter the offensive zone using the principles of a net drive mentality, support, puck control and pressure allows players to play with a strong attack mentality. It stretches the zone and forces the defense to make quicker decision. The offensive players need to recognize what the defenders are doing at their blueline tactically. Based on this read, they can F.I.O. and enter based on their findings.</p> <ol style="list-style-type: none"> <li>1. Direct attacks included wide drives with speed, mid lane and triple drive.</li> <li>2. Indirect attacks include:             <ol style="list-style-type: none"> <li>i. chip and chase</li> <li>ii. soft dumps to the corner</li> <li>iii. hard rims</li> </ol> </li> </ol> <p>Funneling bodies and the puck to the net once entry has been successful makes for successful scoring opportunities.</p>		
	<p><b>Retrievals</b></p>	<p>Indirect attacks are used to maintain puck control and create opportunities if the direct attack options are not available. The attacking offensive players need to have the desire/courage to use speed, body positioning, strength, puck protection skills, changing the point of attack and the rules of the game to regain possession of the puck.</p>		
	<p><b>Hinging</b></p>	<p>Hinging is an offensive weapon for defensemen who are being checked and have no forward passing option available or when the opposition over-pursues. It is a D to D pass. Both players should always be an option and be prepared to receive the puck from a pass from your teammate. Protect cross ice lanes by staggering with your teammate. Once you have the puck, your first option is to skate it to open ice and look to move it to an open teammate.</p>		
	<p><b>Delays</b></p>	<p>The drive skater/puck carrier turns back and looks for other options – a lane to the net, a net drive player, 4th player (late).</p>		



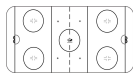


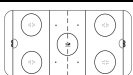

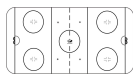


<b>Team Play/Offensive Skills (Creating Offense Through Team Skills/Talents and Cognitive Awareness)</b>	<b>Cycling</b>	<p>If there isn't a play to be made on the delay, the puck carrier can cycle the puck to support in the corner. Possession is maintained while the attacking players work to create more time and space through puck and player movement, combined with good support. The player needs to have the "take a hit to make a play" mentality.</p>			
	<b>Net Drives</b>	<p>A "power mentality" to create multiple attack lanes by staggering puck support with depth (north south) and width (east west). This creates multiple attack lanes that allows the players to be dynamic within their attack options by reading and reacting to the opponents</p> <p>Always attack the prime scoring areas when you have a shooting lane with and without the puck. Drive the far post to gain position within the middle of the net for the best shooting angles.</p>			
<i>Performance Indicators</i>		<i>Definitions</i>		<i>Video Link</i>	<i>Drill Link</i>
<b>Individual Defensive Skills – <u>Checking Skills</u></b>	<b>Angling</b>	<p>The checker has an understanding that he is trying to force the puck carrier into "bad ice". The defender gains defensive position through forcing the opponent into a specific area on the ice and not allowing him to get away. The checker will use timed skating, gap control, stick on puck and body on body to maintain a productive angle.</p>			
	<b>Stick on Puck</b>	<p>Angle the puck carrier to touch the puck with your stick. Use your stick to assist you in taking away time and space as well as shooting and passing lanes; steering the attack to the location you want them to go and eliminating offensive opportunities.</p>			
	<b>Defensive Side Positioning</b>	<p>Defensive players must be on the defensive or net side of their checks (between their check and their own net that they are defending), hold their ice and force the offence outside.</p>			
	<b>Boxing Out</b>	<p>Defensive player must be between their check and their own net they are defending, hold their ice and controlling the opponents stick and hips.</p>			
	<b>Fronting</b>	<p>The defensive player denies either a pass or a shot on goal by using their body and/or stick in front of the opponent.</p>			
	<b>Controlled Skating</b>	<p>Timing and anticipation of the defensive player so as to remain on the defensive side of the puck and provide him with opportunity to break up offensive plays as they may occur.</p>			


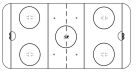

	<b>Poke Check</b>	Hold the stick in 1 hand (top hand), with the blade flat on the ice. Starting with the elbow tucked back, slow down or stop your skating motion, launch the body forward and extend the arm with a strong push to poke the puck off of the opponents stick. This check can best be performed from facing the opponent.		
	<b>Lift Check</b>	Start with a wide grip on your stick. Place your blade underneath your opponents stick close to his blade. Timing your check with his puck handling actions, lift his stick off the ice and take the puck away from him. This check can be performed from behind, beside or facing the opponent.		
	<b>Press Check</b>	Start with a wide grip on your stick. Place the shaft of your stick 2/3 of the way down your opponent's shaft. Timing your check with his puck handling actions, apply a pressing down action and remain in this position in order to control his stick and ability to use it. This check can be performed from beside or facing the opponent.		
	<b>Sweep Check</b>	Keep the stick in 1 hand (top hand). Using 1 arm only to complete the move, keep the blade of your stick flat on the ice, wait for the best opportunity to "sweep" the puck off of your opponent's stick. This check can be performed from behind, beside or facing the opponent.		

<p style="text-align: center;"><b>Individual Defensive Skills – Checking Skills</b></p>	<p style="text-align: center;"><b>Tap Check</b></p>	<p>Start with a wide grip on your stick and apply the tap to the side of the shaft of your opponent’s stick close to the blade. Use the heel area of your stick, use power but don’t swing. Wait for a good opportunity to be in a solid position to control the opponent. This check can be performed best beside the opponent.</p>		
	<p style="text-align: center;"><b>Pry (can opener) Check</b></p>	<p>Start with a wide grip on your stick and approach the opponent from your forehand side, wedge your stick in between the boards and the opponent. Rest the shaft of your stick on the opponent’s shin pads and pry the opponent away from the boards. Once this is accomplished, pull out the puck.</p>		
	<p style="text-align: center;"><b>Puck Separation</b></p>	<p>Use angling skills to line up on an inside pathway so the opponent can’t cut out behind you. Stay low, keep your stick in 2 hands and on the ice. Make a “c-cut” to rotate your body and unload the weight on this skate. Gradually narrow the gap so, ideally, you can launch your side check slightly ahead of the opponent to block their path to advance and, at the same time, lock their hands with your body. In this position, you should have separated the puck from the player (similar to D side fronting); push the puck ahead and skate away with it.</p>		
	<p style="text-align: center;"><b>Tracking</b></p>	<p>Tracking is simply another word for back checking. An effective track can take a lot of pressure off the defense and put a lot of pressure on the attacking forwards. It requires a player to apply the principles of pressure, support and transition to accomplish an effective track.</p> <ol style="list-style-type: none"> <li>a. When forwards are on the offensive side of the puck, they track puck carrier from the back side.</li> <li>b. They will stay inside the dots when coming back to help take away middle.</li> <li>c. They pressure through until the red line when they communicate responsibilities. Back side awareness is critical.</li> </ol>		

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	<p style="text-align: center;"><b>Transition from Defense to Offense</b></p>	<p>The transition from defense to offense can help to establish a speed game for your team. Proper support will allow for a very quick transition forcing the opposition to go into transition of their own; from offense to defense. The challenge is which team can force the other to make those decisions under pressure. Effective transition requires the defenseman to look for and make a successful penetrating first pass.</p>			
<i>Performance Indicators</i>		<i>Definitions</i>		<i>Video Link</i>	<i>Drill Link</i>
<p style="text-align: center;"><b>Team Play/Defensive Skills (The Overall Play to Check, Defend and Keep the Puck out of the Net)</b></p>	<p style="text-align: center;"><b>Timing and Support – Spatial Awareness (F1/2/3... Responsibilities)</b></p>	<p>The player defending against the puck carrier requires the support of teammates to ensure that they are active away from the puck carrier and position themselves in a manner that will eliminate the options of the puck carrier. Players must be able to read the offensive options available to the puck carrier and move to a position that minimizes or takes away these options.</p> <p>The closest player on the puck carrier must “know when and how to pressure or contain”. Support away from the puck carrier is also important. Players must anticipate and position (shade) in support to cover players away from the one on one. All players must defend as a unit. Communication is a key component in ensuring everyone is clear on their responsibilities and provides support and direction to one another. Stops, starts and straight line skating is a must!</p>			
	<p style="text-align: center;"><b>Situational Gap Control</b></p>	<p>Remain disciplined at all times; know the system and responsibilities of each player depending on puck placement on the ice as well as where your opponents and teammates are. The READ and ACT of team play require players "Figuring it Out".</p>			
	<p style="text-align: center;"><b>Communication</b></p>	<p>Communication and team work are key components in ensuring everyone is clear on their responsibilities and provide support and direction to one another. Players must recognize where they are; 1st/2nd/3rd to a situation and act effectively.</p>			



<i>Performance Indicators</i>		<i>Definitions</i>	<i>Video Link</i>	<i>Drill Link</i>
<b>Intangibles (Dedication to Being an Elite Athlete)</b>	<b>Dedication to Being an Elite Athlete</b>	This is the responsibility of every emerging high performance athlete. It is a mindset that they are going to do everything they can within the 4 pillars to ensure they can perform at optimum efficiency at all times.		
	<b>Be in Every Battle</b>	The ability and desire to be involved in the play each time you are on the ice; never backing down from adversity.		
	<b>Resiliency</b>	The ability to recover quickly from setbacks.		
	<b>Work Ethic</b>	Purposeful effort; the physical or mental effort directed at doing something to a high standard.		
	<b>Communication Skills</b>	Communication is needed to allow for a quick reaction time for the player playing the puck. While he will read the pressure, a teammate who communicates with him will not only save him valuable seconds, but will also increase the chances of a productive play being made. This will lead to a quicker more productive play and therefore a more intimidating attack. On the defensive side of the puck, it allows for the player to have a “second set of eyes” to support his checking positioning.		
	<b>Emotional Control</b>	The mental toughness required to have an “edge” that allows a player to consistently perform at an elite level under pressure. It requires self-confidence, desire, focus and composure. Emotional control is not letting anyone break you. The player thrives on adversity, getting motivated when others get intimidated or frustrated. It is a mindset.		
	<b>Does “Whatever It Takes”</b>	The ability to raise ones standard of performance and never quit. It is a sign of grittiness that leads to success.		

<i>Performance Indicators</i>		<i>Definitions</i>	<i>Video Link</i>	<i>Drill Link</i>
<b>Hockey Sense (How the Player Plays the Game with and without the Puck)</b>	<b>Ability to make Decisions that Affect the Play</b>	The speed of the game makes decision making a required skill. The athlete, through mastery (practice of muscle memory) will be effective in their read and react skills and ability to “Figure It Out”.		
	<b>Ability to Understand the Tactics Necessary to Compete at this Level</b>	The athlete needs the cognitive ability to recognize what is being taught will enhance individual and team performance.		
	<b>Adaptability</b>	The athlete is capable of modifying their “game” to suit different conditions or an altered purpose (e.g.; opponent’s tactics).	