

U15 / U18

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"> • 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 	<ul style="list-style-type: none"> • Control • Carry With Speed • Protection/In A Crowd • Driving To The Net • Stick Fakes • Body Fakes • Dekes • Moves In Combination • Creativity • Deception 	<ul style="list-style-type: none"> • Puck Management Skills • Passing • Look Offs • Receive And Control Consistently • Pick up Bad Passes • 1st Pass Threat • Finding Seams 	<ul style="list-style-type: none"> • Being An Option • Quick Release • In Stride • Change Puck Angle • Shot Choice • Shot Mentality • Find Shooting Lane 	<ul style="list-style-type: none"> • 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	Team Play / Defensive Skills	Intangibles	Hockey Sense		
<ul style="list-style-type: none"> • Angling • Stick On Puck • Defensive Side Positioning • Shot Blocking • Boxing Out • Fronting • Controlled Skating • Tracking • Transition From Defense To Offense 	<ul style="list-style-type: none"> • Timing And Support - Spatial Awareness • Situational Gap Control • Read and React • Communication 	<ul style="list-style-type: none"> • Dedication To Being An Elite Athlete • Be In Every Battle • Resiliency • Work Ethic • Communication Skills • Emotional Control • Does "Whatever It Takes" 	<ul style="list-style-type: none"> • Ability To Make Decisions That Affect The Play • Ability To Understand The Tactics Necessary To Compete At This Level • Adaptability 		

