



GMHA Consistent Key Teaching Points



Minor Peewee to Midget

Player WITH the Puck

1. Move Feet (Skate first)
2. Head Up - Look to advance Puck
3. Puck Possession/Protection
4. Hockey Canada Skill Specific
5. Coaches Choice

Team Does Not Have the Puck

1. Closest player applies pressure (P1)
2. Good Angles
3. Stick on Puck
4. Body Position (D-side of puck)
5. Physicality “BUMPS”
6. Hockey Canada Skill Specific
7. Coaches Choice

Player SUPPORTING the Puck

1. Move Feet
2. Move to Open Space (Ready for Pass)
3. Communicate
4. Hockey Canada Specific
5. Coaches Choice

Player CHECKING AWAY from Puck

1. Head on a Swivel (Shoulder Checks)
2. Defensive Side of Puck (between player and your net)
3. Anticipate and React
4. Communicate
5. Hockey Canada Skill Specific
6. Coaches Choice