

## **Age Group Levels - ABC's of International Hockey Coaching: A Program to Develop the Complete Player**

*A complete hockey curriculum for any Sports Club, National Organization or Local Hockey Association. A natural progression of skills, game understanding and good habits to keep the game fun and develop creative players. Only use this curriculum if you want your players to be skilled and love the game.*

***Austrian Hockey Curriculum in German is attached below. Juhani and I prepared it for the Austrian Ice Hockey Association.***

***Two themes of the ABC program are:***

*"Enjoy the Game"*

*"The Game is the Greatest Coach"*

### **Developmentally Appropriate Levels for Hockey**

**Age 5-6 Level 0 (Players become comfortable on the ice and with the equipment.)**

- A - Skating and Individual Skills
- B - Partner skills.
- D - Games

**Age 7-8 Level 0-1 (Learn the skills and to love the game.)**

- A - Skating and Individual Offensive and Defensive Skills
- B - Partner and Team Skills vs. no opponents.
- D - Games
- G - Goaltender practice.

**Age 9-10 Level 0-2 (Technique, technique, technique is the theme and will set the foundation to become an effective player.)**

- A - Skating and Individual Offensive and Defensive Skills
- B - Partner and Team Skills vs. no opponents.
- C - Game situation up to 3-3.
- D - Games - SAG
- DT - Half-ice Transition Games.
- E - Shootouts and Contests
- G - Goaltender practice.
- T1 - Individual offensive technique and
- T3 - Individual defensive technique.

**Ages 11-12 Levels 0-3 (Skill development is at it's peak and game situations can be introduced.)**

- A - Skating and Individual Offensive and Defensive Skills
- B - Partner and Team Skills vs. no opponents.
- C - Game situation up to 3-3.
- D - Games - SAG and Full ice.
- DT - Half-ice Transition Games.
- E - Shootouts and Contests
- G - Goaltender practice.
- O - Off-ice agility, coordination, balance, reaction time, competition.
- T1 - Individual offensive technique and
- T2 - Individual defensive technique..
- T3 - Individual defensive technique.
- T4 - Introductory team defense.

**Ages 13-14 Levels 0-4 (Learn all of the skills good habits and game situations.)**

- A - Skating and Individual Offensive and Defensive Skills
- B - Partner and Team Skills vs. no opponents. Flow drills with Regroups.
- C - Game Situation up to 5-5 and specialty teams.
- D - Games SAG and Full ice.
- DT - Half-ice and Full ice Transition Games.
- E - Shootouts and Contests
- F - Conditioning Skates 10' or less.
- G - Goaltender practice.
- O - Off-ice agility, coordination, balance, reaction time, competition.

- T1 - Individual offensive technique and
- T2 - Individual defensive technique..
- T3 - Individual defensive technique.
- T4 - Introductory team defense.
- T2-4 - Offense vs. defensive pressure.

**Ages 15-16 Levels 0-6 ( The A-B drills are used to warm-up and C to play the game situations better. DT transition games should compliment all of the C drills)**

- A - Skating and Individual Offensive and Defensive Skills
- B - Partner and Team Skills vs. no opponents. Flow and Regroup.
- C - Game Situation up to 5-5 and specialty teams.
- D - Games SAG and Full ice.
- DT - Half-ice and Full ice Transition Games.
- E - Shootouts and Contests
- F - Conditioning Skates
- G - Goaltender practice.
- O - Off-ice muscle strength, muscle endurance, flexibility, agility, coordination, balance, reaction time, speed, competitive situations.

- T1 - Individual offensive technique and
- T2 - Individual defensive technique..
- T3 - Individual defensive technique.

T4 - Introductory team defense.  
T2-4 - Offense vs. defensive pressure.

**Ages 17 and Older - The A-B drills are used to warm-up and perform at top speed with the head up. Players are now old enough to train for power.**

A - Skating and Individual Offensive and Defensive Skills - Review and warm up.  
B - Partner and Team Skills vs. no opponents. Flow, regroup, team play concepts and warm up.  
C - Game Situation up to 5-5 and specialty teams. All situations top speed.  
D - Games SAG and Full ice. All situations at top speed.  
DT - Half-ice and Full ice Transition Games. All situations at top speed.  
E - Shootouts and Contests  
F - Conditioning Skates for all energy systems.  
G - Goaltender practice.  
O - Off-ice muscle strength, muscle endurance, power, flexibility, agility, coordination, balance, reaction time, speed, competitive situations.  
T1 - Individual offensive technique - individual teaching.  
T3 - Individual defensive technique - individual teaching..  
T2 - Team offense.  
T4 - Team defense.  
T2-4 - Offense vs. defensive pressure.

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### **Explanation of the ABC Coding**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6869&topic=7236#7236>