

COMPARATIVE TABLE OF TEACHING CONTENT

<i>TECHNICAL ELEMENTS</i>	ATOM	PEE-WEE	BANTAM MIDGET
General balance on skates	XXX	XX	
Basic stance	XXX	XX	X
Forward start	XXX	XX	X
Forward two-foot stop	XXX	XX	X
Forward stride	XXX	XX	X
Sharp turn	XXX	XX	X
Forward crossovers	XXX	XX	X
Pivots	XXX	XX	X
Backward start without crossover	XXX	XX	X
Backward crossover start	XXX	XX	X
Backward stride	XXX	XX	X
Two-foot backward stop	XXX	XX	X
Backward crossovers	XXX	XX	X
Stickhandling	XXX	XX	X
Puck carrying	XXX	XX	X
Dribbling	XXX	XX	XX
Sweep pass	XXX	XX	XX
Pass reception	XXX	XX	XX
Lifted pass	X	XXX	XX
Stride shot	X	X	XXX
Sweep shot	XXX	X	XX
Wrist shot		X	XXX
Slap shot		X	XXX

<i>TECHNICO-TACTICAL ELEMENTS</i>	ATOM	PEE-WEE	BANTAM MIDGET
Collecting information	XX	XXX	XXX
Movement during the game	XX	XX	XX
Approach on a carrier	XX	XXX	XX
Stick check	XX	XXX	XX
Physical contact		XXX	
Body check			XXX
Face-to-face body check			XXX

<i>TECHNICO-TACTICAL ELEMENTS</i>	ATOM	PEE-WEE	BANTAM MIDGET
Individual coverage of a non-carrier	XX	XXX	XX
1-on-1 defense	XX	XXX	XX
1-on-2 defense	XX	XXX	XX
Defensive deflection	X	XX	XX
Dekes	XXX	XXX	XX
Puck protection	XXX	XXX	XX
The passing lane	XX	XXX	XX
Individual uncovering	XX	XXX	XX
Block on a player		XX	XXX
Screening the goaltender	X	XX	XXX
Deflection	X	XX	XXX
Rebounding	X	XX	XXX
1-on-1 offense	XX	XXX	XX
1-on-2 offense	X	X	X
Deking the goaltender	XX	XX	XX
Getting the puck out of the corner against the pursuit	X	XX	XX
The face-off	X	XX	XX

<i>TACTICAL ELEMENTS</i>	ATOM	PEE-WEE	BANTAM MIDGET
Defensive territory positioning, man-to-man	X	XX	XXX
2-1-2, 1-2-2 forechecking	X	XX	XXX
Backchecking	X	XX	XXX
2-on-2 defense	XX	XX	XXX
2-on-3 defense	X	XX	XXX
Give-and-go	XX	XXX	XX
Give-and-follow	XX	XXX	XX
Crisscrossing		XX	XXX
Breaking out	X	XX	XXX
Advancing through the neutral zone	X	XX	XXX
Switching	X	XX	XXX
Regrouping (restarting the attack)	X	X	XX
Return to the middle	X	XX	XXX
Creating a numeral advantage	X	XXX	XXX

TACTICAL ELEMENTS	ATOM	PEE-WEE	BANTAM MIDGET
2 on 1 offense	xx	xxx	xx
2 on 2 offense	xx	xxx	xx
Moving in the offensive territory, 3-on-2 or 3-on-3 offense	x	xx	xxx
Offensive territory positioning	x	xx	xxx
Special situations: the power play	x	xx	xxx
Special situations: penalty killing	x	xx	xxx
Face-off responsibilities	xx	xxx	xxx

Legend: x: less important
 xx: important
 xxx: more important

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**ANNUAL PLANNING
AS A PERCENTAGE OF TIME**

	Global %	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March
Atom								
Technic	50	75	70	60	50	35	30	30
Technico-tactic	30	15	20	25	30	40	40	40
Tactic	20	10	10	15	20	25	30	30
Pee-Wee								
Technic	40	65	60	50	40	25	20	30
Technico-tactic	35	20	25	30	35	40	45	40
Tactic	25	15	15	20	25	35	35	30
Bantam								
Technic	30	30	35	35	30	25	20	20
Technico-tactic	40	50	45	40	40	35	35	35
Tactic	30	20	20	25	30	40	45	45
Midget								
Technic	25	30	25	25	25	20	20	20
Technico-tactic	30	35	35	30	30	25	25	25
Tactic	45	35	40	45	45	55	55	55

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