

U18 Skills Matrix

The **Long-Term Player Development Model** places **U18** hockey at the Learn to Train stage, with programming focused on fundamental skill development with an introduction to tactical development. The **U18** skills matrix identifies the skills players must have the opportunity to develop through progressive and meaningful practice sessions.

U18 Skills/ Concepts

LTPD STAGE
LEARN TO TRAIN

Skating	Individual Offensive Play Puck Control	Individual Offensive Play Passing/Receiving	Individual Offensive Play Shooting	Team Play/Offensive Skills
Strong on feet	Control	Puck management skills	Being an option	Heads up
Stride	Carry with speed	Passing	Quick release	Puck protection
Edges	Protection/in a crowd	Look offs	In stride	Puck management
Transition and pivots	Driving to the net	Receive and control consistency	Change puck angle	Quick transition
Change of direction	Stick fakes	Pick up bad pass	Shot choice	Smart puck support principles (under pressure)
Acceleration/crossovers	Body fakes	First pass threat	Shot mentality	Entries
Stability	Dekes	Finding seams	Find shooting lane	Retrievals
Power	Moves in combination			Hinging
Agility	Creativity			Delays
Quick feet	Deception			Cycling
Evasive turns				Net drives
Escapes				Anticipation
Skate the game				
NZ speed				

Individual Defensive Skills	Team Play/Defensive Skills	Intangibles	Hockey Sense
Angling	Timing and support– spatial awareness	Dedication to being an elite athlete	Ability to make decisions that affect the play
Stick on puck	Situation gap control	Be in every battle	Ability to understand the tactics necessary to compete at this level
Defensive side	Read and react	Resiliency	Adaptability
Shot blocking	Communication	Work ethic	
Boxing out		Communication skills	
Fronting		Emotional control	
Controlled skating		Does “whatever it takes”	
Tracking			
Transition from defence to offence			