

# AHA Divisional Move Up Policy

Revised August 2006

AHA support USA Hockey recommendations that kids play in their age appropriate division and generally discourages moving players up a division. However, AHA also recognizes that there may exist situations that warrant advancing a skater to the next division and will consider move ups on a case-by-case basis according to the following criteria. AHA reserves the right to modify/change this policy and criteria to conform to current best practices(s) of this Association or other governing bodies.

## GENERAL CRITERIA AND PROCEDURE FOR ALL MOVES

- Must have played at least one year in age appropriate division.
- Letter of request must be received by the AHA Board prior to its September board meeting.
- Request must be accompanied by justification statement that clearly defines how this will benefit the child's skill development.
- Reference letter and a copy of the player's evaluation form from the player's most recent coach must accompany the request. The evaluation must include an assessment of the player's overall knowledge of the game (positioning, off sides, penalties, etc.).
- Reference letter from at least one other coach from the division the player wishes to move from must accompany the request.
- Player must confirm desire to move to the next level by conversation with the receiving division director.
- Player must demonstrate proficiency in hockey skills as outlined below and as referenced in USA Hockey Skill Progression Manual for the divisions they are leaving and requesting to move into. *Goalies need to demonstrate the skating and goalkeeping skills outlined below.*
- Receive recommendation by the requested division coaches via evaluation to be conducted during preseason evaluation period.
- The requested Division Director will notify the requestor of the move up decision prior to team drafts for the fall season.

## SPECIFIC CRITERIA TO MEET FOR MOVE UP

### MINI-MITE AGE MOVING UP TO MITE DIVISION

- Skating (5 of 6)
  - Hockey Stops
    - Two passes with stops at both blue lines and center ice
    - Clean stops at 4 of 6 positions on each skate, ready position
      - Right Side \_\_\_\_\_
      - Left Side \_\_\_\_\_
  - Backward Skating
    - Skate backwards from center ice to goal line \_\_\_\_\_
    - Initiate backward skating from stop (ready) position \_\_\_\_\_  
2 falls in 6 tries \_\_\_\_\_

- Forward Crossovers
  - Good crossovers on figure 8's around two face-off circles at least one way with weaker crossovers on other skate but some ability displayed \_\_\_\_\_
  - Able to sprint to center ice and back with top one half of division \_\_\_\_\_
- Puck Control (2 of 2)
  - Able to carry puck across ice with lateral dribble \_\_\_\_\_
  - Able to show some acceleration with puck \_\_\_\_\_
- Passing and Receiving (2 of 2)
  - Able to make forehand and backhand pass to coach from at least 20 feet \_\_\_\_\_
  - Must be able to receive and control soft pass on forehand at least 3 of 6 times \_\_\_\_\_
- Shooting (1 of 1)
  - Must be able to hit net with wrist and backhand shot from each face-off dot 4 of 6 times from each side \_\_\_\_\_
- Goalkeeping (6 of 8)
  - Basic stance \_\_\_\_\_
  - Parallel shuffle \_\_\_\_\_
  - Lateral T-glide \_\_\_\_\_
  - Forward and backward moves \_\_\_\_\_
  - Stick save \_\_\_\_\_
  - Body save \_\_\_\_\_
  - Glove save \_\_\_\_\_
  - Recovery \_\_\_\_\_

**MITE AGE MOVING UP TO SQUIRT DIVISION**

- Skating (9 of 11)
  - Hockey Stops
    - Two passes with stops at both blue lines and center ice
    - Clean stops at 6 of 6 positions on each skate, ready position
      - Right Side \_\_\_\_\_
      - Left Side \_\_\_\_\_
      - Backward \_\_\_\_\_
  - Backward Skating
    - Skate backwards from center ice to goal line \_\_\_\_\_
    - Initiate backward skating from stop (ready) position \_\_\_\_\_
    - Execute 180 degrees to backward skating with no more than 2 falls in 6 tries \_\_\_\_\_
  - Forward Crossovers
    - Good crossovers on figure 8's around two face-off circles at least one way with weaker crossovers on other skate but some ability displayed \_\_\_\_\_

- Able to skate two circles, transitioning from forwards to backward skating (face up ice) showing ability for backward crossover must be displayed one way or other \_\_\_\_\_
- Able to complete clean pivot turns on both skates \_\_\_\_\_
- Able to glide on one skate from blue line to center ice (both skates) \_\_\_\_\_
- Able to sprint to center ice and back with top one half of division \_\_\_\_\_
- Puck Control (3 of 3)
  - Make cross ice pass on forehand and backhand, five times each, and puck must hit a 10' gap in cones – at least 3 of 5 times each \_\_\_\_\_
  - Able to show some ability to attack the triangle with head or shoulder shift in one-on-one attack \_\_\_\_\_
  - Able to demonstrate change of pace and acceleration with puck \_\_\_\_\_
- Passing and Receiving (3 of 3)
  - Able to make forehand and backhand pass to coach from at least 20 feet \_\_\_\_\_
  - Able to receive and control pass from coach with stick 3 of 5 times \_\_\_\_\_
  - Able to receive and control pass from coach with skate 3 of 5 times \_\_\_\_\_
- Shooting (2 of 2)
  - Able to hit net with forehand and backhand shot from top of face-off circles 4 of 6 times from each side \_\_\_\_\_
  - Able to lift puck to top half of net on 3 of 5 shots from slot \_\_\_\_\_
- Goalkeeping (All)
  - Basic stance \_\_\_\_\_
  - Parallel shuffle \_\_\_\_\_
  - Lateral T-glide \_\_\_\_\_
  - Forward and backward moves \_\_\_\_\_
  - Stick save \_\_\_\_\_
  - Body save \_\_\_\_\_
  - Glove save \_\_\_\_\_
  - Recovery \_\_\_\_\_

**SQUIRT AGE MOVING UP TO PEEWEE DIVISION**

- Skating (10 of 12)
  - Hockey Stops
    - Two passes with stops at both blue lines and center ice \_\_\_\_\_
    - Clean stops at 6 of 6 positions on each skate, ready position
      - Right Side \_\_\_\_\_
      - Left Side \_\_\_\_\_
      - Backward \_\_\_\_\_
  - Backward Skating
    - Skate backwards from center ice to goal line \_\_\_\_\_
    - Initiate backward skating from stop (ready) position \_\_\_\_\_
    - Execute 180 degrees to backward skating with no more than 1 falls in 6 tries \_\_\_\_\_

- Forward Crossovers
  - Good crossovers on figure 8's around two face-off circles both ways \_\_\_\_\_
  - Able to skate two circles, transitioning from forwards to backward skating with puck (face up ice) and must display ability for backward crossover in both directions \_\_\_\_\_
  - Able to complete clean pivot turn with puck, in both directions, and must not lose control of the puck on more than 3 of 8 pivots \_\_\_\_\_
  - Able to glide on one skate and execute a weave through cones – both skates \_\_\_\_\_
  - Backward skating ability must allow player to stay with puck handler one-on-one from blue line in **(use mid-skill level skater from division)** \_\_\_\_\_
  - Able to sprint to center ice and back with top one half of division \_\_\_\_\_
- Puck Control (3 of 4)
  - Able to carry puck through a three-cone weave – does not lose control of puck more than once while completing the 2 sets of “weaves” (going and coming) \_\_\_\_\_
  - Able to show some ability to attack the triangle with head or shoulder shift in one-on-one attack (deke) \_\_\_\_\_
  - Able to demonstrate control and ability to attack by changing speed in one-on-one attack – use slip through or under to beat defenseman \_\_\_\_\_
  - Able to use boards to make pass to self around cone and maintains control 3 of 4 times \_\_\_\_\_
- Passing and Receiving (3 of 4)
  - Make cross ice pass on forehand and backhand, five times each, and puck must hit a 5' gap in cones – at least 3 of 5 times each \_\_\_\_\_
  - Able to receive and control pass from coach with stick 4 of 5 times \_\_\_\_\_
  - Able to receive and control pass from coach with skate 4 of 5 times \_\_\_\_\_
  - Able to execute one touch pass to coach 3 of 5 times \_\_\_\_\_
- Shooting (3 of 5)
  - Able to hit net with wrist shot from top of face-off circles 4 of 5 times \_\_\_\_\_
  - Able to hit net with snap shot from top of face-off circles 4 of 5 times \_\_\_\_\_
  - Able to lift puck to top half of net on both forehand and backhand shot 4 of 5 times \_\_\_\_\_
  - Able to show some ability to deflect pass/shot from coach \_\_\_\_\_
  - Able to execute one-time shot from pass 3 of 5 times \_\_\_\_\_
- Goalkeeping (All)
  - Basic stance \_\_\_\_\_
  - Parallel shuffle \_\_\_\_\_
  - Lateral T-glide \_\_\_\_\_
  - Forward and backward moves \_\_\_\_\_
  - Stick save \_\_\_\_\_
  - Body save \_\_\_\_\_

- Glove save \_\_\_\_\_
- Recovery \_\_\_\_\_
- Leg save \_\_\_\_\_
- Stacking pads \_\_\_\_\_
- “V” drop \_\_\_\_\_
- Rebounds \_\_\_\_\_

**PEEWEE AGE MOVING UP TO BANTAM DIVISION**

- Skating (10 of 12)
  - Hockey Stops
    - Two passes with stops at both blue lines and center ice \_\_\_\_\_
    - Clean stops at 6 of 6 positions on each skate, ready position
      - Right Side \_\_\_\_\_
      - Left Side \_\_\_\_\_
      - Backward \_\_\_\_\_
  - Backward Skating
    - Skate backwards from center ice to goal line \_\_\_\_\_
    - Initiate backward skating from stop (ready) position \_\_\_\_\_
    - Execute 180 to backward skating with no falls in 6 tries \_\_\_\_\_
  - Forward Crossovers
    - Good crossovers on figure 8’s around two face-off circles both ways \_\_\_\_\_
  - Backward Crossovers
    - Able to skate two circles, transitioning from forward to backward skating with puck (face up ice) displaying ability for backward crossover in both directions \_\_\_\_\_
  - Must be able to glide on one skate and execute a weave through cones
    - Forward on each skate \_\_\_\_\_
    - Backward on each skate \_\_\_\_\_
  - Backward skating ability must allow player to stay with puck handler one-on-one from blue line in **(use mid-skill level skater from division)** \_\_\_\_\_
  - Able to sprint to center ice and back with top one half of division \_\_\_\_\_
- Puck Control (5 of 6)
  - Able to carry puck while executing 360 pivots around four cones and does not lose control of puck more than once while completing 2 passes in the cones (going and coming) must show ability to execute this drill in both directions \_\_\_\_\_
  - Able to show some ability to attack the triangle with head or shoulder shift in one-on-one attack (deke) \_\_\_\_\_
  - Able to demonstrate control and ability to attack by changing speed in one-on-one attack – use slip through or under to beat defenseman \_\_\_\_\_
  - Able to use boards to make pass to self around cone and maintains control 3 of 4 times \_\_\_\_\_

- Able to demonstrate spin around with puck (both directions) \_\_\_\_\_
- Demonstrate ability for quick forward to backward puck control \_\_\_\_\_
- Passing and Receiving (5 of 6)
  - Make cross ice pass on forehand and backhand, five times each, and puck must hit a 3' gap in cones – at least 4 of 5 times each \_\_\_\_\_
  - Able to receive and control pass from coach with stick 5 of 6 times \_\_\_\_\_
  - Able to receive and control pass from coach with skate 5 of 6 times \_\_\_\_\_
  - Able to execute one touch pass to coach 4 of 5 times \_\_\_\_\_
  - Must be able to receive pass with skate and transfer to stick while skating \_\_\_\_\_
  - Must be able to complete a cross ice saucer pass \_\_\_\_\_
- Shooting (5 of 7)
  - Able to hit net with wrist shot from top of face-off circles 4 of 5 times \_\_\_\_\_
  - Able to hit net with snap shot from top of face-off circles 4 of 5 times \_\_\_\_\_
  - Able to lift puck to top half of net on both forehand and backhand shot 5 of 5 times from slot \_\_\_\_\_
  - Able to deflect pass/shot from coach on net 4 of 5 \_\_\_\_\_
  - Able to execute one-time shot from pass 4 of 5 times \_\_\_\_\_
  - Demonstrate a food slap shot, on net from blue line 4 of 5 times \_\_\_\_\_
  - Able to hit top corner of net (1/4) with wrist shot from top of face off circles 3 of 5 times \_\_\_\_\_
- Checking (3 of 3)
  - Able to demonstrate ability for gap control and angling \_\_\_\_\_
  - Demonstrate strong ability to give and receive check from strong second year player \_\_\_\_\_
  - Back checking on puck carrier
    - Catch from behind and separate from puck  
(use mid-skill level skater from division) \_\_\_\_\_
- Goalkeeping (All)
  - Basic stance \_\_\_\_\_
  - Parallel shuffle \_\_\_\_\_
  - Lateral T-glide \_\_\_\_\_
  - Forward and backward moves \_\_\_\_\_
  - Stick save \_\_\_\_\_
  - Body save \_\_\_\_\_
  - Glove save \_\_\_\_\_
  - Recovery \_\_\_\_\_
  - Leg save \_\_\_\_\_
  - Skate save \_\_\_\_\_
  - Stacking pads \_\_\_\_\_
  - “V” drop \_\_\_\_\_
  - Rebounds \_\_\_\_\_
  - Playing the angles \_\_\_\_\_
  - Situations \_\_\_\_\_