



# HOCKEY CANADA CORE SKILLS

## ATOM



Stationary Passing and Receiving	Moving Passing and Receiving	Snap Shot	Slap Shot	Individual Offensive Tactics	Offensive Tactics – Defensive Zone
<ul style="list-style-type: none"> <li><input type="checkbox"/> Stationary saucer pass – forehand</li> <li><input type="checkbox"/> Stationary saucer pass - backhand</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Moving saucer pass – forehand</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Low</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Low</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Change of pace</li> <li><input type="checkbox"/> Fake pass</li> <li><input type="checkbox"/> Fake shot – deke</li> <li><input type="checkbox"/> Puck protection basics</li> <li><input type="checkbox"/> Defender as screen</li> <li><input type="checkbox"/> Picks &amp; screens</li> <li><input type="checkbox"/> Defense stagger</li> <li><input type="checkbox"/> Flat skating</li> <li><input type="checkbox"/> Control skating</li> <li><input type="checkbox"/> Saving ice</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Rim pass</li> </ul>

Offensive Tactics – Neutral Zone	Offensive Tactics – Offensive Zone	Individual Defensive Tactics	Defensive Tactics – Offensive Zone	Defensive Tactics – Defensive Zone	Offensive Zone
<ul style="list-style-type: none"> <li><input type="checkbox"/> Stretch skate &amp; pass</li> <li><input type="checkbox"/> Chip pass</li> <li><input type="checkbox"/> Regroups</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Low delay</li> <li><input type="checkbox"/> Attack triangle</li> <li><input type="checkbox"/> Walkout</li> <li><input type="checkbox"/> Give &amp; go out of corner</li> <li><input type="checkbox"/> Give &amp; go behind net</li> <li><input type="checkbox"/> Low cycle</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Positioning</li> <li><input type="checkbox"/> Pinching</li> <li><input type="checkbox"/> Gap control</li> <li><input type="checkbox"/> Pressure or contain</li> <li><input type="checkbox"/> Tracking</li> <li><input type="checkbox"/> Backside pressure</li> <li><input type="checkbox"/> Head on a swivel</li> <li><input type="checkbox"/> Play non puck carrier – take away pass</li> <li><input type="checkbox"/> Play puck carrier – with pressure</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Role of F1</li> <li><input type="checkbox"/> Role of F2</li> <li><input type="checkbox"/> Role of F3</li> <li><input type="checkbox"/> Role of D1</li> <li><input type="checkbox"/> Role of D2</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Puck carrier behind the net</li> <li><input type="checkbox"/> Corner – into / out of</li> <li><input type="checkbox"/> Net front</li> <li><input type="checkbox"/> Point</li> <li><input type="checkbox"/> Side boards</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Middle drive</li> <li><input type="checkbox"/> Wide drive</li> <li><input type="checkbox"/> Wide entry – high delay</li> <li><input type="checkbox"/> Wide entry – low delay</li> <li><input type="checkbox"/> Crosses</li> </ul>

Face-Offs	Warm Ups	Plyometric Exercises	Balance and Coordination
<ul style="list-style-type: none"> <li><input type="checkbox"/> Face-off techniques</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hip abduction walks</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward &amp; reverse lunges</li> <li><input type="checkbox"/> Squat thrusts</li> <li><input type="checkbox"/> Squat jumps</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ball throw / catch – combinations</li> </ul>