



# HOCKEY CANADA CORE SKILLS

BANTAM / MIDGET



Offensive Zone	Forechecking	Special Teams	Face-Offs
<ul style="list-style-type: none"><li><input type="checkbox"/> Soft dump</li><li><input type="checkbox"/> Ladder plays</li><li><input type="checkbox"/> Hard rim</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> NZ 1-2-2 – press</li><li><input type="checkbox"/> NZ 2-1-2 – contact</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Power play breakout</li><li><input type="checkbox"/> Penalty killing forecheck</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Defensive zone win</li><li><input type="checkbox"/> Offensive zone</li></ul>