



HOCKEY CANADA CORE SKILLS

NOVICE



| Edge Control | Backward Skating | Moving Puck Control | Moving Passing and Receiving | Wrist Shot | Tips and Deflection |
|---|--|--|--|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> One leg weaving – forward & backward | <ul style="list-style-type: none"> <input type="checkbox"/> Backward sculling | <ul style="list-style-type: none"> <input type="checkbox"/> Side – front - side | <ul style="list-style-type: none"> <input type="checkbox"/> Pairs passing <input type="checkbox"/> Moving bank pass – forehand <input type="checkbox"/> Moving bank pass – backhand <input type="checkbox"/> Pass and follow | <ul style="list-style-type: none"> <input type="checkbox"/> In motion | <ul style="list-style-type: none"> <input type="checkbox"/> Stationary tips – on ice - low |

| Individual Offensive Tactics | Offensive Tactics – Defensive Zone | Offensive Tactics – Neutral Zone | Offensive Tactics – Offensive Zone | Individual Defensive Tactics | Defensive Tactics – Defensive Zone |
|---|--|---|--|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Attack triangle – puck under stick | <ul style="list-style-type: none"> <input type="checkbox"/> Escape moves <input type="checkbox"/> Puck retrieval basics <input type="checkbox"/> Direct pass – wall <input type="checkbox"/> Direct pass – midlane | <ul style="list-style-type: none"> <input type="checkbox"/> Cross & drop <input type="checkbox"/> Pass & follow <input type="checkbox"/> Give & go <input type="checkbox"/> Headman | <ul style="list-style-type: none"> <input type="checkbox"/> Net drive <input type="checkbox"/> Middle drive <input type="checkbox"/> High delay <input type="checkbox"/> Wrap around | <ul style="list-style-type: none"> <input type="checkbox"/> Forward skating <input type="checkbox"/> Backward skating <input type="checkbox"/> Changing directions <input type="checkbox"/> Active stick | <ul style="list-style-type: none"> <input type="checkbox"/> Role of F1 <input type="checkbox"/> Role of F2 <input type="checkbox"/> Role of F3 <input type="checkbox"/> Role of D1 <input type="checkbox"/> Role of D2 |

| Defensive Zone | Plyometric Exercises | Balance and Coordination | Off-Ice Stickhandling |
|---|--|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> DZ coverage – basic <input type="checkbox"/> DZ coverage - rotation | <ul style="list-style-type: none"> <input type="checkbox"/> Power stride <input type="checkbox"/> Power leap <input type="checkbox"/> Side step jumps – crossover <input type="checkbox"/> Agility cones <input type="checkbox"/> Bounding side to side | <ul style="list-style-type: none"> <input type="checkbox"/> Bounce ball on blade <input type="checkbox"/> Flip ball up / knock down | <ul style="list-style-type: none"> <input type="checkbox"/> Ball control – narrow & wide combination <input type="checkbox"/> Ball control – side / front / side <input type="checkbox"/> Ball control – toe drag – side & front combination <input type="checkbox"/> One touch pass – forehand / backhand <input type="checkbox"/> Saucer pass – forehand / backhand <input type="checkbox"/> Freestyle stickhandling moves |