



HOCKEY CANADA CORE SKILLS



INITIATION

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> <input type="checkbox"/> Basic stance <input type="checkbox"/> Getting up from the ice <input type="checkbox"/> Balance on one foot <input type="checkbox"/> Gliding on two skates <input type="checkbox"/> Gliding on one skate – forward and backward <input type="checkbox"/> Lateral Crossovers – step and plant 	<ul style="list-style-type: none"> <input type="checkbox"/> Figure 8's – forward – inside & outside edge <input type="checkbox"/> Figure 8's – backward – inside & outside edge 	<ul style="list-style-type: none"> <input type="checkbox"/> T-start <input type="checkbox"/> Front v-start <input type="checkbox"/> Crossover start <input type="checkbox"/> Backward c-cut start <input type="checkbox"/> Backward crossover start <input type="checkbox"/> One o'clock – eleven o'clock <input type="checkbox"/> Outside leg stop <input type="checkbox"/> Two-foot parallel stop <input type="checkbox"/> One-leg backward stop <input type="checkbox"/> Two-leg backward stop 	<ul style="list-style-type: none"> <input type="checkbox"/> C-cuts – left foot / right foot / alternating <input type="checkbox"/> Forward striding 	<ul style="list-style-type: none"> <input type="checkbox"/> C-cuts – left foot / right foot <input type="checkbox"/> Gliding on two skates – backward <input type="checkbox"/> Gliding on one skate – backward 	<ul style="list-style-type: none"> <input type="checkbox"/> Glide turns <input type="checkbox"/> Tight turns <input type="checkbox"/> C-cuts – around circle – outside foot – forward & backward <input type="checkbox"/> Crossovers – forward & backward <input type="checkbox"/> Backward one-foot stop and t-start <input type="checkbox"/> Pivots – bwd to fwd & fwd to bwd <input type="checkbox"/> Pivots – open & reverse

Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Sweep Shot	Wrist Shot
<ul style="list-style-type: none"> <input type="checkbox"/> Stance <input type="checkbox"/> Narrow <input type="checkbox"/> Wide <input type="checkbox"/> Side – front – side <input type="checkbox"/> Toe drag – side <input type="checkbox"/> Toe drag – front 	<ul style="list-style-type: none"> <input type="checkbox"/> Narrow <input type="checkbox"/> Wide <input type="checkbox"/> Open ice carry – forehand & backhand <input type="checkbox"/> Weaving with puck <input type="checkbox"/> Toe drag – front & side <input type="checkbox"/> Puck in feet 	<ul style="list-style-type: none"> <input type="checkbox"/> Stationary forehand pass <input type="checkbox"/> Stationary backhand pass <input type="checkbox"/> Stationary bank pass 	<ul style="list-style-type: none"> <input type="checkbox"/> Moving forehand pass <input type="checkbox"/> Moving backhand pass <input type="checkbox"/> Lead pass 	<ul style="list-style-type: none"> <input type="checkbox"/> Forehand <input type="checkbox"/> Backhand 	<ul style="list-style-type: none"> <input type="checkbox"/> Forehand – low <input type="checkbox"/> Backhand – low

Flip Shot	Individual Offensive Tactics	Individual Defensive Tactics	Warm Ups
<ul style="list-style-type: none"> <input type="checkbox"/> Forehand 	<ul style="list-style-type: none"> <input type="checkbox"/> Body fakes <input type="checkbox"/> Stick fakes 	<ul style="list-style-type: none"> <input type="checkbox"/> Angling 	<ul style="list-style-type: none"> <input type="checkbox"/> Arm circles <input type="checkbox"/> Trunk rotations <input type="checkbox"/> Leg swing front to back <input type="checkbox"/> Leg swing side to side <input type="checkbox"/> High knee <input type="checkbox"/> Heel kicks



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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



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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"> <input type="checkbox"/> Stationary saucer pass – forehand <input type="checkbox"/> Stationary saucer pass - backhand 	<ul style="list-style-type: none"> <input type="checkbox"/> Moving saucer pass – forehand 	<ul style="list-style-type: none"> <input type="checkbox"/> Low 	<ul style="list-style-type: none"> <input type="checkbox"/> Low 	<ul style="list-style-type: none"> <input type="checkbox"/> Change of pace <input type="checkbox"/> Fake pass <input type="checkbox"/> Fake shot – deke <input type="checkbox"/> Puck protection basics <input type="checkbox"/> Defender as screen <input type="checkbox"/> Picks & screens <input type="checkbox"/> Defense stagger <input type="checkbox"/> Flat skating <input type="checkbox"/> Control skating <input type="checkbox"/> Saving ice 	<ul style="list-style-type: none"> <input type="checkbox"/> Rim pass

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

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



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PEEWEE



Moving Passing and Receiving	Snap Shot	Slap Shot	Tips and Deflection	Offensive Tactics – Defensive Zone	Offensive Tactics – Neutral Zone
<input type="checkbox"/> Moving saucer pass - backhand	<input type="checkbox"/> One timer	<input type="checkbox"/> One timer <input type="checkbox"/> In motion	<input type="checkbox"/> Shot / pass deflection – forehand & backhand	<input type="checkbox"/> Chip pass	<input type="checkbox"/> Ladder <input type="checkbox"/> Jackhammer <input type="checkbox"/> Counter attacks

Offensive Tactics – Offensive Zone	Individual Defensive Tactics	Defensive Tactics – Neutral Zone	Breakouts	Offensive Zone	Forechecking
<input type="checkbox"/> Change point of attack <input type="checkbox"/> Drag & shoot <input type="checkbox"/> Sprint & shoot <input type="checkbox"/> One timers	<input type="checkbox"/> Pinning <input type="checkbox"/> Body checking <input type="checkbox"/> Shot block	<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	<input type="checkbox"/> Wheel option <input type="checkbox"/> Quick up <input type="checkbox"/> Over <input type="checkbox"/> D turnback <input type="checkbox"/> D to D reverse	<input type="checkbox"/> Chips <input type="checkbox"/> Cycle <input type="checkbox"/> Back of net play <input type="checkbox"/> Changing the point of attack <input type="checkbox"/> Defenseman activation options	<input type="checkbox"/> OZ 1-2-2 – contact <input type="checkbox"/> OZ 2-1-2 – contact

Special Teams	Face-Offs	Stretching
<input type="checkbox"/> Power play <input type="checkbox"/> Penalty kill	<input type="checkbox"/> Defensive zone loss	<input type="checkbox"/> Glutes / hip / lower back <input type="checkbox"/> Thigh / hip flexor <input type="checkbox"/> Calf stretch <input type="checkbox"/> Hamstring / lower back <input type="checkbox"/> Thigh / quad stretch <input type="checkbox"/> Groin stretch <input type="checkbox"/> Chest / pectoral stretch <input type="checkbox"/> Trunk / shoulder <input type="checkbox"/> Forearm stretch <input type="checkbox"/> Neck flexion / rotation