



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