

HOCKEY CANADA CORE SKILLS



INITIATION

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
 □ Basic stance □ Getting up from the ice □ Balance on one foot □ Gliding on two skates □ Gliding on one skate – forward and backward □ Lateral Crossovers – step and plant 	□ Figure 8's – forward – inside & outside edge □ Figure 8's – backward – inside & outside edge	□ T-start □ Front v-start □ Crossover start □ Backward c-cut start □ Backward crossover start □ One o'clock – eleven o'clock □ Outside leg stop □ Two-foot parallel stop □ One-leg backward stop □ Two-let backward stop	□ C-cuts – left foot / right foot / alternating □ Forward striding	□ C-cuts – left foot / right foot □ Gliding on two skates – backward □ Gliding on one skate – backward	□ Glide turns □ Tight turns □ C-cuts – around circle – outside foot – forward & backward □ Crossovers – forward & backward □ Backward on-foot stop and t-start □ Pivots – bwd to fwd & fwd to bwd □ Pivots – open & reverse

Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Sweep Shot	Wrist Shot
☐ Stance ☐ Narrow	□ Narrow □ Wide	☐ Stationary forehand pass	☐ Moving forehand pass☐ Moving backhand pass	☐ Forehand☐ Backhand	☐ Forehand – low☐ Backhand – low
☐ Wide ☐ Side — front — side ☐ Toe drag — side ☐ Toe drag — front	☐ Open ice carry – forehand & backhand ☐ Weaving with puck ☐ Toe drag – front & side	□ Stationary backhand pass □ Stationary bank pass	□ Lead pass	a backland	a backhanu – low
a roe drag – nonc	□ Puck in feet				

Flip Shot	Individual Offensive Tactics	Individual Defensive Tactics	Warm Ups
□ Forehand	□ Body fakes □ Stick fakes	□ Angling	☐ Arm circles ☐ Trunk rotations ☐ Leg swing front to back ☐ Leg swing side to side ☐ High knee ☐ Heel kicks