



HOCKEY CANADA CORE SKILLS



NOVICE

Edge Control	Backward Skating	Moving Puck Control	Moving Passing and Receiving	Wrist Shot	Tips and Deflection
<input type="checkbox"/> One leg weaving – forward & backward	<input type="checkbox"/> Backward sculling	<input type="checkbox"/> Side – front - side	<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	<input type="checkbox"/> In motion	<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
<input type="checkbox"/> Attack triangle – puck under stick	<input type="checkbox"/> Escape moves <input type="checkbox"/> Puck retrieval basics <input type="checkbox"/> Direct pass – wall <input type="checkbox"/> Direct pass – midlane	<input type="checkbox"/> Cross & drop <input type="checkbox"/> Pass & follow <input type="checkbox"/> Give & go <input type="checkbox"/> Headman	<input type="checkbox"/> Net drive <input type="checkbox"/> Middle drive <input type="checkbox"/> High delay <input type="checkbox"/> Wrap around	<input type="checkbox"/> Forward skating <input type="checkbox"/> Backward skating <input type="checkbox"/> Changing directions <input type="checkbox"/> Active stick	<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
<input type="checkbox"/> DZ coverage – basic <input type="checkbox"/> DZ coverage - rotation	<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	<input type="checkbox"/> Bounce ball on blade <input type="checkbox"/> Flip ball up / knock down	<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



Month	SEP/OCT	NOV	DEC	JAN	FEB	MAR
NOVICE	INTRODUCE DEVELOP	INTRODUCE DEVELOPE	INTRODUCE DEVELOP REFINE	INTODOUCE DEVELOP REFINE	INTRODUCE DEVELOP REFINE	DEVELOP REFINE
Technical Skills 75%	<ul style="list-style-type: none"> • Edge Control • Skating 	<ul style="list-style-type: none"> • Edge Control • Skating • Crossovers 	<ul style="list-style-type: none"> • Edge Control • Skating • Crossovers • Off-Ice stickhandling 	<ul style="list-style-type: none"> • Edge Control • Skating • Crossover • Off-Ice stickhandling 	<ul style="list-style-type: none"> • Edge Control • Skating • Crossovers • Off-Ice stickhandling • Off-ice Exercises 	<ul style="list-style-type: none"> • Edge Control • Skating • Crossovers • Off-Ice stickhandling • Off-ice Exercises
Individual Tactics 15%	<ul style="list-style-type: none"> • Moving Puck control • Shooting 	<ul style="list-style-type: none"> • Moving puck control • Offensive Tactics • Shooting 	<ul style="list-style-type: none"> • Moving puck control • Offensive Tactics • Defensive tactics • Shooting 	<ul style="list-style-type: none"> • Moving puck control • Off/Def tactics • Shooting/tips 	<ul style="list-style-type: none"> • Moving puck control • Off/Def tactics • Shooting/tips 	<ul style="list-style-type: none"> • Moving puck control • Off/Def tactics • Shooting/tips
Team Tactics 10%			<ul style="list-style-type: none"> • Offensive Team tactics 	<ul style="list-style-type: none"> • Offensive Team tactics • Defensive Team tactics 	<ul style="list-style-type: none"> • Offensive Team tactics • Defensive Team 	<ul style="list-style-type: none"> • Offensive Team tactics • Defensive Team



NOVICE SEASON TEMPLATE

