
Hockey Edmonton – TIMBITS Core Skills

Hockey Edmonton has reviewed the Hockey Canada Initiation Program Core Skills, and divided these core skills amongst the THREE appropriate Hockey Edmonton Timbits Program Levels (Discovery, Junior, Senior). These **Technical Skills** should be both *Introduced and Developed* at their respective Timbits Program Level. *For evaluation/grouping purposes, Timbits athletes should be proficient (able to execute on their own) in the identified skills before progressing to the next Timbits Program Level:*

DISCOVERY

- Basic stance
- Getting up from the ice
- Balance on one foot
- Gliding on two skates – forward and backward
- Gliding on one skate – forward and backward
- Lateral Crossovers – step and plant
- C-cuts – left foot / right foot / alternating
- Forward Striding
- Backward Striding
- Outside leg forward one-foot stop (half-snowplows)
 - Stationary backhand pass
 - Stationary bank pass
- Sweep Shot
 - Forehand
 - Backhand

SENIOR TIMBITS

JUNIOR TIMBITS

- C-cuts – around circle – outside foot – forward & backward
 - Figure 8's – forward – inside & outside edge
 - Figure 8's – backward – inside & outside edge
 - Glide turns
 - Tight turns
 - T-start
 - Forehand flip shot
 - Stationary Puck Control
 - Stance
 - Narrow
 - Wide
 - Side – front – side
 - Toe drag – side
 - Toe drag – front
 - Stationary Passing and Receiving
 - Stationary forehand pass
- Front v-start
 - Crossover starts
 - Crossovers – forward & backward
 - Backward one-foot stop (half-snowplows) and t-start
 - Backward c-cut start
 - Backward crossover starts
 - One o'clock – eleven o'clock
 - Two-foot parallel stop
 - One-leg backward stop
 - Two-leg backward stop
 - Pivots – bwd to fwd & fwd to bwd
 - Pivots – open & reverse
 - Moving Puck Control
 - Narrow
 - Wide
 - Open ice carry – forehand & backhand
 - Weaving with puck
 - Toe drag – front & side
 - Puck in feet
 - Moving Passing and Receiving
 - Moving forehand pass
 - Moving backhand pass
 - Lead pass
 - Wrist Shot
 - Forehand – low
 - Backhand – low



As a Timbits athlete progresses to the subsequent Timbits Program Level, it is expected that they continue to *Develop and Refine* the skills that were introduced in the preceding Timbits Program Levels. For a Timbits athlete, constant repetition is crucial - All skills should be repeated on a regular basis. It can be detrimental to an athlete's development if they are progressing to the subsequent level of play without developing the prerequisite skills.

In addition to Technical Skills, Senior Timbits athletes should also be introduced to **Individual Tactics** and **Team Tactics**. These Tactics can be taught during a Skill Development Session or During a Small Area Game Session. During a Small Area Game Session, Instructors can reinforce these tactics and skills within the Cross-Ice Game Zone or within the Active Rest/Play Zone. Demonstrating a proficiency in these skills will be essential to progressing to the Novice division of play.

Individual Tactics (Senior Timbits)

- Body fakes
- Stick fakes
- Angling
- Stick Checks
- 1 v 1
- Driving to net

Team Tactics (Senior Timbits)

- Puck support
- Defensive Side
- Passing Lanes
- Shooting Lanes
- 2 v 1
- 3 v 2

Hockey Canada has also identified the following exercises as Core Warm-up skills for the entire Initiation Program division of play (i.e. Timbits). These skills will assist with developing a strong physical literacy:

Warm Ups (all)

- Arm circles
- Trunk rotations
- Leg swing front to back
- Leg swing side to side
- High knees & Heel kicks

Three distinct curriculums have been developed and are available on the [ProSmart Sports Learning System](#). Each of these curriculums works through the respective Core Skills for each Hockey Edmonton Timbits Program Levels. It is mandatory that Hockey Edmonton TIMBITS coaches utilize the curriculums and lessons plans, however modifying (regressions/progressions) exercises and drills as necessary.