

HOCKEY CANADA CORE SKILLS



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Stationary Passing and Receiving	Moving Passing and Receiving	Snap Shot	Slap Shot	Individual Offensive Tactics	Offensive Tactics – Defensive Zone
 Stationary saucer pass – forehand Stationary saucer pass - backhand 	Moving saucer pass – forehand	Low	Low	 Change of pace Fake pass Fake shot – deke Puck protection basics Defender as screen Picks & screens Defense stagger Flat skating Control skating Saving ice 	□ Rim pass

Offensive Tactics –	Offensive Tactics –	Individual Defensive	Defensive Tactics –	Defensive Tactics –	Offensive Zone
Neutral Zone	Offensive Zone	Tactics	Offensive Zone	Defensive Zone	
 Stretch skate & pass Chip pass Regroups 	 Low delay Attack triangle Walkout Give & go out of corner Give & go behind net Low cycle 	 Positioning Pinching Gap control Pressure or contain Tracking Backside pressure Head on a swivel Play non puck carrier – take away pass Play puck carrier – with pressure 	 Role of F1 Role of F2 Role of F3 Role of D1 Role of D2 	 Puck carrier behind the net Corner – into / out of Net front Point Side boards 	 Middle drive Wide drive Wide entry – high delay Wide entry – low delay Crosses

Face-Offs	Warm Ups	Plyometric Exercises	Balance and Coordination
□ Face-off techniques	Hip abduction walks	 Forward & reverse lunges Squat thrusts Squat jumps 	Ball throw / catch – combinations