

## HOCKEY CANADA CORE SKILLS



## **BANTAM / MIDGET**

Offensive Zone	Forechecking	Special Teams	Face-Offs
□ Soft dump	■ NZ 1-2-2 – press	<ul><li>Power play breakout</li></ul>	□ Defensive zone win
<ul><li>Ladder plays</li></ul>	■ NZ 2-1-2 – contact	<ul><li>Penalty killing forecheck</li></ul>	Offensive zone
☐ Hard rim			