



# HOCKEY CANADA CORE SKILLS



The following chart outlines at what age coaches should **introduce** their players to each core skill. As players progress through the various age groups, coaches should ensure their players continue to develop and refine these core skills.

Initiation	Novice	Atom	Pewee	Bantam / Midget
<b>Balance and Agility</b>				
<ul style="list-style-type: none"> <li><input type="checkbox"/> Basic stance</li> <li><input type="checkbox"/> Getting up from the ice</li> <li><input type="checkbox"/> Balance on one foot</li> <li><input type="checkbox"/> Gliding on two skates</li> <li><input type="checkbox"/> Gliding on one skate – forward and backward</li> <li><input type="checkbox"/> Lateral Crossovers – step and plant</li> </ul>				
<b>Edge Control</b>				
<ul style="list-style-type: none"> <li><input type="checkbox"/> Figure 8's – forward – inside &amp; outside edge</li> <li><input type="checkbox"/> Figure 8's – backward – inside &amp; outside edge</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> One leg weaving – forward &amp; backward</li> </ul>			
<b>Starting and Stopping</b>				
<ul style="list-style-type: none"> <li><input type="checkbox"/> T-start</li> <li><input type="checkbox"/> Front v-start</li> <li><input type="checkbox"/> Crossover start</li> <li><input type="checkbox"/> Backward c-cut start</li> <li><input type="checkbox"/> Backward crossover start</li> <li><input type="checkbox"/> One o'clock – eleven o'clock</li> <li><input type="checkbox"/> Outside leg stop</li> <li><input type="checkbox"/> Two-foot parallel stop</li> <li><input type="checkbox"/> One-leg backward stop</li> <li><input type="checkbox"/> Two-leg backward stop</li> </ul>				
<b>Forward Skating and Striding</b>				
<ul style="list-style-type: none"> <li><input type="checkbox"/> C-cuts – left foot / right foot / alternating</li> <li><input type="checkbox"/> Forward striding</li> </ul>				
<b>Backward Skating</b>				
<ul style="list-style-type: none"> <li><input type="checkbox"/> C-cuts – left foot / right foot</li> <li><input type="checkbox"/> Gliding on two skates – backward</li> <li><input type="checkbox"/> Gliding on one skate – backward</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Backward sculling</li> </ul>			

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<b>Turning and Crossovers</b>				
<input type="checkbox"/> Glide turns <input type="checkbox"/> Tight turns <input type="checkbox"/> C-cuts – around circle – outside foot – forward & backward <input type="checkbox"/> Crossovers – forward & backward <input type="checkbox"/> Backward one-foot stop and t-start <input type="checkbox"/> Pivots – bwd to fwd & fwd to bwd <input type="checkbox"/> Pivots – open & reverse				
<b>Stationary Puck Control</b>				
<input type="checkbox"/> Stance <input type="checkbox"/> Narrow <input type="checkbox"/> Wide <input type="checkbox"/> Side – front – side <input type="checkbox"/> Toe drag – side <input type="checkbox"/> Toe drag – front				
<b>Moving Puck Control</b>				
<input type="checkbox"/> Narrow <input type="checkbox"/> Wide <input type="checkbox"/> Open ice carry – forehand & backhand <input type="checkbox"/> Weaving with puck <input type="checkbox"/> Toe drag – front & side <input type="checkbox"/> Puck in feet	<input type="checkbox"/> Side – front – side			
<b>Stationary Passing and Receiving</b>				
<input type="checkbox"/> Stationary forehand pass <input type="checkbox"/> Stationary backhand pass <input type="checkbox"/> Stationary bank pass		<input type="checkbox"/> Stationary saucer pass – forehand <input type="checkbox"/> Stationary saucer pass - backhand		
<b>Moving Passing and Receiving</b>				
<input type="checkbox"/> Moving forehand pass <input type="checkbox"/> Moving backhand pass <input type="checkbox"/> Lead pass	<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"/> Moving saucer pass – forehand	<input type="checkbox"/> Moving saucer pass - backhand	
<b>Sweep Shot</b>				
<input type="checkbox"/> Forehand <input type="checkbox"/> Backhand				
<b>Wrist Shot</b>				
<input type="checkbox"/> Forehand – low <input type="checkbox"/> Backhand – low	<input type="checkbox"/> In motion			
<b>Flip Shot</b>				
<input type="checkbox"/> Forehand				

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<b>Snap Shot</b>				
		<input type="checkbox"/> Low	<input type="checkbox"/> One timer	
<b>Slap Shot</b>				
		<input type="checkbox"/> Low	<input type="checkbox"/> One timer <input type="checkbox"/> In motion	
<b>Tips and Deflection</b>				
	<input type="checkbox"/> Stationary tips – on ice – low		<input type="checkbox"/> Shot / pass deflection – forehand & backhand	
<b>Individual Offensive Tactics</b>				
<input type="checkbox"/> Body fakes <input type="checkbox"/> Stick fakes	<input type="checkbox"/> Attack triangle – puck under stick	<input type="checkbox"/> Change of pace <input type="checkbox"/> Fake pass <input type="checkbox"/> Fake shot – deke <input type="checkbox"/> Puck protection basics <input type="checkbox"/> Defender as screen <input type="checkbox"/> Picks & screens <input type="checkbox"/> Defense stagger <input type="checkbox"/> Flat skating <input type="checkbox"/> Control skating <input type="checkbox"/> Saving ice		
<b>Offensive Tactics – Defensive Zone</b>				
	<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"/> Rim pass	<input type="checkbox"/> Chip pass	
<b>Offensive Tactics – Neutral Zone</b>				
	<input type="checkbox"/> Cross & drop <input type="checkbox"/> Pass & follow <input type="checkbox"/> Give & go <input type="checkbox"/> Headman	<input type="checkbox"/> Stretch skate & pass <input type="checkbox"/> Chip pass <input type="checkbox"/> Regroups	<input type="checkbox"/> Ladder <input type="checkbox"/> Jackhammer <input type="checkbox"/> Counter attacks	
<b>Offensive Tactics – Offensive Zone</b>				
	<input type="checkbox"/> Net drive <input type="checkbox"/> Middle drive <input type="checkbox"/> High delay <input type="checkbox"/> Wrap around	<input type="checkbox"/> Low delay <input type="checkbox"/> Attack triangle <input type="checkbox"/> Walkout <input type="checkbox"/> Give & go out of corner <input type="checkbox"/> Give & go behind net <input type="checkbox"/> Low cycle	<input type="checkbox"/> Change point of attack <input type="checkbox"/> Drag & shoot <input type="checkbox"/> Sprint & shoot <input type="checkbox"/> One timers	

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<b>Individual Defensive Tactics</b>				
<input type="checkbox"/> Angling	<input type="checkbox"/> Forward skating <input type="checkbox"/> Backward skating <input type="checkbox"/> Changing directions <input type="checkbox"/> Active stick	<input type="checkbox"/> Positioning <input type="checkbox"/> Pinching <input type="checkbox"/> Gap control <input type="checkbox"/> Pressure or contain <input type="checkbox"/> Tracking <input type="checkbox"/> Backside pressure <input type="checkbox"/> Head on a swivel <input type="checkbox"/> Play non puck carrier – take away pass <input type="checkbox"/> Play puck carrier – with pressure	<input type="checkbox"/> Pinning <input type="checkbox"/> Body checking <input type="checkbox"/> Shot block	
<b>Defensive Tactics – Offensive Zone</b>				
		<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		
<b>Defensive Tactics – Neutral Zone</b>				
			<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	
<b>Defensive Tactics – Defensive Zone</b>				
	<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	<input type="checkbox"/> Puck carrier behind the net <input type="checkbox"/> Corner – into / out of <input type="checkbox"/> Net front <input type="checkbox"/> Point <input type="checkbox"/> Side boards		
<b>Defensive Zone</b>				
	<input type="checkbox"/> DZ coverage – basic <input type="checkbox"/> DZ coverage – rotation			
<b>Breakouts</b>				
			<input type="checkbox"/> Wheel option <input type="checkbox"/> Quick up <input type="checkbox"/> Over <input type="checkbox"/> D turnback <input type="checkbox"/> D to D reverse	
<b>Offensive Zone</b>				
		<input type="checkbox"/> Middle drive <input type="checkbox"/> Wide drive <input type="checkbox"/> Wide entry – high delay <input type="checkbox"/> Wide entry – low delay <input type="checkbox"/> Crosses	<input type="checkbox"/> Chips <input type="checkbox"/> Cycle <input type="checkbox"/> Back of net play <input type="checkbox"/> Changing the point of attack <input type="checkbox"/> Defenseman activation options	<input type="checkbox"/> Soft dump <input type="checkbox"/> Ladder plays <input type="checkbox"/> Hard rim

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<b>Forechecking</b>				
			<input type="checkbox"/> OZ 1-2-2 – contact <input type="checkbox"/> OZ 2-1-2 – contact	<input type="checkbox"/> NZ 1-2-2 – press <input type="checkbox"/> NZ 2-1-2 – contact
<b>Special Teams</b>				
			<input type="checkbox"/> Power play <input type="checkbox"/> Penalty kill	<input type="checkbox"/> Power play breakout <input type="checkbox"/> Penalty killing forecheck
<b>Face-Offs</b>				
		<input type="checkbox"/> Face-off techniques	<input type="checkbox"/> Defensive zone loss	<input type="checkbox"/> Defensive zone win <input type="checkbox"/> Offensive zone
<b>Warm Ups</b>				
<input type="checkbox"/> Arm circles <input type="checkbox"/> Trunk rotations <input type="checkbox"/> Leg swing front to back <input type="checkbox"/> Leg swing side to side <input type="checkbox"/> High knee <input type="checkbox"/> Heel kicks		<input type="checkbox"/> Hip abduction walks		
<b>Stretching</b>				
			<input type="checkbox"/> Glutes / hip / lower back <input type="checkbox"/> Thigh / hip flexor <input type="checkbox"/> Calf stretch <input type="checkbox"/> Hamstring / lower back <input type="checkbox"/> Thigh / quad stretch <input type="checkbox"/> Groin stretch <input type="checkbox"/> Chest / pectoral stretch <input type="checkbox"/> Trunk / shoulder <input type="checkbox"/> Forearm stretch <input type="checkbox"/> Neck flexion / rotation	
<b>Plyometric Exercises</b>				
	<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"/> Forward & reverse lunges <input type="checkbox"/> Squat thrusts <input type="checkbox"/> Squat jumps		
<b>Balance and Coordination</b>				
	<input type="checkbox"/> Bounce ball on blade <input type="checkbox"/> Flip ball up / knock down	<input type="checkbox"/> Ball throw / catch – combinations		
<b>Off-Ice Stickhandling</b>				
	<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			