

U9 SKILLS

LTPD STAGE - Fundamentals 2



Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> Basic stance Balance on one foot Gliding on two skates Gliding on one skate – forward and backward Lateral Crossovers 	<ul style="list-style-type: none"> Figure 8's – forward – inside & outside edge Figure 8's – backward – inside & outside edge Heel to Heel (Mohawk) 1 leg weaving – fwd / bwd 	<ul style="list-style-type: none"> Front v-start Crossover start Backward c-cut start One o'clock – eleven o'clock stops Outside leg stop Two-foot parallel stop One-leg backward stop Two-leg backward stop 	<ul style="list-style-type: none"> C-cuts – left foot / right foot / alternating Crossunders T-push Forward striding 	<ul style="list-style-type: none"> C-cuts – left foot / right foot Gliding on two skates – backward Gliding on one skate – backward Backward Striding 1 Crossover / Reach 	<ul style="list-style-type: none"> Glide turns / Tight turns C-cuts – around circle – outside foot – forward & backward Crossovers – forward & backward Pivots – bwd to fwd & fwd to bwd Pivots – open & reverse
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	Individual Offensive Tactics
<ul style="list-style-type: none"> Stance Narrow / Wide Side – front – side Toe drag – side/front Attack Triangle 	<ul style="list-style-type: none"> Narrow / Wide Open ice carry – forehand & backhand Weaving with puck Toe drag – front & side Attack the Triangle 	<ul style="list-style-type: none"> Stationary forehand pass Stationary backhand pass Stationary bank pass 	<ul style="list-style-type: none"> Moving forehand pass Moving backhand pass Pass and Follow 	<ul style="list-style-type: none"> Forehand - wrist shot Backhand - sweep shot Forehand / backhand shots in motion Forehand - flip shot Backhand - flip shot 	<ul style="list-style-type: none"> Body fakes Stick fakes Dekes Moves in Combination Net Drives
Individual Defensive Tactics	Team Play				
<ul style="list-style-type: none"> Angling Basic 1 on 1's Escape moves Puck retrievals 	<ul style="list-style-type: none"> Basic Positioning – all players should play all positions 				

