



HOCKEY CANADA CORE SKILLS

ATOM



Stationary Passing and Receiving	Moving Passing and Receiving	Snap Shot	Slap Shot	Individual Offensive Tactics	Offensive Tactics – Defensive Zone
<ul style="list-style-type: none"> <input type="checkbox"/> Stationary saucer pass – forehand <input type="checkbox"/> Stationary saucer pass - backhand 	<ul style="list-style-type: none"> <input type="checkbox"/> Moving saucer pass – forehand 	<ul style="list-style-type: none"> <input type="checkbox"/> Low 	<ul style="list-style-type: none"> <input type="checkbox"/> Low 	<ul style="list-style-type: none"> <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 	<ul style="list-style-type: none"> <input type="checkbox"/> Rim pass

Offensive Tactics – Neutral Zone	Offensive Tactics – Offensive Zone	Individual Defensive Tactics	Defensive Tactics – Offensive Zone	Defensive Tactics – Defensive Zone	Offensive Zone
<ul style="list-style-type: none"> <input type="checkbox"/> Stretch skate & pass <input type="checkbox"/> Chip pass <input type="checkbox"/> Regroups 	<ul style="list-style-type: none"> <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 	<ul style="list-style-type: none"> <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 	<ul style="list-style-type: none"> <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 	<ul style="list-style-type: none"> <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 	<ul style="list-style-type: none"> <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

Face-Offs	Warm Ups	Plyometric Exercises	Balance and Coordination
<ul style="list-style-type: none"> <input type="checkbox"/> Face-off techniques 	<ul style="list-style-type: none"> <input type="checkbox"/> Hip abduction walks 	<ul style="list-style-type: none"> <input type="checkbox"/> Forward & reverse lunges <input type="checkbox"/> Squat thrusts <input type="checkbox"/> Squat jumps 	<ul style="list-style-type: none"> <input type="checkbox"/> Ball throw / catch – combinations