



# HOCKEY CANADA CORE SKILLS



## INITIATION

| Balance and Agility   | Edge Control  | Starting and Stopping   | Forward Skating and Striding  | Backward Skating  | Turning and Crossovers  |
|---|---|---|---|---|---|
| <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> | <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"/> 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> | <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> | <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"/> Glide turns</li> <li><input type="checkbox"/> Tight turns</li> <li><input type="checkbox"/> C-cuts – around circle – outside foot – forward &amp; backward</li> <li><input type="checkbox"/> Crossovers – forward &amp; backward</li> <li><input type="checkbox"/> Backward one-foot stop and t-start</li> <li><input type="checkbox"/> Pivots – bwd to fwd &amp; fwd to bwd</li> <li><input type="checkbox"/> Pivots – open &amp; reverse</li> </ul> |

| Stationary Puck Control  | Moving Puck Control  | Stationary Passing and Receiving  | Moving Passing and Receiving   | Sweep Shot   | Wrist Shot   |
|--|--|---|--|--|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Stance</li> <li><input type="checkbox"/> Narrow</li> <li><input type="checkbox"/> Wide</li> <li><input type="checkbox"/> Side – front – side</li> <li><input type="checkbox"/> Toe drag – side</li> <li><input type="checkbox"/> Toe drag – front</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Narrow</li> <li><input type="checkbox"/> Wide</li> <li><input type="checkbox"/> Open ice carry – forehand &amp; backhand</li> <li><input type="checkbox"/> Weaving with puck</li> <li><input type="checkbox"/> Toe drag – front &amp; side</li> <li><input type="checkbox"/> Puck in feet</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Stationary forehand pass</li> <li><input type="checkbox"/> Stationary backhand pass</li> <li><input type="checkbox"/> Stationary bank pass</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Moving forehand pass</li> <li><input type="checkbox"/> Moving backhand pass</li> <li><input type="checkbox"/> Lead pass</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Forehand</li> <li><input type="checkbox"/> Backhand</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Forehand – low</li> <li><input type="checkbox"/> Backhand – low</li> </ul> |

| Flip Shot   | Individual Offensive Tactics  | Individual Defensive Tactics   | Warm Ups   |
|---|---|--|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Forehand</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Body fakes</li> <li><input type="checkbox"/> Stick fakes</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Angling</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Arm circles</li> <li><input type="checkbox"/> Trunk rotations</li> <li><input type="checkbox"/> Leg swing front to back</li> <li><input type="checkbox"/> Leg swing side to side</li> <li><input type="checkbox"/> High knee</li> <li><input type="checkbox"/> Heel kicks</li> </ul> |