



HOCKEY CANADA CORE SKILLS

NOVICE



Edge Control	Backward Skating	Moving Puck Control	Moving Passing and Receiving	Wrist Shot	Tips and Deflection
<ul style="list-style-type: none"> <input type="checkbox"/> One leg weaving – forward & backward 	<ul style="list-style-type: none"> <input type="checkbox"/> Backward sculling 	<ul style="list-style-type: none"> <input type="checkbox"/> Side – front - side 	<ul style="list-style-type: none"> <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 	<ul style="list-style-type: none"> <input type="checkbox"/> In motion 	<ul style="list-style-type: none"> <input type="checkbox"/> Stationary tips – on ice - low

Individual Offensive Tactics	Offensive Tactics – Defensive Zone	Offensive Tactics – Neutral Zone	Offensive Tactics – Offensive Zone	Individual Defensive Tactics	Defensive Tactics – Defensive Zone
<ul style="list-style-type: none"> <input type="checkbox"/> Attack triangle – puck under stick 	<ul style="list-style-type: none"> <input type="checkbox"/> Escape moves <input type="checkbox"/> Puck retrieval basics <input type="checkbox"/> Direct pass – wall <input type="checkbox"/> Direct pass – midlane 	<ul style="list-style-type: none"> <input type="checkbox"/> Cross & drop <input type="checkbox"/> Pass & follow <input type="checkbox"/> Give & go <input type="checkbox"/> Headman 	<ul style="list-style-type: none"> <input type="checkbox"/> Net drive <input type="checkbox"/> Middle drive <input type="checkbox"/> High delay <input type="checkbox"/> Wrap around 	<ul style="list-style-type: none"> <input type="checkbox"/> Forward skating <input type="checkbox"/> Backward skating <input type="checkbox"/> Changing directions <input type="checkbox"/> Active stick 	<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

Defensive Zone	Plyometric Exercises	Balance and Coordination	Off-Ice Stickhandling
<ul style="list-style-type: none"> <input type="checkbox"/> DZ coverage – basic <input type="checkbox"/> DZ coverage - rotation 	<ul style="list-style-type: none"> <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 	<ul style="list-style-type: none"> <input type="checkbox"/> Bounce ball on blade <input type="checkbox"/> Flip ball up / knock down 	<ul style="list-style-type: none"> <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