



HOCKEY CANADA CORE SKILLS

PEEWEE



Moving Passing and Receiving	Snap Shot	Slap Shot	Tips and Deflection	Offensive Tactics – Defensive Zone	Offensive Tactics – Neutral Zone
<ul style="list-style-type: none"> <input type="checkbox"/> Moving saucer pass - backhand 	<ul style="list-style-type: none"> <input type="checkbox"/> One timer 	<ul style="list-style-type: none"> <input type="checkbox"/> One timer <input type="checkbox"/> In motion 	<ul style="list-style-type: none"> <input type="checkbox"/> Shot / pass deflection – forehand & backhand 	<ul style="list-style-type: none"> <input type="checkbox"/> Chip pass 	<ul style="list-style-type: none"> <input type="checkbox"/> Ladder <input type="checkbox"/> Jackhammer <input type="checkbox"/> Counter attacks

Offensive Tactics – Offensive Zone	Individual Defensive Tactics	Defensive Tactics – Neutral Zone	Breakouts	Offensive Zone	Forechecking
<ul style="list-style-type: none"> <input type="checkbox"/> Change point of attack <input type="checkbox"/> Drag & shoot <input type="checkbox"/> Sprint & shoot <input type="checkbox"/> One timers 	<ul style="list-style-type: none"> <input type="checkbox"/> Pinning <input type="checkbox"/> Body checking <input type="checkbox"/> Shot block 	<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"/> Wheel option <input type="checkbox"/> Quick up <input type="checkbox"/> Over <input type="checkbox"/> D turnback <input type="checkbox"/> D to D reverse 	<ul style="list-style-type: none"> <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 	<ul style="list-style-type: none"> <input type="checkbox"/> OZ 1-2-2 – contact <input type="checkbox"/> OZ 2-1-2 – contact

Special Teams	Face-Offs	Stretching
<ul style="list-style-type: none"> <input type="checkbox"/> Power play <input type="checkbox"/> Penalty kill 	<ul style="list-style-type: none"> <input type="checkbox"/> Defensive zone loss 	<ul style="list-style-type: none"> <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