



# 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>