

# WYHA Skills Progression - Bantam Individual Skills

## Skating and Striding

- quickness, speed, agility and power
- with and without pucks
- change directions with speed

### Stopping

- one foot hockey stop with crossover and v-start
- two foot hockey stop feet together and separated
- two foot hockey stop with crossover and v-start
- hockey stop with pivot
- with and without pucks

### Edge control

- inside edge (including swizzles)
- outside edge (including delayed crossover)
- with and without pucks

### Power turns

- two feet on ice and proper knee bend
- control turn both directions, with crossover recovery
- control turn with crossover
- close in figure eight
- with and without pucks

### Forward crossovers (crossunders)

- proper stick, shoulder, leg position
- under leg power push
- cross under "v" position
- proper balance
- lateral skating at high speed
- with and without pucks

### Backward skating

- c - starts, knee bend
- high speed starts and skating
- inside edge "c's"
- c's one foot at a time with heel touches
- backward stopping with and without v-starts
- stickhandling while skating backwards
- quick turn ups (reverse)

### Backward crossovers

- backward crossovers (crossunders) lower body position
- backward crossovers (crossunders) upper body position
- backward crossovers with puck
- backward crossunder starts
- backward 2 skate stop
- backward 1 skate power stop

### Pivoting

- forward to backward
- backward to forward
- mohawk turns
- 360 degree turns
- with and without pucks

## Puck control

### Open ice carry

- proper stick and puck placement
- railroad motion with free hand
- head up, full speed, with and without pressure
- breakaways with and without pressure
- stop and go's / change direction

### Stickhandling

- proper stick and puck placement
- stationary stickhandling
- lateral dribble
- forward to backward dribble, diagonal dribble

- forward stickhandling in motion (same as above)
- attacking the triangle
- forehand shift, backhand shift
- accelerating with puck, change of pace
- puck protection
- give and take
- turns around players or cones
- stopping - protecting the puck
- dekes around players or cones
- dekes around goalies
- stickhandling in traffic, with pressure
- slip through, slip across
- puck off boards

### Passing and receiving

- proper stick placement for passing and receiving
- forehand passing, receiving (stick and skate)
- backhand passing, receiving
- short and long passes
- breakaway passing
- positioning - getting open for pass
- stationary and in motion with partner
- consistent passes with moving target
- flip/saucer pass forehand
- flip/saucer pass backhand
- give and go's (forehand and backhand)
- give and go (breakout)
- receive with hands and feet
- one touch pass
- indirect pass (off boards)

### Shooting

- wrist shot, backhand, flip shot
- snap shot, slap shot
- quick release
- screen and deflection
- rebounding
- tipping (body and stick placement)
- when to use different shots
- velocity test, accuracy test
- where to shoot from (proper angles)
- open space (how to get open for good chances)
- body position around net
- picking corners - on ice and under crossbar

### Checking

- poke check, hook-check, lift the stick check
- covering opposing players
- gap control
- body positioning - angling near boards and open ice
- techniques for giving and receiving a check
- hitting and pinning
- checking around boards
- checking in open ice
- hip checks
- attacking defender in open ice
- player on player positioning (open ice, in front of net)

### Shot blocking

- layout block
- stand up block

### Goalkeeping

- basic stance
- parallel shuffle
- lateral t-glide
- forward and backward moves
- stick save
- body save
- glove save

- waffle save
- leg save
- skate save
- stacking pads
- "v" drop
- rebounds
- proper angles
- use of crease
- situations
- poke checks
- moving behind net
- stopping puck along boards behind net