



ER Skill Descriptions & Instructor Focus

Legend Skill which needs to be validated on both left/right sides

Elk River Youth Hockey Association Skills Progression Model

Progression Stages

Elk River Academy's Progression Model follows USA Hockey's skill progression model and describes 3 key stages of skill development: **Introduction, Proficiency and Mastery.**

Introduction Stage

- At this stage, this skill is being introduced
- focus should be on correctly introducing the skill, focusing on proper simple and clear explanation,
- Teaching should include repeated slow demonstration and player execution and correction of the skill to ensure skill is done correctly

Proficiency Stage

- This skill has already been introduced at previous age group level.
- Skater should display a noticeable improvement from the introduction stage (2-out-of-5 times skill is able to be repeated correctly).
- Instruction should be focused on stressing the skill using drills and combining the use of this skill alongside other skills or possibly in game or situations.

Mastery Stage

- Skater is able to use the skill effectively and confidently in a number of situations.
- Skater can perform the skill repeatedly in a consistent way (4-out-of-5 times skill is able to be repeated correctly)
- Skater has a level of confidence that allows him/her use and rely on this skill when called upon in a game situation.

Skill Progression

Elk River Academy's Goal is to be able to, over several years, move every skater up through each stage, from **Introduction** to **Mastery**.

5-year view comparing skills from Learn-to-Skate to Major-Mites

#	Skill	Description
1. Skating		
1.1	standing: fall/get up off the ice	able to stand, fall both knees on the ice, get up
1.2	standing: ready position	able to comfortably assume ready position with knee bend and strong confidence in standing position
1.3	forward: walking on skates	pre-stride movement able to move forward balanced on skates moving forward using 'walking stride'
1.4	forward: push glide	able to push with one skate to glide with the other skate (both sides)
1.5	forward: c-cuts & swizzles	able to apply pressure to inside edge of skates one at a time (c-cut), able to apply pressure to inside edge of both inside edges at one (swizzles)
1.6	forward: stride knee bend	able to display knee-bend in stride
1.7	turning: simple turn	able to turn to both sides, both skates on the ice
1.8	stopping: snowplow stop	able to stop with toes pointed inward on inside edges
1.9	backward: c-cut start	able to begin backwards skating run with backwards c-cut
1.10	turning: forward crossovers	able to corner raising outside foot over inside foot pushing with inside foot's outside edge to produce power in turn
1.11	forward: power-quick start	able to perform quick short-stride power skating start
1.12	forward: stride arm movement	able to manage arm-swing efficiently with proper elbow control
1.13	forward: stride leg extension	proper powerful long leg extension from deep knee bend
1.14	forward: stride toe snap	proper toe-snap after full leg extension
1.15	forward: stride heel return	proper leg recovery heel return (diamond)
1.16	forward: stride upper body lean	proper slightly upper body forward lean
1.17	stopping: two-foot stop	proper two-foot hockey stop - pressure on both skates
1.18	backward: stride leg extension & return	proper backward leg extension
1.19	backward: head-up awareness	proper vision and awareness while skating backwards
1.20	transition: front-to-back (hip out swing)	able to transition and convert forward energy into backwards stride momentum
1.21	transition: back-to-front (mohawk)	able to transition and convert backward momentum into forward stride momentum
1.22	turning: forward power-turn	tight power turn with two feet on ice without dragging inside foot
1.23	backward: front-to-back cross-under start with hip out	able to gain speed from hip-out swing (front-to-back transition) using backwards cross-under
1.24	more...	
1.25		
1.26		
1.27		
1.28		

#	Skill	Description
2. Puck Control		
2.1	push-puck stickhandling	able to push the puck forward on one side of the stick blade
2.2	lateral (side-to-side) stickhandling	able to move puck between forward and backhand side of stick blade
2.3	front-to-back stickhandling	able to control puck when transitioning from forward to backward skating
2.4	back-to-front stickhandling	able to control puck when transitioning from backward to forward skating
2.5	10-and-2 diagonal stickhandling both sides	able to control puck stick handling at 2 o'clock and 10 o'clock
2.6	9-and-3 diagonal stickhandling both sides	able to control puck stick handling at 3 o'clock and 9 o'clock
2.7	More...	
2.8		
2.9		
2.10		
2.11		

#	Skill	Description
3. Passing		
3.1	stationary forehand pass	able to deliver a forehand pass to a target from a standing position without 'slapping' the puck
3.2	proper hand-off-body pass control posture	proper management of arm and elbows to keep hands off the body while passing
3.3	proper soft-capture of forehand pass	ability to receive and soft-capture the pass on the forehand
3.4	stationary backhand pass	able to deliver backhand pass to a target
3.5	stationary receiving of a pass on backhand	able to receive and soft-capture a backhand pass
3.6	forehand pass in motion	able to deliver a forehand pass to a target from while in motion
3.7	backhand pass in motion	able to deliver a backhand pass to a target from while in motion
3.8	receive forehand a pass in motion	able to soft-capture a pass on forehand while in motion
3.9	receive backhand a pass in motion	able to soft-capture a pass on forehand while in motion
3.10	saucer pass over obstacle	able to sail a puck over a flat obstacle delivering a flat pass to the target
3.11	skate collection of pass	able to collect pass with skate and control puck
3.12	More...	
3.13		
3.14		
3.15		
3.16		
3.17		

#	Skill	Description
4. Shooting		
4.1	wrist shot – hand placement	maintains proper hand placement on stick
	wrist shot – loading the back foot	able to load the back foot
4.2	wrist shot – weight transfer from back foot	able to transfer weight from the loaded the back foot forward front leg during motion of the shot
4.3	wrist shot – eyes on the target	able to keep eyes on the target
4.4	wrist shot – stick recoil effect	able to push through the stick with the bottom hand using stick flex
4.5	wrist shot – follow through	points stick at target with correct follow-through
4.6	backhand shot – loading the back foot	
4.7	Backhand shot – weight transfer from back foot	able to transfer weight from the loaded the back foot forward front leg during motion of the shot

4.8	More...	
4.9		
4.10		
4.11		

Minor Squirt (B2 & C) Skill Progression Chart

#	Skill	Introduction	Proficiency	Mastery
1. Skating				
1.1	standing: fall/get up off the ice			<input checked="" type="checkbox"/>
1.2	standing: ready position			<input checked="" type="checkbox"/>
1.3	forward: walking on skates			<input checked="" type="checkbox"/>
1.4	forward: push glide			<input checked="" type="checkbox"/>
1.5	forward: c-cuts & swizzles			<input checked="" type="checkbox"/>
1.6	forward: stride knee bend			<input checked="" type="checkbox"/>
1.7	turning: simple turn to both sides			<input checked="" type="checkbox"/>
1.8	stopping: snowplow stop			<input checked="" type="checkbox"/>
1.9	backward: c-cut start			<input checked="" type="checkbox"/>
1.10	turning: forward crossovers			<input checked="" type="checkbox"/>
1.11	forward: power-quick start			<input checked="" type="checkbox"/>
1.12	forward: stride arm movement			<input checked="" type="checkbox"/>
1.13	forward: stride leg extension			<input checked="" type="checkbox"/>
1.14	forward: stride toe snap			<input checked="" type="checkbox"/>
1.15	forward: stride heel return			<input checked="" type="checkbox"/>
1.16	forward: stride upper body lean			<input checked="" type="checkbox"/>
1.17	stopping: two-foot stop / both sides			<input checked="" type="checkbox"/>
1.18	backward: stride leg extension & return		<input checked="" type="checkbox"/>	
1.19	backward: head-up awareness		<input checked="" type="checkbox"/>	
1.20	transition: front-to-back (hip out swing)		<input checked="" type="checkbox"/>	
1.21	transition: back-to-front (mohawk)		<input checked="" type="checkbox"/>	
1.22	turning: proper forward power turn		<input checked="" type="checkbox"/>	
1.23	backward: front-to-back cross-under start with hip out			
2. Puck Control				
2.1	push-puck stickhandling			<input checked="" type="checkbox"/>
2.2	lateral (side-to-side) stickhandling			
2.3	front-to-back stickhandling			
2.4	back-to-front stickhandling			
2.5	45° diagonal side-to-side stickhandling range			
2.6	60° diagonal side-to-side stickhandling range			
3. Passing				
3.1	stationary forehand pass			<input checked="" type="checkbox"/>
3.2	proper hand-off-body pass control posture			<input checked="" type="checkbox"/>
3.3	proper soft-capture of forehand pass			<input checked="" type="checkbox"/>
3.4	stationary backhand pass			<input checked="" type="checkbox"/>
3.5	stationary receiving of a pass on backhand			<input checked="" type="checkbox"/>
3.6	forehand pass in motion		<input checked="" type="checkbox"/>	
3.7	backhand pass in motion	<input checked="" type="checkbox"/>		
3.8	receive forehand a pass in motion		<input checked="" type="checkbox"/>	
3.9	receive backhand a pass in motion	<input checked="" type="checkbox"/>		
3.10	saucer pass over obstacle	<input checked="" type="checkbox"/>		
3.11	skate collection of pass			
4. Shooting				
4.1	wrist shot – hand placement			<input checked="" type="checkbox"/>
4.2	wrist shot – loading the back foot		<input checked="" type="checkbox"/>	
4.3	wrist shot – weight transfer from back foot		<input checked="" type="checkbox"/>	
4.4	wrist shot – eyes on the target		<input checked="" type="checkbox"/>	
4.5	wrist shot – stick recoil effect			
4.6	wrist shot – follow through	<input checked="" type="checkbox"/>		
4.7	backhand shot – loading the back foot	<input checked="" type="checkbox"/>		
4.8	Backhand shot – weight transfer from back foot			

Major Squirt (A & B1) Skill Progression Chart

#	Skill	Introduction	Proficiency	Mastery
1. Skating				
1.1	standing: fall/get up off the ice			<input checked="" type="checkbox"/>
1.2	standing: ready position			<input checked="" type="checkbox"/>
1.3	forward: walking on skates			<input checked="" type="checkbox"/>
1.4	forward: push glide			<input checked="" type="checkbox"/>
1.5	forward: c-cuts & swizzles			<input checked="" type="checkbox"/>
1.6	forward: stride knee bend			<input checked="" type="checkbox"/>
1.7	turning: simple turn to both sides			<input checked="" type="checkbox"/>
1.8	stopping: snowplow stop			<input checked="" type="checkbox"/>
1.9	backward: c-cut start			<input checked="" type="checkbox"/>
1.10	turning: forward crossovers			<input checked="" type="checkbox"/>
1.11	forward: power-quick start			<input checked="" type="checkbox"/>
1.12	forward: stride arm movement			<input checked="" type="checkbox"/>
1.13	forward: stride leg extension			<input checked="" type="checkbox"/>
1.14	forward: stride toe snap			<input checked="" type="checkbox"/>
1.15	forward: stride heel return			<input checked="" type="checkbox"/>
1.16	forward: stride upper body lean			<input checked="" type="checkbox"/>
1.17	stopping: two-foot stop / both sides			<input checked="" type="checkbox"/>
1.18	backward: stride leg extension & return			<input checked="" type="checkbox"/>
1.19	backward: head-up awareness			<input checked="" type="checkbox"/>
1.20	transition: front-to-back (hip out swing)	<input checked="" type="checkbox"/>		
1.21	transition: back-to-front (mohawk)			<input checked="" type="checkbox"/>
1.22	turning: proper forward power turn			<input checked="" type="checkbox"/>
1.23	backward: front-to-back cross-under start with hip out	<input checked="" type="checkbox"/>		
2. Puck Control				
2.1	push-puck stickhandling	<input checked="" type="checkbox"/>		
2.2	lateral (side-to-side) stickhandling			
2.3	front-to-back stickhandling			
2.4	back-to-front stickhandling			
2.5	45° diagonal side-to-side stickhandling range			
2.6	60° diagonal side-to-side stickhandling range			
3. Passing				
3.1	stationary forehand pass			<input checked="" type="checkbox"/>
3.2	proper hand-off-body pass control posture			<input checked="" type="checkbox"/>
3.3	proper soft-capture of forehand pass			<input checked="" type="checkbox"/>
3.4	stationary backhand pass			<input checked="" type="checkbox"/>
3.5	stationary receiving of a pass on backhand			<input checked="" type="checkbox"/>
3.6	forehand pass in motion			<input checked="" type="checkbox"/>
3.7	backhand pass in motion		<input checked="" type="checkbox"/>	
3.8	receive forehand a pass in motion			<input checked="" type="checkbox"/>
3.9	receive backhand a pass in motion		<input checked="" type="checkbox"/>	
3.10	saucer pass over obstacle		<input checked="" type="checkbox"/>	
3.11	skate collection of pass	<input checked="" type="checkbox"/>		
4. Shooting				
4.1	wrist shot – hand placement			<input checked="" type="checkbox"/>
4.2	wrist shot – loading the back foot			<input checked="" type="checkbox"/>
4.3	wrist shot – weight transfer from back foot			<input checked="" type="checkbox"/>
4.4	wrist shot – eyes on the target			<input checked="" type="checkbox"/>
4.5	wrist shot – stick recoil effect	<input checked="" type="checkbox"/>		
4.6	wrist shot – follow through		<input checked="" type="checkbox"/>	
4.7	backhand shot – loading the back foot		<input checked="" type="checkbox"/>	
4.8	Backhand shot – weight transfer from back foot	<input checked="" type="checkbox"/>		