



# 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"> <li><input type="checkbox"/> One leg weaving – forward &amp; backward</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Backward sculling</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Side – front - side</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pairs passing</li> <li><input type="checkbox"/> Moving bank pass – forehand</li> <li><input type="checkbox"/> Moving bank pass – backhand</li> <li><input type="checkbox"/> Pass and follow</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> In motion</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Stationary tips – on ice - low</li> </ul>

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"> <li><input type="checkbox"/> Attack triangle – puck under stick</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Escape moves</li> <li><input type="checkbox"/> Puck retrieval basics</li> <li><input type="checkbox"/> Direct pass – wall</li> <li><input type="checkbox"/> Direct pass – midlane</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cross &amp; drop</li> <li><input type="checkbox"/> Pass &amp; follow</li> <li><input type="checkbox"/> Give &amp; go</li> <li><input type="checkbox"/> Headman</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Net drive</li> <li><input type="checkbox"/> Middle drive</li> <li><input type="checkbox"/> High delay</li> <li><input type="checkbox"/> Wrap around</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward skating</li> <li><input type="checkbox"/> Backward skating</li> <li><input type="checkbox"/> Changing directions</li> <li><input type="checkbox"/> Active stick</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Role of F1</li> <li><input type="checkbox"/> Role of F2</li> <li><input type="checkbox"/> Role of F3</li> <li><input type="checkbox"/> Role of D1</li> <li><input type="checkbox"/> Role of D2</li> </ul>

Defensive Zone	Plyometric Exercises	Balance and Coordination	Off-Ice Stickhandling
<ul style="list-style-type: none"> <li><input type="checkbox"/> DZ coverage – basic</li> <li><input type="checkbox"/> DZ coverage - rotation</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Power stride</li> <li><input type="checkbox"/> Power leap</li> <li><input type="checkbox"/> Side step jumps – crossover</li> <li><input type="checkbox"/> Agility cones</li> <li><input type="checkbox"/> Bounding side to side</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Bounce ball on blade</li> <li><input type="checkbox"/> Flip ball up / knock down</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ball control – narrow &amp; wide combination</li> <li><input type="checkbox"/> Ball control – side / front / side</li> <li><input type="checkbox"/> Ball control – toe drag – side &amp; front combination</li> <li><input type="checkbox"/> One touch pass – forehand / backhand</li> <li><input type="checkbox"/> Saucer pass – forehand / backhand</li> <li><input type="checkbox"/> Freestyle stickhandling moves</li> </ul>