

HOCKEY CANADA CORE SKILLS



PEEWEE

Moving Passing and Receiving	Snap Shot	Slap Shot	Tips and Deflection	Offensive Tactics – Defensive Zone	Offensive Tactics – Neutral Zone
■ Moving saucer pass - backhand	□ One timer	☐ One timer☐ In motion	□ Shot / pass deflection – forehand & backhand	□ Chip pass	□ Ladder □ Jackhammer □ Counter attacks

Offensive Tactics – Offensive Zone	Individual Defensive Tactics	Defensive Tactics – Neutral Zone	Breakouts	Offensive Zone	Forechecking
 □ Change point of attack □ Drag & shoot □ Sprint & shoot □ One timers 	☐ Pinning☐ Body checking☐ Shot block☐	□ Role of F1 □ Role of F2 □ Role of F3 □ Role of D1 □ Role of D2	□ Wheel option □ Quick up □ Over □ D turnback □ D to D reverse	 □ Chips □ Cycle □ Back of net play □ Changing the point of attack □ Defenseman activation options 	☐ OZ 1-2-2 — contact☐ OZ 2-1-2 — contact

Special Teams	Face-Offs	Stretching
□ Power play □ Penalty kill	□ Defensive zone loss	☐ Glutes / hip / lower back ☐ Thigh / hip flexor ☐ Calf stretch ☐ Hamstring / lower back ☐ Thigh / quad stretch ☐ Groin stretch ☐ Chest / pectoral stretch ☐ Trunk / shoulder ☐ Forearm stretch ☐ Neck flexion / rotation