

Strathcona Warriors
Minimum Skills And Concepts By Level
A Checklist for Coaches

Initiation

Skating Skills

Balance and Agility

- Basic stance
- Getting up from the ice
- Balance on foot stationary
- Jumping on 2 feet/1 foot stationary
- Gliding on two skates
- Gliding on one foot
- Lateral Crossovers Step and plant stationary moving to continuous in either direction

Edge Control

- Inside edge glide
- Figure eights forward inside and outside edge

Starting and Stopping

- T-start
- V-start
- Snowplow stop
- Outside leg stop

Striding

- C-cuts left foot/right foot
- C-cuts alternating
- T push
- Forward striding with toe drag
- Forward striding with heel touch

Backward Skating

- Basic Stance
- C-cuts left foot/ right foot
- C-cuts alternating
- Gliding on two skates backwards

Turning and Cross overs

- Glide turns
- C-cuts around circles with outside foot forward and backward
- Cross overs around the circles

Stationary Puck Control

- Holding the stick properly – V's in the right place
- Correct stick length
- Stance
- Narrow Puck control
- Wide Puck Control

Moving Puck Control

- Narrow puck control
- Wide puck control
- Open ice carry forehand/backhand

Stationary Passing and Receiving

- Stationary forehand pass

Shooting

- Forehand sweep shot

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Novice

Balance and Agility

- Basic stance
- Balance on one foot
- Gliding on two skates
- Gliding on one skate forward and backwards
- Lateral Crossovers

Edge Control

- Figure 8's forward inside and outside edge
- Figure 8's backwards inside and outside edge
- 1 leg weaving forward

Starting and Stopping

- Front v-start
- Crossover start
- Backward c-cut start
- Snowplow stops forward and backwards
- Outside leg stops
- Two foot parallel stops
- One leg backward stop

Striding

- C-cuts left foot/right foot
- C-cuts alternating
- T push
- Forward striding with toe drag or knee touch
- Forward striding with heel touch

Backward Skating

- C-cuts left and right
- Gliding on two skates backwards
- Gliding on one skate backwards
- Backward striding
- 1 crossover with reach in

Stationary Puck Control

- Stance and grip
- Correct stick length
- Narrow and wide
- Side to front to opposite side
- Basic Toe Drag
- Attack the triangle
- Moving Puck Control

Moving Puck Control

- Narrow wide
- Open ice carry forehand and backhand
- Weaving with puck
- Attack the triangle

Stationary passing

- Stationary forehand pass
- Stationary backhand pass
- Stationary bank pass

Moving passing

- Moving forehand pass
- Moving backhand pass
- Pass and follow

Shooting

- Forehand wrist shot
- Backhand sweep shot
- Forehand and backhand shots in motion
- Forehand flip shot

Individual Offensive Tactics

- Body Fakes
- Stick fakes
- Dekes
- Net drives

Individual Defensive Tactics

- Body position inside outside
- Angling

Team Play

- Offensive support
- Defensive support
- Read and react concepts
- Mid lane support

Strathcona Warriors
Minimum Skills And Concepts By Level
A Checklist for Coaches

Atom

Balance and Agility

- All the skating skills from Initiation and Novice
- Forward Scissor Skate
- Lateral crossovers

Edge Control

- Figure 8's forward, inside and outside edge
- Figure 8's backwards inside and outside edge
- Heel to Heel Mohawk
- 1 Leg Weaving forward and backward

Starting and Stopping

- Front V Start
- Crossover Start
- Backward C Cut Start
- Outside Leg Stop
- Toe Foot Parallel Stop
- One Leg Backward Stop
- Two Leg Backward Stop

Forward Skating and Striding

- Forward Striding (complete leg extension)
- Quick Low Recovery
- Linear Crossovers
- Quick Feet
- Acceleration

Backward Skating

- C-Cuts Left and Right Foot
- Backward Scissor Skate
- Crossover With Reach In
- Backward Striding

Turning and Crossovers

- Glide Turns/Tight Turns
- C-Cuts Around circle Outside Foot , Forward and Backward
- Crossovers Forward and Backward
- Pivots Backward to Forward (no crossover) Forward to Backward

Stationary Puck Control

- Narrow/Wide
- Side- Front- Side
- Toe Drag
- Attack Triangle

Moving Puck Control

- Narrow/Wide
- Open Ice Carry Forehand and Backhand
- Weaving With the Puck
- Toe Drag
- Attack the Triangle

Stationary passing

- Stationary Forehand Pass
- Stationary Backhand Pass
- Forehand Saucer Pass

Moving Passing and Receiving

- Forehand Pass
- Backhand Pass
- Pass and Follow

Shooting

- Forehand Wrist Shot
- Backhand Wrist Shot
- Forehand Flip Shot
- Backhand Flip Shot

Individual Offensive Tactics

- Body Fakes
- Stick Fakes
- Dekes
- Net Drives

Individual Defensive Tactics

- Body Position
- Angling
- Basic 1 on 1
- Escape Moves
- Gap Control

Team Play

- Offensive Support in D Zone
- Offensive Support in the O Zone
- Defensive Support
- Read and react
- 123 Principle
- Lane Changes

Strathcona Warriors
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Pee Wee

Balance and Agility

- All the skating skills from Initiation and Novice
- Forward Scissor Skate
- Lateral crossovers
- One Foot Stride Jumping/Weaving

Edge Control

- Figure 8's forward, inside and outside edge
- Figure 8's backwards inside and outside edge
- Heel to Heel Mohawk
- 1 Leg Weaving forward and backward

Starting and Stopping

- Front V Start
- Crossover Start
- Backward C Cut Start
- Outside Leg Stop
- Toe Foot Parallel Stop
- One Leg Backward Stop
- Two Leg Backward Stop

Forward Skating and Striding

- Forward Striding (complete leg extension)
- Quick Low Recovery
- Linear Crossovers
- Quick Feet
- Acceleration

Backward Skating

- C-Cuts Left and Right Foot
- Backward Scissor Skate
- Crossover With Reach In
- Backward Striding

Turning and Crossovers

- Glide Turns/Tight Turns
- C-Cuts Around circle Outside Foot , Forward and Backward
- Crossovers Forward and Backward
- Pivots Backward to Forward (no crossover) Forward to Backward

Stationary Puck Control

- Narrow/Wide
- Side- Front- Side
- Toe Drag
- Attack Triangle

Moving Puck Control

- Narrow/Wide
- Open Ice Carry Forehand and Backhand
- Weaving With the Puck
- Toe Drag
- Attack the Triangle

Stationary passing

- Stationary Forehand Pass
- Stationary Backhand Pass
- Forehand Saucer Pass

Moving Passing and Receiving

- Forehand Pass
- Backhand Pass
- Pass and Follow

Shooting

- Forehand Wrist Shot
- Backhand Wrist Shot
- Forehand Flip Shot
- Backhand Flip Shot
- Tips/Deflections

Individual Offensive Tactics

- Body Fakes
- Stick Fakes
- Dekes
- Net Drives
- Puck Protection
- Creating Time and Space

Individual Defensive Tactics

- Body Position
- Angling
- Basic 1 on 1
- Escape Moves
- Gap Control
- Puck Retrieval
- Defensive Side Positioning
- Eliminating Time and Space

Team Play

- Offensive Support in D Zone
- Offensive Support in the O Zone
- Defensive Support
- Read and react
- 123 Principle
- Lane Changes
- Multiple Lane Changes
- Forechecks
- Cycling in Quiet Zones

Intangibles

- Work Ethic
- Winning Puck Races
- Winning One on One Battles

Strathcona Warriors
Minimum Skills And Concepts By Level
A Checklist for Coaches
Bantam/Midget

Balance and Agility

- All the skating skills from Initiation and Novice
- Forward Scissor Skate
- Lateral crossovers

Edge Control

- Figure 8's forward, inside and outside edge
- Figure 8's backwards inside and outside edge
- Heel to Heel Mohawk
- 1 Leg Weaving forward and backward

Starting and Stopping

- Front V Start
- Crossover Start
- Backward C Cut Start
- Outside Leg Stop
- Toe Foot Parallel Stop
- One Leg Backward Stop
- Two Leg Backward Stop

Forward Skating and Striding

- Forward Striding (complete leg extension)
- Quick Low Recovery
- Linear Crossovers
- Quick Feet
- Acceleration
- One Leg Stride Jumping/ Weaving

Backward Skating

- C-Cuts Left and Right Foot
- Backward Scissor Skate
- Crossover With Reach In
- Backward Striding

Turning and Crossovers

- Glide Turns/Tight Turns
- Evasive Turns
- C-Cuts Around circle Outside Foot , Forward and Backward
- Crossovers Forward and Backward
- Pivots Backward to Forward (no crossover) Forward to Backward
- Skating the Game
- Open and Reverse Pivots

Stationary Puck Control

- Narrow/Wide
- Side- Front- Side
- Toe Drag
- Attack Triangle

Moving Puck Control

- Narrow/Wide
- Open Ice Carry Forehand and Backhand
- Weaving With the Puck
- Toe Drag
- Attack the Triangle
- Deception
- Moves in Combination

Stationary passing

- Stationary Forehand Pass
- Stationary Backhand Pass
- Forehand Saucer Pass
- Backhand Saucer Pass
- Shot Pass

Moving Passing and Receiving

- Forehand Pass
- Backhand Pass
- Pass and Follow
- Saucer Passes

Shooting

- Forehand Wrist Shot
- Backhand Wrist Shot
- Forehand Flip Shot
- Backhand Flip Shot
- Tips/ Deflections
- Quick release

Individual Offensive Tactics

- Body Fakes
- Stick Fakes
- Dekes
- Net Drives
- Change of Pace
- Puck Protection
- Soft Shoulder
- Creating Time and Space

Individual Defensive Tactics

- Body Position
- Angling
- Basic 1 on 1
- Escape Moves
- Gap Control
- Tracking/Backchecking
- Stick on Puck
- Defensive Side Positioning
- Body Checking
- Eliminating Time and Space

Team Play

- Offensive Support in D Zone
- Offensive Support in the O Zone
- Defensive Support
- Read and react
- Zone Entries
- Transition
- 123 Principle
- Lane Changes
- Multiple Lane Changes
- Timing and Support
- Cycling in Quiet Zones

Intangibles

- Winning Puck Races
- Work Ethic
- Winning One on One Battles
- Emotional Control