



HOCKEY CANADA CORE SKILLS

BANTAM / MIDGET



Offensive Zone	Forechecking	Special Teams	Face-Offs
<ul style="list-style-type: none"><input type="checkbox"/> Soft dump<input type="checkbox"/> Ladder plays<input type="checkbox"/> Hard rim	<ul style="list-style-type: none"><input type="checkbox"/> NZ 1-2-2 – press<input type="checkbox"/> NZ 2-1-2 – contact	<ul style="list-style-type: none"><input type="checkbox"/> Power play breakout<input type="checkbox"/> Penalty killing forecheck	<ul style="list-style-type: none"><input type="checkbox"/> Defensive zone win<input type="checkbox"/> Offensive zone