

WYHA Skills Progression - Squirt Individual Skills

Skating

Quick starts

- ready position
- t-start, v-start, crossover start (right and left)
- with and without pucks
- balance: jumps, one ft. balancing, knee touches

Striding

- proper positioning
- knee bend
- railroad motion
- alternate legs
- proper leg extension, quick leg recoveries
- with and without pucks

Stopping

- one foot hockey stop with crossover and v-start
- two foot hockey stop feet together and separated
- two foot hockey stop with crossover and v-start
- hockey stop with pivot
- with and without pucks

Edge control

- inside edge (including swizzles)
- outside edge (including delayed crossover)
- with and without pucks

Power turns

- two feet on ice
- knee bend
- control turn both directions
- control turn with crossover
- close in figure eight
- with and without pucks

Forward crossovers (crossunders)

- proper stick, shoulder, leg position
- under leg power push
- cross under "v" position
- proper balance
- lateral skating at high speed
- with and without pucks

Backward skating

- c - starts, knee bend
- high speed starts and skating
- inside edge "c's"
- backward stopping with and without v-starts
- with and without pucks

Backward crossovers

- backward crossovers (crossunders) lower body position
- backward crossovers (crossunders) upper body position
- backward crossovers with puck

Pivoting

- forward to backward
- backward to forward
- Mohawk turns
- 360 degree turns
- with and without pucks

Puck control

Open ice carry

- proper stick and puck placement
- railroad motion with free hand
- head up, full speed, with and without pressure
- breakaways with and without pressure
- stop and go's / change direction

Stickhandling

- proper stick and puck placement
- stationary stickhandling
- lateral dribble
- forward to backward dribble

- diagonal dribble
- forward stickhandling in motion (same as above)
- attacking the triangle
- forehand shift
- backhand shift
- accelerating with puck
- change of pace
- puck protection
- give and take
- turns around players or cones
- stopping - protecting the puck
- dekes around players or cones
- stickhandling in traffic, with pressure

Passing and receiving

- proper stick placement for passing and receiving
- forehand passing, receiving (stick and skate)
- backhand passing, receiving
- eye contact
- stationary and in motion with partner
- consistent passes with moving target
- flip/saucer pass forehand
- flip/saucer pass backhand
- give and go's (forehand and backhand)

Shooting

- proper stick placement
- wrist shot
- backhand
- flip shot
- quick release
- screen and deflection
- rebounding
- when to use different shots
- velocity test, accuracy test
- where to shoot from (proper angles)

Checking

- poke check
- hook check
- lift the stick check
- covering opposing players
- gap control
- body positioning - angling near boards and open ice

Goalkeeping

- basic stance
- parallel shuffle
- lateral t-glide
- forward and backward moves
- stick save
- body save
- glove save
- waffle save
- leg save
- skate save
- stacking pads
- "v" drop
- rebounds
- proper angles
- use of crease