



HOCKEY CANADA – SKILLS OF GOLD (DVD SERIES)

INVENTORY OF SKILLS

Offensive Tactics – Individual and Group

INDIVIDUAL OFFENSIVE TACTICS

1.1 Fakes

- 1.1.1 Body fakes
- 1.1.2 Stick fakes
- 1.1.3 Fake inside / go outside
- 1.1.4 Fake outside / go inside
- 1.1.5 Change of pace

1.2 Passing Fakes

- 1.2.1 Fake pass
- 1.2.2 Look away
- 1.2.3 Fake pass - toe drag
- 1.2.4 Fake drop pass
- 1.2.5 Fake pass - shoot

1.3 Shooting Fakes

- 1.3.1 Fake shot - deke
- 1.3.2 Fake wrist shot
- 1.3.3 Fake slap shot
- 1.3.4 Fake shot - pass
- 1.3.5 Fake shot – shoot

1.4 Puck Protection

- 1.4.1 Puck protection basics
- 1.4.2 Puck protection – turnbacks
- 1.4.3 Puck protection – loose puck

1.5 One on One Puck Moves

- 1.5.1 Attack triangle – puck under stick
- 1.5.2 Attack triangle – puck between legs
- 1.5.3 Puck back through legs
- 1.5.4 Toe drag
- 1.5.5 Body / puck – opposite
- 1.5.6 Double fake
- 1.5.7 Slider
- 1.5.8 Spin-o-rama
- 1.5.9 360 move
- 1.5.10 Drop puck in skates
- 1.5.11 Puck outside defenseman – body inside
- 1.5.12 Toe drag – puck off skate
- 1.5.13 Leave puck – go around

- 1.5.14 Miss puck then deke
- 1.5.15 Flip puck over stick
- 1.5.16 Defender as a screen
- 1.5.17 Heel to heel move
- 1.5.18 Back pass off boards
- 1.5.19 Bounce puck off net

1.6 Non Puck Roles

- 1.6.1 Close / available support
- 1.6.2 Picks and screens
- 1.6.3 Decoy skate
- 1.6.4 Defense stagger
- 1.6.5 Flat skating
- 1.6.6 Control skating
- 1.6.7 Facing the puck carrier
- 1.6.8 Saving ice

OFFENSIVE TACTICS – DEFENSIVE ZONE

2.1 Puck Retrieval

- 2.1.1 Escape moves
- 2.1.2 Puck retrieval basics
- 2.1.3 Puck retrieval – quick up
- 2.1.4 Puck retrieval – wheel
- 2.1.5 Puck retrieval – turnback
- 2.1.6 Puck retrieval – over pass
- 2.1.7 Puck retrieval – reverse pass

2.2 First Puck Options / Pass Receptions

- 2.2.1 Direct pass – wall
- 2.2.2 Direct pass – midlane
- 2.2.3 Rim pass
- 2.2.4 Direct pass – relay
- 2.2.5 Direct pass – punchback
- 2.2.6 Direct pass – slash
- 2.2.7 Chip pass

OFFENSIVE TACTICS – NEUTRAL ZONE

3.1 Two Player Attacks

- 3.1.1 Cross and drop
- 3.1.2 Pass and follow
- 3.1.3 Cross and carry



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- 3.1.4 Cross and lateral pass
- 3.1.5 Give and go
- 3.1.6 Headman
- 3.1.7 Stretch skate and pass
- 3.1.8 Chip pass
- 3.1.9 Pass redirection
- 3.1.10 Area pass
- 3.1.11 Ladder
- 3.1.12 Jackhammer

3.2 Regroups and Counter Attacks

- 3.2.1 Regroups
- 3.2.2 Counter attacks

4.4 Attack Options from the Point

- 4.4.1 Drag and shoot
- 4.4.2 Sprint and shoot
- 4.4.3 One timers
- 4.4.4 Defence – back door

OFFENSIVE TACTICS – OFFENSIVE ZONE

4.1 Attack Options off the Rush

- 4.1.1 Net drive
- 4.1.2 Middle drive
- 4.1.3 High delay
- 4.1.4 Low delay
- 4.1.5 Attack triangle – drive, drive, high support
- 4.1.6 Attack triangle – drive, middle drive, high support
- 4.1.7 Attack triangle – puck high, drive, drive
- 4.1.8 Fourth attacker

4.2 Secondary Options

- 4.2.1 High walkout
- 4.2.2 Low walkout
- 4.2.3 Behind the net walkout
- 4.2.4 Wrap around – near post
- 4.2.5 Wrap around – far post
- 4.2.6 Fake wrap around – pivot and shoot
- 4.2.7 Fake wrap around – pass short side
- 4.2.8 Give and go out of corner
- 4.2.9 Give and go behind net

4.3 Cycling

- 4.3.1 Low cycle
- 4.3.2 High cycle
- 4.3.3 Behind the net cycle
- 4.3.4 Double side cycle
- 4.3.5 Change point of attack