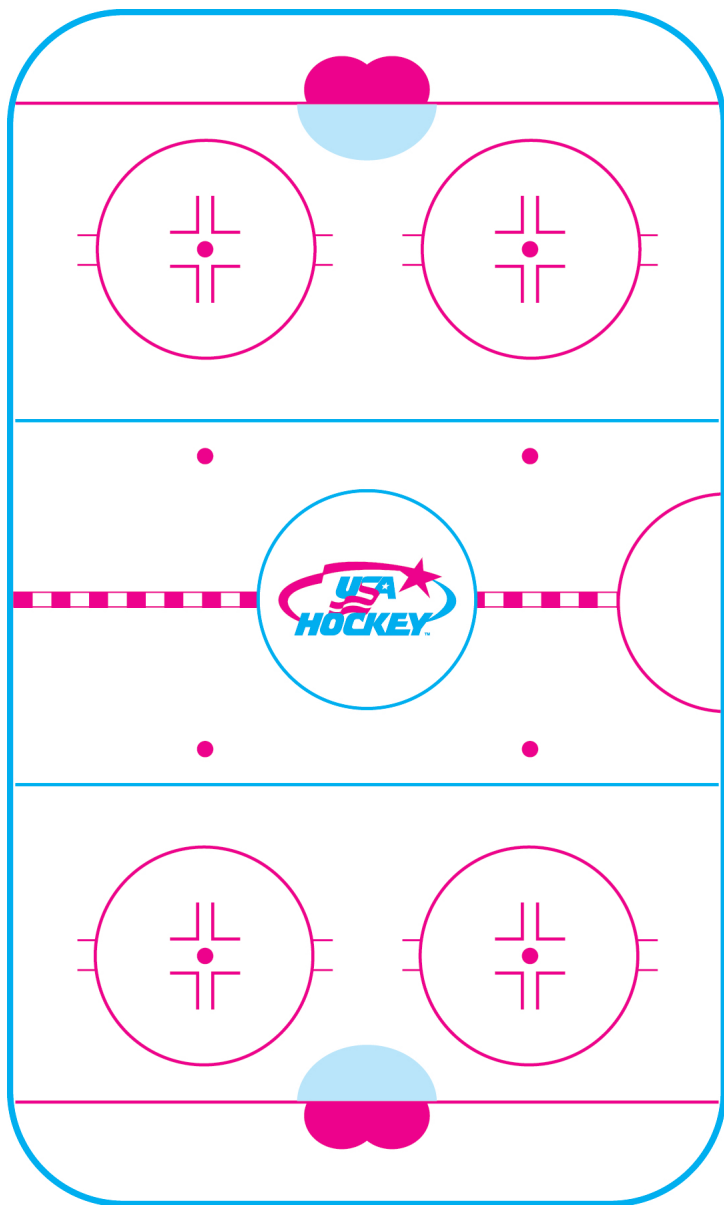


# ***SKILL CARDS***





# **THE READY POSITION**

## **KEY ELEMENTS**

- Skates are shoulder width apart
- Weight is on insides edges of the skates
- Buttocks are lowered
- The back is straight and the head and chest are up
- Shoulders are level and aligned over the knees and shoulders
- The hands are close together on the stick
- Hardly any weight is on the stick.

# **EDGE CONTROL**

## **KEY ELEMENTS**

- Ankles control the edges
- Knee of glide foot is bent
- Weight on the correct edge (inside or outside)
- Distribution of weight from the ball of the foot back to just in front of the heel

# **FORWARD TO BACKWARD TURN**

## **KEY ELEMENTS**

- Illustration – gliding on left skate
- Right skate is off the ice, rotate hip and chest to the right
- Place the weight over the left skate
- Turn right skate 180 degrees in opposite direction, heel-to-heel in parallel position with left skate
- Continue to rotate hips and chest 180 degrees to face backwards and put right skate down
- Pick up left skate and turn it around facing backwards
- When turning skates, pick skates up, don't scrape the ice by trying to just spin

# **BACKWARD TO FORWARD “STEP OUT”**

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## **KEY ELEMENTS**

- Illustration – step out to right
- Rotate hips and chest to the right
- Place weight on inside edge of glide skate (left skate)
- Pick up the right skate and turn it 180 degrees so the toe of the skate is now facing the opposite direction (heel-to-heel)
- As the right skate is put down, thrust off inside edge of left skate to full extension to accelerate

# **CONTROL TURNS**

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## **KEY ELEMENTS**

- Change direction quickly, by doing a tight turn
- Skates at least shoulder width apart
- Lead skate, transfer weight to outside edge
- Knee of lead skate bent over skate
- Trailing skate, thrust out with inside edge to full extension
- Rotate hips in direction of turn
- Upper body is erect, no leaning in direction of turn
- Do crossunder push of lead skate, behind trail skate when coming out of turn to accelerate.

# **FORWARD CROSSOVER**

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## **KEY ELEMENTS**

- Stress the importance of inside skate driving underneath (crossunder)
- Outside skate, push off inside edge, then pick up skate and crossover, knee-over-knee with inside skate
- Inside skate, push under with outside edge as outside skate crosses over
- Knee of gliding leg is bent

# **BACKWARD CROSSOVERS**

## **KEY ELEMENTS**

- Illustration – crossover to left

### **Command: PUSH**

- Thrust right left to full extension, with inside edge

### **Command: CROSS**

- a) Pick up right skate and crossover left skate
- b) As right skate crosses over, roll left skate from inside edge over to outside edge to balance

### **Command: REACH**

- a) After right skate crosses over, reach out (step out) sideways with left skate
- Keep chest and head erect, butt low

# **BACKWARD STOP – “SNOW PLOW”**

## **KEY ELEMENTS**

- Bend both knees
- Skate shoulder width apart
- Toes out – heels in
- Weight on inside edges
- Slight forward body lean
- Hips, chest, shoulders facing straight ahead
- Player can easily move in any direction from this position

# **ONE FOOT POWER STOP**

## **KEY ELEMENTS**

### **Change Direction Stop**

- Illustration – Stop on right skate
- Rotate hips to left
- Knee bent on right leg
- Weight on right leg
- Push inside edge of right skate into ice
- Pick up left skate and go heel-to-heel, at right angle to right skate

# **THE CONTROL STOP**

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## **KEY ELEMENTS**

### **Stop in Ready Position**

- Rotate shoulders
- Rotate hips quickly to 90 degrees
- Stop on inside edge, both skates
  - a) Front (lead) skate, pushing down on inside edge
  - b) Back (trailing) skate, pulling with inside edge
- Bend the knees Skates shoulder width for stability
- Majority of weight on front skate
- Stop in ready position

## **FORWARD START**

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## **KEY ELEMENTS**

### **Stationary Position**

- Turn the toes of both skates out to position the blades at 45 degree angles
- Thrust off the inside edge of one skate to maximum extension
- With the other skate, step forward
- Rapid, low leg recovery is essential

## **FORWARD START (Change Direction)**

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## **KEY ELEMENTS**

### **L Start (Change Direction)**

- Stop on one skate, on inside edge
- Rotate chest and hips in direction of travel
- Place skates in a heel-to-heel position
- Thrust off the inside edge of back skate while stepping forward with front skate
- Push to full extension of the trusting leg
- Rapid, low leg recovery is essential

## **BACKWARDS STRIDE**

### **KEY ELEMENTS**

- Ready Position
  - a) Take bottom hand off stick
  - b) Skates shoulder width apart
  - c) Lower buttocks, head and shoulders erect
- Thrust off inside edge with one skate in heel-out/toe-in arc
- Transfer weight to glide leg at the completion of the thrust
- Make sure you have a full extension of the thrust leg
- Knee of the glide skate is bent
- Recover thrust skate to under the hip
- Chest and head are up throughout the skating motion

## **FORWARD STRIDE**

### **KEY ELEMENTS**

- For power, push down on the inside edge and out to side to full extension
- To help speed recovery, the skate must be kept low and recover back under the hip
- The knee is kept bent and weight is over the glide foot
- Keep a straight alignment of the trunk and thrust leg at full extension

## **PASS RECEPTION**

### **KEY ELEMENTS**

#### **Command: Right Angle-Cup and Give**

- a) Presentation: move blade of stick toward the puck in preparation for receiving
  - Blade is at a right angle to passing lane
- b) Blade should be cupped over the puck as contact is made
- c) The blade must give to maintain control of the puck
  - Giving with the puck, is done by relaxing the wrists upon contact

# **FOREHAND AND BACKHAND SWEEP PASS**

## **KEY ELEMENTS**

**Command: Look – Slide – Guide – Point**

- a) Grip: lower hand is placed 10-14 inches from top of stick
- b) Blade of stick should cup the puck
  - Puck moves from heel to tow of stick for proper spin
- c) Head up, eyes focuses on target
- d) Start pass near back skate and sweep it towards front skate for release
- e) After release, follow through with stick

# **ACCELERATING & PUCK PROTECTION**

## **KEY ELEMENTS**

### **1. Open Ice Acceleration**

- a) Drop lower hand off stick
- b) By using only the top hand, players can skate with more speed
- c) Extend arm and tilt blade, pushing puck out in front of body, not to side
- d) Have arm extended and hand holding stick below waist

### **2. SHIELDING The Puck**

- a) Keep the puck away from the defender and place body between puck and defender
- b) Use a control turn technique to protect puck
  - Take bottom hand off stick to help ward off defenders

### **3. OVERCOME RESISTANCE**

- a) Accelerate in front of defender and take his angle of approach away
  - This places the defender behind you and eliminated body and stick check situations.

# ***BASIC INFORMATION ON MECHANICS OF SHOOTING***

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1. Puck should be placed in middle of blade
2. Base of Support – the puck in a position somewhere between the two skates
3. Release puck at 90 degree angle to the target
4. Lower arm provides the pushing action, upper arm provides the pulling motion
5. Upper body rotation is important in shooting
6. In shooting, the force exerted on the stick is downward and forward, propelling the puck forward
7. Strength in the shoulders, arms and wrists is important to shooting
  - With squirts and lower ages, stress the techniques of shooting, they will have difficulty in strength for speed and power
8. Follow through towards net, be ready for any rebound

# **WRIST SWEEP SHOT**

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## **KEY ELEMENTS**

- Body turned 45 degree angle to the target
- Hands are 12-15 inches apart on the stick
- Shot begins with puck at side of body and behind back foot
- Blade cupped over the puck
- Sweep the puck forward, transfer weight to front foot
- Puck movement from middle of blade towards tow
- Height of shot depends on how quickly the blade of stick is open at release and follow through

# **BACKHAND SHOT**

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## **KEY ELEMENTS**

- Hands at 12-15 inches apart on the stick
- Puck at side of body and behind back skate
- Blade cupped over puck
- Sweep puck forward, weight transfer to front skate
- The lower wrist is a reversed flexed position
- Upper body rotates quickly
- The stick blade rotation determines height of puck

# **BASIC SKILLS FOR STICKHANDLING**

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## **KEY ELEMENTS**

### **1. Wrist Roll and Cupping the Puck**

- a) When moving the puck from side to side, it is essential for the wrist to roll
- b) When the wrists roll, it enables the blade of the stick to cup the puck.

### **2. Split Vision**

- Also called peripheral vision, the ability to see the puck on the stick without looking directly at it
- Eyes are up, reading the options, indirectly see the puck out of bottom of the eyes

### **3. Basic DRIBBLING Skills**

- a) Lateral Dribble
  - Begin with moving the puck shoulder to shoulder
  - Gradually work puck to full range of extension, both to forehand and the backhand side
- b) Front to Back Dribble
  - Move puck to side of body, don't turn body sideways
  - Puck moves forward/backward along side of body
  - Useful in protecting from stick check and setting up fake shot
- c) Diagonal Dribble
  - Movement of puck from front of body across diagonally to side
  - Use to set up a shot and to dangle puck in front for a quick pull back

# ***THE STICK, GRIP & STANCE***

## **KEY ELEMENTS**

### **1.Length of Stick – Standing on Skates**

- Should come just under chin and no lower then neckline

### **2.Size of Shaft**

- a) Peewee and younger, should use a junior shaft which is narrower
- b) Peewee and older may use an adult stick

### **3.Blade of Stick**

- Too often a player uses a blade that is too large, making it feel awkward and hard to control

### **4.Lie of stick**

- a) Skating styles determine the lie of stick
  - Erect from waist up, requires a higher number lie
  - Bent over at waist requires a lower number lie

### **5.Grip on Stick**

- a) Hands 6 to 10 inches apart
- b) Stick grasped by the fingers
- c) Grip is correct when a “V” is formed by the thumb and forefinger on top side of the shaft

### **6.Basic Stance**

- a) Stick in front of body, allows elbows and arms to move freely
- b) Knees are bent
- c) Head, Chest and eyes are up

# **COMPONENTS OF A PROPER STANCE**



## **FEET LITTLE MORE THAN SHOULDER WIDTH APART**

- Weight slightly on inside edge of blade
- Must slightly bend the ankles to play on inside edge

## **SKATES PARALLEL TO EACH OTHER**

- Parallel Skates lead to square tows, hips and shoulders

## **PROPER KNEE BEND**

- Weight on the balls of the feet (slightly forward)
- Knee bend promotes proper weight distribution

## **SLIGHT BEND AT WAIST**

- Bending forward slightly leads to weight on the balls of the feet

## **BEAM OF LIGHT FROM CHEST**

- Envision a beam of light coming from center of the chest
- Chest should be relaxed and facing shooter (envision a proud bulldog's chest)
- This allows balance to be slightly forward

## **LEVEL GLOVES**

- Balanced gloves promote proper weight distribution on skaters
- Gloves should be placed somewhere between knees & hips
- Catching glove: palm facing shooter and fingers pointing slightly downward
- Blocker: square and facing the shooter

# **COMPONENTS OF A PROPER STANCE**



## **SHOULDERS PARALLEL TO ICE**

- Similar to skates, level shoulders leads to proper weight distribution

## **HANDS IN FRONT OF BODY**

- Also promotes proper weight distribution
- Takes away more net and creates optical illusion of goaltender looking bigger
- Easier to track (watch) puck into gloves

## **TIGHTEN LOOSE AREAS AND HOLES**

- Common problem areas are the 5-hole and between the elbows and the body
- Pay particular attention to blocker positioning, no double coverages

## **STICK HELD FIRMLY WHERE PADDLE MEETS SHAFT**

- Area between thumb and index finger should be tight against top of the paddle
- Index finger curls around opposite end of the paddle

# COMPONENTS OF A PROPER STANCE

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## **“C” CUTS**

- Forward and backward skating

## **PARALLEL SHUFFLE**

- Side-to-side (short distance movement)

## **T-GLIDES OR T-PUSH**

- Side-to-side (long distance movement)

## **WHEN SKATING, ALL MOVEMENT MUST BE PERFORMED IN THE PROPER STANCE**

- Skates, hands, shoulders must be level
- Beam of light should move fluidly across ice
- A bouncing beam of light equals improper balance and weight distribution
- Maintain stick and glove discipline

## **“C” CUTS: FORWARD SKATING**

- Toe of skate is under body
- With the heel, cut letter “C” in ice while maintaining weight on the heel of the inside edge

## **“C” CUTS: BACKWARD SKATING**

- Toe of skate is under body
- With the tow, cut the letter “C” in the ice
- Maintain weight on the toe of the inside edge
- Weight goes out (the tow) forming a “C”

## **STICK POSITIONING: 8“-12” IN FRONT OF SKATES**

- Stick is angled back toward body (never hold stick perpendicular to the ice)
- Stick blade in front of skates leads to better rebound control
- Allows goalie to easily handle pucks shot along ice
- Pulls blocker hand out in front of hip

# **PARALLEL SHUFFLE: TECHNIQUE**

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## **TECHNIQUE**

- Toe pointing towards puck
- Weight is on inside edge on balls of feet
- To continue again, transfer weight to “push” leg and drive across
- Focus on moving from waist down
- Upper body shouldn’t move

# **T-GLIDE: TECHNIQUE**

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## **TECHNIQUE**

- To start, heel of “Point” leg is brought up against the inside “instep” of the push skate
- To stop, turn “point” tow to the puck center, place weight on inside edge and restart motion

# COMMON ERRORS

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## FEET TOO WIDE

- Weight too much on inside edges - liits lateral speed

## FEET TOO NARROW

- Weight too much on flat part of blades - minimize lower corner coverage, presents balance issues

## HANDS NOT LEVEL AND IN FRONT OF BODY

- Holding catching glove too high or too low leads to poor balance

## TOO MUCH BEND AT THE WAIST

- Chest pointing down

## TOO LITTLE BEND AT THE WAIST

- Standing too erect

## KNEES AND ANKLES ARE NOT BENT

## GLOVE NOT IN FRONT OF BODY

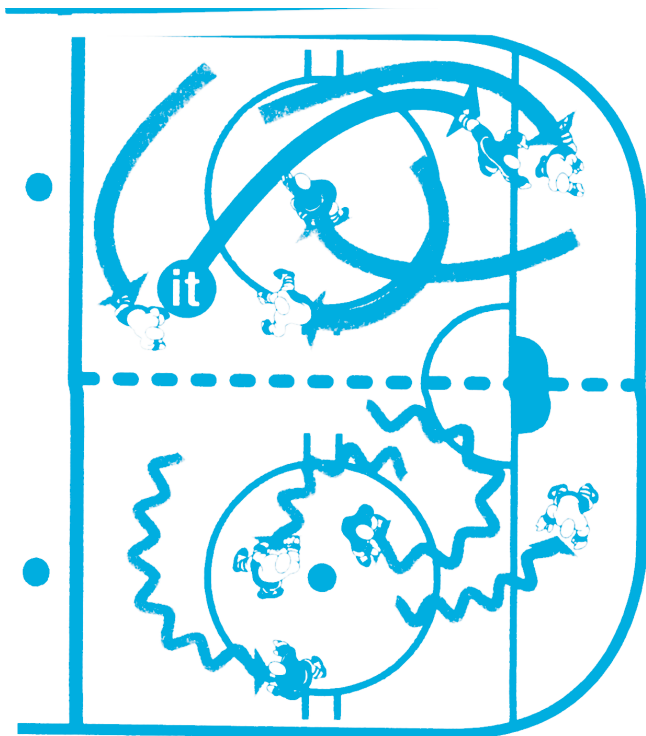
- Gives up more net and makes goalie appear smaller

## CATCHING PALM NOT OPEN TO SHOOTER

- Risk injury-can't catch puck cleanly

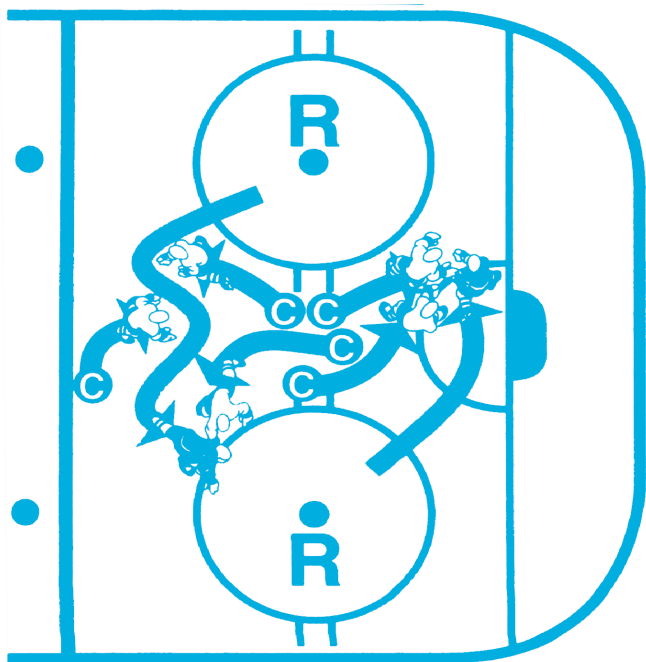
## BATTING THE PUCK WITH BLOCKER

## ***Freeze Tag***



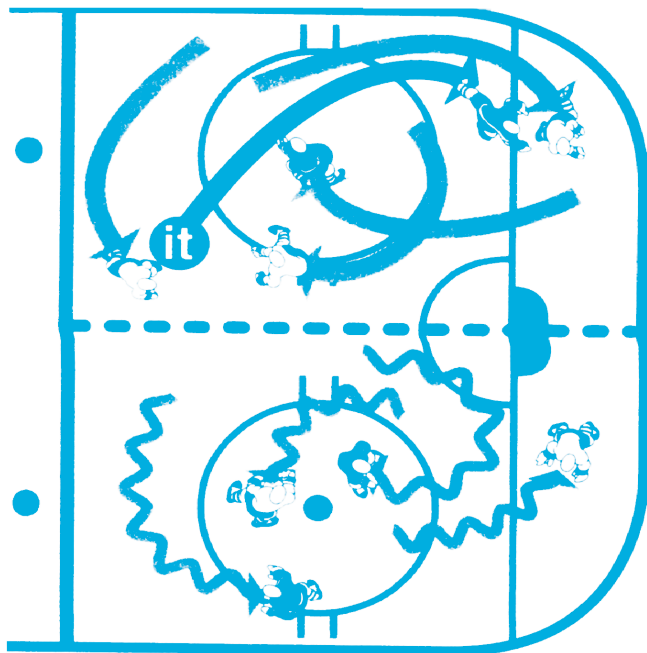
Players spread out across one third of the ice surface. Denote either a coach or a player as “it.” All other players skate within the designated area avoiding the tag. If they get tagged, they are frozen until another player unfreezes them by tagging them. The game is over when all players are frozen.

## Cops & Robbers



Using one third of the ice, place one player in each circle. The rest of the players begin in the middle. The two “Robbers” try to get from one circle to the next without being tagged by the “Cops.” If the “Robber” gets tagged, he/she traded places with the “Cop” that tagged him/her.

## **Forward / Backward Tag**



Using one third of the ice, divide the area in two with an ice pen. On one side, players can only skate forward while on the other size they must skate backward. One player is “it” and begins the game by tagging the other players. If any player, including “it,” crosses the line to the other side, they must skate forward or backward depending on which side they are on. Once a player has been tagged, he/she must help tag everyone else.

## ***Musical Pucks***



Using one or two circles (depending on the number of players) players line up without sticks around the circle. Players skate clockwise around the circle staying on the line as they crossover. If there are five players, place four pucks in the middle. On the coach's signal, players dive in the middle to get a puck. If they don't get one they are eliminated. Reduce the number of pucks on each round. The game is over when only one player is left.