

WAHC Skills Progression Roadmap - MITE Individual Skills

Skating

Quick starts

- ready position
- t-start, v-start
- side start
- with and without pucks

Striding

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

Stopping

- two foot snowplow
- one foot snowplow
- one foot hockey stop
- two foot hockey stop
- stop with 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
- with and without pucks

Backward skating

- c - starts
- knee bend
- inside edge "c's"
- backward stopping with and without v-starts
- with and without pucks
- backward crossovers (crossunders) lower body position
- backward crossovers (crossunders) upper body position

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

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
- accelerating with puck
- turns around players or cones
- stopping - protecting the puck
- dekes around players or cones
- skating with puck in traffic

Passing and receiving

- proper stick placement for passing and receiving
- forehand passing
- forehand receiving
- backhand passing
- backhand receiving
- eye contact
- stationary with partner
- in motion with partner
- give and go's (forehand and backhand)

Shooting

- proper stick placement
- wrist shot
- backhand
- flip shot
- when to use different shots
- velocity test, accuracy test
- quick release
- where to shoot from

Checking

- poke check
- hook check
- lift the stick check

Goalkeeping

- basic stance
- parallel shuffle
- lateral t-glide
- forward and backward moves
- stick save
- body save
- glove save
- waffle save
- proper angles
- use of crease