

Prairie Storm Minor Hockey Association

Novice On-Ice Power Skating Delivery

It is my intention to promote the development of the following Fundamental skating skills for Novice players and coaches in the Prairie Storm Minor Hockey Association. With the focus placed on understanding the technique (body positions, bio mechanical principles, etc...) as well as the circuits/drills to progress those skills, the players will develop at a more rapid rate and the coaches will have more knowledge to help them get the most from their players. Here are the following key skills :

Fundamental Skating Skills for Novice Players (7-8 years old)

Forward Skills	Backward Skills	Agility Skills
Forward Stride	Backward Stride	Tight Glide Turns
Two Foot Side Stops	Backward V Stops	Eagle Turns

In the event that players/teams have achieved the fundamental skills, we will introduce the following more advanced skills. Coaches will be provided with a key teaching points handout as well as some common errors. It is my belief that the more comfortable the coaches are with the techniques, the faster the players will improve.

Advanced Skating Skills for Novice Players (7-8 years old)

Forward Skills	Backward Skills	Agility Skills
Forward Crossovers	Backward Crossovers	360 Tight Glide Turns
Fast Starts (V / Crossover)	Fast Backward Start	Mohawk Turns
		Pivoting (B-F/F-B/ Rev/360)

Plan and Implementation Developed by:

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