

7. \_\_\_\_\_ **Flip-Saucer Pass**  
 "A Quick-Forward/Forward-Upward Motion of the Blade"  
 "Puck Motion from Heel to Toe of Blade at Release"  
 8. \_\_\_\_\_ **Receiving Pass In Skate**  
 "Skate Closest to Pass is Flat on Ice & Angled to Deflect to Stick"

**PEE WEE SKILLS 12 & UNDER**

9. \_\_\_\_\_ **Snap Pass**  
 "Pass Starts with the Blade 2-3 inches Behind the Puck"  
 "Quick Forward Thrust of Blade & Follow Through to Target"  
 10. \_\_\_\_\_ **Receiving Pass in Air**  
 Hand - "Use Glove to Deflect Puck to Ice - Can't Close Glove"  
 Stick - "Can Deflect with Stick Below Player's Waist"  
 11. \_\_\_\_\_ **Drop Pass**  
 "Puckcarrier Starts Drop Pass by Crossing in Front of Defender"  
 "Receiving Player Delays & Crosses in Back of Puckcarrier"  
 "Stop the Puck with Body Between Defender & Puck"  
 12. \_\_\_\_\_ **Trailer Pass (Back Diagonal)**  
 "Puckcarrier Enters Zone Wide & does a Back Diagonal Pass"  
 "Receiver Moves onto 'Seam' (Face-Off Dot) to Receive Pass"  
 13. \_\_\_\_\_ **One Touch Pass**  
 "Receiving - Quick Give of Blade....Release Pass - Without Pausing After Catching Puck"  
 14. \_\_\_\_\_ **Wrap or Ring Around Pass**  
 Off-Wing Side - "Catch Puck with Forehand Side of Stick"  
 Strong Wing Side - "Face Up Ice, Jam Blade Against Boards"

**SHOOTING**

**MITE SKILLS 8 & UNDER**

1. \_\_\_\_\_ **Mechanics of Shooting**  
 2. \_\_\_\_\_ **Forehand Sweep Shot**  
 3. \_\_\_\_\_ **Backhand Sweep Shot**  
 4. \_\_\_\_\_ **Screen & Deflections**  
 Screen: "Stand 1 Stick Length in Front of Goalie, Tripod Stance"  
 Deflect: "Keep Blade Flat on Ice & Rotate Blade to Deflect Puck A Different Direction"

**SQUIRT SKILLS 10 & UNDER**

5. \_\_\_\_\_ **Flip Shot**  
 "Wide Grip on Stick, Bend Nearest Knee & 'Scoop' up Puck on Toe Portion of Blade, Blade is Propelled High into Air"  
 6. \_\_\_\_\_ **Rebounds**  
 "Anticipate Rebound Path of Shoot; Stick on Ice Weight on it; Drive The Rebound Shot High into Net"  
 7. \_\_\_\_\_ **Snap Shot**  
 "Draw Stick Back a Short distance, Explode the Blade Forward; Grip Tighens & Wrist Locked at Impact"  
 8. \_\_\_\_\_ **Slap Shot**  
 "Hands Wide Apart on Stick, Puck Centered Between Legs, Short Back Swing, Transfer Weight from Back to Front Leg, contact ice 1/2 to 1 inch Behind Puck"

**CHECKING**

**MITE SKILLS 8 & UNDER**

1. \_\_\_\_\_ **Poke check**  
 2. \_\_\_\_\_ **Stick Lift**  
 3. \_\_\_\_\_ **Stick Press**  
 4. \_\_\_\_\_ **Angling**

**SQUIRT SKILLS 10 & UNDER**

5. \_\_\_\_\_ **GAP Control Pressure**  
 Backward: "Close Gap on Puckcarrier as quickly as possible, but Maintain Speed, Force Opponent to Outside"  
 Forward: "Approach on Angle, Close Gap to Finish Check"  
 6. \_\_\_\_\_ **Backcheck**  
 "Take Inside Position, Must Use 'Swivel Head', Stay in Stick Contact, Angle Opponent to Outside"  
 7. \_\_\_\_\_ **Coverage in Defensive Zone**  
 "Stay Between Opponent & Goal, Maintain Stick or Body Contact"

**PEE WEE SKILLS 12 & UNDER**

8. \_\_\_\_\_ **Contact Confidence**  
 Checked into Boards - "Turns Skate Parallel to Boards, Put Stick & Gloves up on glass to Spread Out Force"  
 Checked Along Boards - "Keeps Skates Well Apart and Knees Bent, Press Forearm and Hip Against Boards"  
 Check in Open Ice - "Keep Skates Apart, Knees Bent, Move Toward Checker to Gain Momentum"  
 9. \_\_\_\_\_ **Body Blocks**  
 "Slow down the Opponent and Steer Them Toward Outside"  
 "Outside Shoulder Lined Up with Center Line of Opponent"  
 "Stress the Importance of Lateral Movement"  
 10. \_\_\_\_\_ **Take-Out or Rub-Out Check**  
 "Angling Very Important, Accelerate & get Hips in Front of Opponent, Checker's Hips Squeeze Out the Puckcarrier's Gloves... Separation of Puck from Opp. Body"  
 11. \_\_\_\_\_ **Shoulder Check**  
 "Opponent Very Close - One Stride Forward Only, get Shoulder Lower than Opponent's Shoulder, Turn Back Skate Sideways to Drive into Check, Keep eyes on Chest, Put Stick Between Legs"

**TEAM PLAY**

**Defensive Team Play**

1. \_\_\_\_\_ **Team Skills Key Elements:**  
 1. Forecheck Options:  
 a. 1-2-2  
 b. 2-1-2  
 2. Backcheck - Lane Responsibilities  
 3. "D" Zone: Box Plus One  
 2. \_\_\_\_\_ **Offensive Team Play**  
 Team Skills Key Elements:

1. Breakout Options: - D to W, D to C, D "Over" to D to W, D Counter, D to W Give & Go, D "Carry", D "Reverse"  
 2. Neutral Zone - Regroup Options:  
 - 3 Lanes - Width & Depth, Weave & Exchange Lanes  
 - Entering Offensive Zone, Basic Plays:  
 - Entry Options:  
 a. "PC" Drives to Middle in Front or Behind "D"  
 b. Trailer Pass with Shot or Give & Go  
 c. Double Drive-Weckside Trailer  
 d. Escape & Pass to Middle or Cycle to Corner  
 e. Cross & Drop Pass  
 - Triangulation once inside Attack Zone  
 - Cycle Options:  
 a. Curl Side Boards Give to "D" or Bump to Corner  
 b. Curl Up Side Boards Step In & Shoot  
 - Face-Off Options:  
 a. Pull to "D" Shot (3-2)  
 b. Pull to Slot "Wing" Shot (2-1-2)  
 c. Pull to Board Side Back "OffWing" Shot (2-1-2)



**HEP HOCKEY EDUCATION PROGRAM**

HEP: developed collaboratively by Minnesota Hockey and Mayo Clinic Sports Medicine Center

MINNESOTA WILD PROUD PARTNER

STATE FARM INSURANCE



# Hockey Skills Challenge

for

## Pee Wee and 12 & Under

presented by

A guide to learning the  
 FUNdamental hockey  
 skills for skaters

*"If you can't always be the best -  
 You can always be better"*

# Player Evaluation

Name: \_\_\_\_\_

Season: \_\_\_\_\_ Classification: \_\_\_\_\_

(Times recorded in Hundredths of Seconds - Best of Two Runs)

1. Forward Stops & Starts - Control Zig-Zag

Minnesota

Early Season \_\_\_\_\_ Average \_\_\_\_\_  
 Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_  
 Late Season \_\_\_\_\_ Best \_\_\_\_\_

2. Forward - Backward - Forward Zig-Zag

Minnesota

Early Season \_\_\_\_\_ Average \_\_\_\_\_  
 Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_  
 Late Season \_\_\_\_\_ Best \_\_\_\_\_

3. Circle Forward and Backward Pivots

Minnesota

Early Season \_\_\_\_\_ Average \_\_\_\_\_  
 Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_  
 Late Season \_\_\_\_\_ Best \_\_\_\_\_

4. Agility Skate Movements

Minnesota

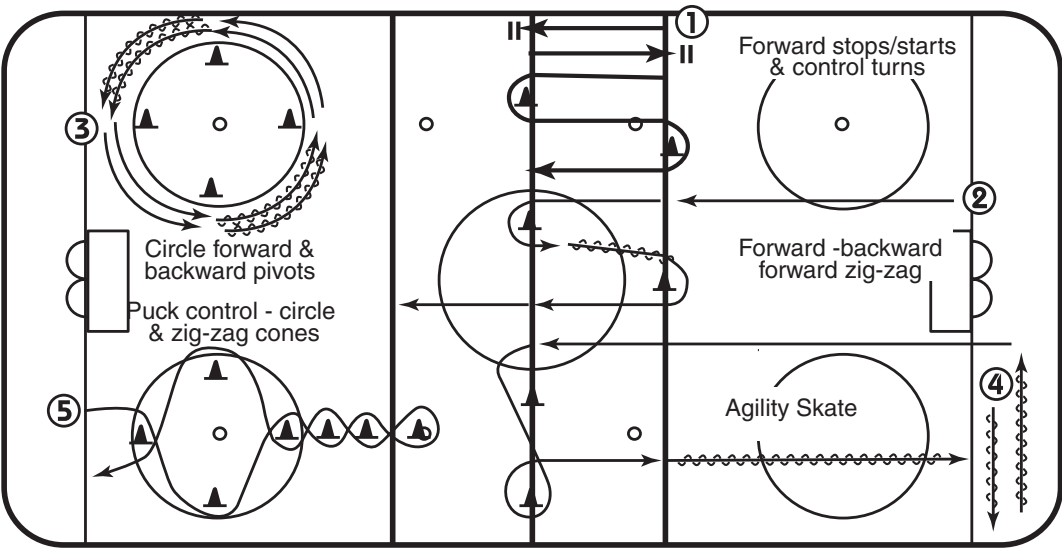
Early Season \_\_\_\_\_ Average \_\_\_\_\_  
 Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_  
 Late Season \_\_\_\_\_ Best \_\_\_\_\_

5. Puck Control - Circle and Zig-Zag Cones

Minnesota

Early Season \_\_\_\_\_ Average \_\_\_\_\_  
 Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_  
 Late Season \_\_\_\_\_ Best \_\_\_\_\_

Go to [www.Minnesotahockey.org](http://www.Minnesotahockey.org), Hockey Skills Challenge to view latest results and resources for improvement.



## Skills Checklist Peewee and 12 & Under

### SKATING

### MITE SKILLS 8 & UNDER

1. Aggressive Edge Control
2. Inside Edge Control
3. Forward Weight & Stick Shift
4. Forward Power Stride
5. Forward Start
6. Control Stops
7. Control Turn w/Crossunder Push
8. Backward Basic Stance
9. Backward Power Stride
10. Backward One Skate Stop
11. Backward/Forward Turns
12. Forward Crossovers with Crossunder Push

- ### SQUIRT SKILLS 10 & UNDER
13. Backward Crossunder Start
  14. Backward Crossovers
  15. Backward Lateral Pumps
  16. Backward Lateral Crossover Steps

### PEE WEE SKILLS 12 & UNDER

17. Forward Reverse Step-Out

"When Changing Direction, Keep Chest on Opponent"  
 "When Changing Direction - Don't Turn Back On Opponent"

### PUCK CONTROL

### MITE SKILLS 8 & UNDER

1. Stick - Stance - Grip
2. Wrist Roll
3. Split Vision
4. Basic Dribbling Skills
5. Forward Stride With "Pulls"
6. Weave & Control Pulls
7. One Hand Puck Acceleration
8. Attacking the Triangle
9. Forehand & Backhand Shifts

### SQUIRT SKILLS 10 & UNDER

10. Change of Pace

"Approach to Defender at 3/4 speed, then once at Defender Accelerate to Full Speed"  
 "Shift Laterally to Forehand or Backhand Side - Do 3 X-Overs"

11. Puck Protection

"Use Body to Shield Puck from Opponent"  
 2 Techniques Used:  
 1. Drop One Arm Off Stick, Using it to Ward Off Defender. Keep skates Moving Using Scooter Technique  
 2. Use a series of Control Turns to Shield Defender from Puck. STRESS: Accelerating After Doing Control Turn"

12. Control Turns & Escapes

"Place Puck to Side of Body Away from Defender"  
 "Blade of Puck is Cupped Over Puck"

### PEE WEE SKILLS 12 & UNDER

13. Backward Puck Control

"Blade Surrounds the Top Side of Puck"  
 "Pull Puck Side to Side on Back Diagonal"

14. Puck Pass Off Boards

"Passing the Puck Off the Boards & Going Around the Defender"

### PASSING & RECEIVING

### MITE SKILLS 8 & UNDER

1. Basic Elements  
 "Passing: Look-Slide-Guide-Point" - Eyes Up, Start Puck on Feet, Start Puck Near Back Skate, Sweep Puck Forward Towards Front Skate, Release Follow Through With Blade.  
 "Receive: Right Angle-Cup & Give" - "Rt. Angle": Move Blade to Front Skate for Receiving Pass, Cup Blade is Cupped Over Puck on Contact, "Give": Relax the Wrist Upon Contact.
2. Forehand Pass
3. Backhand Pass
4. Stationary Passing
5. Continuous Moving Passes
6. Indirect-Board Pass  
 "Use when a Defender is Between Passer & Receiver"  
 "Board Rebound Theory": "The Angle onto the Boards Equals the Angle Off the Boards"

"All things are difficult before they are easy"  
 "The right way, dedication, repetition, make it easy"

"If it is going to be - it is up to me"