

SKILL PROGRESSION

The following table defines the skills that are to be taught at each level. It is our expectation that coaches will teach all players the skills applicable to the level they are coaching and that each player will have a basic understanding and be able to perform each skill at the end of the season. We understand that there are players of different skill (A thru C) at each level as well as within a given team. Some will have mastered the skill by the end of the season while others are still learning. Remember, it is our expectation that every player will have a basic understanding and be able to perform each skill at the end of the season.

SKATING SKILLS	MINI MITES	INTERMEDIATE MITES	ADVANCED MITES	SQUIRTS & U10	PEEWEEES & U12	BANTAMS, U14 & JR GOLD
Basic stance- Proper posture: knees bent, back straight, head up, stick on ice, balance	X	X	X	X	X	X
Getting back to feet after fall	X	X	X	X	X	X
2 foot glide	X	X	X	X	X	X
1 foot glide	X	X	X	X	X	X
T-push	X	X	X	X	X	X
Glide turns	X	X	X	X	X	X
Hockey hops	X	X	X	X	X	X
Backward C-cut	X	X	X	X	X	X
Front start	X	X	X	X	X	X
Stopping- 1 & 2 foot hockey stops, both left & right	X	X	X	X	X	X
Forward crossover turns, left & right	X	X	X	X	X	X
Power turns, left & right		X	X	X	X	X
Backward V-stop		X	X	X	X	X
Spinning, FW to BW & BW to FW, left & right		X	X	X	X	X
Edge control/confidence, outside & inside		X	X	X	X	X
Samurai start		X	X	X	X	X
Pivot, FW to BW & BW to FW		X	X	X	X	X
Mohawk transitions, FW to BW & BW to FW		X	X	X	X	X
Backward cross overs (step, cross, reach)			X	X	X	X
Change of direction, lateral			X	X	X	X
Swizzle			X	X	X	X
Power stop, left & right			X	X	X	X
Forward stride			X	X	X	X
Quick start (feet)			X	X	X	X
Lateral crossover start			X	X	X	X
Lateral crossovers			X	X	X	X
Edge Control				X	X	X
Starts- Cross over and toes				X	X	X
Escapes				X	X	X
Backward crossover starts				X	X	X
The gate				X	X	X
Gretzky				X	X	X
Savard				X	X	X
Quick acceleration from a coast				X	X	X
Skate with head up				X	X	X
Power turns and accelerate				X	X	X
Lateral to forward transition				X	X	X
Stop on one foot, FW & BW					X	X
Deceptive skating/change of speed					X	X
Lateral mobility					X	X
Fake turns					X	X
FW to BW spin					X	X
BW to FW spin					X	X

FOR A DESCRIPTION OF EACH SKILL. REFERENCE THE HEP HOCKEY SKILL PROGRESSION MANUALS OR SEE YOUR LEVEL DIRECTOR OR A LEVEL COACH