

CHECKING	MINI MITES	INTERMEDIATE MITES	ADVANCED MITES	SQUIRTS & U10	PEEWEEES & U12	BANTAMS, U14 & JR GOLD
Stick Checking		X	X	X	X	X
Poke check						
Stick lift						
Stick press						
Sweep check						
Covering player in front of the net		X	X	X	X	X
Back checking		X	X	X	X	X
Angling / Follow through hands			X	X	X	X
Pinning in the boards			X	X	X	X
Fore check #1 hit			X	X	X	X
Gap Control				X	X	X
Active stick, sweeping				X	X	X
Checking with your stick on the ice				X	X	X
Shot blocking				X	X	X
1 knee						
2 knee						
Slide						
Standing						
Stick						
Hitting from behind (teach the dangers)				X	X	X
Open ice					X	X
Check going backwards					X	X
Up // Even or Down					X	X
Slow down forecheck					X	X
Picks					X	X
Corner play					X	X
Angling						
Buying time						
Pinning						
Positioning						
Shoulder					X	X
Body					X	X
Checking with purpose					X	X
Taking and receiving a check- preparation					X	X
Herding					X	X
Hip						X

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