

SQUIRT SKILLS 10 & UNDER

10. _____
Change of Pace
"Approach the Defender at 3/4 speed, then once at Defender Accelerate to Full Speed"
"Shift Laterally to Forehand or Backhand Side - Do 3 X-Over's"
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"

PASSING & RECEIVING MITE SKILLS 8 & UNDER

1. _____
Basic Elements
"Passing: Look-Slide-Guide-Point" - Eyes Up, Start Puck on Heel, Start Puck Near Back Skate, Sweep Puck Forward Towards Front Skate, Release Follow Through With Blade.
"Receiver: Right Angle-Cup & Give" - 'Right Angle': Move Blade to Front Skate for Receiving Pass, 'Cup': Blade is Cupped Over Puck, On Contact, Give: Relax the Wrist Upon Contact.
Forehand Pass
"Puck is Released Smoothly with Rotation, Accurate Pass to Blade"
Backhand Pass
"Puck Starts on Heel of Blade, Sweep Puck, Blade Pointing at Target After Release"
Stationary Passing
"Pass - Accurately, Smoothly & Hard"
Continuous Moving Passes
"Pass Puck Diagonally in Front of Receiver"
SQUIRT SKILLS 10 & UNDER
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"
Flip-Saucer Pass
"A Quick forceful Forward/Upward Motion of the Blade"
"Puck Motion from Heel to Toe of Blade at Release"
Receiving Pass In Skate
"Skate Closest to Pass is Flat on Ice & Angled to Deflect to Stick"
7. _____
8. _____

SHOOTING

MITE SKILLS 8 & UNDER

1. _____
Mechanics of Shooting
- Start Puck on Heel to Middle of Blade
- Start Puck Towards Back Skate (wt. on back leg)
- Release Puck at 90 degree angle to Net
- Lower Arm Provides the Pushing Action
- Upper Arm Provides the Pulling Motion
- Force Exerted on Stick is Forward & Downward
- Stress the technique of the Shot (young players may have difficulty in strength for speed & power)
- Follow Through Towards Net, Be Ready for Rebound
Forehand Sweep Shot
"Body at 45 degree angle to net, Hands 12-15 inches apart, Blade Cupped Over Puck, When Sweeping Puck Forward - Transfer Wt. From Back to Front Leg"
2. _____

3. _____ **Backhand Sweep Shot**

"Puck at Side of Body Behind Back Skate, Blade Cupped Over Puck, Sweep Puck Forward - Weight Transfer to Front Skate, Upper Body Rotates Quickly"

SQUIRT SKILLS 10 & UNDER

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"
Flip Shot
"Wide Grip on Stick, Bend Nearest Knee & 'Scoop' up Puck on Toe Portion of Blade, Blade is Propelled High into Air"
Rebounds
"Anticipate Rebound Path of Shoot, Stick on Ice, Weight on it, Drive The Rebound Shot High into Net"
5. _____
6. _____

CHECKING

MITE SKILLS 8 & UNDER

1. _____
Poke check
"Stick Hand/Arm Held Close to Body, Extend Stick Contacting Puck, DO NOT LUNGE! Finish Check Sliding Stick Between Attacker's Legs, then Block Out"
Stick Lift
"Approach Puck Carrier Behind & Side, Skate with PC, Slide Stick Under PC's Stick & Lift Quickly, Retrieve Puck"
Stick Press
"Close 1 on 1 Situation, Place Stick Over Lower Part of Opponent's Stick, Press Down Hard"
Angling
Key Elements:
a. The checker must learn to play the angles of pursuit
b. Stick on Stick, Body on Body
c. Play Through Opponent's Hands - this allows you to get the puck while separating the PC from the puck
d. Quick Acceleration is important once the PC is contained
e. Continue to skate when close to the PC - DON'T GUIDE
2. _____
3. _____
4. _____

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 Quickly to Finish Check"
Backcheck
"Take Inside Position, Must Use 'Swivel Head', Stay in Stick Contact, Angle Opponent to Outside"
Coverage in Defensive Zone
"Stay Between Opponent & Goal, Maintain Stick or Body Contact"
6. _____
7. _____

TEAM PLAY

1. _____
Defensive Team Play
Team Skills Key Elements:
1. Forecheck: 1-2-2
2. "D" Zone: Box Plus One
Offensive Team Play
Team Skills Key Elements:
1. 2 Quick Passes When Breaking Out: Basic Breakouts - D to W, D to C, D to D to W, D Counter
2. Neutral Zone - Forwards in all 3 Lanes
3. Entering Offensive Zone, Basic Plays:
- Puckcarrier Drive the Net, Trail Pass, Double Drive with Weakside Trail
- Triangulation once Inside Attack Zone
2. _____

Hockey Skills Challenge

for S squirt and 10 & Under

presented by



HEP HOCKEY EDUCATION PROGRAM

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

MINNESOTA WILD
PROUD PARTNER

STATE FARM
INSURANCE



A guide to learning the
FUNdamental hockey
skills for skaters

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



Skills Challenge

Player Evaluation

Name: _____

Season: _____ Classification: _____

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

1. Forward to Backward Accelerations (90 feet)

Minnesota

Early Season _____ Average _____

Mid Season _____ Top 10% _____

Late Season _____ Best _____

2. Stops & Starts (Red & Blue Lines - 30 to 60 feet)

Minnesota

Early Season _____ Average _____

Mid Season _____ Top 10% _____

Late Season _____ Best _____

3. 2 Cone Zig-Zag Control Turns (Red & Blue Lines)

Minnesota

Early Season _____ Average _____

Mid Season _____ Top 10% _____

Late Season _____ Best _____

4. Circle Figure 8 Forward & Backward

Minnesota

Early Season _____ Average _____

Mid Season _____ Top 10% _____

Late Season _____ Best _____

5. Puck Control - Big Zig-Zag Course

Minnesota

Early Season _____ Average _____

Mid Season _____ Top 10% _____

Late Season _____ Best _____

Go to www.MinnesotaHockey.org, Hockey Skills Challenge to view latest results and resources for improvement.

SKATING

1. Forward Basic Stance

"Ready Position - Chest up, knees well bent, 2 hands on stick w/ no weight on the stick"

2. Inside Edge Control

"Ankles Control the Edge" ... "Good Knee Bend of Glide Foot"

3. Forward Weight & Stick Shift

"Shift Weight, Stick & Hands to Bent Knees"

MITE SKILLS 8 & UNDER

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4. Forward Power Stride

"Full Extension" ... "Complete Recovery"

5. Forward Start

"V-Start" ... "1 - Start both Right & Left"

6. Control Stops

"One Foot Power Stop - 1 Position"

7. Control Turn w/ Crossover Push

"Pivot Skate - inside leg is bent" ... "Brace Skate - outside leg is straight"

8. Backward Basic Stance

"One Hand on Stick Ready Position, Knees Well Bent & Butt Low"

9. Backward Power Stride

"Push - Heel Out - Toe In to Full Extension, Transfer Weight to Glide Skate, Recover Under Hip"

10. Backward One Skate Stop

"Turn One Skate to Side & Stop on Inside Edge"

11. Backward/Forward Turns

"At the Same Time Draw the other skate into 'I' Forward Start"

12. Forward Crossovers with Crossover Push

"Molok Pivots - One Skate Balance, Open Hip, 180 degree Step Out"

13. Backward Crossover Start

"One Skate Balance, Knee Up-Skate Over, STRESS - Push Inside Skate Behind & Under Outside Skate"

14. Backward Lateral Pumps

"Push Off One Skate Numerous Times to Move Laterally"

15. Backward Lateral Crossover Steps

"Continuous Crossover Steps with Same Skate"

16. Backward Crossover Start

"Turn Sideways & do a 'C' Cut with Outside Skate"

17. Backward Crossovers

"Then Push Inside Skate Behind & Under Outside Skate"

18. Backward Lateral Pumps

Cadence: "PUSH-CROSS-REACH" - Alternating Sides

19. Backward Lateral Crossover Steps

"Push Off One Skate Numerous Times to Move Laterally"

20. Backward Lateral Crossover Steps

"Continuous Crossover Steps with Same Skate"

PUCK CONTROL

MITE SKILLS 8 & UNDER

1. Stick - Stance - Grip

"Stick - Under Chin & No lower than Neckline"

2. Wrist Roll

"Stance - Stick in Front of Body, Elbows & Arms Move Freely"

3. Split Vision

"Grip - Hands 6-10 Inches Apart, 'V' Formation Grip"

4. Basic Dribbling Skills

"Roll Wrist - Ends Blade of Stick to 'Cup' the Puck"

5. Forward Stride With "Pulls"

"Eyes Up, Indirectly See Puck Out of Bottom of the Eyes"

6. Weave & Control Pulls

"Lateral Dribble - In Front of Body, Short & Wide Pulls to Forehand & Backhand Sides"

7. One Hand Puck Acceleration

"Front to Back Dribble-Puck Moves Forward/Backward on Side"

8. Forward Stride With "Pulls"

"Diagonal Dribble-Pull Puck from Front to Diagonally to Side"

9. Weave & Control Pulls

"Pull the Puck as wide as possible with every Stride"

10. One Hand Puck Acceleration

"Crossover Weaving - Pulling Puck on Each Cone"

11. Attacking the Triangle

"One Hand on Stick, Arm Extended Straight, Push Flip/Flop"

12. Forehand & Backhand Shifts

"Triangle - Avoiding the area between the Skates & Stick"

13. Forehand & Backhand Shifts

"Head-Shoulder-Stick Shift (Fakel), Pull Puck Across & Skate"

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