

# U13 SKILLS

## LTPD STAGE – Learn to Train



Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> <li>All Skating Skills from Initiation, novice and atom</li> <li>Fwd / Bwd Scissor Skate</li> <li>Lateral Crossovers</li> <li>C-cuts toe on puck</li> </ul>	<ul style="list-style-type: none"> <li>Figure 8's – forward – inside &amp; outside edge</li> <li>Figure 8's – backward – inside &amp; outside edge</li> <li>Heel to Heel (Mohawk)</li> <li>1 leg weaving – fwd / bwd</li> </ul>	<ul style="list-style-type: none"> <li>Front v-start</li> <li>Crossover start</li> <li>Backward c-cut start</li> <li>One-leg bwd stop</li> <li>Two-leg bwd stop</li> </ul>	<ul style="list-style-type: none"> <li>Forward striding</li> <li>Linear crossovers</li> <li>Acceleration</li> <li>Quick Feet</li> <li>Evasive skating</li> </ul>	<ul style="list-style-type: none"> <li>C-cuts – left foot / right foot</li> <li>Backward Striding</li> <li>1 Crossover / Reach</li> </ul>	<ul style="list-style-type: none"> <li>Glide turns / Tight turns</li> <li>C-cuts – around circle – outside foot – forward &amp; backward</li> <li>Crossovers – forward &amp; backward</li> <li>Pivots – bwd to fwd &amp; fwd to bwd</li> <li>Pivots – open &amp; reverse</li> </ul>
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	Individual Offensive Tactics
<ul style="list-style-type: none"> <li>Narrow</li> <li>Wide</li> <li>Side – front – side</li> <li>Toe drag – side/front</li> <li>Attack Triangle</li> <li>Quick hands</li> <li>Range of motion</li> </ul>	<ul style="list-style-type: none"> <li>Narrow / Wide</li> <li>Open ice carry – forehand &amp; backhand</li> <li>Weaving with puck</li> <li>Toe drag – front &amp; side</li> <li>Attack the Triangle</li> <li>Quick hands</li> <li>Range of Motion</li> </ul>	<ul style="list-style-type: none"> <li>Stationary forehand pass</li> <li>Stationary backhand pass</li> <li>Forehand saucer pass</li> <li>Backhand saucer pass</li> </ul>	<ul style="list-style-type: none"> <li>Moving forehand pass</li> <li>Moving backhand pass</li> <li>Moving fhd saucer pass</li> <li>Pass and Follow</li> <li>Cross and Drop</li> </ul>	<ul style="list-style-type: none"> <li>Forehand - wrist shot</li> <li>Backhand - shot</li> <li>Forehand / backhand shots in motion</li> <li>Forehand - flip shot</li> <li>Backhand - flip shot</li> <li>Tips / Deflections</li> <li>Snap / Slap shot</li> </ul>	<ul style="list-style-type: none"> <li>Body fakes / shot fakes</li> <li>Stick fakes / fake pass</li> <li>Dekes</li> <li>Moves in Combination</li> <li>Net Drives</li> <li>Change of pace</li> <li>Puck protection</li> <li>Control skating</li> <li>Saving ice</li> </ul>
Individual Defensive Tactics	Team Play				
<ul style="list-style-type: none"> <li>Angling</li> <li>Basic 1 on 1's</li> <li>Gap control</li> <li>Escape moves</li> <li>Puck retrievals</li> <li>Tracking</li> </ul>	<ul style="list-style-type: none"> <li>Basic Positioning – D Zone</li> <li>Basic Breakouts</li> <li>Regroups</li> <li>Entries</li> <li>Forechecks</li> </ul>				

