

#### 4. \_\_\_\_\_ **Basic Dribbling Skills**

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

"Front to Back Dribble - Puck Moves

Forward/Backward on Side"

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

#### 5. \_\_\_\_\_ **Forward Stride With "Pulls"**

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

#### 6. \_\_\_\_\_ **Weave & Control Pulls**

"Crossover Weaving - Pulling Puck on Each Cone

#### 7. \_\_\_\_\_ **One Hand Puck Acceleration**

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

#### 8. \_\_\_\_\_ **Attacking the Triangle**

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

#### 9. \_\_\_\_\_ **Forehand & Backhand Shifts**

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

### **PASSING & RECEIVING**

#### 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.

"**Receive: 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.

#### 2. \_\_\_\_\_ **Forehand Pass**

"Puck is Released Smoothly with Rotation, Accurate Pass to Blade"

#### 3. \_\_\_\_\_ **Backhand Pass**

"Puck Starts on Heel of Blade, Sweep Puck, Blade Pointing at Target After Release"

#### 4. \_\_\_\_\_ **Stationary Passing**

"Pass - Accurately, Smoothly & Hard"

#### 5. \_\_\_\_\_ **Continuous Moving Passes**

"Pass Puck Diagonally in Front of Receiver"

### **SHOOTING**

#### 1. \_\_\_\_\_ **Mechanics of Shooting**

- Start Puck on Heel to Middle of Blade
- Start Puck Towards Back Skate (wr. 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

#### 2. \_\_\_\_\_ **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"

#### 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"

### **CHECKING**

#### 1. \_\_\_\_\_ **Poke check**

"Stick Hand/Arm Held Close to Body, Extend Stick Contacting Puck, DO NOT LUNGE! Finish check by Sliding Stick between Attacker's legs, then Block Out"

#### 2. \_\_\_\_\_ **Stick Lift**

"Approach Puck Carrier Behind & side, Skate with PC, Slide Stick Under PC's Stick & Lift Quickly, Retrieve Puck"

#### 3. \_\_\_\_\_ **Stick Press**

"Close 1 on 1 Situation, Place Stick Over Lower Part of Opponent's Stick, Press Down Hard"

#### 4. \_\_\_\_\_ **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 GLIDE

### **TEAM PLAY**

#### 1. \_\_\_\_\_ **Defensive Team Play**

Key Elements:

1. Individual Skills
  - Checking the Puck Carrier - ANGLING
  - Intercepting Passes or Cutting Off Passing Lanes
  - Covering Opponent
2. Team Skills
  - Carrying Out Lane Responsibilities in all 3 Zones
  - Pressure & Outnumber Opponent at Puck

#### 2. \_\_\_\_\_ **Offensive Team Play**

Key Elements:

1. Individual Skills
  - Carrying the Puck (stickhandling)
  - Passing & Receiving
  - Shooting
2. Team Skills
  - 2 Quick Passes When Breaking Out
  - Stay Wide & Move Quickly Through Neutral Zone
  - Set Up Offensive Triangle in Attack Zone

# Hockey Skills Challenge

for

Mite and 8 & 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"*

## Mite and 8 & Under Skating and Puck Control Skills

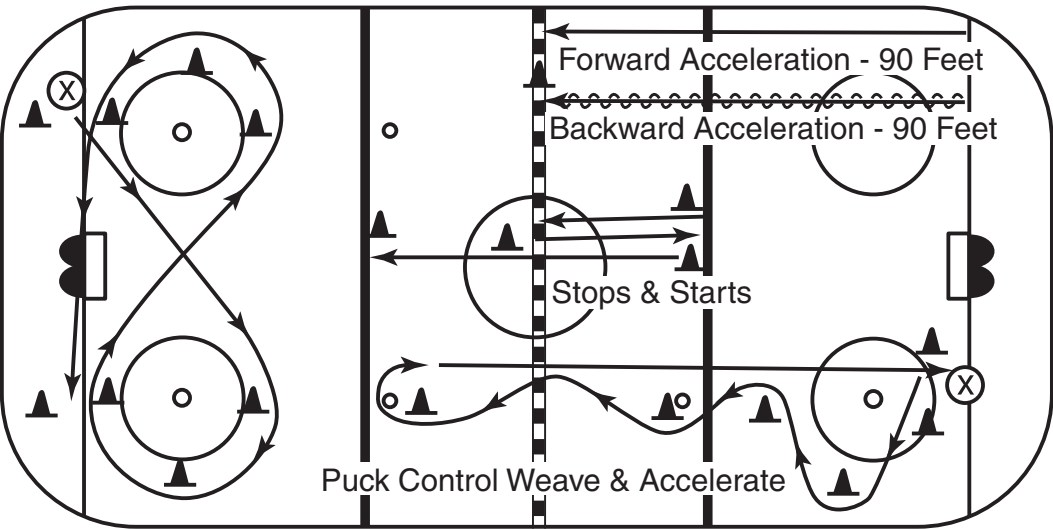
## Mite and 8 & Under

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

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

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

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



**CIRCLE FIGURE 8 FORWARD CROSSOVERS**

*"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"*

1. Forward Accelerations (90 feet)
  - Minnesota
  - Early Season \_\_\_\_\_ Average \_\_\_\_\_
  - Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_
  - Late Season \_\_\_\_\_ Best \_\_\_\_\_
2. Backward Accelerations (90 feet)
  - Minnesota
  - Early Season \_\_\_\_\_ Average \_\_\_\_\_
  - Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_
  - Late Season \_\_\_\_\_ Best \_\_\_\_\_

3. Stops & Starts (Top of Circle, Red line, Near Blue line, Far Blue line)
  - Minnesota
  - Early Season \_\_\_\_\_ Average \_\_\_\_\_
  - Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_
  - Late Season \_\_\_\_\_ Best \_\_\_\_\_

4. Circle Figure 8 Forward Crossovers
  - Minnesota
  - Early Season \_\_\_\_\_ Average \_\_\_\_\_
  - Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_
  - Late Season \_\_\_\_\_ Best \_\_\_\_\_

5. Puck Control Weave & Acceleration
  - 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.**

### SKATING

1. **Forward Basic Stance**  
 "Ready Position - Chest up, knees well bent, 2 hands on stick w/ no wt."
2. **Inside Edge Control**  
 "Ankles Control the Edge"  
 "Good Knee Bend of Glide Foot"
3. **Weight & Stick Shift**
4. **Forward Stride**  
 "Shift Weight, Stick & Hands to Bent Knee"  
 "Full Extension"  
 "Complete Recovery"
5. **Forward Start**  
 "V-Start".... "Start both Right & Left"
6. **Control Stops**  
 "Two Skate Ready Position Stop"  
 "One Foot Power Stop - L Position"

7. **Control Turn**  
 "Pivot Skate - inside leg is bent"  
 "Broke Skate - outside leg is straight"

8. **Backward Basic Stance**  
 "One Hand on Stick Ready Position,  
 "Knees Well Bent & Butt Low"

9. **Backward Stride**  
 "Push-Heel Out-Toe In to Full Extension,  
 "Transfer Wt. to Glide Skate, Recover Under Hip"

10. **Backward "Snow Plow" Stop**  
 "Heels In & Toes Out, Weight on Inside Edges,  
 Knees Well Bent"

11. **Backward/Forward Turns**  
 "Mohawk Pivots - One Skate Balance, Open Hip,  
 180 degree Step Out"

12. **Forward Crossovers**  
 "One Skate Balance, Knee Up-Skate Over,  
 Push Inside Skate Under"

### PUCK CONTROL

1. **Stick - Stance - Grip**  
 "Stick - Under Chin & No Lower than Neckline"  
 "Stance - Stick in Front of Body, Elbows & Arms Move Freely"  
 "Grip - Hands 6-10 Inches Apart, 'V' Formation Grip"
2. **Wrist Roll**  
 "Roll Wrist - Enables Blade of Stick to 'Cup' the Puck"
3. **Split Vision**  
 "Eyes Up, Indirectly See Puck Out of Bottom of the Eyes"