

ATOM SKILLS

LTPD STAGE – Learn to Play



Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> All Skating Skills from Initiation and novice Forward Scissor Skate Lateral Crossovers C-cuts toe on puck 	<ul style="list-style-type: none"> Figure 8's – forward – inside & outside edge Figure 8's – backward – inside & outside edge Heel to Heel (Mohawk) 1 leg weaving – fwd / bwd 	<ul style="list-style-type: none"> Front v-start Crossover start Backward c-cut start Outside leg stop Two-foot parallel stop One-leg backward stop Two-leg backward stop 	<ul style="list-style-type: none"> Forward striding Linear crossovers Acceleration Quick Feet Evasive skating 	<ul style="list-style-type: none"> C-cuts – left foot / right foot Backward Scissor skate 1 Crossover / Reach Backward Striding 	<ul style="list-style-type: none"> Glide turns / Tight turns C-cuts – around circle – outside foot – forward & backward Crossovers – forward & backward Pivots – bwd to fwd & fwd to bwd Pivots – open & reverse

Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	Individual Offensive Tactics
<ul style="list-style-type: none"> Narrow / Wide Side – front – side Toe drag – side/front Attack Triangle 	<ul style="list-style-type: none"> Narrow / Wide Open ice carry – forehand & backhand Weaving with puck Toe drag – front & side Attack the Triangle 	<ul style="list-style-type: none"> Stationary fhd pass Stationary bhd pass Forehand saucer pass 	<ul style="list-style-type: none"> Moving forehand pass Moving backhand pass Pass and Follow Cross and Drop 	<ul style="list-style-type: none"> Forehand - wrist shot Backhand - shot Forehand / backhand shots in motion Forehand - flip shot Backhand - flip shot Tips / Deflections 	<ul style="list-style-type: none"> Body fakes Stick fakes Dekes Moves in Combination Net Drives

Individual Defensive Tactics	Team Play			
<ul style="list-style-type: none"> Angling Basic 1 on 1's Escape moves Puck retrievals Gap Control Tracking 	<ul style="list-style-type: none"> Basic Positioning – D Zone Basic Breakouts Basic Entries 			

