

# U8 - INTRODUCTION OF SKILLS

# MKSTORM



## Skating

Balance & Agility	Edge Control	Starting & Stopping	Forward Skating & Striding	Backward Skating	Turning & Crossovers
<ul style="list-style-type: none"> <li>• Basic stance</li> <li>• Getting up from the ice</li> <li>• Balance on one foot</li> <li>• Jumping on 2 feet / 1 foot</li> <li>• Gliding arm pump</li> <li>• Gliding on two skates</li> <li>• Gliding on one skate – fwd &amp; bwd</li> <li>• Lateral Crossovers - step &amp; plant / continuous</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> </ul>	<ul style="list-style-type: none"> <li>• T-start</li> <li>• Front v-start</li> <li>• Crossover start</li> <li>• Backward c-cut start</li> <li>• Backward crossover start</li> <li>• One o'clock - eleven o'clock stops</li> <li>• Outside leg stop</li> <li>• Two-foot parallel stop</li> <li>• One-leg bwd stop</li> <li>• Two-leg bwd stop</li> </ul>	<ul style="list-style-type: none"> <li>• C-cuts - left foot / right foot</li> <li>• C-cuts - alternating</li> <li>• C-cuts - both feet</li> <li>• C-cuts - pulling partner</li> <li>• Forward striding</li> <li>• Exaggerated stride</li> <li>• Forward striding - pulling partner</li> </ul>	<ul style="list-style-type: none"> <li>• C-cuts - left foot / right foot</li> <li>• C-cuts - alternating</li> <li>• Gliding on two skates</li> <li>• Gliding on one skate</li> </ul>	<ul style="list-style-type: none"> <li>• Glide turns</li> <li>• Tight turns</li> <li>• 360's</li> <li>• C-cuts - around circle - outside foot / both feet - fwd &amp; bwd</li> <li>• Crossovers - forward &amp; backward</li> <li>• Backward one-foot stop &amp; t-start</li> <li>• Pivots - bwd to fwd &amp; fwd to bwd</li> <li>• Pivots – open &amp; reverse</li> <li>• Mohawk on circles – open &amp; reverse</li> </ul>

## Puck Control

Stationary Puck Control	Moving Puck Control	Stationary Passing & Receiving	Moving Passing & Receiving	Shooting
<ul style="list-style-type: none"> <li>• Stance</li> <li>• Narrow</li> <li>• Wide</li> <li>• Side - front - side</li> <li>• Toe drag - front &amp; side</li> <li>• Through legs</li> <li>• Two pucks</li> </ul>	<ul style="list-style-type: none"> <li>• Narrow</li> <li>• Wide</li> <li>• Open ice carry - forehand &amp; backhand</li> <li>• Weaving with puck</li> <li>• One leg – left &amp; right</li> </ul>	<ul style="list-style-type: none"> <li>• Stationary forehand &amp; backhand pass &amp; receive</li> <li>• Stationary bank pass</li> </ul>	<ul style="list-style-type: none"> <li>• Moving forehand pass</li> <li>• Moving backhand pass</li> <li>• Lead pass</li> </ul>	<ul style="list-style-type: none"> <li>• Forehand - sweep shot</li> <li>• Forehand - wrist shot - low</li> <li>• Backhand - sweep shot</li> <li>• Backhand - wrist shot - low</li> <li>• Forehand - flip shot</li> </ul>

## Tactics

Individual Offensive Tactics	Individual Defensive Tactics
<ul style="list-style-type: none"> <li>• Body fakes</li> <li>• Stick fakes</li> </ul>	<ul style="list-style-type: none"> <li>• Angling</li> </ul>

# U10 - DEVELOPING SKILLS & INTRODUCING NEW SKILLS



## MKSTORM

### Skating

Balance & Agility	Edge Control	Starting & Stopping	Forward Skating & Striding	Backward Skating	Turning & Crossovers
<ul style="list-style-type: none"> <li>• Basic stance</li> <li>• Balance on one foot</li> <li>• Jumping on 2 feet / 1 foot</li> <li>• Gliding arm pump</li> <li>• Gliding on two skates</li> <li>• Gliding on one skate - fwd &amp; bwd</li> <li>• Gliding with knee bend</li> <li>• Lateral Crossovers - step &amp; plant / continuous / over stick</li> <li>• Shoot the duck - fwd &amp; bwd</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>• One leg weaving - fwd &amp; bwd</li> <li>• Fwd scissor skate - small &amp; large</li> <li>• Bwd scissor skate - small</li> <li>• Slalom - alternating lead foot</li> <li>• Slalom - sticks on ice</li> </ul>	<ul style="list-style-type: none"> <li>• T-start</li> <li>• Front v-start</li> <li>• Crossover start</li> <li>• Backward c-cut start</li> <li>• Backward crossover start</li> <li>• One o'clock - eleven o'clock stops</li> <li>• Outside leg stop</li> <li>• Two-foot parallel stop</li> <li>• Inside leg / outside leg edge stop</li> <li>• One-leg bwd stop</li> <li>• Two-leg bwd stop</li> </ul>	<ul style="list-style-type: none"> <li>• C-cuts - left foot / right foot</li> <li>• C-cuts - alternating</li> <li>• C-cuts - both feet</li> <li>• C-cuts - pulling partner</li> <li>• Slalom - c-cuts narrow / wide / pulling partner</li> <li>• C-cuts – back foot crossunders / alternate</li> <li>• Forward striding</li> <li>• Exaggerated stride</li> <li>• Forward striding - pulling partner</li> <li>• Weave - crossovers &amp; crossunders</li> <li>• Stride &amp; bend</li> <li>• Jump stride</li> </ul>	<ul style="list-style-type: none"> <li>• C-cuts - left foot / right foot</li> <li>• C-cuts - alternating</li> <li>• Gliding on two skates</li> <li>• Gliding on one skate</li> <li>• Slalom - c-cuts narrow / wide</li> <li>• C-cuts - pulling partner</li> <li>• Slalom - pulling partner &amp; alternating lead foot</li> <li>• Sculling</li> <li>• Jump stride</li> </ul>	<ul style="list-style-type: none"> <li>• Glide turns / Tight turns</li> <li>• 360's</li> <li>• C-cuts - around circle - inside &amp; outside foot / both feet / crossunders - fwd &amp; bwd</li> <li>• Crossovers - forward &amp; backward</li> <li>• Backward one-foot stop &amp; t-start</li> <li>• Pivots - bwd to fwd &amp; fwd to bwd</li> <li>• Pivots - open &amp; reverse</li> <li>• Mohawk on circles – open &amp; reverse</li> <li>• Mohawk - heel to Heel glide</li> </ul>

### Puck Control

Stationary Puck Control	Moving Puck Control	Stationary Passing & Receiving	Moving Passing & Receiving	Shooting
<ul style="list-style-type: none"> <li>• Stance</li> <li>• Narrow / Wide</li> <li>• Side - front - side</li> <li>• Toe drag - front &amp; side</li> <li>• Figure 8's - two handed</li> <li>• Around the body - box / triangle</li> <li>• Through legs</li> <li>• Two pucks</li> </ul>	<ul style="list-style-type: none"> <li>• Narrow / wide</li> <li>• Side / front / side</li> <li>• Behind body</li> <li>• Open ice carry - forehand &amp; backhand</li> <li>• Weaving with puck</li> <li>• One leg – left &amp; right</li> <li>• One hand</li> <li>• Crossover circle – carry / stickhandle</li> <li>• C-cuts heel - narrow / wide</li> <li>• 360 spin</li> <li>• Two pucks</li> </ul>	<ul style="list-style-type: none"> <li>• Stationary forehand &amp; backhand pass &amp; receive</li> <li>• Stationary bank pass</li> <li>• Pass behind - pull puck through legs</li> <li>• Pass behind - off skate to stick</li> </ul>	<ul style="list-style-type: none"> <li>• Moving forehand pass</li> <li>• Moving backhand pass</li> <li>• Lead pass</li> <li>• Forehand pass / receive – one touch</li> <li>• Backhand pass / receive – one touch</li> <li>• Pairs passing</li> <li>• Bank pass</li> <li>• Pass &amp; follow</li> <li>• Pass behind</li> </ul>	<ul style="list-style-type: none"> <li>• Forehand - sweep shot</li> <li>• Forehand - wrist shot - low / high</li> <li>• Backhand - sweep shot</li> <li>• Backhand - wrist shot - low / high</li> <li>• Wrist shot - in motion</li> <li>• Forehand - flip shot</li> <li>• Stationary tips - one ice - low / high</li> </ul>

# U10 - DEVELOPING SKILLS & INTRODUCING NEW SKILLS



## MKSTORM

### Tactics

Individual Offensive Tactics	Individual Defensive Tactics	Team Play
<ul style="list-style-type: none"><li>• Dekes - forehand / backhand / five hole</li><li>• Body fakes</li><li>• Stick fakes</li><li>• Fake inside / outside</li><li>• Attack triangle</li><li>• Puck back through legs</li><li>• Spin-o-rama</li><li>• 360 move</li><li>• Leave puck - go round</li><li>• Heel to heel move</li><li>• Back pass off boards</li><li>• Escape moves</li><li>• Puck retrieval</li><li>• Direct pass - wall / midlane</li><li>• Wrap around</li></ul>	<ul style="list-style-type: none"><li>• Fwd skating</li><li>• Bwd skating</li><li>• Changing direction</li><li>• Angling</li><li>• Stick in passing lane</li><li>• Active stick</li><li>• Defensive zone coverage</li></ul>	<ul style="list-style-type: none"><li>• Role of D1 / D2 / F1 / F2 / F3 in Defensive zone</li></ul>