### Balance and Agility
- All Skating Skills from Initiation, novice and atom
- Fwd / Bwd Scissor Skate
- Lateral Crossovers
- C-cuts toe on puck

### Edge Control
- Figure 8’s – forward – inside & outside edge
- Figure 8’s – backward – inside & outside edge
- Heel to Heel (Mohawk)
- 1 leg weaving – fwd / bwd

### Starting and Stopping
- Front v-start
- Crossover start
- Backward c-cut start
- One-leg bwd stop
- Two-leg bwd stop

### Forward Skating and Striding
- Forward striding
- Linear crossovers
- Acceleration
- Quick Feet
- Evasive skating

### Backward Skating
- C-cuts – left foot / right foot
- Backward Striding
- 1 Crossover / Reach

### Turning and Crossovers
- 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
- Narrow
- Wide
- Side – front – side
- Toe drag – side/front
- Attack Triangle
- Quick hands
- Range of motion

### Moving Puck Control
- Narrow / Wide
- Open ice carry – forehand & backhand
- Weaving with puck
- Toe drag – front & side
- Attack the Triangle
- Quick hands
- Range of Motion

### Stationary Passing and Receiving
- Stationary forehand pass
- Stationary backhand pass
- Forehand saucer pass
- Backhand saucer pass

### Moving Passing and Receiving
- Moving forehand pass
- Moving backhand pass
- Moving fhd saucer pass
- Pass and Follow
- Cross and Drop

### Shooting
- Forehand - wrist shot
- Backhand - shot
- Forehand / backhand shots in motion
- Forehand - flip shot
- Backhand - flip shot
- Tips / Deflections
- Snap / Slap shot

### Individual Offensive Tactics
- Body fakes / shot fakes
- Stick fakes / fake pass
- Dekes
- Moves in Combination
- Net Drives
- Change of pace
- Puck protection
- Control skating
- Saving ice

### Individual Defensive Tactics
- Angling
- Basic 1 on 1’s
- Gap control
- Escape moves
- Puck retrievals
- Tracking

### Team Play
- Basic Positioning – D Zone
- Basic Breakouts
- Regroups
- Entries
- Forechecks