# ATOM SKILLS

**LTPD STAGE – Learn to Play**

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<th>Balance and Agility</th>
<th>Edge Control</th>
<th>Starting and Stopping</th>
<th>Forward Skating and Striding</th>
<th>Backward Skating</th>
<th>Turning and Crossovers</th>
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</table>
| • All Skating Skills from Initiation and novice  
• Forward Scissor Skate  
• Lateral Crossovers  
• C-cuts toe on puck | • Figure 8’s – forward – inside & outside edge  
• Figure 8’s – backward – inside & outside edge  
• Heel to Heel (Mohawk)  
• 1 leg weaving – fwd / bwd | • Front v-start  
• Crossover start  
• Backward c-cut start  
• Outside leg stop  
• Two-foot parallel stop  
• One-leg backward stop  
• Two-leg backward stop | • Forward striding  
• Linear crossovers  
• Acceleration  
• Quick Feet  
• Evasive skating | • C-cuts – left foot / right foot  
• Backward Scissor skate  
• 1 Crossover / Reach  
• Backward Striding | • 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 |

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<th>Stationary Puck Control</th>
<th>Moving Puck Control</th>
<th>Stationary Passing and Receiving</th>
<th>Moving Passing and Receiving</th>
<th>Shooting</th>
<th>Individual Offensive Tactics</th>
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| • Narrow / Wide  
• Side – front – side  
• Toe drag – side/front  
• Attack Triangle | • Narrow / Wide  
• Open ice carry – forehand & backhand  
• Weaving with puck  
• Toe drag – front & side  
• Attack the Triangle | • Stationary fhd pass  
• Stationary bhd pass  
• Forehand saucer pass | • Moving forehand pass  
• Moving backhand pass  
• Pass and Follow  
• Cross and Drop | • Forehand - wrist shot  
• Backhand - shot  
• Forehand / backhand shots in motion  
• Forehand - flip shot  
• Backhand - flip shot  
• Tips / Deflections | • Body fakes  
• Stick fakes  
• Dekes  
• Moves in Combination  
• Net Drives |

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<tr>
<th>Individual Defensive Tactics</th>
<th>Team Play</th>
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| • Angling  
• Basic 1 on 1’s  
• Escape moves  
• Puck retrievals  
• Gap Control  
• Tracking | • Basic Positioning – D Zone  
• Basic Breakouts  
• Basic Entries |