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**Stationary Puck Control**

- **Stance**
- **Narrow / Wide**
- **Side – front – side**
- **Toe drag – side/front**
- **Attack Triangle**

**Moving Puck Control**

- **Narrow / Wide**
- **Open ice carry – forehand & backhand**
- **Weaving with puck**
- **Toe drag – front & side**
- **Attack the Triangle**

**Stationary Passing and Receiving**

- **Stationary forehand pass**
- **Stationary backhand pass**
- **Stationary bank pass**

**Moving Passing and Receiving**

- **Moving forehand pass**
- **Moving backhand pass**
- **Pass and Follow**

**Shooting**

- **Forehand - wrist shot**
- **Backhand - sweep shot**
- **Forehand / backhand shots in motion**
- **Forehand - flip shot**
- **Backhand - flip shot**

**Individual Offensive Tactics**

- **Body fakes**
- **Stick fakes**
- **Dekes**
- **Moves in Combination**
- **Net Drives**

**Individual Defensive Tactics**

- **Angling**
- **Basic 1 on 1’s**
- **Escape moves**
- **Puck retrievals**

**Team Play**

- **Basic Positioning – all players should play all positions**