

SEASON PROGRESSION

	Starting	Skating	Stopping	Passing
September	Open Body	Tight Turns Around Cones Pivots To Backwards	Two Foot Hockey, Both Sides	Forehand In Motion
October	Side Crossover Both Sides	360 Pivots Around Cones Slalom Skating, One Foot Bkws-In Motion, Glide On One Foot, Jump Bkws-Use V Stop, Skate Fwds In Opposite Direction	Two Foot HockeyY Bkws-V Stop	Backhand-In Motion Pass And Receive
November	Bkws -Using Crossover	Fwds-Superman Dive And Roll Pivots, Fwds-Bkws, Both Directions Bkws-Crossovers, Both Sides	Two Foot Hockey	Receive On Forehand, Slide To Backhand, Pass
December	Bkws-Using Crossover	Push A Partner Pull A Partner Bkws-Agility, Crossovers, Pivots	Two Foot Hockey Bkws, 2 Foot, Both Sides	Board Pass To Player In Motion
January	Open And Side Crossover	360 Pivots Around Cones With- pucks	Two Foot Hockey Bkws, 2 Foot, Both Sides	Board Pass To Player In Motion Drop Pass
February		Obstacles, Pivots, Crossovers Bkws-Agility, Crossovers, Pivots	Bkws, 2 Foot, Both Sides	One Touch Drop Pass

	Checking	Stickhandling	Moves	Shooting
September	Body Checks, Shoulder	In Motion, In Front Of Body Forehand And Backhand Sides Stationary Toe Drag	Shoulder Fake	Wrist Shot
October	Body, Shoulder	Triangles, U Drags	Double Shoulder Fake	Backhand Snapshots
November	Angling	Under-Over Defensemen's Stick, In Motion Triangles, U Drags	Toe Drag Into Pass, Or Fake Pass And Toe Drag To Ready Position	Roof It From Top Of The Crease Slap Shot
December	1 Vs. 1 Out Of Corner	In Motion, Use Feet, Kick Puck Up To Stick In Motion, Triangles Around Defensemen's Stick	Fake Pass Into Spin O Rama	Slap Shot
January	Angling	Puck Protection Pull Puck From Behind Body To Inside Of Opp. Skate	Toe Drags Fake Passes Spin O Ramas	Receive Pass, Release Quick Wrist Shot
February		In Motion, Use Feet, Kick Puck Up To Stick Triangles, U Drags, Toe Drags	Gretzky Turn, Peel Off And Look For Trailer	Rebounds Deflections