

# INITIATION SKILLS

## LTPD STAGE - Fundamentals 1



Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and 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 on two skates</li> <li>• Gliding on one skate – fwd and bwd</li> <li>• Lateral Crossovers – step and plant / continuous</li> </ul>	<ul style="list-style-type: none"> <li>• Inside edge glide</li> <li>• Figure 8's – forward – inside &amp; outside edge</li> <li>• Figure 8's – backward – inside &amp; outside edge</li> <li>• Slalom</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>• One o'clock – eleven o'clock</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>• T-push</li> <li>• Forward striding</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 – backward</li> <li>• Gliding on one skate – backward</li> </ul>	<ul style="list-style-type: none"> <li>• Glide turns</li> <li>• Tight turns</li> <li>• C-cuts – around circle – outside foot – forward &amp; backward</li> <li>• Crossovers – forward &amp; backward</li> <li>• Backward on-foot stop and t-start</li> <li>• Pivots – bwd to fwd &amp; fwd to bwd</li> <li>• Pivots – open &amp; reverse</li> </ul>
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and 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> </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>• Toe drag – front &amp; side</li> </ul>	<ul style="list-style-type: none"> <li>• Stationary forehand pass</li> <li>• Stationary backhand pass</li> <li>• Stationary bank pass</li> </ul>	<ul style="list-style-type: none"> <li>• Moving forehand pass</li> <li>• Moving backhand pass</li> </ul>	<ul style="list-style-type: none"> <li>• Forehand - sweep shot</li> <li>• Forehand - wrist shot</li> <li>• Backhand - sweep shot</li> <li>• Forehand - flip shot</li> </ul>	
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>				

