



1. **Skating:**

A combination of many components; these include knee bend, edges, leg drive and leg recovery, weight shift, upper body positioning and control, usage of the arms, etc. The combined correct usage of these components is critical to balance, power, and speed

- **Balance:** the ability to keep the body centered over a base of support base
- **Mobility:** player's ability to move at speed while skating on a curve or circle is affected by the position and control of the upper body , Excessive arm, chest, shoulder, and head movement affect balance, agility, and maneuverability (BAM), and the ability to control the puck. Going far laterally or to the sides, Full extension on all pushes , Leap out or getting extra extension on last push, Weight distribution on blade of skates
- **Quickness:** the ability to execute movement skill in a comparatively brief amount of time
- **Speed:** a measure of distance traveled in time (miles per hour or feet per second). Each time players move their feet (stride), they should cover significant distances

2. **Hands:**

As in pass reception, the blade of the stick cups the puck when you are stick handling.

This applies to both the forehand and backhand motion in stick handling

- **Puck handling:** Controlling the puck with one's stick, especially while maneuvering through opponents
- **Passing:** Both hands move in the direction of your target
- **Receiving:** Accelerate into open ice to receive the puck

3. **Shooting:**

Transfer your weight as you move the puck forward, and follow through.

- **Accuracy :** the ability to be precise and avoid error
- **Release:** letting go of the puck
- **Scoring:** an action that leads to the gaining of a point
- **Velocity:** the speed at which something moves or happens

4. **Sense:**

Understanding the basic visualization skills of picturing yourself scoring a goal or passing the puck.

Knowing how to **FEEL, ACT, SEE, THINK** this is the **FAST** method

- **Anticipation/instinct:** Make contact with every opponent that touches the puck and always beat them back into the play, When under pressure or in doubt at either blue line, get the puck out or in, and hard, aware of the player you are covering without the puck and prevent her from being a factor in the play
- **Defensive awareness:** Move players from the front of the net. Let your goalie see the play
- **Offensive awareness:** Maintain a triangle between the three forwards as you attack in the opposition's zone

5. **Competitiveness:**

Always face the play. Don't circle away from the play, Support the puck carrier by moving with a purpose without the puck and skating hard into openings

- **Communication:** Exchange of information between players/coaches
- **Intensity:** the strength, power, force, or concentration
- **Work ethic:** a dedication to team work, or belief in the moral value of hard work

6. **Toughness:**

Having the natural or developed psychological edge that enables you to:

Cope better than your opponents with the many demands (e.g., competition, training, and lifestyle) that are placed on you as a performer; to be more consistent and better than your opponents in remaining determined, focused, confident, resilient, and in control under pressure

- **Aggressiveness:** showing a readiness or having a tendency to attack the play/puck
- **Grit:** determination or strength of character
- **Nastiness:** causing opponents discomfort

7. **Character:**

Players learn that they are part of a team, has consideration and respect for their teammates, coaches, opponents, officials and parents. Players show self control and discipline, always try their best, respect authority, have a commitment to the team, greet thank and apologize, listen while using eye contact, punctuality and personal hygiene.

- **Consistency:** maintaining the standard and repeating tasks with minimal variation
- **Discipline:** the ability to behave in a controlled and calm way even in a difficult or stressful situation
- **Leadership:** Exhibits a high level of sportsmanship, respect, demonstrates an ability to balance school and outside activities. Player puts value in effort, spirit, pride, enthusiasm, courtesy and teamwork.