

U7 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"> • Basic stance • Getting up from the ice • Balance on one foot • Jumping on 2 feet / 1 foot • Gliding on two skates • Gliding on one skate – fwd and bwd • Lateral Crossovers – step and plant / continuous 	<ul style="list-style-type: none"> • Inside edge glide • Figure 8's – forward – inside & outside edge • Figure 8's – backward – inside & outside edge • Slalom 	<ul style="list-style-type: none"> • T-start • Front v-start • Crossover start • Backward c-cut start • One o'clock – eleven o'clock • Outside leg stop • Two-foot parallel stop • One-leg bwd stop • Two-leg bwd stop 	<ul style="list-style-type: none"> • C-cuts – left foot / right foot / • C-cuts alternating • T-push • Forward striding 	<ul style="list-style-type: none"> • C-cuts – left foot / right foot / • C-cuts alternating • Gliding on two skates – backward • Gliding on one skate – backward 	<ul style="list-style-type: none"> • Glide turns • Tight turns • C-cuts – around circle – outside foot – forward & backward • Crossovers – forward & backward • Backward on-foot stop and t-start • Pivots – bwd to fwd & fwd to bwd • Pivots – open & reverse
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	
<ul style="list-style-type: none"> • Stance • Narrow • Wide • Side – front – side • Toe drag – front & side 	<ul style="list-style-type: none"> • Narrow • Wide • Open ice carry – forehand & backhand • Weaving with puck • Toe drag – front & side 	<ul style="list-style-type: none"> • Stationary forehand pass • Stationary backhand pass • Stationary bank pass 	<ul style="list-style-type: none"> • Moving forehand pass • Moving backhand pass 	<ul style="list-style-type: none"> • Forehand - sweep shot • Forehand - wrist shot • Backhand - sweep shot • Forehand - flip shot 	
Individual Offensive Tactics	Individual Defensive Tactics				
<ul style="list-style-type: none"> • Body fakes • Stick fakes 	<ul style="list-style-type: none"> • Angling 				

