

Individual Skills
(Introduce, Refine, Develop)

Offensive

	Phase 1	Phase 2	Phase 3
Change of speed		I	D
Fake and take	I	I/D	R
Deke	I	I/D	R
Shooting	I	I/D	D
Puck protect	I	D	R
Delay	I	D	R
Creative		I	D
Backhand	I	I/D	D
Passing - stationary	I	D	R
Passing - movement	I	D	D
Taking ice		I	D

Defensive

Pinching	I	D	D
Stick position	I	D	R
Body position	I	I/D	D
Backward turns and pivots	I	I/D	D
Gap control	I	I/D	D/R
Tracking			I
Pressure	I	I/D	D
Contain	I	I/D	R
Back check		D	D
Backside pressure		I	I/D
Head on Swivel	I	I/D	D
Pick up puck carrier	I	I/D	D
Pick up non puck carrier	I	I/D	D

Team Tactics

Chip and persue		I	I/D
Overload(bluelines)	I	I/D	D
Regroup		I	D
Delay		I	D
Cycle		I	D
Attack triangle	I	I/D	D
Point play	I	I/D	D
D zone reverse		I/D	D
Face off positioning	I	D	R
Battle support	I	D	R
Net Drive (wide,middle, delay)	I	I/D	D