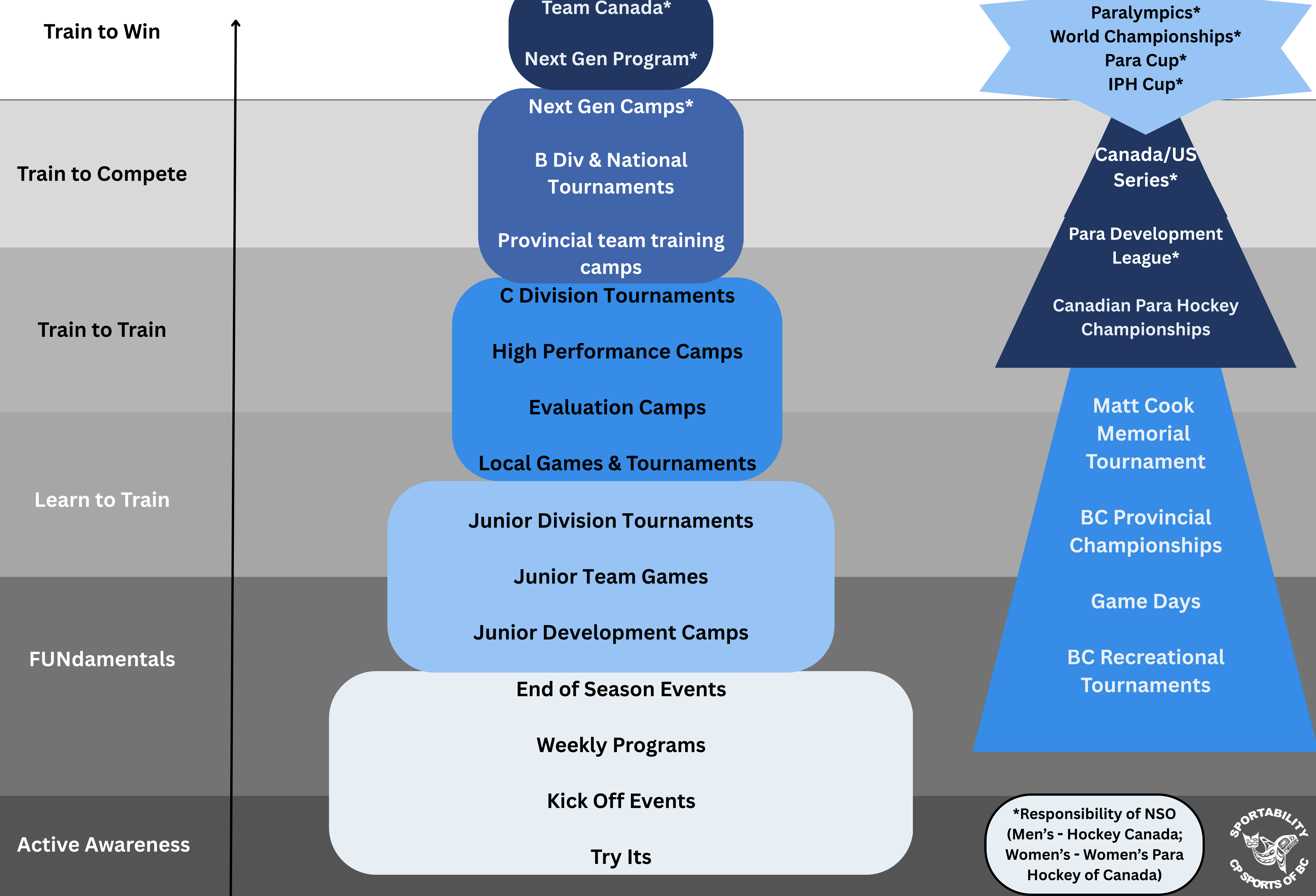



LTAD Stages

Programs & Events

Championships



LTAD Stages		Skills Matrix								
	↑ Skating	↑ Shooting	↑ Stickhandling	↑ Passing	↑ Turning	↑ Stopping	↑ Puck Protection	↑ Body Contact/Checking	↑ Stick Checking	↑ Angling
Train to Win	<ul style="list-style-type: none"> Can perform all skills in game situations at full speed 	<ul style="list-style-type: none"> Continues to develop shooting speed and accuracy in game situations 	<ul style="list-style-type: none"> Can adapt to varying game situations while maintaining control of puck 	<ul style="list-style-type: none"> Can perform all passing skills accurately and at speed in varying game situations 	<ul style="list-style-type: none"> Can perform all turning skills consistently at speed in varying game situations 	<ul style="list-style-type: none"> Can perform all stopping skills consistently at speed in varying game situations 	<ul style="list-style-type: none"> Player uses both hands and a combination of body positioning and sled positioning to keep the defender on the outside and shield the puck. Player is able to skate and create separation after successfully shielding the puck 	<ul style="list-style-type: none"> Understands when body contact can be utilized in game situations and when angling is the better option 	<ul style="list-style-type: none"> Can perform all stick checking skills at speed in varying game situations 	<ul style="list-style-type: none"> The player has a great understanding of the timing and route of the angle required, and is able to match the speed of an attacker using acceleration or speed checks. The player times their skating well, making adjustments to gain hip positioning and avoid any “cutbacks” from the offensive player.
Train to Compete	<ul style="list-style-type: none"> Can perform all Train to Train skills in varying game situations Can use body and sled effectively in a game 	<ul style="list-style-type: none"> Decision making and shot selection mastered Learning to effectively tip Able to shoot while moving, able to shoot with forehand or backhand on either hand 	<ul style="list-style-type: none"> Has full control of puck while moving at high speeds Learning to protect puck from opponents at high speeds Able to stick handle all around the sled (under/in front/side/behind), uses deception. 	<ul style="list-style-type: none"> Able to make direct, area and saucer pass with either hand, forehand or backhand. Utilizes deception. Has large window to receive pass, able to reach in front and behind, catch backhand, adjust skating 	<ul style="list-style-type: none"> Turn is not initiated with any strides, but instead with control of hips. Balance and speed are maintained through the entire turn and the player is able to continue their stride out of the turn. 	<ul style="list-style-type: none"> Back pick to execute quick stops, in full control when stopping 	<ul style="list-style-type: none"> Player has head up, is able to shield puck by using both hands with head up 	<ul style="list-style-type: none"> Taking and giving contact while skating Taking and giving contact at speed and with puck carrier Hunt for loose pucks 	<ul style="list-style-type: none"> Utilizing different forms of stick checking to disrupt the attack 	<ul style="list-style-type: none"> The player is able to quickly adjust speed and angle according to the speed of the attacker - whether it's a short/tight angle or a wider long angle.
Train to Train	<ul style="list-style-type: none"> Can untip with ease Can side stop Can turn on one blade Learning to angle Varies stride length, reaches forward for a full stride, controls speed, head up 	<ul style="list-style-type: none"> Can raise the puck effectively and consistently Has decision making skills to choose right type of shot Can deliver intended shot most of the time Able to shoot for targets with either hand 	<ul style="list-style-type: none"> Can effectively track and receive puck under sledge while stationary Starting to stickhandle under sledge in motion Able to stick handle on either hand 	<ul style="list-style-type: none"> Able to make pass while moving, with head up Able to catch puck coming from any angle in stride, can use picks to catch but only when necessary 	<ul style="list-style-type: none"> Back picking for tight turns, head up while turning, full control 	<ul style="list-style-type: none"> Able to hockey stop on both sides 	<ul style="list-style-type: none"> Player reads pressure, and shows some understanding of where to place the puck to protect from defending players 	<ul style="list-style-type: none"> Understanding how to properly give out contact, without causing a penalty through sled-to-sled contact (t-bone) 	<ul style="list-style-type: none"> Forcing turnovers by skating and forcing the puck off the opposing player's stick with a successful stick check 	<ul style="list-style-type: none"> The player is able to match the speed of an attacker on a wide angle
Learn to Train	<ul style="list-style-type: none"> Can untip independently Able to slide hands up and down sticks between skating and puck handling positions 	<ul style="list-style-type: none"> Able to raise the puck off the ice Learning differences between wrist shots, snap shots, and passing 	<ul style="list-style-type: none"> Can carry puck at increasing speeds Learning to stickhandle while moving Learning to stickhandle under sled Able to skate and handle puck 	<ul style="list-style-type: none"> Able to make pass to a stationary or moving target with both hands Able to catch a pass with both hands, does not “punch” or glove the puck 	<ul style="list-style-type: none"> Able to get up on one blade while supporting with inside hand, while continued picking, in both directions 	<ul style="list-style-type: none"> Turns and drifts to a stop 	<ul style="list-style-type: none"> Player is able to keep head up while controlling the puck and read where pressure is 	<ul style="list-style-type: none"> Basic body contact and understanding how to receive contact and stay on their blades 	<ul style="list-style-type: none"> Ability to skate and stick-check an opposing player who has the puck, without causing a penalty 	<ul style="list-style-type: none"> Understanding the concept of angling and how to position the body and sled to take away the space of an attacker
FUNDamentals	<ul style="list-style-type: none"> Learning how to untip independently Can do a wide turn Able to pull self forward and turn by picking on one side 	<ul style="list-style-type: none"> Can consistently hit the net while stationary Able to direct the puck towards the net while moving 	<ul style="list-style-type: none"> Learning to switch grip on stick between skating and shooting Able to stick handle while stationary 	<ul style="list-style-type: none"> Able to control the puck and make a direct pass to stationary target Able to give target and catch a pass to dominant hand on the tape. 	<ul style="list-style-type: none"> Able to turn by picking with one arm 	<ul style="list-style-type: none"> Stops picking and drags sticks or hands 			<ul style="list-style-type: none"> Ability to skate and move stick from hands towards ice surface 	
Active Awareness	<ul style="list-style-type: none"> Learning how to propel forwards Needs help when tipped over Learning how to turn Able to sit upright and hold sticks 	<ul style="list-style-type: none"> Learning to shoot at a target within 2-5m Able to direct the puck towards the net while stationary 	<ul style="list-style-type: none"> Learning to handle puck stationary or at slow speeds 	<ul style="list-style-type: none"> Learning to pass to player or target within 2m 	<ul style="list-style-type: none"> Learning to use head and body to turn in the direction they want to go 	<ul style="list-style-type: none"> Learning to stop by crossing sticks underneath of sled 				

Skill Descriptions

Balance:

While balance relates to ability and core strength, it is also dependent on sled setup and blade width and positioning. Sled setup will need to be experimented with as every athlete's needs are different.

Skating:

When forward skating, the player extends their arms forward and parallel to the ice, the picks both strike the ice at the same time on a 45-degree angle to the ice at or behind the hips, and the player pulls forward and starts to bring their hands forward, starting the next stroke before the picks lose their grip on the ice. The player's weight should be balanced so the front of the sled isn't bouncing up and down.

Turning:

When turning, the player leans in the direction of the turn, riding on one skate blade and rests their inside hand on the ice to help steer and to maintain balance. Eventually, depending on the nature of the player's disability, they may not need to do this, if their core is strong enough. To tighten the turn, the player leans harder in the direction of the turn. The player then accelerates out of the turn using a basic forward stride technique. To maintain speed and accelerate through the turn the player can continue to pick with their outside hand or both hands while they are turning.

1. Glide Turns - turn is initiated with a few strides from the outside hand and balance is maintained with the support of the inside glove on ice.
2. Tight Turns - turn is initiated with a stride of the outside hand and the inside glove or stick is dragged on the ice to help maintain balance.
3. Turn is not initiated with any strides, but instead with control of hips. Balance and speed are maintained through the entire turn and the player is able to continue their stride out of the turn.

Stopping:

Stopping begins like turning. The player should focus on "unweighting" and shifting their weight to the center of the skate blades to dig the blades into the ice. Make sure you don't lean away from the turn too much and tip over.

Shooting:

Forehand - When shooting the puck, the player should keep their head up and eyes fixed on the target. Start the puck on the heel of the stick behind the hip and at a comfortable distance from the body. Roll the puck from the heel to the toe of the stick and finish pointing the stick towards the target. Remember to practice with both the left and right hand.

Backhand - When shooting the puck on the backhand, start the puck on the heel of the blade close to the body. Move from heel to toe.

One Timer - Player has arm in a strong ready position above the ice, waits for puck to enter shooting position. Once puck arrives, player maintains stiff wrist and arm to follow though the puck.

Tips/Deflections: cvv

1. Under Sled Soft Catch & Release: The player receives a pass under the sled to the outside hand in order to protect the puck from the defender with an inside body position. Without stickhandling, receives it to the shooting slot. Release.
2. Two-touch Backhand-Forehand/Forehand-Forehand Catch & Release: The player receives a pass, either on backhand or forehand. One touch to stop the puck in a good shooting position and release. When shooting the puck keep the head up and eyes fixed on the target. Start the puck on the heel of the stick behind the hip and at a comfortable distance from the body. Roll the puck from the heel to the toe of the stick finish pointing the stick towards the target. Remember to practice with both the left and right hand.

Passing:

1. Stationary Forehand Pass - When passing the puck, the player should keep their head up and eyes fixed on the target, push the puck toward the target, rolling the puck from the heel to the toe of the stick. When receiving the pass, present a target for the passer with the stick at a right angle to the ice. The player should have their arm and stick in front of their hips upon contact, and then cradle the puck as they receive it with their stick. Remember to practice with both the left and right hand.
2. Moving Forehand Pass - Same as stationary skill while moving. An advanced player is able to receive or give a pass mid stride while maintaining their speed. Their head is up looking at their target and the pass is hard and crisp.
3. Backhand Pass - This pass is executed on the backhand side of the stick. The player should keep their head up, eyes on the target, and use a sweeping motion to push the puck towards the target, rolling it from the heel to the toe of the stick.
4. Pass & Follow - After making a pass to a teammate, the player immediately moves into a new position, often skating towards the net or into open space to receive a return pass or create a scoring opportunity.
5. Cross & Drop - A player carrying the puck skates across the front of the net or into a dangerous area, drawing defenders, and then "drops" the puck back to a trailing teammate who is skating into the vacated space.

Stickhandling (Stationary):

- Narrow/Wide/Front of sled - The player begins by stickhandling in tight to the sled/body then extending the arm to control the puck wide from their body while maintaining balance. The player then moves the puck forward maintaining control near the front of their sled. Then switches from right/left, to left/right and follows the same pattern on the opposite side.
- Under Sled - The player controls the puck at one side of their sled and then slides it underneath the sled to control the puck with their opposite hand.
- Side-Front-Under - Start with handling the puck in the shooting/passing slot to the side of the body. Fake pass/shot, sliding the puck forward to the front of the sled, catching on the backhand. Turn over the wrist to pull the puck with the forehand underneath the sled to the other hand.
- Toe drag - front and side - (Front) Start with a puck near the nose of the sled. Use the toe of the blade to drag the puck back to the shooting/passing position under control, or even behind the sled. (Side) Start with the puck wide, arm extended, parallel or slightly behind hips. Use the toe of the blade to drag the puck back in tight to the body or into a shooting/passing position under control.

Stickhandling (Moving):

- Open ice carry - Forehand/Backhand - To handle the puck while skating forward, the player pushes the puck forward with their stick blade on the ice, ensuring that the puck is pushed far enough forward to allow for a pick to accelerate before pushing the puck again – the player is catching up to the puck. The player should ensure they have enough space available to move with the puck before utilizing this skill.
- Weave - The player utilizes the skillset referred to in open ice carry while weaving up the ice.
- Attacking the Sled - This skill is utilized in one on one situations. When an offensive player recognizes the defender has a poor angle, they can “attack” the defenders back to force them to look over their shoulders creating extra time and space and deception in their attack.

Acceleration:

A powerful and explosive set of strides (usually 3-5) propels the player to reach max speed. This stride looks a little bit shorter than the basic stride and is accompanied by full extension at the elbow and a fast return back to a picking position into the ice.

Puck Protection:

Puck protection is a high level skill that requires a good base of stickhandling, balance, and sled control. The player reads where the defender is coming from (angle, speed) and makes the necessary adjustment to keep their body in between the defender and the puck. This requires a combination of intelligent puck placement, bi-lateral skills, and the ability to maintain one’s balance while being engaged physically.

Angling:

When angling players should skate parallel or in a small arc to create the proper angle. Players should not skate right at the puck carrier. Players need to be able to skate and adjust speed quickly. Angling requires the defensive player to time their skating and keep dominant hip position on the offensive skater. Players should be ready to use stick to close passing lanes or potential stick check.

Body Contact/Checking

Essential foundations of the game of hockey. The purpose is to use the body to stop the attack from the puck carrier or separate the puck carrier and the puck. The reality is that Body Checking is a high-level skill that is not used in all the levels of Para Ice Hockey

Stick Checking

Utilize stick checking as another method to deter the attacking player from making a play, force a turnover.

- Poke Check - Ability to quickly move hand from top of blade to bottom of stick and quickly poking the puck from the opposing players stick.
- Sweep Check - Difficult in a sled as you cannot skate backwards. In a one on one, able to pull the stick back behind the body to prevent a passing lane and to use a sweep check on the opposing player’s inside stick.
- Stick Lift - can be used in 50/50 battle to puck or when a player is carrying puck on blade. Use close positioning to get stick underneath opposing players' stick and follow through while forcing the stick up to get stick positioning on puck.