

# **Greg Siller's Individual Skills Checklist™**

This Individual Skills development checklist consists of 4 primary areas; (1) skating and conditioning, (2) stickhandling and puck control, (3) passing and receiving, and (4) shooting and scoring. These individual skills form the foundation upon which all other physical hockey development and learning takes place. When coaches or players talk about going back to the basics, this is one of the primary areas they are referring to—making sure that the individual skills are well understood and effectively executed. Use this checklist to help drive your practice planning to enable proficiency in all of the individual skill areas below.

## **Skating/Conditioning**

- Forward Skating
- Backward Skating
- Starting
- Stride
- Stopping
- Turning
- Crossovers
- Forward-to-Backward Transitions
- Backward-to-Forward Transitions
- Jumping Over Obstacles

## **Stickhandling and Puck Control**

- Push
- Side-To-Side
- Diagonal (L/R)
- Front-To-Back (L/R)
- Stationary
- While Skating Forwards
- While Skating Backwards
- One-Handed Puck Control
- Puck Protection against Defenders
- Puck Control Using Skates

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## **Passing**

- Stationary and While Skating
- Forehand Sweep
- Backhand Sweep
- Snap Pass
- Flip/Saucer Pass
- Around-The-Boards Pass
- Give-And-Go
- Bank Pass (Off Boards)
- Open Area Pass
- Drop Pass
- Touch Pass
- Reverse Pass
- Using Your Skates

## **Receiving a Pass**

- Stationary and While Skating
- Forehand
- Backhand
- Off of Boards
- Puck Ahead of Receiver
- Puck behind the Receiver
- Off The Skates
- In The Air

## **Shooting and Scoring**

- Stationary and While Skating
- Wrist Shot
- Snap Shot
- Flip Shot
- Backhand Shot
- Slap Shot
- Screen Shot
- One-Time Shot
- Deflections
- Rebounds
- Breakaways
- Deaking the Goaltender