

ATOM PROGRAM - SKILL CHECKLIST - ATOM MANUAL



PLAYER NAMES

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SKILLS																			
22. Weaving with puck																			
23. Forehand sweep pass																			
24. Receiving pass Forehand																			
25. Backhand sweep pass																			
26. Receiving pass backhand																			
27. Skating and passing																			
28. Forehand sweep shot																			
29. Backhand sweep shot																			
30. Skating and shooting																			
31. Scooting on circles																			
32. Front V-Stance																			
33. Edge control																			
34. Two-foot-stop																			
35. Crossover pumping																			
36. Reversing direction & T-push																			
37. Backward gliding 1-Skate																			
38. Backward 1-foot stop & T-push																			
39. Backward push & glide																			
40. Pivot, backwards to forward																			
41. Pivot, forward to backwards																			
42. Tight turns																			

- REFERENCES:**
- 1 = NEEDS WORK
 - 2 = AVERAGE
 - 3 = GOOD

Coach / Evaluator : _____

Date : _____

