

Aiming: Describes the squaring of the blade either vertically or horizontally towards the target by either the action of top hand or bottom hand.

Ankle Flexion: The flexing or bending the ankles by pushing the knee over the toes so as to decrease the angle between the front of leg and the top of the skate or by pulling the toe upwards.

Aligning the Shaft: This term defines the alignment of the shaft relative to the body and target. This fundamental is a critical element to aiming the slap shot. The concept is defined by drawing a straight line between the target along the knob to the blade of the stick during the windup phase of the slap shot.

Arc: Is a puck control term and is used to describe the movement of the puck around the body or the degree of turn.

Attack Lane: Describes the lane that a player can take to the net.

Backhand: This term is quite confusing in that many feel that it describes a shooting or passing action when in reality it is where the puck is in contact with the backhand side of the stick. A clearer definition would be in order such as backhand side or backhand shot.

Backhand Set: The act of loading the puck by bringing the puck from the backhand side of the body across to the forehand side to shoot without stopping the puck. This loading technique most often describes the backhand loading of a slap shot during a lateral crossover then shooting as the under cross foot plants.

Balance: The act of remaining centered and in control over ones skates whether standing still or in motion.

Balance Point: Is the place on a shaft where equal weight distribution of the stick on each side of this point would keep the stick in balance and parallel to the floor.

Basic Stance: That stance where a player is able to move quickly in any direction whether skating, shooting or stickhandling. A basic stance can be used to describe a player either standing still or in motion. A turning basic stance is also applicable here. There is a shooting basic stance as well as a stickhandling basic stance.

Blade: Is the part of the stick that is in contact with the ice and is used to propel or manage the puck.

Body Block: Describes the positioning of the body of either the puck carrier or support player so as to maintain either puck protection or offensive positioning.

Blade Over: Describes the action of either turning the blade over as when taking a wrist shot or when toeing the puck.

Bottom Hand: Describes the lowest hand on the stick.

Bottom Hand Control: Describes the action of the bottom hand wrist as when performing a forehand tight turn or as when executing a one hand wrist or wrist slap shot.

Bottom Hand Dominance: Describes the over use of the bottom hand during stickhandling and more

specifically passing and shooting.

Carry: Describes the puck management fundamental executed during all skating skill fundamental such as stop/starts, striding, crossing over, tight turns, pivoting etc.

Catch and Release: Describes the action of receiving a pass, cushioning it then immediately releasing it.

Catch and Control: Describes the action of receiving a pass and then controlling it through either a carry or stickhandling action.

Center of Balance (1): Is a term used to describe a player's body mass relative to stability. A high center of balance is weak making a player unstable on his/her feet when in areas of physical contact.

Center of Balance (2): Body alignment and distribution of weight during loading and shooting/passing.

Center Point: Is a teaching term that describes the center point between the feet when setting up the puck position for a slap shot.

Chip: A shooting or passing action where a player used a small downward chopping motion to elevate the puck. One must think of "chipping" the ice when doing so.

Compensation: This is a term that is used to describe how the body works as a holistic unit to either assist in balance or the generation of power. This is demonstrated when a player tries to maintain balance on one foot and the other leg, arms and upper body work together moving forward or backward, or side to side to maintain stability.

Command String: Is a teaching term used to describe a string of verbal commands that describes shooting, skating or stickhandling actions in a sequence. This makes the fundamental much easier to learn. An example would be; Bend (the elbow), Aim (position the top hand to target), Punch (extend the bottom arm in a punching action), Turn (turn over the top and bottom wrists to propel the puck).

Contact Point: Where the puck impacts the blade during either the shooting/passing or receiving.

Control (1): Describes the action of managing the puck either during loading for shooting, stickhandling for a deke, positioning the puck during protection, or

Control (2): Describes a player's fine motor control during the execution of fundamentals. This means movement of the hands, fingers, arms, body, etc so as to maximize puck positioning, skating, checking, etc.

Control and Release: Describes the action of stickhandling a puck and then releasing it as either a pass or shot.

Control Triangle: Describes the triangle created between the forehand and backhand sides of the stick and the top hand during either a dribble or sculling stickhandle action. This triangle is where the most efficient cupping action during the loading phase of shooting occurs that maximizes both accuracy and power.

Cross-over: The action of bringing the outside leg/foot over the top of the inside boot.

Cross Body: The act of moving the stick or puck across the front of the body.

Cupping: The action of closing the hockey stick blade over the puck so as to keep it in control. Cupping can be done on either for forehand or backhand sides of the stick. Cupping can also be done on the heel, middle of the blade as well as the tip.

Curve: Describes both the bend and the twist in the blade and is identified by placing a straight edge on the heel of the blade and the toe and measuring the distance between the two.

Cushion: Is a term that is used to describe how a player receives a pass by bringing the blade/shaft back towards the body so as to slow the forward momentum of the puck and keep it flat and in control.

Cut Back: Describes the skating action of a puck carrier reversing direction from an offensive to a defensive direction.

Deceleration (1): Describes the action of slowing forward or backward momentum during skating.

Deceleration (2): Describes the action of slowing the forward momentum of the shaft and body post acceleration/firing.

Deflect: Is a term used to describe the action of changing the upward, downward or lateral direction of a puck already in flight using either the forehand or backhand side of the blade or shaft.

Defensive Side: Describes the placement of the puck relative to the opposition or checking players. It means to have one's body between the puck and opposition/checking players.

Deke: Is a term that is used to describe the placement of the puck during stickhandling such that the opposition checking player reacts to it. This in turn creates the opportunity for the offensive player to counter his action, gaining an advantage over the play.

Distribution of Weight (1): The displacement of body weight over one or both skates equally or unequally during skating.

Distribution of Weight (2): The distribution of mass over ones feet when either passing/shooting or receiving s pass.

Direct Pass: A pass that remains on the ice surface and is straight line from puck carrier to receiver as opposed to a banked shot of the wall which would be called indirect.

Deception: The act of deceiving. This can be done by looking off a pass, faking a shot, dekeing, etc.

Deceptive skater: A term used to describe a player that can change speeds, slower or faster, and/or directions left and right so as to effectively counter defensive checking pressure.

Draw (1): Is the action of the top hand punching across the body during the wrist which is incorrect. The top hand wrist should only turn and slightly pull back.

Draw (2): During a stickhandling action, it is a term that is used to pull the puck in towards the body from an extended position from either the forehand or backhand side.

Drive (1): Describes a player's motivation to compete or improve.

Drive (2): Is a term that describes a player's forward skating action that aggressively takes him, while under pressure, on a lane to the net.

Edges: Describes the inherent qualities of the skate blade. There are two edges on each skate blade; inside and outside edges which are created through the grinding of a groove down the center of the blade. This is to provide a cutting edge that will bite into the ice surface providing the hockey player with power and stability.

Elbow Action: Describes the action of the elbow of the top hand prior to taking a snap shot where it leads the top hand away from the body causing a counter rotation effect on the inside shoulder assisting in the generation of power.

Elbow Dribble: The action of using the drawing and pushing of the top hand/elbow to maneuver the puck. This is a critical stickhandling technique for performing the tap dribbling fundamental as well as for loading and releasing the backhand snap shot.

Elbow In: This term describes the movement of the elbow inward towards the hip when a student is learning to bend the elbow for their punching technique. As the elbow moves inward, the palm is positioned correctly against the side of the shaft establishing correct contact. This movement also assists in moving the top part of the knob away (aiming) from the body assisting in creating a mechanical advantage.

Elbow Out: This teaching term is used to describe the position of the top hand elbow away from the body so as to maintain integrity during stickhandling. This action allows the top hand/elbow to whip creating additional velocity during the execution of the snap shot.

Elbow Whip: Is a term that is used to describe the action of the top hand extending and returning back to the shoulder position hinging from the elbow.

Elbow to Shaft: This teaching term is more specific to the wrist dribble stickhandling technique and describes the alignment of the shaft relative to the forearm. If a student places the knob of their stick against their elbow and the shaft of their stick along their forearm, this is correct. The student would then slide the shaft down into their hands and begin stickhandling. This forearm to shaft alignment creates better stickhandling to aiming/firing mechanics.

Elevation: Describes the movement of the top hand/elbow vertically. This action is critical to assisting in the correct impact points on the blade during short, medium and long range shooting skills.

ET Grip: Is a term that describes the relationship distance wise between the top and the bottom hand on the stick. The letter E stands for elbow and T stands for the thumb. The player presses the elbow of the bottom hand against the thumb of the top hand which in turn establishes the distance between the two hands on the stick.

Exit: Describes the action of coming out of a turn such as well performing a forward crossover after completing a forward gliding turn.

Explosive: Most often used to define a skater that can get to full speed in very few strides. Can describe an shooters release as well.

Extension: The act of moving away from the center line of the body and can be used to describe a skating motion such as "stride extension" or during shooting "extension of the top hand or bottom hand shoulder".

Finger Pull: This describes the action of using the fingers during the sliding bottom hand action to rotate the shaft in ones hands so as to reposition the shaft in ones hands for greater power transfer.

Flex Angle: Is the angle of the shaft to ice. This angle ultimately defines the maximum flex that one can obtain from their stick during shooting.

Flip Pass: The action of flipping the puck high into the air with the objective of getting the puck over the heads of the opposition players into open ice.

Follow Through: The act of extending the shaft/blade completely outwards so as to maximize blade and or shaft speed and puck control.

Foot Extension: The act of extending the toe of the skate so as to maximize the transference of power through the leg/foot into the ice. This technique is critical to increasing striding speed, a player's explosiveness during crossovers or when accelerating from a static position.

Free Leg: This is the leg that is not being used to generate power when skating or when used to generate balance when shooting on one leg.

Gap (1): Describes the distance between and offensive and a defensive player.

Gap(2): Defines the distance between the cross over or free foot during the recovery action of a crossover and the skating boot of the inside leg.

Gap (3): Defines the distance between the bottom of the stick blade and the top of the puck during the transfer of the blade the occurs between forehand to backhand or backhand to forehand stickhandling.

Gap (4): Describes the distance between the skates and the ice surface when performing the quick step snap shot and transfer of weight.

Gliding Leg: The leg, when skating, that is not generating thrust and that remains under the body.

Gliding Turn: Turning in a control basic stance maintaining as much speed as possible using correct body alignment and edge control.

Grip: Describes hand and finger placement on the stick.

Grip Dynamics: Describes the how the hands work to manage blade/shaft control or transfer of power during shooting, passing or even checking.

Grip Force: Describes the maximal grip/finger force that can be exerted on a shaft during shooting.

Grip Timing: This term describes the timing of grip pressure on the shaft when either taking a slap or snap shot. Too often during a snap shot the player tightens the fingers too soon or during the slap shot.

Heavy Hands: Used to describe a player that has poor stickhandling skills. Identified by excessive noise from ice to stick blade contact when performing side to side dribbling.

Heavy Shot: This term describes a shot that upon impact seems to drive energy through the target. This is generally created from both high velocity and spin rate of a puck on delivery.

Hinging (1): This is a shooting term that describes the placement of the knob inside the top hand. This placement of the knob should allow the player to elevate their hand, say when they are on their knees, and through this hinging action inside their top hand, still manage to take a snap shot.

Hinging (2): This term is used also to describe the elbow action as the top hand returns back to the shoulder during the pulling action of a snap shot. Most players cannot feel this motion/action due to the fact that they are mostly top hand dominant. This hinging concept is critical to a player maintain recoil integrity during their follow through.

Impact (1): Describes the action of striking the puck with the blade of the stick.

Impact (2): Describes the action of striking the ice surface with the blades of the skating.

In/Out: This action of the wrist moving inward and outward during the wrist dribble in essence, while minimal, creates the foundation for aiming and then quick release of the wrist and snap shot.

Inside Edge (1): The skate blade, due to the grind or "hollow" has two edges. The edge closest to the midline or center of the body is called the inside edge. This edge is used mostly during striding or gliding. It complements the outside edge during turns and parallel stopping.

Inside Edge (2): Describes the most inside edges of the shaft relative to the body when shooting and is most often noted by either the inside top or inside bottom edges.

Inside Edge Gliding Turn: This is a skating term that describes a player's use of inside edges and wide stance to make a lateral turn. This is an important skill for puck protection.

Inside Shoulder: The inside shoulder is the shoulder closest to the bottom hand when using an open parallel, inside leg or T-Stance. When talking about target positioning, the inside shoulder defensively or offensively is the one closest to the center seam of the ice.

Inside Hip: The hip closest to the bottom hand and again, like the inside shoulder can describe the hip closest to the center seam of the ice when discussing defensive and offensively positioning.

Inside Leg: The leg closest to the bottom hand when shooting, or the leg on the inside of a turn or center seam of the ice defensively or offensively.

Kick Back: Describes a particular snap shot release where the free leg is used to assist in the generation of power through extension and recovery as a means of accelerating the hips impacting trunk and shoulder rotation.

Kick Up: Describes the action of using ones skate blade to move the puck from the feet to the blade.

Knob: The taped top end of the hockey stick.

Knuckle Points: This term is used as a teaching point to describe the position of the thumb on the top part of the stick during the cheat and 1/8 or power grip positions as well as the index finger down the outside surface and touching the bottom outside edge.

Lead with the Stick: Keeping the stick ahead of the body in a turn. This positions the shoulders correctly allowing a player greater control and speed of execution.

“Leaning into the shot”: Putting more power in the shot by forcing the upper body over the puck so as to add momentum and mass to better flex the shaft of the stick.

Lie: The angle between the shaft and blade relative to the ice. The lower the lie, the lower the top or knob of the stick would be to the ice surface. Generally considered that the lower the lie the better the wrist shot and saucer pass, the higher the lie the better the slap and snap shots.

Loading: This describes the action of moving the puck into either; 1- the correct position on the blade, 2- the correction position around the body or 3-positioning of the body so as to maximize power.

Loading Speed: There are three fundamental speeds during passing or shooting; the loading of the puck or more specifically the positioning of the puck around the body, the aiming speed which is the transition phase between loading and shooting where the player squares the blade both vertically and horizontally and firing speed or release of the shot itself.

Lob Pass: The act of “lofting” the puck high in the air over defensive players into open ice.

Lofting the Puck: The action of flipping the puck high into the air as when executing an area pass or high into the top part of the net as when tight on the goaltender.

OK Palm: Is a shooting or stickhandling teaching term that describes the relationship of the thumb/index finger, the palm of the bottom hand and the shaft of the stick.

“One” Position: Is a measurement used to describe the distance between the top and bottom hands as they grip the shaft of the stick as when carrying the puck or when shooting. This position is founded by placing the top of the stick on the back of the top glove, sliding the elbow down so that it light touches and then regripping the stick.

Open Face Dribble: Is the action of dribbling puck in such a way that the surface of the blade remains in an open position. This is most often used during a forehand to backhand deke maneuver in close to the net where the shooter has to elevate the puck quickly.

One Touch: Describes the release action during passing or shooting where the puck is quickly moved in an alternate direction.

Outside Edge: The skate blade, due to the grind or "hollow" has two edges. The edge furthest from the midline or center of the body is called the outside edge. This edge is used mostly during turning or crossover. It complements the inside edge during turns and parallel stopping.

Palm Crease: Defines the crease that exists between the thumb and the palm at the base of the hand. This crease is used to line up the palm to the shaft during certain shooting styles.

Power Grip: Defines the top hand grip dynamics or position of the fingers and palm on the top part of the stick that assists in the generation of power.

"Pinky" Grip: Or "Three Finger Grip" - describes the top hand grip on the top of the shaft of the hockey stick. Three fingers of the top hand; index, middle and ring finger solidly grip the top of the shaft with the pinky finger loosely on the end. This places the top of the stick inside the glove against the backside meaty part of the heel of the palm below the pinky finger.

Pivot Point: Describes the mid -point between the top and bottom hand during the snap shot for example or the top hand during the sweep shot. The pivot point is actually the "fulcrum" point during shot or pass execution.

Pull Pass: Describes the action of moving the puck primary through the pulling action of the top hand and using the bottom hand as a fulcrum. This action is used in a quick pass, return and one time slap shot release.

Precision: Describes a player's ability to maintain perfect puck control/blade contact during stickhandling.

Protect: Is a stickhandling or puck control term used to describe the positioning of the puck around the body so that the body is between the puck and the checking player.

Pulse Grip: The action of the fingers of the bottom hand to provide vertical shaft action so as to have the blade clear the top of the puck when performing a tight side to side dribble. This action enables a player to have "soft hands".

Push/Pull: The action of the top and bottom hands working in unison to provide leverage on the shaft to generate shaft speed as when performing many forehand shooting techniques such as the wrist shot.

Punch Across: Is the action of the top hand during the backhand to forehand transfer when performing a medium or large sculling stickhandling action.

Punch Out (2): In shooting it is the action of the top hand on the backhand punching away from the body. IN the wrist shot, the action of punching the bottom hand away from the body.

Punch Snap: Is where the bottom hand executes a punching action supported by the minimal pulling action of the top hand during shooting. Most often used off a hard over pass to a player on their natural side off the rush or back door.

Pull/Push: The action of the top and bottom hands working in unison to provide leverage on the shaft to generate shaft speed as when taking a back hand.

Re-grip: Describes the action of rotating the shaft of the stick in the hands so that either the top or bottom

hand is in a superior position for either shooting or passing.

Sculling (1): Defines the action of skating down the ice using only the heels / inside edges of the blades using extension and flexion of the knees and hips.

Sculling (2): is also used to describe a stickhandling technique using for turning or moving the puck in an arc and is identified by the toe of the blade leading the movement.

Soft hands: A term used to identify a player that has superior puck/stick handling skills where very little noise is made when dribbling the puck.

Snap Shot: The action of using opposing push/pull action of the bottom and top hand to generate shaft flex and transfer of power through mechanical advantage. There are many examples of this action which can be percentage driven or elevation driven. For example a low top hand would allow a player to take a saucer snap while an excessive elevated hand would create a chip snap. Minimal top hand pulling and maximal bottom arm extension would create what is called a punch snap and maximal top hand pull and minimal bottom arm extension would create the Pull Snap which is effective in close quarters due to minimal follow through.

Stick Handling: A term used for carrying the puck along the ice with the stick.

Sweep Snap Pass: This is term that describes a particular passing mechanical action the both utilizes a sweeping action from the bottom hand and the aiming then pulling action of the top hand. This pass is a critical part of a student's snap shot development and helps to eliminate shooting mechanical dysfunction.

Sweep Snap Shot: This is a shot that uses both the sweeping action of the top hand and the aiming pulling action of the top hand. The follow through is minimal and depends entirely on the flex and recoil of the shaft for the generation of power and velocity.

Sweet Spot: The impact point of on the blade where the maximum velocity or control is obtained.

Toeing the Puck: Describes the action of rotating the tip of the hockey stick into the ice and over the puck so as to pull the puck in towards the body.

Top Hand: It is the hand that grips the top of the hockey stick. Strong stick handlers usually prefer to have their dominant hand on the top of the stick while shooters tend to have their dominant hand on the bottom.

Top Hand Action: Defines the movement of the top hand during the slap shot fake as it moves across the body and then rotates the wrists opening the blade.

Top Hand Draw: Describes the action of the top hand as it draws the shaft across the body so as to achieve the right width of hands when loading the slap shot. The bottom hand remains loose allowing the shaft to slide through the fingers until the right width is attained at which time the player regrips their stick.

Top Hand Control: Describes the action of the top wrist as when performing a backhand tight turn or when taking a backhand wrist shot.

Topping the Puck: This term describes the bottom side of the blade impacting the top of the puck during

release. Most often seen during slap shot execution and is generally caused by an elevated heel, toe down strike release where the intended impact point is the toe of middle of the blade but instead comes off the heel.

Touch Pass: The action of moving the puck to a supporting player off an original pass without stopping it.

"V" Grip: Describes the gripping of the hand which is placed on the top of the stick. Used during some shooting skills and when stickhandling, this grip is executed by "shaking hands" with the top of the stick; index finger and the thumb positioned down each side of the shaft.

"V" Start: A forward skating start with the heels of the skates turned/toes out, hence the "V". The player drives off the toes for the first three steps.

Wrister: Is a term used during early radio days to describe a player taking a wrist shot.

Wrist Shot: A wrist shot is a term used to describe the action of propelling the puck off the blade of the stick using wrist action to provide shaft and blade velocity.

"X" Over: The action of bringing the outside skate "over" the inside foot as when performing a forward crossover.