



# **CANPOWER PROGRAM – for skaters registered in Minor Hockey**

## **This program is for players registered in 2<sup>nd</sup> Yr. Senior Novice and higher**

**SESSION TIMES: Tuesday 2:45 to 3:30pm**  
**Wear full gear**

**CANPOWER Skate** is an instructional program developed by Skate Canada to teach skating skills and improve the power and efficiency of hockey and ringette players.

Taught by NCCP Qualified Skate Canada coaches with a Canpower Certificate and current First Aid Certificate, the program has identified 19 skills which will improve a player's game – when learned correctly and practiced regularly.

These skills cover forward and backward skating in clockwise and counterclockwise directions, with a focus on BAM (Balance, Agility and Mobility).

- 1) Forward balance skills on flats
- 2) Forward balance skills on edges
- 3) Hockey side stops – both sides
- 4) Forward skating
- 5) Backward balance skills on flats
- 6) Backward balance skills on edges
- 7) Backward snow plow stop – two feet
- 8) Backward skating
- 9) Fast forward start – “V-start”
- 10) Fast forward start from back snowplow stop
- 11) Tight glide turn
- 12) Forward crossover step
- 13) Backward crossover step
- 14) Fast backward start from side stop
- 15) Backward to Forward turns – clockwise and counterclockwise
- 16) Forward to Backward turns – clockwise and counterclockwise
- 17) Lateral Movement Forward
- 18) Lateral Movement Backward
- 19) Reverse turns