

# Hockey Activities!

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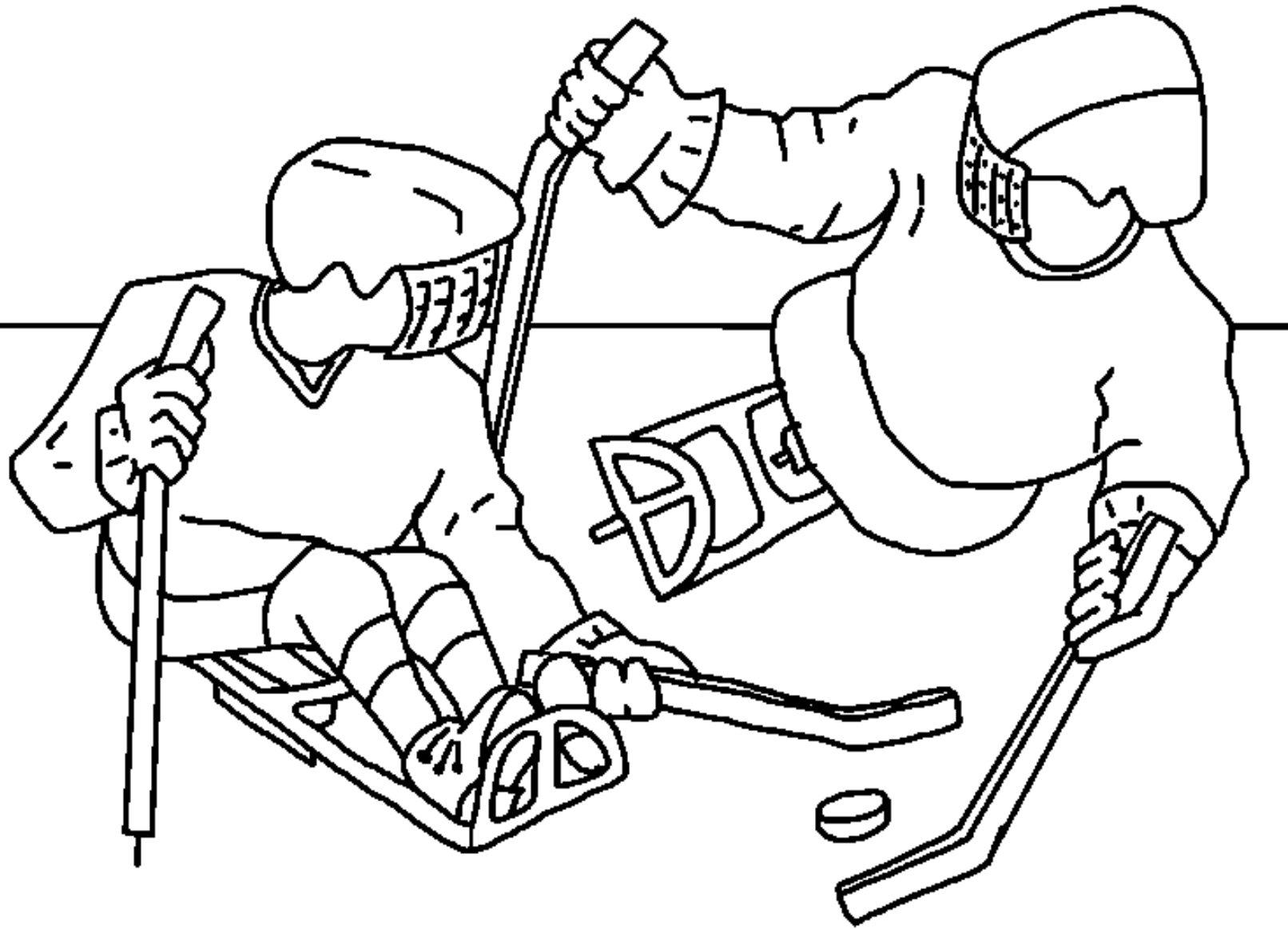


## V-START

The V-Start is a technique used to gain momentum in a forward direction. Start with your heels together in the shape of a "v" and take 3-4 short, powerful strides to reach maximum speed.

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## STICK BLADE CONTACT

A technique used to defend against the opposing team's puck carrier. Use your stick blade to make contact with your opponent's stick blade so they miss handle the puck.

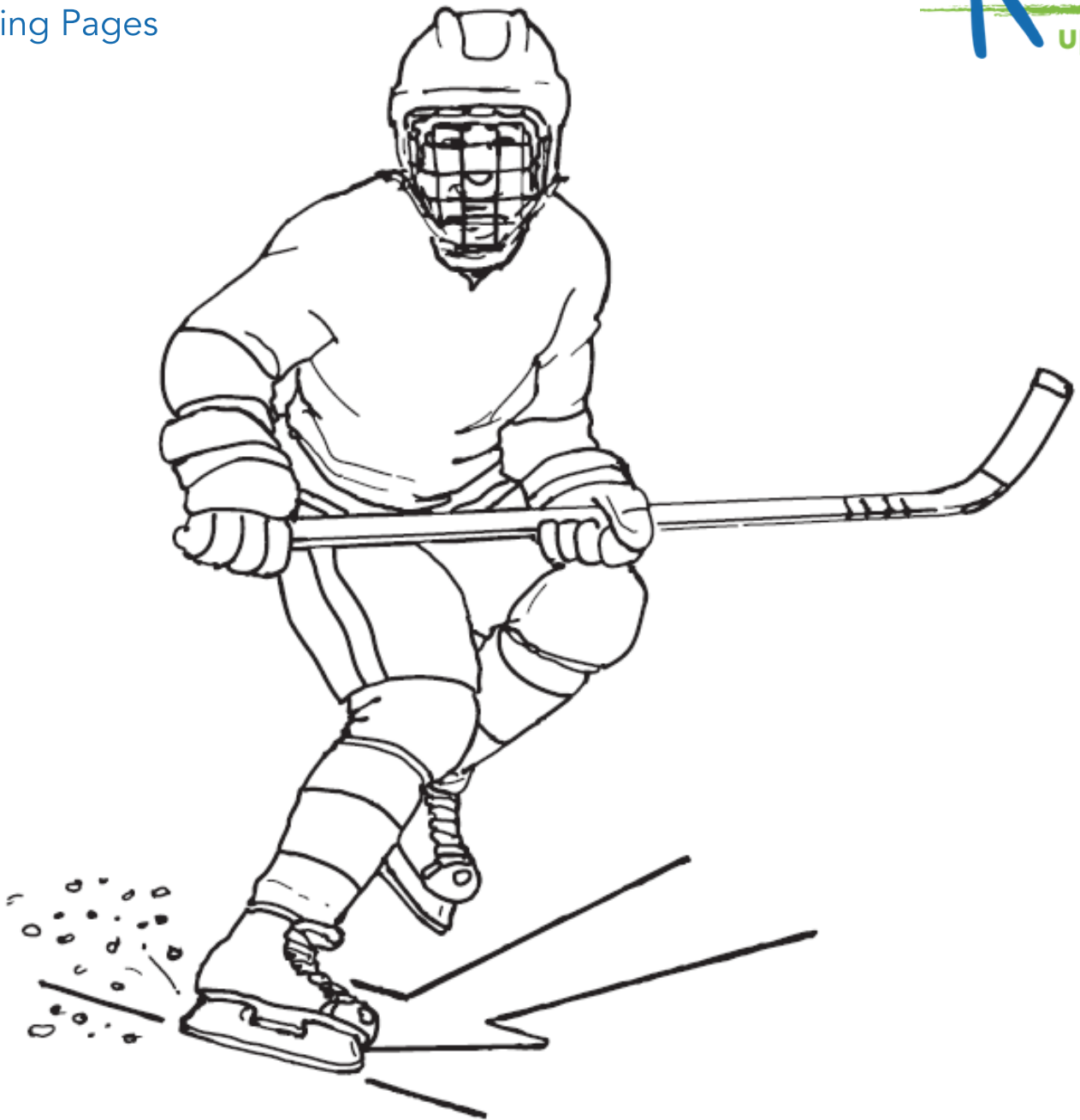
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## FRONT FOOT STOP (INSIDE EDGE)

Also known as the "Hockey Stop", the front foot stop is an important skill in many game situations.

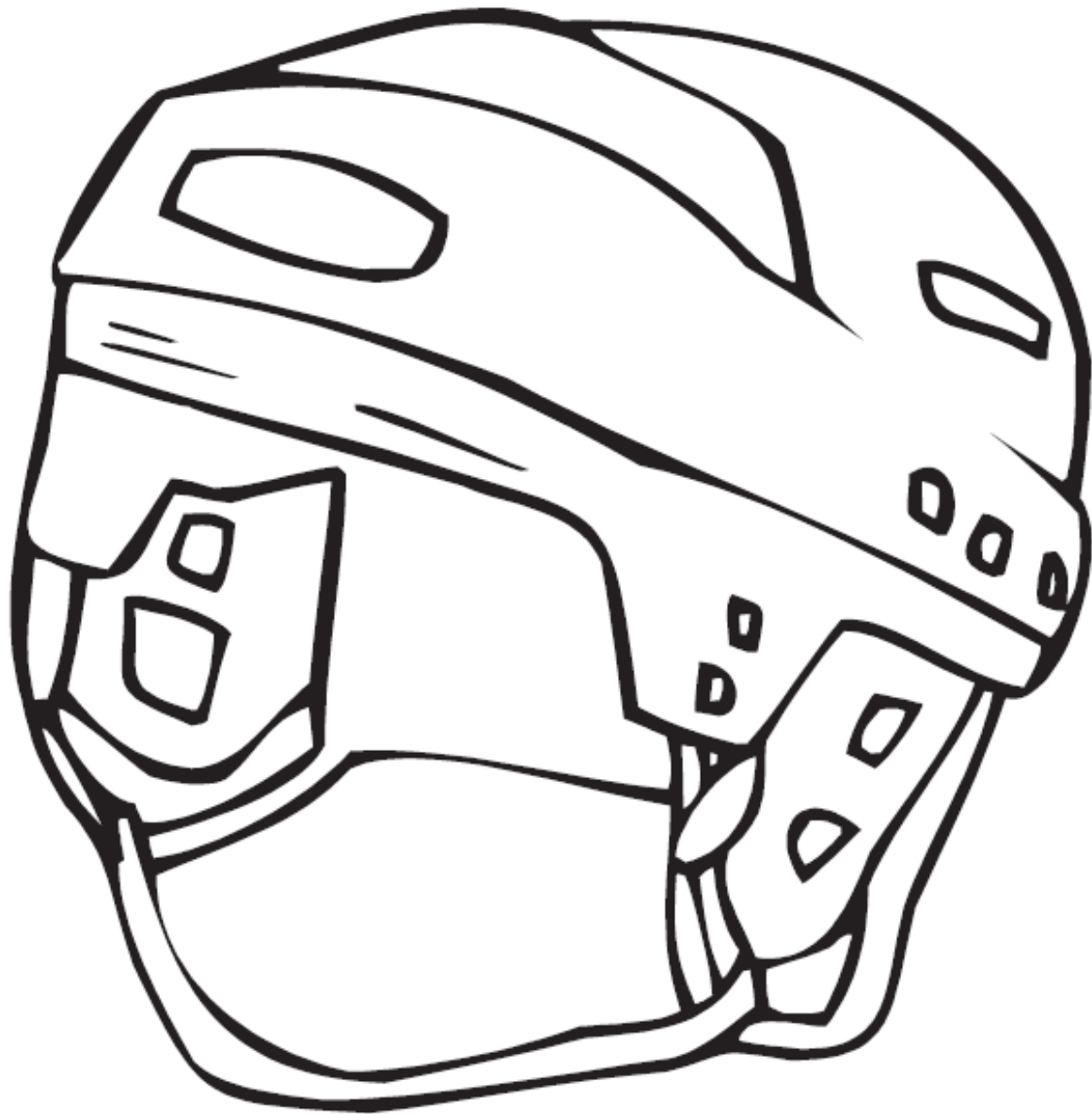
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## PROPER STANCE

The proper stance include a good knee bend, feet shoulder width apart, two hands on the stick, and head up - looking forward. The basic stance is a necessary technique for most hockey skills.