

Learn to
Play Hockey



Date: _____

Players Name: _____

Next Level to enroll in: _____

Skating Skills

Hockey 2	
A. Backward stance	
B. Skating forward using full strides	
C. Forward one foot glides: R & L	
D. Backward hustle	
E. Backward swizzles	
F. Glide turns, both directions	
G. Moving snowplow stops	

Hockey 3	
A. Forward C-cuts (1/2 swizzle pumps) on a circle R & L	
B. Hockey turns, R & L, with speed in and out of turn	
C. Forward slalom	
D. Forward stop and starts	
E. Backward V-stop	
F. Lateral marching crossovers, both directions	

W=Weak
A=Average
G=Good

Additional Comments from Skating Coach:

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Additional Comments from Skating Coach:

Hockey 4	
A. Forward one-foot pushes on a circle	
B. Forward crossover glides: hold feet in crossed position for 2 counts	
C. Forward crossovers: clockwise & counter clockwise	
D. Alternating backward C-Cuts in a line: 1/2 swizzle pumps	
E. Backward one-foot glide: R & L, one time skater's height	
F. Two foot pivot: R to L and L to R	
G. Hockey stop	

Hockey 5	
A. Back C Cuts on Circle	
B. Back Crossovers	
C. Face the Flag Drill - mohawks and reverse mohawks	
D. Power crossovers Forward and Backward	
E. Quick hockey turns in a figure eight	
F. One foot hockey stops	

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A. Forward one-foot pushes on a circle	
B. Forward crossover glides: hold feet in crossed position for 2 counts	
C. Forward crossovers: clockwise & counter clockwise	
D. Alternating backward C-Cuts in a line: 1/2 swizzle pumps	
E. Backward one-foot glide: R & L, one time skater's height	
F. Two foot pivot: R to L and L to R	
G. Hockey stop	

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A. Back C Cuts on Circle	
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C. Face the Flag Drill - mohawks and reverse mohawks	
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F. One foot hockey stops	