

Our Hockey Levels below are most often taught in one Hockey Skating Class which is why we require that all skaters entering this class have passed the Snowplow 4 or Basic 1 skating levels in our program prior to enrolling in our Hockey skating classes.

HOCKEY 1

- A Falling and recovery to a balanced, standing position
- B Proper basic hockey stance (forward and backward)
- C March forward across the ice (8-10 steps)
- D Two-foot glides and dips from forward marching across the ice
- E Forward swizzles/double C-cuts (4-6 in a row)
- F T-push to a two-foot glide (hold 2-4 seconds) on a straight line, alternating feet
- G Stationary snowplow stop
- « Bonus Skill: Front to back and back to front turns (stationary)

HOCKEY 2

- A Forward strides using 45 degree V-push, focus on good recovery and alternating arm drive
- B Forward one-foot push and glide (R and L)
- C Forward C-cuts: single leg (R and L) and alternating feet (R and L) in a straight line
- D Backward hustle or march, then glide on two feet
- E Backward swizzles/double C-cuts (4-6 in a row)
- F Backward C-cuts, single leg (R and L) and alternating feet (R and L) in a straight line
- G Two-foot moving snowplow stop
- « Bonus Skills: Scooter or skateboard push on a circle (R and L)

HOCKEY 3

- A Lateral crossover march (both directions)
- B Forward C-cuts (half-swizzle pumps) on a circle, both directions
- C Forward outside edges on half-circles (large Cs), alternating feet on the short or long axis of the rink
- D Forward inside edges on half-circles (large Cs), alternating feet on the short or long axis of the rink
- E Backward C-cuts (half-swizzle pumps) on a circle, both directions
- F Backward snowplow stops: one- and two-foot V-stop
- G One-foot moving snowplow stop (R and L), introduce 1/4 turn with hips to hockey stop
- « Bonus Skill: Forward stops and starts

HOCKEY 4

- A Quick starts using forward V-start
- B Backward one-foot glide (R and L)
- C Forward crossover glides (clockwise and counterclockwise). Hold feet in crossed position for 2 counts
- D Backward crossover glides (clockwise and counterclockwise). Hold feet in crossed position for 2 counts
- E Forward crossovers on circle, clockwise and counterclockwise (4-6 each)
- F Backward crossovers on circle, clockwise and counterclockwise (4-6 each)
- G Hockey stops (stopping to the left and to the right, with speed)
- « Bonus Skill: Forward to backward mohawk pivots (both directions, R and L) from powerful, full strides

POWER SKATING

A Powerful backward C-cuts

B Forward alternating crossovers down the length of the ice, with wide step transitions (3 to left and 3 to right)

C Backward alternating crossovers down the length of the ice, with wide step transitions (3 to left and 3 to right)

D Forward power hockey turns/tight glide turns, 180- and 360-degree turns

E Lateral pivots: forward to backward and backward to forward

F Fast stops and starts using powerful, full strides and quick hockey stops (R and L)

G Fast backward skating with quick backward V-stops (one- and two-foot stops, alternating feet)