

# HOCKEY

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices and game situations.

Necessary equipment:

- Hockey skates
- HECC Approved Hockey Helmet

## HOCKEY 1

### 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

### 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

### 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

### 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

### 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)                     |

To provide a fun and positive experience that will instill a lifelong love of skating.

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USA

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 **TOYOTA**