

HOCKEY 1-4

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In 4 badge levels, skaters will learn to maneuver faster and be more agile on the ice. All elements will be taught without a stick or puck as proper skating techniques are the primary focus of the levels. Skaters will learn the necessary fundamentals to be successful in game situations.

Note: After completion of Hockey 4, skaters go directly to a USA Hockey Initiation Program to learn the skills necessary in game situations. Contact your local hockey director or USA Hockey for more information.

The hockey curriculum was written with the collaboration of Kevin Mann, USA Hockey, Star Program and the Basic Skills Committee.

HOCKEY 1

- A. Sit on ice and stand up.
- B. Proper stance.
- C. March forward across the ice- 8 to 10 steps.
- D. Forward two-foot glide, one time skater's height.
- E. Dip or squat.
- F. Scooter pushes or T-push- R & L.
- G. Forward swizzles- 4 to 6 in a row.
- H. Snowplow stop (one foot or both).
- I. Backward skating.

NOTES AND STANDARDS

The most important skill learned in this level is BALANCE.

Proper stance for the hockey player:

- Skates parallel and shoulder width apart
- Knees bent until they are in line with the toes
- Toes pointing forward
- Body leaning slightly forward
- Arms loose
- Head up and looking straight ahead at all times

Dip or squat- After skating forward and using a two foot glide, skaters bend knees keeping the back straight. This looks like sitting in a chair position. Hips should be low.

Scooter pushes- Point the front skate in the direction of travel. Place the back foot slightly behind the front skate. Keep the whole blade flat on the ice. Keep weight on the back foot. Give a strong push with the back skate (down and out) gliding as far forward as possible while straightening the pushing leg. Bring skates back together and repeat the movement across the ice. Repeat with the other foot.

Forward Swizzles- Each swizzle begins as the heels of both feet are together and the toes are angled slightly out. The knees bend to apply pressure to the inside edges with the feet moving forward initiating a forward glide. After moving toes outward, the knees straighten to pull the toes back together into a two-foot glide. The start is optional.

Snowplow Stop- Have skaters skate forward, fairly slowly, demonstrate a two foot glide position, then bend knees as feet angle out slightly from the heels. Apply pressure to the inside edges of the blade to create a skid (making snow). Come to a complete stop holding balance for three seconds.

Backward Skating- The skater may use any method of travel backwards- wiggles, hustle, alternating steps (walking), swizzles, slalom. Must be able to skate backwards the width of the rink.