

## HOCKEY 2

- A. Backward stance.
- B. Skating forward using full strides.
- C. Forward one-foot glides- R & L.
- D. Backward hustle.
- E. Backward swizzles- 4 to 6 in a row.
- F. Glide turns, both directions.
- G. Moving snowplow stops.

### NOTES AND STANDARDS

**Backward stance-** Skating backwards is like sitting in a chair, knees bent, back straight, feet and knees are shoulder width apart, keeping head up and chest out. Weight is evenly distributed along the blades of both feet.

**Forward one-foot glides-** R & L foot- after a moving start, balance on a two-foot glide position and pick up one foot. Shoulders should be square to the line of travel. Balance must be maintained for a distance of one time the skater's height.

**Backward hustle-** Small alternating backward steps/pushes in a backward stance. Skater should be able to hustle across the width of the ice.

**Backward swizzles-** With a moving start, toes of both feet are turned in and the heels are angled outward. Bend both knees, applying pressure to the inside edges, allowing feet to glide backward. Open the feet to shoulder width and then straighten the knees pulling feet back together for a backward two-foot glide. Skater should demonstrate a minimum of 4-6 backward swizzles in a row.

**Glide turns-** Place a cone (pylon) or mark on the ice away from the skaters. The skater then skates toward the object turns around it and skates back to the starting point. Repeat this exercise turning around the object in both directions.

## 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.

### NOTES AND STANDARDS

**Forward C-Cuts (1/2 swizzle pumps) on a circle-** R & L- Using a swizzle action, the skater uses one foot to push around the circle in a continuous out/in motion making a semi-circle (1/2 swizzle) pump. The non-pumping foot remains on an outside edge. Both feet remain on the ice.

**Hockey turns-** R & L – Skater leans into the circle with one foot slightly to the front and the other slightly to the back and curved. These are sharp turns. When turning to the left, the front foot will be on an outside edge and the back foot will be on an inside edge. Pylons (cones) can be helpful with this drill.

**Forward slalom-** The power for this skill comes from bending the knees and alternating the lean of the body from one side to the other. Both feet remain parallel and about a foot apart.

**Forward stop and starts-** This exercise requires the skaters to work on their quick stopping and starting ability. Have the skaters line up, they should be in basic stance, heels make a V position, leaning slightly forward. The instructor tells them to skate across the rink using full strides and randomly calls out "stop." Repeat this exercise across the rink. Skaters should be able to stop and start with good control.

**Backward V- stop-** While skating backward with moderate speed, skater turns toes out, bends knees and leans slightly forward and executes a stop.

**Lateral marching crossovers-** R over L and L over R- Skaters are lined up in front of the instructor. They pick up one foot and cross it over the other foot. Walks should start at a slow pace and gradually increase tempo. All skaters can do this crossover walk across the rink. Steps must be taken flat-footed. Coming back the other direction, the skaters use the opposite foot to do the crossing.