

**Learn to Skate
Skills Sheet
Hockey 1-4
Skater Practice Guide**

Please note: Skaters ages 3-6 will start in our Snowplow Sam 1-3 Classes and then will go to Hockey 2

Hockey 1 (Youth ages 7-11 & Teens ages 12-16)

- *Sit on ice and stand up
- *Proper stance
- *March forward across the ice
- *Forward two foot glide
- *Scooter pushes or T-push
- *Dip or squat
- *Forward swizzles, 6-8 in a row
- *Snowplow stop
- *Backward skating across width of ice

Hockey 2

- *Backward stance
- *Skating forward using full strides
- *Forward one foot glides, right and left
- *Backward hustle, small alternating backward steps/ pushes
- *Backward swizzles, 6-8 in a row
- *Glide turns, both directions
- *Moving snowplow stop

Hockey 3

- *Forward c-cuts (1/2 swizzle pumps) on circle, right and left
- *Hockey turns with speed in and out of turn, right and left
- *Forward slalom
- *Forward stop and starts
- *Backward v-stop
- *Lateral marching crossovers, both directions

Hockey 4

- *Forward one foot pushes on circle, R & L
- *Forward crossover glides, hold feet in crossed position for two counts
- *Forward crossovers, both directions
- *Alternating backward c-cuts in a line (1/2 swizzle pumps)
- *Backward one foot glide, right and left
- *Mohawks, right to left and left to right
- *Hockey stop



After passing Hockey 2, skaters will be invited to join our
Hockey in Focus class!

Hockey in Focus will cover skills from Hockey 3/4 to help improve skating skills.
Class will also teach skaters beginning stick and puck skills including
shooting, passing, and stick handling!

Make practicing fun

Combine 3 or more of your favorite skills into a hockey drill!