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

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 to 6 in a row)
F. T-Push to a two-foot glide (hold 2-4 seconds) on a straight line, alternating feet
G. Snowplow Stop, stationary

★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 (right and left)
C. Forward C-Cuts: single leg (right and left) and alternating feet (right and left) in a straight line
D. Backward hustle or march, then glide on two feet
E. Backward swizzles / double c-cuts (4 to 6 in a row)
F. Backward C-Cuts, single leg (right and left) and alternating feet (right and left) in a straight line
G. Two-foot moving Snowplow stop

★Bonus Skills: Scooting or Skateboard push, on circle (Right & Left)

Hockey 3

A. Lateral crossover march (both directions)
B. Forward C-Cuts (1/2 swizzle pumps) on a circle, both directions
C. Forward outside edges on half circles (large C's), alternating feet on the short or long axis of the rink
D. Forward inside edges on half circles (large C's), alternating feet on the short or long axis of the rink
E. Backward C-Cuts (1/2 swizzle pumps) on a circle, both directions
F. Backward snowplow stops: One foot and two feet V-stop
G. One-foot moving snowplow stop (Right and Left), 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, right and left
C. Forward Crossover glides (clockwise and counter-clockwise). Hold feet in crossed positon for 2 counts
D. Backward Crossover glides (clockwise and counter-clockwise). Hold feet in crossed positon 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, right and left) 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 degrees 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 (right and left foot)
G. Fast backward skating with quick backward V-stops (two-foot stops and one-foot stops, alternating feet)