

# 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)

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

