



**Listed below are the skills
which will be taught in:**

PARENT & TOT HOCKEY

- Proper way to fall
 - Get up without help
 - March in place
 - Marching while moving
 - Holding Stick correctly
 - Preliminary puck passing
 - Forward swizzle standing still
 - Forward swizzle (3 in a row)
 - Back Wiggles
- ✓ It is extremely important that students practice the skills they are learning at least once per week in addition to their group lesson time
 - ✓ Public Sessions Schedules are available at the front office
 - ✓ Practice cards **MUST** be presented at the front desk prior to practicing

HAVE FUN!

Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
301-365-2246



**Listed below are the skills
which will be taught in:**

MITEY MITES 1

- Stand in place & hop
 - 2 ft. forward skating – using both feet with glide (not marching)
 - Beginning pushing off inside edge
 - Snowplow stop
 - Forward Swizzles (3 in a row)
 - Backward Wiggles
 - One-foot glide – from 2-foot glide
 - Fall down/Standing up quickly
-
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**Listed below are the skills
which will be taught in:**

MITEY MITES 2

- One-foot strides (push) with recovery
 - One-foot Snowplow Stop
 - Forward crossover walks (holding crossover)
 - Forward 1-foot glide – distance of stick
 - Forward swizzles with 2-foot glide
 - Backward swizzles (3 in a row)
 - Introduction to forward c-cuts
-
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**Listed below are the skills
which will be taught in:**

MITEY MITES 3

- Backward swizzles with 2-foot glide
 - Introduction to forward power turn
 - Forward C-cuts
 - Forward Crossovers (holding crossovers)
 - Introduction to Hockey Stop
 - Introduction to backward c-cuts
 - Backward Skating
-
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**Listed below are the skills
which will be taught in:**

MITEY MITES 4

- Forward crossovers – figure 8 pattern with speed
 - Back C-cuts
 - Backward Crossovers on a circle
 - Hockey Stop
 - Back V-stop
-
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**Listed below are the skills
which will be taught in:**

MITEY MITES 5

- Forward power skating with recovery using proper strides
 - Alternating forward crossovers
 - Backward crossovers on circle
 - Backward crossovers in figure 8 pattern
 - Forward edges (one foot glide on a ½ circle)
 - 2 foot turn
 - Backward Inside Mohawks
 - Backward crossovers straight down the ice
 - Power turns on proper edges
-
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