



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

HOCKEY 1

- Forward stroking
 - One-foot stride with recovery
 - Forward 2-foot swizzles with a glide
 - One foot glides
 - Walking crossovers
 - Snowplow Stop (either foot)
 - Backward swizzles (5 in a row)
 - Forward C-cuts (1-foot swizzle alternating feet – straight line)
 - One foot stride on a circle
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- ✓ 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:**

HOCKEY 2

- Proper forward skating with recovery, alternating feet
 - Forward C-cuts with a glide (1-foot swizzle alternating feet)
 - Forward C-cuts on a circle
 - Forward Crossovers on a circle
 - One-foot snowplow stop right & left
 - Backward swizzles with a 2-foot glide
 - Introduction to backward C-cuts
 - Forward crossovers on a figure eight
 - Forward inside & outside edges
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**Listed below are the skills
which will be taught in:**

HOCKEY 3

- Backward C-cuts with a glide
 - Backward skating (back shuffle stride)
 - Backward crossovers on a circle
 - Backward crossovers (straight down ice; lifting foot to crossover; alternating feet)
 - Hockey Stops left & right
 - Back V-stops
 - Power Turns (2 foot tight turn on edges)
 - 2 foot 3-turn – forward to backward
 - Backward 1 foot glides
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