



# HOCKEY REPORT CARD

<b>Student Name:</b>	
<b>Instructor:</b>	
<b>Level Enrolled:</b>	
<b>Next Session Enroll in Level:</b>	
<input type="checkbox"/> <b>Pass</b>	<b>Date:</b>
<input type="checkbox"/> <b>Needs Improvement</b>	

<b>HOCKEY 1</b>	<b>ACCOMPLISHED</b>
A. Falling and recovery to a balanced, standing position	
B. Proper basic hockey stance (Forward & 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 -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)	

<b>HOCKEY 2</b>	<b>ACCOMPLISHED</b>
A. Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive	
B. Forward one-foot push and glide (right & left)	
C. Forward C-Cuts: single leg (right & left) and alternating feet (right & left) in a straight line	
D. Backward hustle or march, then glide on two feet	
E. Backward swizzles / double c-cuts (4-6 in a row)	
F. Backward C-Cuts, single leg (right & left) and alternating feet (right & left) in a straight line	
G. Two-foot moving Snowplow stop	
★ Bonus Skills: Scooting or Skateboard push, on circle (Right & Left)	

<b>HOCKEY 3</b>	<b>ACCOMPLISHED</b>
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: 1 foot & 2 feet V-stop	
G. One-foot moving snowplow stop (Right & Left), introduce 1/4 turn with hips to hockey stop	
★ Bonus Skill: Forward stops and starts	

<b>HOCKEY 4</b>	<b>ACCOMPLISHED</b>
A. Quick starts using forward V-Start	
B. Backward one-foot glide, right & left	
C. Forward Crossover glides (clockwise & counter-clockwise). Hold feet in crossed position for 2 counts	
D. Backward Crossover glides (clockwise & counter-clockwise). Hold feet in crossed position 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 & to the right, with speed)	
★ Bonus Skill: Forward to backward Mohawk pivots (both directions, right & left) from powerful, full strides	

<b>POWER SKATING</b>	<b>✓</b>
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)	

**THE MISSION OF LEARN TO SKATE USA IS TO PROVIDE A FUN AND POSITIVE EXPERIENCE THAT WILL INSTILL A LIFELONG LOVE OF SKATING.**