

# U. S. Figure Skating Basic Skills Program

## Hockey Curriculum



The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the necessary fundamentals to be successful in game situations.

Necessary equipment:

- Hockey skates
- Certified hockey helmet (ice approved)



### Hockey 1

1. Sit on ice and stand up
2. Proper stance
3. March forward across the ice
4. Forward two-foot glide, one time skater's height
5. Dip or squat
6. Scooter pushes or T-push
7. Forward swizzles
8. Snowplow stop
9. Backward skating



### Hockey 2

1. Backward stance
2. Skating forward using full strides
3. Forward one-foot glides – R and L
4. Backward hustle
5. Backward swizzles
6. Glide turns, both directions
7. Moving snowplow stops



### Hockey 3

1. Forward C-cuts (half swizzle pumps) on a circle – R and L
2. Hockey turns, R and L, with speed in and out of turn
3. Forward slalom
4. Forward stop and starts
5. Backward V-stop
6. Lateral marching crossovers, both directions



### Hockey 4

1. Forward one-foot pushes on a circle
2. Forward crossover glides – hold feet in crossed position for two counts
3. Forward crossovers – clockwise and counterclockwise
4. Alternating backward C-cuts in a line (half swizzle pumps)
5. Backward one-foot glide, R and L, one time skater's height
6. Mohawks – R to L and L to R
7. Hockey stop

Endorsed by:

