

## Hockey Class Levels of Accomplishment:

### Hockey Tot

1. Proper way to fall down and get up
2. Marching while moving
3. Two-foot jump in place
4. Single Swizzle

### Pre-Hockey 1

1. Stationary ready position
2. Forward swizzles
3. One-foot glide
4. push and glide stroking
5. Two-foot jump while moving

### Pre-Hockey 2

1. One-foot glide around cone
2. Circle pumps
3. Control snowplow stop
4. Control turn
5. Two-foot outside, inside edges

### Hockey Alpha

1. Forward stride (forward glide in ready position)
2. forward crossovers around circle
3. Backward swizzle
4. Forward to backward turn (Mohawk)
5. Stomach slide
6. Hockey stop

### Hockey Beta

1. Backward skating (backward glide in ready position)
2. Backward crossovers around circle
3. Backward stop
4. 360 Control turn
5. Backward C cuts
6. Backward two-foot jump

### Hockey 1

1. Stationary forehand
2. Stationary backhand
3. Forward skating with puck
4. Backward skating with puck
5. Jump over stick

## Hockey 2

1. Stick handling forward
2. Passing while skating
3. Wrist shot
4. Backhand shot
5. Crossovers with puck

## Hockey 3

1. control turn with puck
2. Keeping puck in front
3. Keeping puck along boards
4. Taking control of opposition along boards
5. Taking control of opposition while moving