

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

- Falling and Recovery
- Proper Forward and Backward Stance
- March Forward across the ice, 8-10 steps
- March Forward with 2 foot glides and dips
- Stationary Snowplow Stop
- Rocking Horse
- Forward swizzles (2 to 4 in a row)
- Front to Back and Back to Front turns (Stationary)
- T-Push R, then glide on two feet on line, T-Push Left, then glide on two feet on line
- Backward March or Wiggle



Hockey 2

- Forward swizzles (4 to 6 in a row)- Driving Power from heels using a wider stance
- Alternating Forward C-Cuts on a Straight Line
- T-Push, glide on right foot, hold 2-4 seconds on a straight line, Repeat with left foot
- Scouting or Skateboard push, on circle (R&L)
- Gliding two foot turn on line- Forward to Backward. Backward to forward
- Backwards March then glide on two feet
- Backward Swizzles (2 to 4 in a row)
- Backward snowplow stop
- Alternating Backward C-Cuts in a straight line
- Two foot moving Snowplow Stop



Hockey 3

- One foot snowplow stop- Introduce hips with 1/4 turn twist to hockey stop
- Full strides using 45 degree V-Push with good recovery using alternating arm drive
- Shuffle stride- explosive powerful alternating heel pushes
- Backwards hustle (quick skating with arms driving)
- Backward C-Cuts or power pushes on circle/backward outside edge glide on a circle
- Forward C-Cuts on circle small/C-push glide on small circle
- Forward outside/inside edges on half circles/ alternating inside edges down the line
- Gliding 2 foot turn on circle facing upper body out and inside of circle
- Lateral Crossover March



- Shuffle stride vary tempo and edge quality/quick shallow edge pumps & slow deep edge pumps
- Forward Crossovers on circle R&L
- Forward Alternating Crossovers down the length of the ice with wide step transitions
- Forward Power-turns 180 degrees & 360 turns will need C-cuts for 360 degrees
- Hockey Stops
- Quick Starts with V starts off the ball of the foot
- Backwards Hustle with quick V-stops and alternating R&L Backward stops
- Backward crossovers on circle R&L
- Backward alternating crossovers down ice with wide step transitions
- Forward to Backward Pivot Turn/Backward to Forward Pivot turn (Mohawk)

Endorsed by:

