

Hockey Level 2

	Skill/Task	Grade (1-10)	Pass/Continue to Train (P/C)
1	Forward strides using 45 degree V-push, focus on good recovery and alternating arm drive		
2	Forward one-foot push and glide (R and L)		
3	Forward C-cuts: single leg (R and L) and alternating feet (R and L) in a straight line		
4	Backward hustle or march, then glide on two feet		
5	Backward swizzles/double C-cuts (4-6 in a row)		
6	Backward C-cuts, single leg (R and L) and alternating feet (R and L) in a straight line		
7	Two-foot moving snowplow stop		
8	Scooter or skateboard push on a circle (R and L)		

Evaluating Coach Name _____

Signature _____

Approving Coach Name _____

Signature _____

Date _____