

# Hockey Level 1

	Skill/Task	Grade (1-10)	Pass/Continue to Train (P/C)
1	Falling and recovery to a balanced, standing position		
2	Proper basic hockey stance (forward and backward)		
3	March forward across the ice (8-10 steps)		
4	Two-foot glides and dips from forward marching across the ice		
5	Forward swizzles/double C-cuts (4-6 in a row)		
6	T-push to a two-foot glide (hold 2-4 seconds) on a straight line, alternating feet		
7	Stationary snowplow stop		
8	Front to back and back to front turns (stationary)		

Evaluating Coach Name \_\_\_\_\_

Signature \_\_\_\_\_

Approving Coach Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_