

Hockey Power Skating

	Skill/Task	Grade (1-10)	Recommended TNG Venue
1	Powerful backward C-cuts		
2	Forward alternating crossovers down the length of the ice, with wide step transitions (3 to left and 3 to right)		
3	Backward alternating crossovers down the length of the ice, with wide step transitions (3 to left and 3 to right)		
4	Forward power hockey turns/tight glide turns, 180- and 360-degree turns		
5	Lateral pivots: forward to backward and backward to forward		
6	Fast stops and starts using powerful, full strides and quick hockey stops (R and L)		
7	Fast backward skating with quick backward V-stops (one- and two-foot stops, alternating feet)		

Evaluating Coach Name _____

Signature _____

Approving Coach Name _____

Signature _____

Date _____