

## Hockey Level 4

	Skill/Task	Grade (1-10)	Pass/Continue to Train (P/C)
1	Quick starts using forward V-start		
2	Backward one-foot glide (R and L)		
3	Forward crossover glides (clockwise and counterclockwise). Hold feet in crossed position for 2 counts		
4	Backward crossover glides (clockwise and counterclockwise). Hold feet in crossed position for 2 counts		
5	Forward crossovers on circle, clockwise and counterclockwise (4-6 each)		
6	Backward crossovers on circle, clockwise and counterclockwise (4-6 each)		
7	Hockey stops (stopping to the left and to the right, with speed)		
8	Forward to backward mohawk pivots (both directions, R and L) from powerful, full strides		

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

Signature \_\_\_\_\_

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

Signature \_\_\_\_\_

Date \_\_\_\_\_