



Group Hockey Lessons

Parent Tot Hockey

Prerequisite: Passed Tot 1 in hockey skates (Ages 3-5)

*****Parent MUST have basic skating skills*****

- Proper way to fall
- Proper way to get up
- Marching in standing position
- Marching while moving
- Holding stick correctly
- Preliminary Puck Passing
- Forward swizzle standing still
- Forward swizzle (3 in a row)
- Back Wiggles

Equipment required: Bike helmet (or caged hockey helmet), kneepads, elbow pads and any type of gloves, hockey skates (rentals available). Sticks provided.

Power Skating

Prerequisite: Passed Hockey 2 (Ages 4 & up)

- Power Strides
- Forward Quick Starts
- Crossover Quick Starts
- Quick Turns forward to backward
- Step Turn backward to forward
- Hockey Stops (right and left sides)
- Forward Inside and Outside Edges
- Forward C-cuts with power
- Backward C-cuts with power
- Forward Crossovers with speed, power
- Backward Crossovers with speed, power
- Backward Skating
- Power Turns (pivot turns)

Equipment required: Caged helmet, elbow pads and shin guards, hockey gloves, cup, hockey skates (rentals available), and stick (hockey pants/shoulder pads optional).

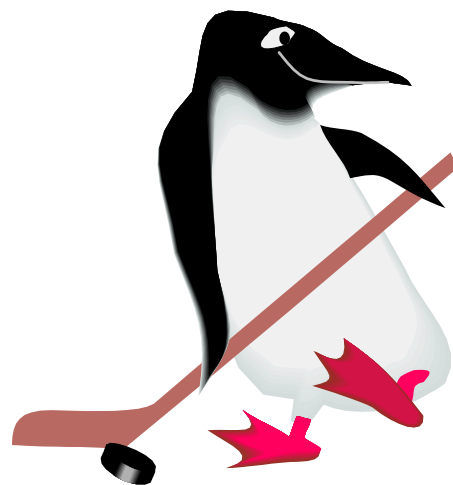
Pre-Alpha for Hockey

Prerequisite: None (Ages 4 & up)



- Skates properly fitted, Safety
- Proper way to fall down/stand up
- March in place, march forward
- 2 foot glide
- Dip while moving
- Forward swizzles (3 in a row)
- Backward wiggles
- 2 foot hop
- Rocking horse

Equipment required: Hockey skates (rentals available)



Hockey 1

Prerequisite: Passed Pre-Alpha in hockey skates (Ages 4 & up)

- Forward Stroking
- One foot strides (push) with recovery
- Forward 2-foot swizzles with a glide
- One foot glides
- Walking Crossovers
- Snowplow stop (either foot)
- Backward Swizzles (5 in a row)
- Forward C-cuts (1-foot swizzles alternating feet – straight line)
- One foot stride on a circle



Each paid registrant for Hockey 1 receives a **FREE Washington Capitals practice jersey.**

Equipment required: Caged helmet, elbow and kneepads (rollerblading pads okay), hockey gloves, cup, hockey skates (rentals available). **Optional equipment:** flat stick, and shin guards.

Hockey 2

Prerequisite: Passed Pre-Alpha Plus in hockey skates (Ages 4 & up)

- Proper forward skating (with recovery) alternating feet
- Forward C-cuts with a glide (1-foot Swizzle alternating feet)
- Forward C-cuts on a circle
- Forward Crossovers on a circle
- One foot snowplow stop
- Back swizzles with a 2-foot glide
- Introduction to backward C-cuts
- Forward crossovers on a figure eight
- Forward inside/outside edges

Equipment required: Caged helmet, elbow and kneepads (rollerblading pads okay), hockey gloves, shin guards, cup, hockey skates (rentals available). **Optional equipment:** flat stick.

Hockey 3

Prerequisite: Passed Alpha in hockey skates (Ages 4 & up)

Back C-cuts with a glide

Backward Skating (back shuffle stride)

Backward Crossovers on a circle

Backward Crossovers (straight down ice ; lifting foot to crossover; alternating feet)

Hockey Stops

Back V-Stop

Power Turns (2-foot tight turn on edges)

2 foot 3-turn (forward to backward)

Backward 1 foot glides

Equipment required: Caged helmet, elbow and kneepads (rollerblading pads okay), hockey gloves, shin guards, cup, hockey skates (rentals available). **Optional equipment:** flat stick.