

# Pre-Hockey

## 1. Pre-Hockey 1

- a. Falling and recovery to a balanced, standing position
- b. Proper basic hockey stance (forward and backward)
- c. March forward across ice, 8-10 steps
- d. Two-foot glides
- e. Dips from forward marching across the ice
- f. Forward swizzles / double c-cuts (4 to 6 in a row)
- g. T-push to a two-foot glide (hold 2-4 seconds) on a straight line, alternating feet
- h. Snowplow stop, stationary
- i. Beginning snowplow stop, moving
- j. Front to back and back to front turns (stationary)
- k. Forward strides using 45 degree V-push, focus on good recovery and alternating arm drive
- l. Backward hustle or march, then glide on two feet

## 2. Pre-Hockey 2

- a. Forward one-foot push and glide (right and left)
- b. Forward c-cuts (right and left)
- c. Backward swizzles/double c-cuts (4 to 6 in a row)
- d. Backward c-cuts, single leg (right and left) and alternating feet (right and left) in a straight line
- e. Two-foot moving snowplow stop
- f. Hockey stop, both directions
- g. Forward hustle - focus on speed and proper push
- h. Backward curves
- i. Scooting or skateboard push, on circle (right and left)
- j. Forward crossovers on a circle
- k. Two foot turn forwards to backwards, backwards to forward on a circle
- l. Forward inside mohawks