

Learn to Skate

Somerset Youth Hockey Association hosts free Learn to Skate lessons every fall. Classes are taught by Cathy Cranston and Abby Dalzell, who have a combined 30 years of experience teaching kids to skate. Participants should wear figure or hockey skates (no double runners), mittens, jacket, helmet or knit stocking cap, comfortable pants (ie sweatpants), please do not wear heavy snow pants or snowmobile suits. Bike or hockey helmets are preferred. Skates are available for rental at the rink for \$3.00 per pair.

SYHA Skating and Hockey Skills

Our curriculum is based off the **Long-Term Athlete Development** from USA Hockey. The first two stages include the *Active Start* Stage and the *FUNDamentals* Stage. These two stages include introducing ice skates and skating on ice, along with beginning awareness and maturation of Agility, Balance, Coordination and Skills (ABCs).

These 3 groups are skill based levels and not age based. So, a first year, four-year old skater will begin at Try Hockey For Free. When learning, mastering or growing into the skills for a particular level, the skater will then move to the next level. Likewise, a new eight-year old skater would enter into Try Hockey For Free and be assessed to determine appropriate level. The movement of level is determined by on-ice coaches.

SYHA is committed to the **American Development Model (ADM)** from USA Hockey. This philosophy of hockey emphasizes small ice area games, constant movement on the ice, a variety of activities on the ice, and maximizing skater involvement.

Hockey Skills

The following skills are practiced throughout the year. Skaters are asked to be *proficient* in particular skills before moving to the next level. All other skills are practiced but not required for moving to the next level.

Coaches will move skaters between levels based on their consensus regarding the player's ability to perform the required skills. Each level builds on the prior levels. Moving skaters prior to achieving proficiency in their current level hinders their growth and enjoyment as well as that of their new Level. Open, two-way dialogue with the Coaches is the best solution should you have any questions about your skater's movement. They will be happy to discuss this or any other questions with you at any time.

Fundamentals of Skating -

- How to fall down safely
- How to get back up correctly
- Keep eyes up high.
- Pick feet up "Switch feet every time."
- Pick feet up marching and moving "Keep your eyes up high."
- Glide on two feet. Balance on the flats of the blades when skating forward.
- Balance on two skates on the inside edges
- Glide and snow plow stop
- Glide on one foot. Balance on the flat of the blade.
- Glide on one foot on the inside edge of the blade while skating forward.
- Glide on one foot – inside and outside edges
- Hockey "ready" position
- Skating with a stick in a straight line

Skating with a stick on curved lines

Fundamentals of Hockey

- Hockey stance-ready
- Hockey power stance- V start
- Proper body position with head up
- Two foot hockey stops
- Two foot glides with control turns
- Two foot turns front to back
- Backwards skating
- Backwards Glides -One and two foot
- Forward crossover
- Weaving without puck
- Lateral stationary puck dribble
- Diagonal stationary puck dribble
- Forehand and backhand sweeps, pass, reception
- Skating puck in open ice "push puck for speed"

Advancing in Skating & Hockey Skills - Inside & Outside Edge Control, Forward to Backward Transition, Mastering Crossover Turns, Hockey Stop Left & Right, Starting Backwards Crossovers, Forward to Backwards, Accelerating with Puck (3 Hard Strides), Two Foot Stopping with Puck, , Passing while Moving, Lead Pass/Moving Target, Be a Good Receiver, Stationary Wrist Shot, Backhand Shot, Offensive Puck Protection, Stick Poke Check, "Lift the Stick," Check.