

All In Ice Skating Lessons

A North Buffalo Rink Program

All In Ice Skating Lessons,
a North Buffalo Rink program,
is proud to be offering **Hockey 1, 2, & 3.**

This hockey curriculum is designed to teach the fundamentals of hockey skating. In three levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels.

All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices and game situations.

Register for classes at www.northbuffalorink.com

For more information contact:

Skating Director

Delene Mackenzie at allinskatinglessons@gmail.com

Rink Manager

Nick Price at (716) 253-3432



156 Tacoma Ave, Buffalo, NY 14216

Hockey 1,2,3

Qualify by skill level and not age

Hockey 1

***Age 3-6 must have passed Mini Blades 3**

***Age 7 and up must have passed Basic 2**

- Forward stride using 45 degree V push - recovery and arm drive
- Forward single leg C cuts on a straight line - Right and Left
- Forward alternating C cuts on a straight line
- Backward skating to two-foot glide
- Backward double C cuts
- Rocking horse switch back
- Backward single leg C cuts on a straight line
- Backward alternating C cuts on straight line
- Right and Left T push to two-foot glide
- Right and Left T push to one-foot glide
- High speed snowplow stop - Two foot
- Scooter pushes on a circle - Right and Left

Hockey 2

***Must have passed Hockey 1**

- Lateral cross over march - both directions
- Forward single leg C cuts on a circle - Right and Left
- Forward outside edges from T push with heel to toe position
- Forward inside edges from T push with heel to toe position
- Backward single leg C cuts on a circle
- Backward two foot snowplow stop
- Backward one foot snowplow stop - Right and Left
- Backward one foot glide - Right and Left
- Hockey stops - Right and Left
- Quick forward stops and starts
- Mohawk introduction

Hockey 3

***Must have passed Hockey 2**

- Forward single leg C cut on circle with held undercut
- Backward single leg C cut on circle with held undercut
- Forward crossovers both directions
- Backward crossovers both directions
- Backward cross overs step forward hockey stop
- Right and Left mohawk
- Forward alternating cross overs
- Backward alternating cross overs
- Power hockey swoops 180 and 360 degrees
- Combination mohawk crossover circle - Right and Left