

Level 1 Skating:

- Falling and Recovery
- Proper basic hockey stance (Forward and Backward)
- March Forward across the ice
- 2 foot glides with dips from marching
- Forward swizzles
- T-Push to 2 foot glide, right and left
- Snowplow Stop, Stationary

Level 2 Skating:

- Forward 1 foot push and glide, right and left
- Forward C-Cuts: alternating right and left feet
- Backward hustle or march, then glide
- Backward Swizzles
- Backward C-Cuts
- Lateral crossover march, both directions
- ½ Swizzles (C-Cuts) on a circle, both directions
- Two-foot Snowplow Stop, Moving

Level 3 Skating:

- Forward Outside/Inside Edges on the circle

- Backward Outside/Inside Edges on the circle
- Slaloms: Using Both inside and outside edges.
- Explosive Swizzle-Hops Fwd/Bkwd
- Forward strides using V-Push, focus on good recovery and complete push through toe

Level 4 Skating:

- Forward Outside Edges, on ½ circles (large C's), Alternating
- Forwards Inside Edges, on ½ circles (large C's), Alternating
- Forward C-Cuts on a circle, both directions
- Backward C-Cuts on a circle, both directions
- Forwards Crossover glides, clockwise and counter-clockwise. Hold feet in crossed position for 2 counts
- Backwards Crossover glides, clockwise and counter-clockwise. Hold feet in crossed position for 2 counts
- Lateral Pivots/Two foot turns: forward to backward and backward to forward, right and left on two feet
- Backward 1 Foot Glides, right and left
- Forward power turns/tight glide turns, right and left