

ISI HOCKEY SKATING & STICK HANDLING SKILLS

HOCKEY SKATING 1

Stationary Ready Position
Glide in Ready Position
Forward Swizzle
One Foot Glides
One Foot Inside Edge Glide Around Cone
Agility/ Balance:
Two Foot Stationary Jump
Two Foot Moving Jump
Forward Squats

HOCKEY SKATING 2

Circle Side Pumps
Control Stop
Control Turn
Agility/ Balance
Two Foot Inside/ Outside Edges

HOCKEY SKATING 3

Straight Line One Foot Pushes
Forward Stride- Rhythm Skating
Forward Crossovers-Around Circle
Backward Swizzle
Agility/ Balance
Forward Two Knee Touch
Forward Once Knee Touch

HOCKEY SKATING 4

Backward Skating- C Cuts
Backward Glide- In Ready Position
Forward to Backward Turn/ Mohawk
Backward to Forward Turn/ Step Out
Agility/ Balance
Stomach Slide
Jump over Stick

HOCKEY SKATING 5

Backward Crossovers- Around Circle
Backward Stop
360 Control Turn
Backward Crossovers- Straight Back
Agility/ Balance
Backward Two Foot Jump
Backward Two Knee Jump

HOCKEY SKILLS 1

Stationary Stick Handling
Forward Skating with the Puck
Forward while stick handling
Backward Skating with the puck

HOCKEY SKILLS 2

Stationary Forehand
Stationary Backhand
Passing While Skating

HOCKEY SKILLS 3

Wrist Shot
Slap Shot
Backhand Shot

HOCKEY SKILLS 4

Control Turn with Puck
Keeping Puck in Front
Keeping Puck along Boards

HOCKEY SKILLS 5

Taking Control of Opposition along Boards
Taking Control of Opposition While Moving