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

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