

Pre-Hockey 1, 2 & 3 Program

★★★ Program Information ★★★

Pre-Hockey 1, 2 & 3 Program

The hockey curriculum is designed to teach the fundamentals of hockey skating. In 3 badge levels, skaters will learn to maneuver faster and be more agile on the ice. All elements in Pre-Hockey 1 & 2 will be taught without a stick or puck as proper skating techniques are the primary focus of these levels. In Pre-Hockey 3, skaters will be required to bring a stick.

After completing Pre-Hockey 1-3, skaters go directly in the Coyotes Amateur Hockey Association's Initiation Program. Classes will be combined for all age levels.

Program Features:

- 45 min. sessions
- Each session includes 10 min. of organized warm-up, 30 min. of small group professional instruction, and 5 min. of practice ice
- Free hockey skate rental

Skills learned in Pre-Hockey 1:

- A. Sit on ice and stand up
- B. Proper stance
- C. March forward across the ice 8 to 10 steps
- D. Forward two-foot glide, one time skater's height
- E. Dip or squat
- F. Scooter pushes or T-stop, right and left foot
- G. Forward swizzles - 4 to 6 in a row
- H. Snowplow stop - one foot or both
- I. Backward skating

Skills learned in Pre-Hockey 2

- A. Backward stance
- B. Skating forward using full strides
- C. Forward one-foot glides, right and left foot
- D. Backward hustle
- E. Backward swizzles - 4 to 6 in a row
- F. Glide turns in both directions
- G. Moving snowplow stops

Skills learned in Pre-Hockey 3

- A. Forward C-cuts (½ swizzles pumps) on a circle, right and left foot
- B. Hockey turns, right and left foot, with speed in and out of turns
- C. Forward slalom
- D. Forward stop and starts
- E. Backward V-stop
- F. Lateral marching crossovers in both directions
- G. Hockey Stop
- H. Forward crossovers-clockwise and counter clockwise

Requirements for Pre-Hockey 1 & 2

- All skaters must be in hockey skates (rentals or skater's own) - mandatory
- Hockey helmet- mandatory

Requirements for Pre-Hockey 3

- All skaters must be in hockey skates (rentals or skater's own) - mandatory
- Hockey helmet - mandatory
- Hockey stick and hockey gloves - mandatory

Additional Recommended Equipment:

Shin Pads, Elbow Pads, other protective gear

Next step for hockey:

CAHA's Initiation Program (IP)

Visit coyotesice.com/youthhockey/initiation.php for details!

