



# Ice Skating & Hockey Curriculum



## Preschool Ice Skating Classes

Our Preschool and Parent/Tot classes are for skaters ages 3-5 who are beginners. The levels will teach children the basics of skating in a safe and fun environment.

### **Preschool Ice Skating 1 & Parent & Tot**

Sit and stand up on skates off and the on ice, march in place, march forward (8-10 steps), march and glide on two feet, dip in place

### **Preschool Ice Skating 2**

March and long glide, dip while moving, backward walking (4-6 steps), 6 backward wiggles, forward swizzles (2-3 in a row), beginning stop motion, two-foot hop

### **Preschool Ice Skating 3**

Forward skating (8-10 strides), forward one-foot glide (R & L), 4-6 forward swizzles, 2-3 backwards swizzles, moving forward two foot snowplow stop, curves

### **Preschool Ice Skating 4**

Forward skating, backward two-foot glide, backward swizzles, rocking horse, two-foot turns in place (both directions), two-foot hop in place

**Upon completion of Preschool 4, skaters move to Youth 2 or Hockey 1.**

## Youth Ice Skating Classes

Our Youth Ice Skating Classes are for skaters ages 6-12 and teach the fundamentals of ice skating.

### **Youth Ice Skating 1 (Beginners age 6-12)**

Sit on ice and stand up, march forward across ice, forward two-foot glide, dip, 6-8 forward swizzles, 6-8 backward wiggles, snowplow stop, Bonus: two-foot hop

### **Youth Ice Skating 2 (Age 4 and up who completed Youth 1 or Preschool 4)**

Scooter pushes (R & L), forward one-foot glides (R & L), backwards two-foot glide, rocking horse, 6-8 backward swizzles, two-foot turns in place, moving snowplow stop, Bonus: Curves

### **Youth Ice Skating 3**

Forward stroking, forward half swizzle pumps, forward to backward two-foot turns on a circle, backward one-foot glides, backward snowplow stop, forward slalom, Bonus: forward pivot

### **Youth Ice Skating 4**

Forward inside & outside edge on a circle, forward crossovers (4-6), backward half-swizzle pumps on a circle, backward one-foot glides, beginning two-foot spin, Bonus: forward lunges (R & L)

### **Youth Ice Skating 5**

Backward outside and inside edges on a circle, backward crossovers (4-6), forward outside three-turn, advanced two-foot spin, hockey stop, Bonus: side-toe stop

### **Youth Ice Skating 6**

Forward inside 3-turns, moving backward to forward two-foot turns on a circle, backward stroking, one-foot spin, T-stops, bunny hop, spiral, Bonus: Shoot the duck

**Upon completion of Youth 1, skaters may move to Hockey 1.**

**Upon completion of Youth 6, skaters may move to Pre Free Skate.**

## Teen & Adult Ice Skating Classes

Our Teen & Adult Ice Skating Classes are for skaters ages 13 and up. They teach the basics of ice skating and hockey.

### **Teen & Adult 1 (Ages 13 and up)**

Falling & recovery, forward marching, forward 2 foot glides, 4-6 forward swizzles, one forward/one backward swizzle, dip, forward snowplow stop

### **Teen & Adult 2**

Forward skating, forward one foot glide (R & L), forward slalom, backward skating, 4-6 backward swizzles, two-foot turns

### **Teen & Adult 3**

Forward stroking, forward half-swizzle pumps on circle, moving forward to backward and backward to forward two-foot turn on a circle, backward skating & glide, forward chasses on a circle, backward snowplow stop

### **Teen & Adult 4**

Forward outside & inside edges on a circle, forward crossovers, backward one-foot glides, backward half swizzle pumps on a circle, hockey stop

### **Teen & Adult Advanced**

Back edges on a circle, backward crossovers, outside three-turn, swing rolls, advanced stroking & crossovers forwards & backwards, forward inside three-turns, forward outside to inside change of edge power pulls, T-stop, lunge, two-foot to one-foot spins.

### **Teen & Adult Free Skate (After complete progress to Free Skate 1)**

Inside mohawk, backward crossovers/landing position, back outside edge to forward outside glide, mohawk step sequence, one-foot upright spin, mazurka, waltz jump, spiral, back inside pivots

**Upon completion of Teen & Adult 1, skaters may move to Teen & Adult Hockey 1.**

**Upon completion of Teen & Adult Free Skate, skaters may move to Free Skate 1.**

**Teen & Adult Hockey 1:** Forward and backward skating, C-cuts alternating and on a circle. One foot snowplow stops, beginning crossovers and turns, beginning stickhandling and passing

**Teen & Adult Hockey 2:** Forward and backward crossovers, forward and backward power strides, hockey stops, forward power hockey turns, backward stops, and more advanced shooting and gameplay.

**Teen Girls Hockey:** For female players who have passed Hockey 2. Forward and backward crossovers, hockey stops, forward power hockey turns, backward stops, quick stops and starts, forward mohawks, stickhandling and passing.

## Sign up for classes at:

**Cabin John Ice Rink**  
10610 Westlake Dr.  
Rockville, MD 20852  
301-765-8620  
www.CabinJohnIce.org



**Wheaton Ice Arena**  
11717 Orebaugh Ave.  
Wheaton, MD 20902  
301-905-3000  
www.WheatonIce.org





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## Free Skate Classes

Our free skate classes teach skating skills, transitions, jumps, and spins at each progressive level. Skaters must complete Youth Ice Skating 6 before Pre Free Skate.

**Pre Free Skate:** Inside mohawk, backward crossovers/landing position, back outside edge to forward outside glide, mohawk step sequence, one-foot upright spin, mazurka, waltz jump, Bonus: back inside pivots

**Free Skate 1:** Forward power stroking, forward edges, backward outside three-turns, upright spin, half flip, toe loop, Bonus: waltz jump combinations

**Free Skate 2:** Inside and outside spirals, backward edges, backward three-turns, beginning back spin, half lutz, Salchow, Bonus: spiral variations

**Free Skate 3:** Alternating backward crossovers & backward edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin, loop jump, waltz jump-toe loop or Salchow-toe loop, Bonus: toe step sequence

**Free Skate 4:** Forward power three-turns, waltz eight, forward upright spin to back upright spin, sit spin, half loop, flip, Bonus: split, stag, or falling leaf jump

**Free Skate 5:** Backward power three-turns, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, lutz jump, Bonus: loop-loop combo

**Free Skate 6:** Forward power pulls, creative step sequence, camel-sit spin combination, layback or attitude spin or cross-foot spin, waltz jump-half, loop-salchow jump sequence, Axel

**Specialty classes include spins, ice dance, jumping, moves and edges, and off-ice conditioning!**

**Spins:** Three levels of classes to help skaters develop stronger spins. Must have passed Free Skate 1 to begin. Will work on basic spins positions (upright, sit, and camel) and progress to combination spins, flying spins, and position variations.

**Jumping:** Three levels of classes to help skaters develop stronger jumping technique. Must have passed Free Skate 1 to begin. Will work through all single jumps as well as jump combinations, sequences, and transitional jump elements.

**Ice Dance:** Must have passed Free Skate 1 to begin. Class teaches basic dance steps, timing, and patterns of preliminary and pre-bronze dance levels.

**Moves and Edges:** Must have passed Youth 6. Skaters will work on power, edge quality, extensions, and power utilizing the pre-preliminary and preliminary moves in the field patterns.

**Off-ice conditioning:** Must have passed Youth 4. Skaters will work to improve flexibility, strength, and conditioning for figure skaters. Athletic shoes are required.

## Youth Ice Hockey Classes

Youth hockey classes teach the basics of hockey skating and basics of the game. Must complete Youth Ice Skating 1 or Preschool Ice Skating 4 to begin Hockey 1.

**Hockey 1:** Falling and recovery, basic hockey stance, forward march (8-10 steps), two-foot glides and dips after marching, 4-6 forward swizzles, T-push to a 2-foot glide (alternating feet), stationary snowplow stop, Bonus: front to back turns

**Hockey 2:** Forward strides (V push), forward 1-foot push & glide, forward C-cuts single & alternating feet, backward hustle or march and glide, 4-6 backward swizzles, backward C-cuts single & alternating feet, 2-foot moving snowplow stop, Bonus: scooter push

**Hockey 3:** Lateral crossover march, forward C-cuts on a circle, forward outside and inside edges, backward C-cuts on a circle, backward snowplow stops, forward one-foot snowplow stops, Bonus: forward stop-starts

**Hockey 4:** Quick starts, backward 1-foot glide, forward & backward crossover glides, forward & backward crossovers on a circle, hockey stops Bonus: Mohawk

**Hockey Advanced:** Power back C-cuts, forward alternating crossovers, back-ward alternating crossovers, forward power hockey turns, lateral pivots, fast stop-starts, backward skating with quick backward V-stops

**Specialty hockey classes are offered to skaters in at least Hockey 2 to supplement the basic hockey skating classes. Different specialty classes are offered throughout the year.**

**Stickhandling and Passing:** Must have passed Hockey 1. This class teaches proper technique for stickhandling and passing including correct grips, maneuvering the puck, and fundamental passing skills.

**Scrimmage:** Must have passed Hockey 2. This class includes instruction on the basic rules of the game as well as enhancing skills through a series of instructional scrimmages.

**Offensive Skills:** Must have passed Hockey 3. This class focuses on learning advanced stickhandling skills, goal scoring, winning puck battles, and other offensive related skills.

**Game Strategy:** Must have passed Hockey 3. This class teaches specific game strategies including face offs, power plays, attacking the offensive zone, and breaking out of the defensive zone.

**Shoot and Score:** Must have passed Hockey 3. This class works on specific shooting techniques, skating in open ice, defending the puck, receiving passes, and putting the puck in the net.

**Goalie Class:** Must have passed Hockey 4. This class is focused on developing skills for the goalie position.

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