

## SEASON PROGRESSION

	Starting	Skating	Stopping	Passing	
September	Open Body T Push And Glide	Tight Turns Bkws C Cuts Alternating Fwd Crossovers	T Stop Flamengo Stop	Forehand	
October	Side Crossover Start	360'S Slalom Skiing, Two Feet Bkws-Glide On One Foot	Hockey Stop-Two Feet Bkws -One Foot T Stop	Backhand 2 Vs. 0	
November	On Stomach Bkws-Cross- over Start Side CroSsover	Slalom Skiing-On One Leg One Foot Jumps Bkws-Pivots	Hockey Stop Bkws -One Foot T Stop	Forehand Backhand 2 Vs. 0	
December	Bkws-Cross- over Start Side Crossover Start	Superman Dive And Roll Jump Strides Bkws-Jumps One And Two Feet Bkws-Crossovers	Hockey Stop Bkws -One Foot T Stop	2 Vs. 0	
January	On Back Side Crossover Start	Push A Partner Jump Strides	Bkws -V Stop	Backhand In Motion	
February	Side Crossover Start Open Body Bkws -Cross- over Start	Obstacles, Pivots 360 Pivots Pull A Partner	Bkws-Two Foot Stop	Back And Forehand In Motion Board Pass	

		Checking	Stickhandling	Moves	Shooting
			In Motion, Front Of Body Over/Under	Shoulder Fake	Wrist Shot
			Over/Under	Shoulder Fake	Backhand
		Stick Checks 1 Vs. 1	Forehand Side Stationary Toe Drag		Forehand Backhand
		Pokecheck 1 Vs. 1	Drop Puck To Skates Stationary Toe Drags	Over/Under Spin O Rama	Forehand BackhAnd
		1 Vs. 1 From Corner	Forehand Triangles Drop Puck To Skates	Spin O Rama	Forehand Backhand
			Drop Puck To Skates	Fake Pass And Deke	Deflections