

OXFORD JUNIOR STARS ICE HOCKEY CLUB LEARN TO PLAY PROGRAMME

Level	Skills	Completed	Level	Skills	completed
1	<input type="checkbox"/> Moving Forward (basic Skating) <input type="checkbox"/> Two foot glide and Dip <input type="checkbox"/> Moving Backward <input type="checkbox"/> Half Snowplough (L/R - both) Comments	Certificate issued _____	6	<input type="checkbox"/> Backward Crossovers (Both Directions) <input type="checkbox"/> Continuous Forward Inside Curves - extended <input type="checkbox"/> Continuous Forward Outside Curves - extended <input type="checkbox"/> Forward One Foot Striding Controlled Stops Comments	Certificate issued _____
2	<input type="checkbox"/> Forward One-Foot Glide <input type="checkbox"/> Two Foot Jump Skating Forward <input type="checkbox"/> Forward Stride Extensions (L/R) - Skate drag/low recovery <input type="checkbox"/> One Foot Glide - inside edge (both edges) Comments	Certificate issued _____	7	<input type="checkbox"/> Backward One Foot Striding Controlled Stops <input type="checkbox"/> Forward inside Mohawk <input type="checkbox"/> Forward Beginners Crossovers <input type="checkbox"/> Lazy Forward/Backward Inside Edges Comments	Certificate issued _____
3	<input type="checkbox"/> One Foot Glide - outside edge (both edges) <input type="checkbox"/> Backward Skating - Two Foot Glide <input type="checkbox"/> Forward and Backward Sculling <input type="checkbox"/> Skating Straight Forward & Pivoting to Backwards Comments	Certificate issued _____	8	<input type="checkbox"/> Forward Tight Turns - Both Directions <input type="checkbox"/> Forward Tight Turns - 360/both Directions <input type="checkbox"/> Backward Tight Turns - Both Directions <input type="checkbox"/> Clock Drill - Both Directions <input type="checkbox"/> Stationary shooting Comments	Certificate issued _____
4	<input type="checkbox"/> Hockey Stop - Both Directions <input type="checkbox"/> Forward Two Foot Slalom <input type="checkbox"/> Forward Sculling around a Circle (both Directions) <input type="checkbox"/> Forward Crossovers <input type="checkbox"/> Backward Snowplough Stop Comments	Certificate issued _____	9	<input type="checkbox"/> Forward Board Pass - Moving <input type="checkbox"/> Pair Passing - Stationary <input type="checkbox"/> Pair Passing - Skate Encircle partner/return <input type="checkbox"/> Figure Eight Forward <input type="checkbox"/> Puck handling Comments	Certificate issued _____
5	<input type="checkbox"/> Backwards Open Pivot <input type="checkbox"/> Transitional Pivot (Forwards & Backwards) <input type="checkbox"/> Clock Drill <input type="checkbox"/> Backwards Straight Line Pivot, pivoting to Forward (both directions) Comments	Certificate issued _____	10	<input type="checkbox"/> Skating Forward - Stopping <input type="checkbox"/> Skating Forward through Cones <input type="checkbox"/> Skating Forward through Cones - 360 <input type="checkbox"/> Skating Forward through Cones - Shoot Comments	Certificate issued _____