

SEASON PROGRESSION



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| | Starting | Skating | Stopping | Passing | |
|-----------|--|--|-----------------------------------|--|--|
| September | Open Body Side Crossover Bkwd's Cross-over | Tight Turns 360 'S Pivots | Hockey Stop | Forehand Backhand Receive Forhand, Pass From Backhand | |
| October | Open Body Side Crossover Bkwd's Cross-over | 360 Pivots Push A Partner Pull A Partner | Hockey Stop Bkwd's V Stop | One Touch | |
| November | Explosive Starts | Overspeed Pivots Bkwd's Crossovers Pivots | Hockey Stop Bkwd's V Stop | Drop Pass Saucer Pass | |
| December | Open And Side | Forwards Agility Bkwd's -Jumps On One Foot Bkwd's Agility, Pivots Crossovers | Hockey Stop Bkwd's V Stop | Drop Pass Saucer Pass Cycling | |
| January | Open And Side Explosive | 360 Pivots | Bkwd's 2 Foot Stop | One Touch To A Player In Motion Cycling Board Pass | |
| February | Open And Side Explosive | Obstacles, Pivots Crossovers Agility Crossovers | Hockey Stop Bkwd's 2 Foot Stop | Saucer Backhand And Fore-hand | |

| | | Checking | Stickhandling | Moves | Shooting |
|--|-----------|--------------------------|---|--|--|
| | September | Body Checks, Shoulder | In Motion In Front Of Body Forehand Side Backhand Side | Shoulder Fake Double Shoulder Fake | Snap Shot |
| | October | Body, Shoulder | Triangles, U Drags | Fake Pass Fake Pass Into Spin O Rama | Slap Shot Deflections |
| | November | Angling | Over/Under In Motion Triangles | Toe Drag Into Pass Toe Drag Into Fake Pass | One Timer Roof It |
| | December | 1 Vs. 1 Out Of Corner | Use Skates | Shoulder Fake Into Over/Under | One Timer |
| | January | Angling | Puck Protection | Toe Drag Into Pass Toe Drag Into Fake Pass | One Timer Roof It |
| | February | | Toe Drags Triangles U Drags All In Motion | Double Shoulder Into Over/Under | One Timer Deflections And Rebounds |