

SEASON PROGRESSION

	Starting	Skating	Stopping	Passing	
September	T Push Start	T Glide Standing Crossovers Weave Around Cones Bkws C Cuts	Snow Plough	Forehand Stationary	
October	T Push Open Body	Tight Turns 360'S Glide On One Foot C Cuts -Alternate Legs Bkws C Cuts	T Stop Hockey Stop	Backhand Stationary	
November	Open Body Side Crossover	C Cuts -Alternate Legs Bkws C Cuts Slalom Skiing Russian Knees Bkws With Puck	T Stop Hockey Stop	Forehand Stationary Backhand Stationary	
December	Open Body Side Crossover On Two Knees	Jump Over Stick Superman Dive Superman Roll Slalom Skiing Bkws C Cuts Alternate Bkws -Glide One Foot	Hockey Stop	Forehand Stationary Backhand Stationary Forehand To A Moving Target	
January	Open Body Side Crossover On Back	Reverse C Cuts Swing Let Across Slalom Skiing Glide And Squat On Two Skates Bkws -Squat Low, Jump	Hockey Stop	Forehand To A Moving Target	
February	Open Body Side Crossover Bkws - Cross- over Start	High Knee Lifts Harry Potter -Ride The Stick Superman Dive, Roll	Hockey Stop	Forehand, Backhand	

		Stickhandling	Moves	Shooting
	September	Stationary On Forehand Side Wide		Forehand Sweep Shot
	October	In Front Of Body Wide In Motion 360'S Around Cones		Forehand Sweep Shot Backhand Sweep Shot
	November	While Skating Bkws Use Feet, Kick Puck To Skate	Shoulder Fake	Forehand Sweep Shot Backhand Sweep Shot
	December	Toe Drag	Shoulder Fake	Wrist Shot
	January	Toe Drag Triangle Attack	Shoulder Fake	Wrist Shot
	February	Toe Drag Triangle Attack Backhand Pull	Shoulder Fake Double Shoulder Fake	Wrist Shot