



HOCKEY CURRICULUM

2018/2019



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*** Basic Power and Edge Concepts:**

- **Accuracy:** The correct start, steps and turns.
- **Edge quality:** Initiated through proper body alignment over the skating foot, creating a stable arc that travels uninterrupted until a required transition takes place. Depth of edge refers to the acuteness of the arc and is created by the lean of the body and the angle of the blade when it takes the ice. Good edge quality results in a confident, sure and controlled movement.
- **Extension:** The general carriage should be erect, characterized by an extended bodyline. The angle of the head follows naturally from the line of the back. The skater's hands/stick should follow the line of the movement being executed.
- **Quickness:** Refers to foot speed. It is precise, rapid and crisp execution of turns, changes of edge and transitions. Quickness does not refer to the overall pace at which the move is skated, although in some moves the foot speed will result in a brisk and continuous cadence.
- **Power:** The creation and maintenance of speed and flow without visible effort. It is developed by a continuous rise and fall of the skating knee together with the pressure of the edge of the blade against the ice. (The skater should demonstrate the ability to exert equal pressure against the surface of the ice on both the right and left foot.) End products of power are (1) velocity, speed or pace; (2) flow across the ice; and (3) acceleration.
- **Continuous flow:** The skater's ability to maintain a consistent and undisturbed running edge across the ice. Flow does not necessarily relate to the speed at which the skater is traveling as it is sometimes best recognized as the skater starts to slow.
- **Posture/carriage:** The proper alignment of the hips, back, arms and shoulders, and head over the skate.
- **Bilateral movement:** The ability to execute movements on both sides of the body, clockwise and counterclockwise, forward and backward.
- **Strength:** The creation and maintenance of balance and flow developed by a continuous rise and fall of the skating knee together with the pressure of the edge of the blade against the ice. (The skater should demonstrate the ability to exert equal pressure against the ice with both the right and left foot.)

TIME	WARM UP			Check List	Check List	Check List
10-15 Minutes	4 Lines/Full Ice					
	90 DEG DIPS	Slaloms FWD/BKWD	BKWD Inside Edge Hops	<input type="checkbox"/> Dips	<input type="checkbox"/> Slaloms	<input type="checkbox"/> Hops
	90 DEG DIPS, One Leg, Right and Left	Slaloms 1-2-3/Power Pulls FWD/BKWD	FWD Outside Edge Hops	<input type="checkbox"/> Right <input type="checkbox"/> Left	<input type="checkbox"/> FWD <input type="checkbox"/> BKWD	<input type="checkbox"/> Hops
	Extended C-Cuts FWD/BKWD	FWD/BKWD Cross Strokes	Cross Strokes Hops	<input type="checkbox"/> FWD <input type="checkbox"/> BKWD	<input type="checkbox"/> FWD <input type="checkbox"/> BKWD	<input type="checkbox"/> Hops
	Swizzles FWD/BKWD	Outside Edge Slides	Swizzles Hops FWD/BKWD	<input type="checkbox"/> FWD <input type="checkbox"/> BKWD	<input type="checkbox"/> Right <input type="checkbox"/> Left	<input type="checkbox"/> FWD <input type="checkbox"/> BKWD

NOTES:

Scope:	Stops and Starts	Check List	3-Turns	Check List
Sequence:				
	Hockey Stops Right/Left	<input type="checkbox"/> <input type="checkbox"/>	3 Turns on Circle FWD/BKWD Outside/Inside Right/Left	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	T-Stops Right/Left	<input type="checkbox"/> <input type="checkbox"/>	Alternating 3 Turns along continuous axis Outside/Inside	<input type="checkbox"/> <input type="checkbox"/>
	Backwards Stops Two Feet	<input type="checkbox"/>	FWD Figure 8 Outside/Inside	<input type="checkbox"/> <input type="checkbox"/>
	Backward Stops One Foot Right/Left	<input type="checkbox"/> <input type="checkbox"/>	Outside and Inside 3's on Figure 8 Right/Left	<input type="checkbox"/> <input type="checkbox"/>
	One Foot Outside Edge Stops Right/Left	<input type="checkbox"/> <input type="checkbox"/>	Double 3-Turns Outside/Inside Right/Left	<input type="checkbox"/> <input type="checkbox"/>
	Under-Speed and Over-Speed	<input type="checkbox"/>	Under-Speed and Over-Speed	<input type="checkbox"/>

NOTES:

Scope:	Outside Edges/Outside Power Turns/Mohawks	Check List	Crossovers	Check List
Sequence:				
	Alternating forward outside edges	<input type="checkbox"/>	½ Swizzles on circles CW/CC FWD/BKWD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Alternating backwards outside edges	<input type="checkbox"/>	Outside Edges on circles Right/Left FWD/BKWD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	FWD Outside Mohawks around cones Right/Left	<input type="checkbox"/> <input type="checkbox"/>	Inside Edges on circles Right/Left FWD/BKWD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	FWD Outside Mohawk to back crossovers (full circle) progress to next cone. Right/Left-Left/Right	<input type="checkbox"/> <input type="checkbox"/>	Figure 8 Crossover Pattern FWD/BKWD	<input type="checkbox"/> <input type="checkbox"/>
	Power turns around cones Right/Left	<input type="checkbox"/> <input type="checkbox"/>	Russian Circles FWD/BKWD	<input type="checkbox"/> <input type="checkbox"/>
	Under-speed and Over-Speed	<input type="checkbox"/>	Under-speed and Over-Speed	<input type="checkbox"/> <input type="checkbox"/>

NOTES:

Scope:	Advanced Edge Drills	Check List	Forward Strides	Check List
Sequence:				
	Diminishing FWD edge into 3 turn-Outside Right/Left	<input type="checkbox"/> <input type="checkbox"/>	Extended C-Cuts/Recover to two foot glide on flats Right/Left	<input type="checkbox"/> <input type="checkbox"/>
	Diminishing FWD edge into 3 turn-Inside Right/Left	<input type="checkbox"/> <input type="checkbox"/>	Alternating Lunges FWD	<input type="checkbox"/>
	BKWD cross in fronts	<input type="checkbox"/>	V-Start, Push through to toe/max out edge on each push Right/Left	<input type="checkbox"/> <input type="checkbox"/>
	Diminishing BKWD edge into 3 turn-Outside Right/Left	<input type="checkbox"/> <input type="checkbox"/>	V-Diamond/Arm Swing Right/Left	<input type="checkbox"/> <input type="checkbox"/>
	Diminishing BKWD edge into 3 turn-Inside Right/Left	<input type="checkbox"/> <input type="checkbox"/>	Stationary extension exercise/pucks Right/Left	<input type="checkbox"/> <input type="checkbox"/>
	Slaloms, FWD/BKWD	<input type="checkbox"/> <input type="checkbox"/>	Balance in recovery position Heel Clicks Right/Left	<input type="checkbox"/> <input type="checkbox"/>
	Power Pulls FWD/BKWD Ski 1,2,3 Power Pulls 1,2,3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Stride Toe glide- pull in Right/Left	<input type="checkbox"/> <input type="checkbox"/>
	Under-speed and Over-Speed	<input type="checkbox"/>	Under-Speed and Over-Speed	<input type="checkbox"/>

NOTES:

Scope:	Inside Edges and Mohawks/Pivoting	Check List	Backward Strides	Check List
Sequence:		Sequence:		
	Deep FWD inside edges One push on axis Right/Left	<input type="checkbox"/> <input type="checkbox"/>	Extended C-Cuts/Recover to two foot glide on flats Right/Left	<input type="checkbox"/> <input type="checkbox"/>
	Deep FWD inside edges glove on ice Right/Left	<input type="checkbox"/> <input type="checkbox"/>	BKWD Crossover, Step to the Side, Alternating	<input type="checkbox"/>
	Deep BKWD inside edges One push on axis Right/Left	<input type="checkbox"/> <input type="checkbox"/>	Transfer-Transfer BKWD on big circle CW/CCW	<input type="checkbox"/> <input type="checkbox"/>
	1-2-3 Mohawk transition, teach mohawks on circle. Right/Left	<input type="checkbox"/> <input type="checkbox"/>	1- BKWD Crossover, C-Cut, C-Cut, Stop CW, CCW	<input type="checkbox"/> <input type="checkbox"/>
	Alternating on lobes 1-2-3 Mohawk, Left/Right/Left Right/Left/Right (all inside edges)	<input type="checkbox"/> <input type="checkbox"/>	Stationary extension exercise/pucks Right/Left	<input type="checkbox"/> <input type="checkbox"/>
	Power Mohawk step, Mohawk, back inside edge push Step FWD on inside edge CW and CCW	<input type="checkbox"/> <input type="checkbox"/>	Balance in recovery position Right/Left	<input type="checkbox"/> <input type="checkbox"/>
	FWD 7-Step Mohawk sequence Right/Left	<input type="checkbox"/> <input type="checkbox"/>	Stride Toe glide- pull in Right/Left	<input type="checkbox"/> <input type="checkbox"/>
	Under-Speed and Over-Speed	<input type="checkbox"/>	Under-Speed and Over-Speed	<input type="checkbox"/>

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