



INTRO TO HOCKEY

AGES
3+

Registration Open Now!

- 6 week session
- Jersey included
- Progressive 3 level program
- Tailored to improve athletic growth and hockey skill development
- Basic hockey equipment required (helmet, skates and stick)

Get ready for fun-filled sessions with exciting games and activities to boost your hockey skills!

For more information or to register visit:
nscsports.org/introhockey



National
SPORTS CENTER

Which level is right for you?



INTRO TO HOCKEY 1

Intended for first time hockey players who have done some skating in the past

- **Athletic Development:** Stand up, Fall, March, Glide, Dip, Snowplow Stop, Forward Swizzles, Glide Turns
- **Puck Skills Development:** Proper stick placement, stationary puck handling



INTRO TO HOCKEY 2

Intended for players with little experience in hockey (Intro I prerequisite or ability to skate width of the ice without problems)

- **Athletic Development:** Forward Swizzles, Forward Hockey Shuffle, Forward Slalom, 1 Foot Glide, Snowplow Stop (both feet), Forward C Cuts, Forward Scooter Pushes, Forward Crossovers, Forward Stride
- **Puck Skills Development:** Stationary Puck Handling, Open Ice Carry, Forehand Sweep Pass, Receiving a Pass, Forehand Sweep Shot



INTRO TO HOCKEY 3

Intended for players who have some general experience in hockey (Intro I or II prerequisite or forward skating with proficiency)

- **Athletic Development:** Backward Swizzles, Backward Hockey Shuffle, Backward Slalom, Backward 1-foot Glide, Hockey Stop, Backward C Cuts, Backward Alternating C Cuts, Power Turn
- **Puck Skills Development:** Backhand Sweep Pass, Receiving a Backhand Sweep Pass, Open Ice Carry in a Circle, Backhand Sweep Shot

For questions contact our Intro to Hockey Director
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