

LEE VALLEY LIONS JIHC

LEARN TO PLAY PROGRAMME – LEVEL 2 – ASSESSMENT CRITERIA

1. Lateral Movement

- Completely cross front foot over back foot (both directions)
- Shoulders front facing
- Weight on front half of skates

2. Front Start

- Create a “V” with feet and leaning forward
- Skates open 70-80 degrees on initial strides
- Partial leg extension for first 5-6 strides (running action)
- Skates low to ice to allow quick recovery
- Full stride after 6 strides

3. Two-Foot Stop

- Using both blades (inside edge of front skate and outside edge of rear skate)
- Body turns 90 degrees to direction of travel

4. Crossover Pumping

- Make a complete crossover of outside skate over inside skate
- Achieving full extension of both legs while completing the strides

5. Backward “V” Stop

- Feet shoulder width apart
- Toes out, heels in and knees bent to begin stop
- Body leans forward as player digs in with inside edges
- Player is in hockey stance when stop is completed

6. Forward to Backward Pivot

- Player turns 180 degrees to both left and right

7. Backward to Forward Pivot

- Player turns 180 degrees to both left and right

8. Tight Turn

- Player leans into turn
- Using outside edge of lead foot and inside edge of follow foot
- Weight on back half of blade – cutting into ice

9. Use of Feet to Control Puck

- Using inside edges (not toes) to control puck across ice

10. Lead Pass to Moving Target

- Make an accurate leading pass to a moving player from 4m

11. Forehand and Backhand Sweep Shot

- Using correct grip
- Bringing puck beyond plane of body
- Transferring Weight
- Wrists rolled on release

12. General Requirements

- Attendance of + 75%
- Punctual to most sessions
- Has all correct equipment
- Can listen, show respect and follow coaches instruction