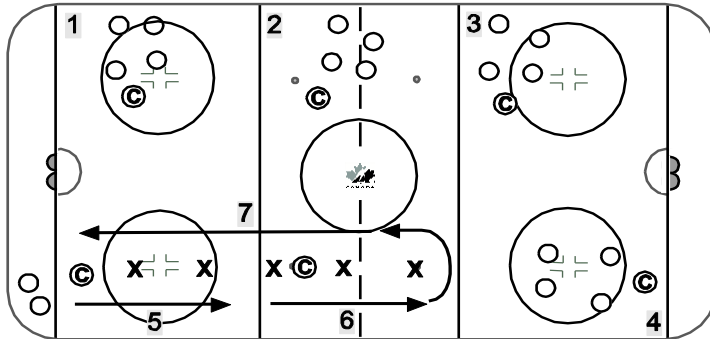


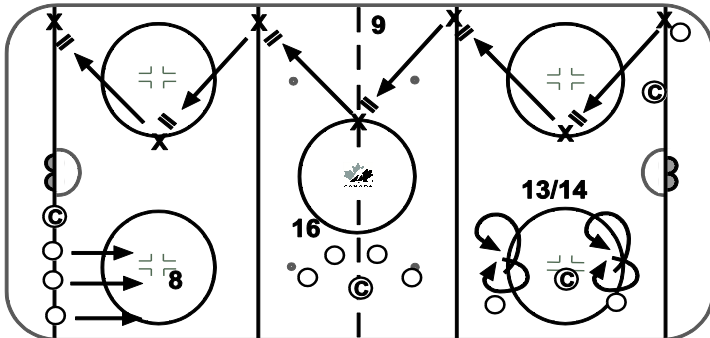
HOCKEY CANADA

Initiation Skills Evaluation Phase 1

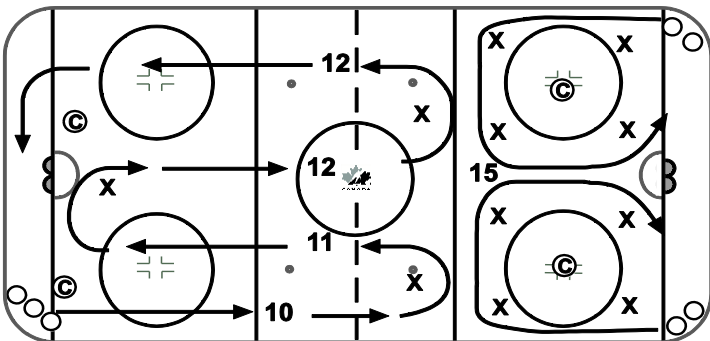
Drills



1. Basic stance
2. Getting up from the ice
3. Balance on one foot
4. Jumping - one foot
5. Gliding on two skates
6. Gliding on one skate - forward
7. Lateral crossovers - step and plant



8. T-start
9. One o'clock - eleven o'clock stops
13. Figure 8's - forward - inside edge
14. Figure 8's - forward - outside edge



10. C-cuts - alternating
11. C-cuts - both feet
12. Forward striding
15. Glide turns