



CanSkate

Revised  
July 12th, 2023

# HOCKEY SKILLS INFORMATION PACKAGE

## WHAT IS THE LEARN TO SKATE HOCKEY PROGRAM?

Our Learn to Skate for Hockey program is for skaters who have completed Stage 4 of the CanSkate Program or who are recommended by a coach. Skaters will complete their CanSkate badges with an emphasis on skills that are important for hockey players. Skaters will focus on forward and backward skills, edges, turning, stopping, crossovers and increasing their stride.

### Program Objectives:

- To provide participants and families with a safe, welcoming and inclusive first experience to the sport of skating.
- To develop skating and motor skills through natural learning phases (introduction, acquisition, retention/mastery).
- To use skill progression and repetition throughout the stages to introduce physical literacy and establish quality basic skating skills.
- To foster personal achievements and satisfaction through skill acquisition, reward and recognition.
- To evoke an interest in life-long participation in skating.

## Who teaches the program?

The Learn to Skate for Hockey program is taught by Professional Coaches who are assisted by trained Program Assistants (older club skaters).





## WHERE AND WHEN DOES IT RUN?

Learn To Skate Hockey sessions are 55 minutes long and offered at one of 2 locations-

- Campus Ice Centre
- Delpark Homes Centre.

**PLEASE be sure to check the current schedule to see the location.**

To ensure a skater's success within the CANSKATE/Hockey Skills program, we recommend a minimum commitment of 1 day depending on level. More days will yield better progress, depending on your skater's goals.

**PLEASE be aware the more you skate in CanSkate the better your muscle memory and the easier it will be to hit achievements. We DO NOT recommend more than 2 sessions a week at this stage, to allow muscle growth.**

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## WHAT DO I WEAR?

We recommend that Learn to Skate Hockey Skaters dress warmly and in layers.

- Coats or thick sweaters and warm pants covered with splash pants will protect clothing. Please note we use permanent markers to draw our circuits on the ice.
- Skaters ARE allowed to wear their hockey gear if desired. NO STICK!
- Mittens or gloves are required, thicker mittens are also recommended
- CSA Hockey Helmets are mandatory, until passed Stage 5
- Leather/material skates, hockey are required. Just ensure they tie up for better flexibility, comfort, and support.

As skaters progress through the badge levels they may require fewer layers of clothing.

## WHERE DO I GET SUPPLIES, EQUIPMENT?

We have an OSC Boutique that sells new and used items, in a partnership with the Figure Skating Boutique. Our volunteer run boutique is the Club's single largest fundraiser. Other places are sports stores.

The boutique also accepts items on consignment.

If you need something, want to sell something, and want to help the Club in the process please email [simalice@bell.net](mailto:simalice@bell.net).

## How Does a Typical Session Run?

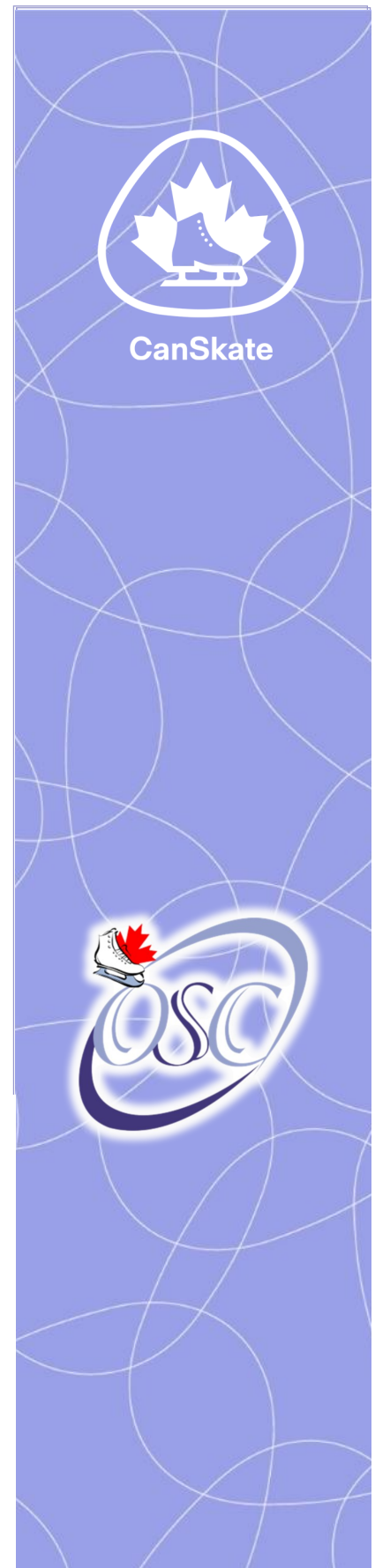
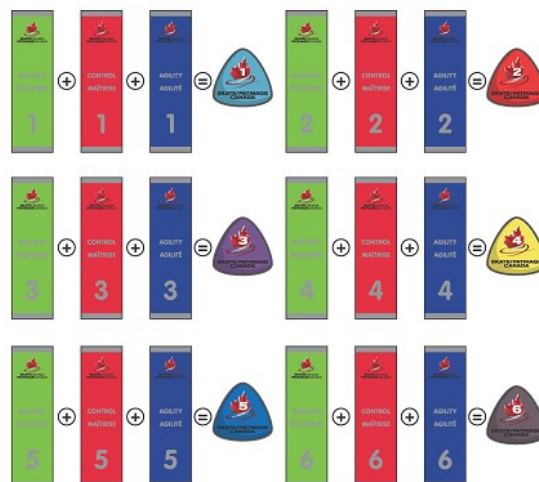
- When you first arrive at the arena, please check in at the 'Welcome Table'. There you will find your skater's name tag, indicating which group your child is in.
- Proceed to one of the designated dressing rooms to put on skates and helmet.
- All skaters then group together at the entrance door to the ice surface. Here a Program Assistant will run them through a 5 minute off ice warm up.
- Once completed, Skaters will be greeted at the ice surface door by one of our Program Coaches and assisted onto the ice where they will follow a Coordinator, coaches, and Program Assistants in a warm up around the rink.
- At this time parents can watch from the arena seating or the lobby area. No parents will be permitted in the players/penalty boxes. These are our emergency routes, they also give off ice volunteers room to assist on ice coaches if necessary.
- After warm up, skaters will break up into their coloured groups. The grouping of skaters is based on lots of factors, remember our program is geared to each skater in the group, so the differences in skill will not affect your skater's progress.
- Skaters will spend their lesson rotating through different stations on the ice to work with different coaches on different skills. The skaters are taught, and then spend time practicing and reviewing their skills in circuits. There is also a 'Fast Track' around the perimeter of the ice where skaters work on their speed.
- The program concludes with a group activity and cool down.
- At the completion of the 50-minute on ice portion of the program, skaters will be brought back to the same door they entered the ice to meet their parents.
- Once skaters have their skates off, they must return their name tag to the 'Welcome Table' where they will receive their incentive for a great effort at skating!

## How are ribbons and badges earned?

The Learn to Skate Hockey program continues with the CanSkate curriculum is organized into six progressive stages of learning. Each stage is broken down into three *Fundamental Areas*:

- **Balance:** Concentrating on forward skills, pushing technique, and edges
- **Control:** Concentrating on backwards skills, stopping and speed elements
- **Agility:** Concentrating on turning and jumping skills

To pass a stage, skaters must achieve all *Fundamental Area* ribbons (Balance, Control and Agility) from the corresponding stage which will earn them a completion badge. The skill requirements for each *Fundamental Area* are indicated on a **report card** that each skater will receive at the end of a session.





## ASSESSMENTS OVERVIEW

	Stage 1	Stage 2	Stage 3
<b>Balance</b>	<ul style="list-style-type: none"> <li>Fall down &amp; get up</li> </ul>	<ul style="list-style-type: none"> <li>Fwd 2-ft sculling</li> </ul>	<ul style="list-style-type: none"> <li>Fwd stationary blade push</li> </ul>
	<ul style="list-style-type: none"> <li>Fwd push/glide sequence</li> </ul>	<ul style="list-style-type: none"> <li>Fwd 2-ft to 1-ft glide</li> </ul>	<ul style="list-style-type: none"> <li>Fwd 2-ft slalom</li> </ul>
	<ul style="list-style-type: none"> <li>Fwd 2-ft glide</li> </ul>	<ul style="list-style-type: none"> <li>Fwd push/glide sequence</li> <li>Fwd 1-ft glide with speed</li> </ul>	<ul style="list-style-type: none"> <li>Fwd circle thrusts</li> </ul>
			<ul style="list-style-type: none"> <li>Walking crosscuts</li> <li>Fwd 2-ft to 1-ft curve glide</li> </ul>
<b>Control</b>	<ul style="list-style-type: none"> <li>Snow slide steps</li> </ul>	<ul style="list-style-type: none"> <li>Fwd stop</li> </ul>	<ul style="list-style-type: none"> <li>Fwd stop with speed</li> </ul>
	<ul style="list-style-type: none"> <li>Bwd 2-ft skating/walking</li> </ul>	<ul style="list-style-type: none"> <li>Bwd 2-ft sit glide</li> </ul>	<ul style="list-style-type: none"> <li>Bwd 2-ft sculling</li> </ul>
	<ul style="list-style-type: none"> <li>Bwd 2-ft glide</li> </ul>	<ul style="list-style-type: none"> <li>Bwd 2-ft to 1-ft glide</li> <li>Bwd push/glide sequence</li> </ul>	<ul style="list-style-type: none"> <li>Bwd 2-ft to 1-ft glide</li> <li>Bwd push/glide sequence</li> </ul>
			<ul style="list-style-type: none"> <li>Bwd 1-ft glide</li> </ul>
<b>Agility</b>	<ul style="list-style-type: none"> <li>2-ft turn</li> </ul>	<ul style="list-style-type: none"> <li>Fwd 2-ft turn</li> </ul>	<ul style="list-style-type: none"> <li>Fwd 2-ft quick turn</li> </ul>
	<ul style="list-style-type: none"> <li>2-ft jump</li> </ul>	<ul style="list-style-type: none"> <li>Bwd 2-ft turn</li> </ul>	<ul style="list-style-type: none"> <li>Bwd 2-ft quick turn</li> </ul>
	<ul style="list-style-type: none"> <li>Fwd skating perimeter of ice</li> </ul>	<ul style="list-style-type: none"> <li>Fwd 180° glide turn</li> <li>Fwd 2-ft jump</li> </ul>	<ul style="list-style-type: none"> <li>Fwd 360° step turn</li> <li>Bwd 2-ft jump</li> </ul>
			<ul style="list-style-type: none"> <li>Fast fwd perimeter skating</li> </ul>



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	Stage 4	Stage 5	Stage 6
<b>Balance</b>	• Fwd crosscuts	• Fwd crosscuts Figure-8	• Fwd power crosscuts
	• Fwd Inside slalom	• Forward Inside edges	• Fwd perimeter skating with crosscuts
	• Fwd Outside slalom	• Fwd push/glide sequence	• Forward Outside edges
	• Fwd drag	• Fwd perimeter skating with jumps	• Fwd 1-ft slalom
	• Fwd spiral	• Inside spread eagle	• Fwd shoot the duck
	• Drop-down drill	• Fwd 1-ft slalom	• Fwd perimeter skating with side stops
	• Fwd "v" start	• Running lateral crossovers	• Fwd spiral on a curve • Fwd "crossover" acceleration
<b>Control</b>	• Bwd stop	• Fwd 2-ft side stop	• Fwd 1-ft side stop
	• Bwd circle thrusts	• Bwd stop with speed	• Fwd 2-ft side stop with speed
	• Bwd 2-ft slalom	• Bwd crosscuts	• Bwd outside Slalom
	• Bwd 1-ft glide with speed	• Bwd Inside slalom	• Bwd crosscuts figure-8
	• Fwd 1-ft glide from blue line to blue line	• Bwd push/glide sequence	• Bwd perimeter skating with crosscuts
	• Speed drill #1	• Bwd spiral • Speed drill #2	• Bwd 1-ft slalom • Bwd 1-ft spin • Speed drill #3
<b>Agility</b>	• Fwd 1-ft turn	• Fwd 1-ft turn	• Fwd 180° stepturn (FI mohawk)
	• Bwd 360° stepturn	• Fwd 360° glide turn	• Bwd 180° stepturn (BO or BI mohawk)
	• Fwd to bwd 2-ft jump	• Fwd to bwd 1-ft jump	• 2-ft multi turns
	• Bwd to fwd 2-ft jump	• Fwd power jump	• Rotating power jump
	• 2-ft spin	• 1-ft spin	• Bwd toe-assisted jump
	• 2-ft sit spin	• Alternating foot spin • Fwd tight glide turns	• Bwd 360° 2-ft jump • Fwd 1-ft spin with spiraling edge • Fwd 2-ft reverse pivot jump



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OSHAWA SKATING CLUB

For Questions about-

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## How long does it take to complete the Learn To Skate Hockey program?

Every skater is different and all skaters progress at different rates. It often depends on the age of the skater, and readiness to participate in the program.

### Questions?

If you have any questions during the program, please visit the Welcome Table and they will answer your question or refer to you someone who can! The Program Coordinators will be available before or after lessons to answer questions as well, or you can send them an e-mail at [programs@oshawaskating.com](mailto:programs@oshawaskating.com).

### Tips for success:

- Ensure your skater is dressed warmly in layers.
- Ensure that skates are of a good quality and blades sharpened periodically.
- Consider skating more than once a week – the more a skill is practiced, the faster it can be achieved.
- Remind your skater that you will be sitting in the arena seating to cheer them on!

## REMEMBER TO HAVE FUN!!