



# LEARN TO SKATE EVALUATION

PLAYERS NAME:	COMMENTS:
DATE:	
AGE:	
ASSOCIATION:	
COACH:	

REPEAT L2S1       ADVANCE TO L2S2       ADVANCE TO HOCKEY PROGRAM

LEARN TO SKATE CURRICULUM 1		✓ = PASSED X = NEEDS IMPROVEMENT
A.	GETTING UP	
B.	BASIC STANCE	
C.	BALANCE – REACH UP, TOUCH TOES	
D.	MARCH WITH 2 FOOT GLIDE	
E.	BALANCE – DIP & 2 FOOT GLIDE	
F.	SWIZZLES FORWARD - INSIDE EDGES	
G.	T-PUSH WITH 2 FOOT GLIDE	
H.	SNOW PLOW STOP – 1 FOOT L/R	
I.	SCOOTING – L/R	
J.	FORWARD STRIDE / ALTERNATE FEET	
LEARN TO SKATE CURRICULUM 2		✓ = PASSED X = NEEDS IMPROVEMENT
K.	BACKWARD STANCE	
L.	BACKWARD GLIDING	
M.	FORWARD C-CUTS	
N.	FORWARD STRIDE /SKATING	
O.	BACKWARD C-CUTS	
P.	SNOW PLOW STOP – 2 FOOT	
Q.	GLIDE TURN - 2 FEET	
R.	PUCK HANDLING – PROPER GRIP	
S.	SWEEP PASS	
T.	SWEEP SHOT	