# Las Vegas Ice Center

# Learn To Play Hockey 1 2 3

**www.lasvegasice.com**

Dear Skaters and Parents,

Thank you for participating in the **"Hockey 1,2,3"** program at Las Vegas Ice Center.
**"Hockey 1,2,3"** is all year round introductory hockey program for skaters (ages 4-14) designed to teach the fundamentals of skating and puck control related to the exciting game of ice hockey.
Upon successful completion of all levels, skater will be prepared to participate in the youth **"In-House"** level leagues at Las Vegas Ice Center. Classes are **8 week sessions** (except if specified). Each class will consist of thirty minutes of instruction followed by fifteen minutes of open ice to practice skills learned during each class.
It is highly recommended that students continue practicing these skills during "Public Skating" sessions throughout the week in order to promote a quick progression through the program. All Players will be evaluated at the end of each 8 week session in preparation for the higher level.
Our goal is to provide excellent and enjoyable instruction in a safe environment.
Skates, helmets with cages, hockey gloves are required for Hockey 1A and Hockey 1B.
Full Equipment is required for Hockey 2 and Hockey 3 levels.

- Class time: **THURSDAY'S 5:30-6:15 PM**
- Cost: **$ 120.00 for 8 classes**

The Las Vegas Ice Center will provide skates for classes if necessary at no charge. Beginning Hockey Equipment can be purchased at the Las Vegas Ice Center Pro-Shop.
Skaters with NO previous ice skating experience are encouraged to start in the "**Learn to Skate"** program prior to these classes.

***"It's a Great day for Hockey"***

Listed below are the specific skills which skater will demonstrate the ability to perform before progressing to each next level.

- Required maneuvers (**in bold**) are used for evaluation at the end of each 8 week session.

| **Hockey 1A** – *Helmet & Gloves Required* |
|---|
| Lay on ice and stand up |
| Hockey ready position |
| March across ice |
| Two foot glide |
| Forward C-cuts |
| • **Snow plow stop** |
| • **One foot glide (5 seconds on each foot)** |
| • **Forward swizzles** |
| • **Backward swizzles** |

| **Hockey 1B** – *Helmet & Gloves Required* |
|---|
| Backward V stop |
| Backward C-cuts straight line |
| Tight turns R & L |
| • **Forward crossovers R & L** |
| • **Backward C-cuts around circle** |
| • **Hockey stop R & L** |
| • **Forward stride** |

Listed below are the specific skills which skater will demonstrate the ability to perform before progressing to each next level.

- Required maneuvers (**in bold**) are used for evaluation at the end of each 8 week session.

| **Hockey 2** – *Full Gear Required* |
|---|
| • **Backward crossovers R & L** |
| • **Backward stride** |
| • **Forward crossovers with puck R & L** |
| • **Open ice puck carry: 2 hand & 1 hand** |
| Pivots: front to back & back to front |
| Tight turns with puck R & L |
| Hockey stop with puck R & L |

| **Hockey 3** – *Full Gear Required* |
|---|
| • **Passing & Receiving: forehand and backhand** |
| • **Passing & Receiving while skating forward** |
| • **Puck Handling: narrow, wide, lateral** |
| Shooting: Backhand shot |
| Shooting: Wrist shot |

For additional information, please contact
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