

Level 1 Skills Test Protocol--Earn a Stick

Click on each test to see a video clip of that particular skill.

[1. Drop to knees & stand up](#)

[2. Standing knee bends x 3—more than 90°](#)

[3. Controlled step-overs—one step over and back to left & right](#)

[4. Forward skate—from one side to other side](#)

[5. 2-Foot Glide—across face-off circle](#)

[6. Glide on 1 foot around \$\frac{1}{4}\$ of faceoff circle on inside edge—left & right](#)

[7. Forward hockey stop to left & right](#)

[8. Forward alternating \$\frac{1}{2}\$ lemons \(C-cuts\) across ice, from standing start,](#)

both skates must remain on the ice

[9. Backward alternating \$\frac{1}{2}\$ lemons \(C-cuts\) across ice, standing start,](#)

both skates must remain on the ice

[10. Backward stop—V-stop or T-stop](#)