SKATE AUSTRALIA

PLAYERS HANDBOOK

ILHA
inline hockey

Welcome to the Skate Australia's **Mighty Pucks Learn-to-Play Inline Hockey Program**. The Mighty Pucks Program is part of the overall Skate Australia Inline Hockey Development system which provides beginner players the opportunity to develop inline hockey skills and compete in a team sport environment.

The objective of the Skate Australia Inline Hockey Development Program is:

"To promote, organize and develop inline hockey programs and events for youth and adults within Australia."

This will be accomplished by:

- Including both the development of the maximum opportunity for participation in recreational inline hockey and the development of representative teams with a high level of competency.

- Developing good character among players and other members, by promoting and teaching the importance of the values of physical competition, activity, good sportsmanship and respect.

- Enhancing the positive value of the programs by providing leadership and initiatives to develop players, coaches, officials, administrators and local volunteers.

The plan will be to educate the members and the public about inline hockey in Australia by way creating quality programming, word of mouth and the use of the Skate Australia website.

Skate Australia will work cooperatively with the State bodies and clubs to help develop and educate coaches and officials and opportunities for players to play inline hockey at both competitive and in house league levels.

The following pages are the skills that the players will learn during the lessons. Once a player has achieved the skill the coach will check those skills off as complete. There is no pressure for the player to master skills the first week. The program is designed the re-teach skills week after week. Constant evaluation will be done and as time passes the player will master the required skills.

At the end of the each 10 week program every player will receive a certificate that will state the level of competency that they have achieved.

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BRONZE LEVEL – Lesson 1		
Skill	**Date Achieved**	**Comments**
Balance		
Proper Stance		
Getting up from the surface		
Coaches Signature & NOAS		

BRONZE LEVEL – Lesson 2		
Skill	**Date Achieved**	**Comments**
T-Push		
Gliding on 2 Skates		
Gliding on 1 Skate		
Coaches Signature & NOAS		

BRONZE LEVEL – Lesson 3		
Skill	**Date Achieved**	**Comments**
Glide Turns		
Scooting		
Coaches Signature & NOAS		

BRONZE LEVEL – Lesson 4		
Skill	**Date Achieved**	**Comments**
Moving Sideways		
Striding Forward		
Coaches Signature & NOAS		

BRONZE LEVEL – Lesson 5		
Skill	**Date Achieved**	**Comments**
Backward Balance		
Backward Glide		
Coaches Signature & NOAS		

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BRONZE LEVEL – Lesson 6		
Skill	**Date Achieved**	**Comments**
Backward C cut		
Backward V Stop		
Coaches Signature & NOAS		

BRONZE LEVEL – Lesson 7		
Skill	**Date Achieved**	**Comments**
Squatting		
Stationary Jumping		
Backwards Skating		
Coaches Signature & NOAS		

BRONZE LEVEL – Lesson 8		
Skill	**Date Achieved**	**Comments**
Puck Handling Stance		
Stationary Puck Handling		
Puck handling while moving		
Coaches Signature & NOAS		

BRONZE LEVEL – Lesson 9		
Skill	**Date Achieved**	**Comments**
Carrying the Puck		
Weaving with the puck		
Starting with the puck		
Coaches Signature & NOAS		

BRONZE LEVEL – Lesson 10		
Skill	**Date Achieved**	**Comments**
Balance and Agility		
Basic Puck Handling		
Basic Skating		
Coaches Signature & NOAS		

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SILVER LEVEL – Lesson 1		
Skill	**Date Achieved**	**Comments**
Balance & Agility		
Forward/Backward Skating		
Puckhandling		
Coaches Signature & NOAS		

SILVER LEVEL – Lesson 2		
Skill	**Date Achieved**	**Comments**
Forehand Sweep Pass		
Receiving a Pass		
Coaches Signature & NOAS		

SILVER LEVEL – Lesson 3		
Skill	**Date Achieved**	**Comments**
Backhand Sweep Pass		
Receiving Pass Backhand		
Coaches Signature & NOAS		

SILVER LEVEL – Lesson 4		
Skill	**Date Achieved**	**Comments**
Skating & Passing		
Forehand Sweep Pass		
Coaches Signature & NOAS		

SILVER LEVEL – Lesson 5		
Skill	**Date Achieved**	**Comments**
Backhand Sweep Shot		
Backhand Sweep Pass-Receiving		
Forehand Sweep Shot		
Coaches Signature & NOAS		

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SILVER LEVEL – Lesson 6		
Skill	**Date Achieved**	**Comments**
Scooting the Circles		
Gliding on Circle		
Coaches Signature & NOAS		

SILVER LEVEL – Lesson 7		
Skill	**Date Achieved**	**Comments**
Push & Glide		
Sideways Movements		
Glide Turns with Puck		
Coaches Signature & NOAS		

SILVER LEVEL – Lesson 8		
Skill	**Date Achieved**	**Comments**
Front Start		
Edge Control		
Coaches Signature & NOAS		

SILVER LEVEL – Lesson 9		
Skill	**Date Achieved**	**Comments**
Stationary Puck handling		
Puck handling Stance		
Coaches Signature & NOAS		

SILVER LEVEL – Lesson 10		
Skill	**Date Achieved**	**Comments**
Cross Over Pumping		
Two Foot Stop		
Coaches Signature & NOAS		

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GOLD LEVEL – Lesson 1		
Skill	**Date Achieved**	**Comments**
Backward Stance		
Backward C Cut		
Reversing Directions/Transitions		
Coaches Signature & NOAS		

GOLD LEVEL – Lesson 2		
Skill	**Date Achieved**	**Comments**
Backward Gliding on one Foot		
Backward One foot stop and reverse direction		
Coaches Signature & NOAS		

GOLD LEVEL – Lesson 3		
Skill	**Date Achieved**	**Comments**
Pivot (Bwd to Fwd)		
Pivot (Fwd to Bwd)		
Coaches Signature & NOAS		

GOLD LEVEL – Lesson 4		
Skill	**Date Achieved**	**Comments**
Tight Hockey Turns		
Coaches Signature & NOAS		

GOLD LEVEL – Lesson 5		
Skill	**Date Achieved**	**Comments**
Weaving the Puck		
Open Surface Carry		
Coaches Signature & NOAS		

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GOLD LEVEL – Lesson 6		
Skill	**Date Achieved**	**Comments**
Puck Control with Feet		
Puck handling Combo		
Coaches Signature & NOAS		

GOLD LEVEL – Lesson 7		
Skill	**Date Achieved**	**Comments**
Stopping the Puck		
Forehand Sweep Pass		
Pass Receiving on Forehand		
Backhand Sweep Pass		
Backhand Pass Receiving		
Coaches Signature & NOAS		

GOLD LEVEL – Lesson 8		
Skill	**Date Achieved**	**Comments**
Bank Pass		
Open Surface Carry		
Coaches Signature & NOAS		

GOLD LEVEL – Lesson 9		
Skill	**Date Achieved**	**Comments**
Forehand Shot		
Backhand Shot		
Coaches Signature & NOAS		

GOLD LEVEL – Lesson 10		
Skill	**Date Achieved**	**Comments**
Passing (FH & BH)		
Skating with Puck		
Wrist Shots		
Coaches Signature & NOAS		

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PLATINUM LEVEL – Lesson 1		
Skill	**Date Achieved**	**Comments**
Stance		
Glide on two Feet		
Glide on Skate		
T-Push		
Edge Control		
Coaches Signature & NOAS		

PLATINUM LEVEL – Lesson 2		
Skill	**Date Achieved**	**Comments**
Striding		
Scooting		
Coaches Signature & NOAS		

PLATINUM LEVEL – Lesson 3		
Skill	**Date Achieved**	**Comments**
Puck Skills		
Front Start		
Coaches Signature & NOAS		

PLATINUM LEVEL – Lesson 4		
Skill	**Date Achieved**	**Comments**
Backwards Stance		
Puck handling with feet		
Backward Gliding		
Coaches Signature & NOAS		

PLATINUM LEVEL – Lesson 5		
Skill	**Date Achieved**	**Comments**
Crossovers		
Glide Turn & Agility Balance		
Coaches Signature & NOAS		

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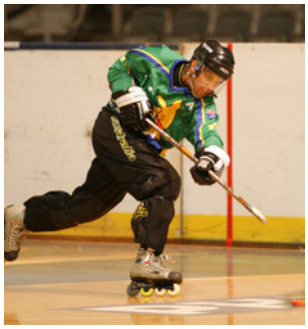
PLATINUM LEVEL – Lesson 6		
Skill	**Date Achieved**	**Comments**
Push & Glide		
Tight Turns with Puck		
Coaches Signature & NOAS		

PLATINUM LEVEL – Lesson 7		
Skill	**Date Achieved**	**Comments**
Backwards one foot stop with T Push		
Open Surface Carry		
Balance and Agility		
Coaches Signature & NOAS		

PLATINUM LEVEL – Lesson 8		
Skill	**Date Achieved**	**Comments**
Two Foot Stop & T-Push		
Back Hand Shot		
Coaches Signature & NOAS		



PLATINUM LEVEL – Lesson 9		
Skill	**Date Achieved**	**Comments**
Pivots (Fwd to Bwd)		
Pivots (Bwd to Fwd)		
Passing on Forehand		
Coaches Signature & NOAS		

PLATINUM LEVEL – Lesson 10		
Skill	**Date Achieved**	**Comments**
Backward Pass		
Backward Receiving		
Pivots		
Coaches Signature & NOAS		

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MIGHTY PUCKS

SKATER ACHIEVER PROGRAM

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STATE BRANCHES

SKATE WESTERN AUSTRALIA

SKATE AUSTRALIA VICTORIA

SKATE SA

SKATE QUEENSLAND

SKATE NEW SOUTH WALES

SKATE TASMANIA

MIGHTY PUCKS PROUDLY SUPPORTED BY:

SKATE AUSTRALIA

Australian Government
Australian Sports Commission

EASTON

MISSION

ITECH

ILHA inline hockey

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