



SABRES STARS

LEVEL 1—BASIC SKATING

Skills sets

- 1) Standing up
- 2) Hockey ready position
- 3) March in place & cross ice
- 4) Swizzles
- 5) Swizzles into one foot glide

Equipment

Helmet, Stick, Gloves & Jersey

- 4) 30 minute ice sessions

\$ 50.00





SABRES STARS

LEVEL 2—INTERMEDIATE **SKATING**

Skills sets

- 1) One foot push
- 2) Two feet push
- 3) Snow Plow Stop
- 4) Curls “figure 8”
- 5) Backward Wiggles & Swizzles

Equipment

Elbow Pads, Shin Guards, Bag

- 4) 30 minute ice sessions

\$ 50.00

Mike's Sporting Equipment



SABRES STARS

LEVEL 3—BASIC HOCKEY SKILLS

Skills sets

- 1) Stick Holding & Hand Positions
- 2) Stick Handling
- 3) Passing, Cradling & Catching
- 4) Shooting
- 5) Cross Ice Hockey Fun

Equipment

Socks, Garter Belt & Pants

- 4) 30 minute ice sessions

\$ 50.00





SABRES STARS

LEVEL 4—INTERMEDIATE **HOCKEY SKILLS**

Skills sets

- 1) Stick Holding & Hand Positions
- 2) Stick Handling
- 3) Passing, Cradling & Catching
- 4) Shooting
- 5) Cross Ice Hockey Fun

Equipment

- Shoulder Pad & \$
40.00 Skate Voucher to Mike's Sporting
- 4) 30 minute ice sessions

