



## ISI Hockey Skating 3

Test Date \_\_\_\_\_

ISI Rink # \_\_\_\_\_ Rink Name \_\_\_\_\_

Name \_\_\_\_\_ ISI # \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Skaters Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

### MANEUVERS

### Pass

### Incomplete

Straight Line One Foot Pushes

Right \_\_\_\_\_

Left \_\_\_\_\_

Forward Stride – Rhythm Skating \_\_\_\_\_

Forward Crossovers Around Circle \_\_\_\_\_

Right Over Left \_\_\_\_\_

Left Over Right \_\_\_\_\_

### **Agility / Balance**

Two Knee Touch

Stationary \_\_\_\_\_

Moving \_\_\_\_\_

One Knee Touch – Forward

Right \_\_\_\_\_

Left \_\_\_\_\_

**TEST RESULT**      **PASS** \_\_\_\_\_ **INCOMPLETE** \_\_\_\_\_

Examiner Signature \_\_\_\_\_ Prof. # \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Ice Skating Institute \* 6000 Custer Rd., Bldg. 9 \* Plano, Texas 75023**