

JUNIOR ICE BEARS PROGRESSION CHART

CLASS DESCRIPTIONS

Parent and Cub

Falling, standing, basic skills to go forwards and backwards.

Mini Cub/Mighty Cub 1

Falling, standing, hockey stance, marching, two foot glides and dips, forward swizzles, double c-cuts, t-push to a two-foot glide, snowplow stop, basic stick and puck skills.

Mini Cub/Mighty Cub 2

Forward strides, one-foot push and glides, forward c-cuts single leg and alternating, backward march and glide, backward swizzles/double cuts, backward c-cuts, two foot moving snowplow stops, advanced puck carrying and shooting

Mighty Cub 3

Lateral crossover march, forward c-cuts on circle, forward inside and outside edges on half circle, backward c-cuts, backward snowplow stops, ¼ turn with hockey stop, advanced shooting

Mighty Cub 4

Forward v-start, backward one-foot glides, forward and backward crossover glides and on circle, hockey stops, advanced shooting and puck carrying.

Ice Bear Prep League

Players learn to apply hockey skills through league play to begin preparing them for Ice Bears games. Players should also sign up for skills and drills and their respective mighty cub level.

Skills and Drills

Focus on hockey specific skills in small class size through fun and interactive drills. Players should also sign up for IBPL to gain practical experience in a fun, game-based setting.

Power Skating

Powerful backward c-cut, forward and backward alternating crossovers, forward power hockey turns, lateral pivots, fast stops and starts, fast backward skating with quick backward v-stops. Players should also sign up for IBPL to gain practical experience in a fun, game-based setting.

Goalie Bears

Introduction to equipment and fundamentals of playing goalie in a hockey game. Players should also sign up for IBPL to gain practical experience in a fun, game-based setting.



Players interested in starting at Bantam (14U) must minimally complete requirements for Pee wee, but must also be reviewed by the Hockey Coordinator to determine safety. For more details, contact: Bryce Miller (bryce.miller@pdop.org) or Dan Seltzer (daniel.seltzer@pdop.org)