

Basic Skills Practice Lists (Entry level – PreFreeskate)

Created by Emily Rausa, figure skating instructor for Sugar Land Ice and Sports Center

Basic 1 Practice List

Warm up: Walk around off-ice in skates and make sure they are tied well and comfortable. Fall down and get up off-ice.

Basic 1 skills:

1. Make sure skater can fall down and get up independently on the ice.
2. March/walk around the rink using both feet, working on making both feet push equally.
3. Stop moving feet after marching in order to produce a glide. The goal is to glide for at least 4 seconds or longer.
4. Do a few dips standing still, getting used to the sitting position. Hips/bottom go back, chest and head stay up.
5. Do at least 5 moving dips, holding for 4 seconds each, trying to get hips as low as the knees.
6. Forward swizzle for at least the length of the rink, focusing on pushing down into the ice for the first part of the swizzle and squeezing feet and legs together on the second part of the swizzle. Skater should do a smooth two foot glide in between swizzles.
7. Backward wiggle for five seconds at a time, practice five times.
8. Make snow on the ice by pushing skate outward to the side to prepare for stops.
9. Do moving stops at least 5 times, focusing on stopping completely, not bending the waist forward, and preparing to stop by bending the knees.

Skater can do more or less of each element depending on mastery of the element. Struggling elements should be practiced more. If the skater has more energy, more practice can be done. Playing with friends on the ice for beginners is beneficial because it lets skaters get comfortable on the ice and have fun, and not feel nervous or scared.

Tip: Knee pads, elbow pads, padded shorts and helmets are strongly recommended for this level. For all levels, gloves that cover all fingers/hand should be worn.