

Basic Skills Practice Lists (Entry level – PreFreeskate)
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Basic 2 Practice List

Warm Up:

1. Skate around the rink using both feet, working on making both feet push equally.
2. Do at least 3 dips, holding for 4 seconds each, trying to get hips as low as the knees.
3. 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.
4. Make snow on the ice by pushing skate outward to the side to prepare for stops.
5. practice moving stops at least 3 times, focusing on stopping completely, not bending the waist forward, and preparing to stop by bending the knees.

Basic 2 skills:

1. One foot glides- practice five times on each foot, trying to hold for at least 3 seconds, gliding in a straight line. Blade and ankle must be held vertically for this to happen. Skater should put feet together first closely and feel flat edges/vertical blades before attempting the lift a foot.
2. Scooter pushes – skater can use one foot at a time, open the foot up at a diagonal, and use the inside edge of the blade to push themselves forward. The important thing is to NOT use the toe pick to push anymore. They should bend their knees before the push and feel the inside edge pushing down into the ice as the leg straightens to push. Do both feet all the way down the length of the rink, switching half-way.
3. Backward swizzles at least the length of the rink, focusing on the same concepts as forward swizzles, pushing down into the ice with inside edges on the first half of the swizzle and squeezing feet and legs back together for the second half of the swizzle. Skater should do a smooth two foot glide in between swizzles. Make sure the waist does not bend during these or the toe picks will scratch the ice, slowing the skater down.
4. Practice stops whenever the skater needs to stop.
5. Two foot turns - do at least 5 times each direction, focusing on rocking up to the toe pick on the turn, and feeling a twist over the body to start the turn. The turn should be quick.
6. Backward two foot glides – skater should do some backward swizzles, generate power, and freeze the feet underneath their bodies to hold a glide for at least four seconds. Skaters should focus on correct technique for the swizzles, keep good posture with the back tall, keeping the head and eyes forward. The knees should bend and straighten as they swizzle. Skaters must stay very still in the two foot glide and not move while gliding backward.

For ALL elements in Basic 1 and 2, skaters should practice looking forward, not at their feet or the ice, and keep straight posture, not bending at the waist. Bending at the waist increases bad habits, accidents and falling.

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: At this level, skaters should have their own high quality skates and no longer use rental skates for the best results in learning the skills.