

## Basic Skills Practice Lists (Entry level – PreFreeskate)

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### Basic 3 Practice List

Skaters should go through this entire list and if they still have energy, repeat elements they want to or have the most trouble with. Over time as skills are mastered, the practice should change, removing some of the very easy elements and putting in more difficult ones.

Warm Up with Basic 1 and 2 skills:

1. Skate forward (for at least half the rink to get used to the ice)
2. Dip (3 times, 3 seconds each)
3. Forward swizzles (for at least half the rink)
4. Snowplow stop (3 times, and then whenever needed)
5. Forward one foot glides – R and L (5 times each foot, 3 seconds long each, going straight)
6. Backward swizzles – (for at least half the rink)
7. Backward two-foot glide from backward swizzles (5 times, 3 seconds long each, going straight)
8. Two-foot turn from forward to backward in place (5 times each direction)
9. Scooter pushes (for at least half the rink per foot)

Basic 3 skills:

1. Forward stroking, showing correct use of blade. (for at least half the rink) Skaters should think back to scooter pushes and really use the inside edge to push. The legs should go diagonal back behind the skater and the leg pushing should straighten and point as it leaves the ice. The other leg should remain bend on the ice during the stroke. Posture should be straight up, eyes forward.
2. Forward half swizzle pumps on a circle – 6–8 consecutive clockwise and counterclockwise (5 circles each direction) Keep posture up, eyes forward. Head should be placed on top of circle. Knee on circle should bend as other foot swizzles. Only ONE FOOT should swizzle.
3. Moving forward to backward two-foot turn – clockwise and counterclockwise (5 times each direction). Twist upper body first as much as possible while keeping lower body still. Then release lower body and turn 180 degrees. Beginners should glide slowly while going into this element.
4. Backward one-foot glides – R and L (5 times each foot, At least 1-2 seconds long each, going straight). Skaters must have good posture, stand up tall, and align themselves on top of the skating foot. The free foot should be placed near the ankle of the skating foot.
5. Forward slalom (for at least half the rink). Skaters should bend and straighten knees, keep feet together, posture fall, and make a zig-zag pattern down the ice.
6. Backward snowplow stop – R and L. Practice at least five times after gliding backward. Skater should make sure she's on inside edges before pushing the blade into the ice to stop. The toe will turn out diagonally and push back on an inside edge to stop. Master one foot, then try the other.
7. Forward pivots (bonus skill) - practice 5x both directions. Skater should place toe pick in the ice and then do a forward swizzle with the opposite foot only. Head should stay on top of toe that's in the ice, staying very straight and aligned.

Tip: It's recommended that skaters purchase high quality skates and stop wearing rental skates starting at Basic 2. As the skaters move up in levels, the more important it is that they have their own high quality skates.