

Basic Skills Practice Lists (Entry level – PreFreeskate)

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Basic 5 practice list

General practice recommendations. Skaters can alter this depending on time restraints. 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, she can do more practice. For the current level the skater is in, the skater should only attempt the element once it has been learned, meaning, all elements in Basic 5 are listed here, but the skater may not have learned all of the elements when beginning to use this practice list. The skater should try to remember the key corrections from instructors and attempt to improve with every practice.

Warm Up (fairly easy elements for the skater, to get comfortable when first getting on the ice):

- Forward Stroking – 1 time around the rink
- Forward Slalom – 1 time around the rink
- Any other simple element the skater would like to do.

Practice previously learned elements:

- forward crossovers – 5 circles, both directions
- backward stroking/backward one foot glides – 1x down the length of the rink
- forward outside 3-turns – 5x both directions
- two foot spins – 5x, one direction only, then progress to 1 foot spin as seen below

Note: the “previously learned elements” could be considered 'warm up,' but skaters still needs to actively practice these elements to improve them. They're building blocks to more advanced moves in higher levels, so skaters cannot forget them or regress on them or they will face more challenges in the future.

Basic 5 skills:

1. Backward outside edge on a circle – 5x, R and L, (both directions). Skaters should use the same concepts for forward edges as the backward – meaning the torso is twisted towards the circle, arms on the circle. Body leans towards the circle as the outside foot lifts and is placed on the ankle.
2. Backward inside edge on a circle –5x, R and L, (both directions). Skaters should use the same concepts for forward edges as the backward – meaning the torso is twisted towards the circle, arms on the circle. Body leans away the circle as the inside foot lifts and is placed on the ankle.
3. Backward crossovers, 5 circles, both directions. Skaters must master the backward inside and outside edges before attempting or mastering the backward crossovers. The skater can use similar concepts for forward crossovers as backward – such as leaning into the circle during the cross, and torso twisted

towards the circle, arms over the circle. However, for backward, the foot crossing over will not leave the ice. (the outside foot) It will do half a backward swizzle pump and then maneuver around the other foot, curving the heel around as the other foot pushes underneath, away from the center of the circle. Posture should remain tall and controlled, head turned to look in the direction of travel.

4. Hockey stop – 5x, one direction required. Hips should turn quickly while bending knees, the shoulders twisted opposite direction at the same time to stay squared towards the direction of travel. Skater must sit back a bit while doing this move.
5. forward outside 3-turns – 5x both directions. Skaters should warm this up with two foot turns. The same techniques are used; the skater just needs more balance to complete it on one foot. Skater should be twisted in towards the circle just like every other skill on the circle so far, have the outside foot do a stroking push then put the foot on the ankle. Bend and rise up towards the toe and use hip and foot muscles to release the lower body and complete the turn. Skater will then be on a backward inside edge and hold balanced, arms on the circle, torso facing in, posture erect.
6. Advanced two foot spin – Skater will use same techniques they learned before but keep practicing to complete at least 4 revolutions.
7. Side toe hop (Bonus Skill) – 5x, both directions

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.