

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

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### Basic 6 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 6 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 crossovers – 5 circles, both directions
- 3-turns – 5x, both directions
- 2 foot spin – 5x, skater's dominant direction
- Hockey stops – 5x, one direction required only
- Side toe hops – 5x both directions

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 6 skills:

1. Forward Inside 3 turns – 5x each direction – same concepts as the outside 3 turn, but on an inside edge.
2. Moving backward to forward two foot turns – 5x each direction. Pump backward on the circle and glide on two feet on the circle, backwards. Skater will face the chest/belly towards the outside of the circle for the first time on the circle. Bend the knees, putting weight on the heels instead of the balls of the feet. Then turn forward.
3. Backward stroking – Go all the way down the rink. Alternate backward half swizzles on the straight line and lift each foot off the ice as it finishes the half swizzle. The leg should be straight as it lifts.
4. T stop – 5x, only one foot/side required mastery. Skater will take one foot, open up the toe so it's completely facing the side. It will go behind the other foot, flex the foot so the blade is leaning away from the skating foot. Foot will be placed behind skating foot to stop momentum.
5. Bunny hop – 5x, only one foot/side required mastery. Free leg swings forward in a pendulum motion while the other foot pushes up through the toe to jump. That same foot will land on the toe, pushing onto a one foot glide on the other foot.
6. Forward spiral – 5x, only one foot/side required mastery in this level, will need both mastered in higher freeskate levels. Eyes should stay forward, back arched, shoulders up. Skaters

should skate on the back of their skates so they don't trip over the toe pick. The waist must be bent 90 degrees at the crease of the hips.

7. Beginning one foot spin – 5x. Skater will do a two foot spin and then lift the pumping foot and place it next to the ankle of the other foot.
8. Shoot the duck (Bonus Skill) – 5x

Tip: At this level of skating, skaters should be wearing high quality skates. Rental skates or purely recreational skates may inhibit the learning of skills or be dangerous for the skater due to the lack of ankle support needed.