<u>Basic Skills Practice Lists (Entry level – PreFreeskate)</u>
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<u>Pre-Freeskate practice list (Sugar Land Ice splits PreFreeskate into two classes)</u>

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 PreFreeskate 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.

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

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

<u>Practice previously learned elements:</u>

- Forward crossovers – 5 circles, both directions
- Backward crossovers – 5 circles, both directions
- 3-turns, inside and outside – 5x, both directions
- 1 foot spin – 5x, skater's dominant direction
- Hockey stops – 5x, one direction required only
- Side toe hops – 5x both directions
- Moving backward to forward two foot turns – 5x each direction
- T stop – 5x, only one foot/side required mastery
- Bunny hop – 5x, only one foot/side required mastery
- Forward spiral – 5x, begin practicing on both feet
- Forward lunge – 5x, only one foot/side required mastery

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.

Pre-Freeskate skills – perform each skill 5x.
1. Advanced forward and backward crossovers – Skaters improve speed, body positions, push technique, etc.
2. Forward inside open Mohawk from a standstill position – R to L and L to R. Skaters should keep arms over the circle, torso towards the center of the circle

just like three turns. Skater will stay on inside edges and switch feet at the top of a half circle pattern. Skater should maintain erect posture and avoid toe pick scratches. Foot that steps down should half heel right at the center of the other skate, in front of the instep.

3. Backward outside edge to forward outside edge transition on a circle – R and L. Skaters will glide backward on the circle, and either do a landing position or hold the free-leg at the back of the skating leg, rotate the body towards the outside of the circle and stroke forward.
4. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise. Free leg will be in a stroking position in the air, straight, pointed. Skating leg will be bent.
5. One-foot upright spin, optional entry and free-foot position – skater needs to master the balance and power with the free foot next to the ankle of the skating foot first before attempting a scratch spin (ankles crossed). Skater should first enter spin with a pump and then lifting of a foot (technique taught in Basic 4-5).
6. Mazurka – R and L. Skater will start on a backward outside edge on one foot. Other foot will tap diagonally behind using inside of the big toe, drawing the free leg/foot towards it. The body begins to rotate and foot being drawn back will rotate forward as it leaves the ice. A jump will occur and the landing will be similar to a bunny hop landing.
7. Backward inside pivots (Bonus skill) – R and L. Same concept as forward pivots but done backward.

Tip: At this level of skating, skaters should be wearing high quality skates appropriate for jumps. Entry level skates are generally not recommended once skaters are performing jumps.