

Basic Skills Practice Lists (Entry level – PreFreeskate)

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Snowplow Sam 2

Warm up: Walk around off-ice in skates and make sure they are tied well. Fall down and get up off-ice and off-ice.

Snowplow Sam 2 skills:

1. March/walk using both feet, working on making both feet push equally. Try to walk as much as possible. Try to go around the entire rink many times. Skaters should focus on holding the body still and upright, hands out in front of them on an imaginary table for all the skills.
2. Stop moving feet after marching in order to produce a glide. The goal is to glide for at least 4 seconds or longer, or 2 times the height of the skater. Try this at least 10 times. Feet should be placed underneath the body, weight evenly distributed so the glide goes straight forward. Skaters must focus on keeping the body still for gliding.
3. Do a few dips standing still, getting used to the sitting position. Hips/bottom go back, chest and head stay up. Do this at least 5 times. The goal is to sit so the hips are as low as the knees. It's OK if beginners are not that low yet. They can try to improve every time they skate.
4. Do at least 3 moving dips, holding for 4 seconds each, trying to get hips as low as the knees. Do this by gliding first and then dipping while gliding. Weight should be evenly distributed among both feet so the glide will go straight.
5. Backward wiggle for five seconds at a time, practice five times. Feet should go back and forth in a zigzag motion, keeping weight a bit forward, close to the toes. Arms should move back and forth to help with the wiggle motion. Arms move as if the skater is running.
6. Forward swizzles - 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. Do 6 in a row, and practice at least five times. Once the skater feels comfortable with the movement, they should try and do short glides between swizzles and not stop completely in between them.
7. Two foot hops (optional skill) – practice five times. Hands should stay down and in front of skater. Knees bend before and after the hop.

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.