

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

Created by Emily Rausa, figure skating instructor for Sugar Land Ice and Sports Center

### Snowplow Sam 1

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

1. Make sure skater can fall down and get up independently on the ice.
2. Get on the ice and march in place. Do this for at least 10 steps. Skaters should focus on holding the body still and upright, hands out in front of them on an imaginary table for all the skills.
3. March/walk around the rink 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.
4. Stop moving feet after marching in order to produce a glide. The goal is to glide for at least 4 seconds or longer. 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.
5. 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.

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.

Tip: Knee pads, elbow pads, padded shorts and helmets are strongly recommended for this level. For all levels, gloves that cover all fingers/hand should be worn.