

# Basic Skills – FUNdamentals

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

**Discover, Learn and Play – Basic 1 and 2:** These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

**FUNdamentals – Basic 3–6:** These levels develop all of the fundamental skating skills on the ice. Focus is on learning the ABCs of basic athleticism: agility, balance, coordination and speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

Off-ice orientation:

- Equipment check: proper fit and lacing of skates, appropriate attire, safety helmets
- Practice falling and recovery, marching in place, dips and one-foot balances in skates

## Basic 1



- Sit on ice and stand up
  - March forward across the ice
  - Forward two-foot glide
  - Dip
  - Forward swizzles — 6–8 in a row
  - Backward wiggles — 6–8 in a row
  - Beginning snowplow stop on two feet or one foot
- ★ Bonus skill: Two-foot hop in place

## Basic 2



- Scooter pushes — R and L
  - Forward one-foot glides — R and L
  - Backward two-foot glide — Glide the length of skater's height
  - Rocking Horse (one forward swizzle, one backward swizzle) — Repeat twice
  - Backward swizzles — 6–8 in a row
  - Two-foot turns from forward to backward in place — clockwise and counterclockwise
  - Moving snowplow stop
- ★ Bonus skill: Curves

## Basic 3



- Beginning forward stroking showing correct use of blade
  - Forward half swizzle pumps on a circle — 6–8 consecutive clockwise and counterclockwise
  - Moving forward to backward two-foot turns on a circle — clockwise and counterclockwise
  - Beginning backward one-foot glides — focus on balance
  - Backward snowplow stop — R and L
  - Forward slalom
- ★ Bonus skill: Forward pivots - clockwise and counterclockwise

## Basic 4



- Forward outside edge on a circle — R and L
  - Forward inside edge on a circle — R and L
  - Forward crossovers — clockwise and counterclockwise
  - Backward half swizzle pumps on a circle — clockwise and counterclockwise
  - Backward one-foot glides — R and L
  - Beginning two-foot spin — Up to two revolutions
- ★ Bonus skill: Forward lunges — both legs

## Basic 5



- Backward outside edge on a circle — R and L
  - Backward inside edge on a circle — R and L
  - Backward crossovers — clockwise and counterclockwise
  - Forward outside three-turn — R and L
  - Advanced two-foot spin — 4–6
  - Hockey stop — both directions
- ★ Bonus skill: Side toe hop — R and L

## Basic 6



This class is currently not offered

- Forward inside three-turn — R and L
  - Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise
  - Backward stroking
  - Beginning one-foot spin — 2–4 revolutions, optional free leg position and entry
  - T-stops — R and L
  - Bunny hop
  - Forward spiral on a straight line — R or L
- ★ Bonus skill: Shoot the duck — R or L

# FREE SKATE

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as a bridge program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

## PRE-FREE SKATE

PRE-FREE SKATE (COMBINATION OF BASIC 7 AND 8)	
SKATING SKILLS	
A	Forward inside open mohawk from a standstill position (R to L and L to R)
B	Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
C	Backward outside edge to a forward outside edge transition, clockwise and counterclockwise
D	Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise
SPINS	
E	One-foot upright spin, optional entry and free-foot position (minimum three revolutions)
JUMPS	
F	Mazurka (R or L)
G	Waltz jump
★ Bonus Skill: Backward inside pivots, clockwise and counterclockwise	



FREE SKATE 2	
SKATING SKILLS	
A	Alternating forward outside and inside spirals on a continuous axis (two sets)
B	Basic backward outside and backward inside consecutive edges (four to six consecutive edges)
C	Backward inside three-turns (R and L)
SPINS	
D	Beginning back spin (one to two revolutions)
JUMPS	
E	Half Lutz
F	Salchow
★ Bonus Skill: Variation of a forward spiral, skater's choice	



FREE SKATE 3	
SKATING SKILLS	
A	Alternating backward crossovers to back outside edges - Four sets
B	Alternating mohawk/crossover sequence (R to L and L to R)
C	Waltz three-turns (forward outside three turn, backward outside edge glide), clockwise and counterclockwise
SPINS	
D	Advanced back spin with free foot in crossed leg position (min. three revolutions)
JUMPS	
E	Loop jump
F	Waltz jump-toe loop or Salchow-toe loop combination
★ Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps	

## FREE 1 SKATE

FREE SKATE 1	
SKATING SKILLS	
A	Forward power stroking, clockwise and counterclockwise
B	Basic forward outside and forward inside consecutive edges (four to six consecutive edges)
C	Backward outside three-turns (R and L)
SPINS	
D	Upright spin, entry from back crossovers (min. four to six revolutions)
JUMPS	
E	Half flip
F	Toe loop
★ Bonus Skill: Waltz jump-side toe hop-waltz jump sequence, or waltz jump-ballet jump-toe loop sequence	

Note: The Skating School has the authority to add classes to continue skater development under the umbrella of Learn to Skate USA beyond Free Skate 6. Sample lesson plans and programming ideas are available in the Skating School Administrative Tool.

# Snowplow Sam – Discover, Learn and Play

The Snowplow Sam levels are introductory classes divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children six and younger develop the ABCs of movement – Agility, Balance, Coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

Off-ice orientation prior to the first skating class:

Equipment check – Proper fit and lacing of skates, appropriate attire, and safety helmets.

Practice falling and recovery, marching in place, dips and one-foot balances.

## Snowplow Sam 1



- A. Sit and stand up with skates on – off-ice
- B. Sit and stand up – on-ice
- C. March in place
- D. March forward (8-10 steps)
- E. March, then glide on two feet
- F. Dip in place

## Snowplow Sam 2



- A. March followed by a long glide
- B. Dip while moving
- C. Backward walking, toes turned inward, shifting weight (4-6 steps)
- D. Backward wiggles (6 in a row)
- E. Forward swizzles (2-3 in a row)
- F. Beginning snowplow stop motion – in place or holding onto barrier
- G. Two-foot hop, in place (optional)

## Snowplow Sam 3



- A. Forward skating (8-10 strides)
- B. Forward one-foot glide, two times skater's height (R and L)
- C. Forward swizzles (4-6 in a row)
- D. Backward swizzles (2-3 in a row)
- E. Moving forward snowplow stop (two-foot)
- F. Curves

## Snowplow Sam 4



- A. Forward skating
- B. Backward two-foot glide, length of skater's height
- C. Backward swizzles (4-6 in a row)
- D. Rocking horse – one forward, one backward swizzle, repeat twice
- E. Two-foot turns from forward to backward, in place (both directions)
- F. Two-foot hop, in place

Based on the age and ability of the child after completion of Snowplow Sam 3, they can successfully advance to Basic 2 or Hockey 2, or progress to Snowplow Sam 4.