



Learn to Skate Skills Sheet

Adult 1-4 Skater Practice Guide



Adult 1

- *Falling and recovery
- *Forward strides and gliding
- *Forward swizzles, 4-6 in a row
- *Backward skating
- *Backward swizzles, 4-6 in a row
- *Forward one foot glides, right and left
- *Two-foot turns in place
- *Snowplow stops, one foot or both
- *Forward curves on two feet
- *Forward 1/2 swizzle pumps on a circle, 4-6 in a row, both directions

Adult 2

- *Forward stroking
- *Backward 1/2 swizzle pumps on a circle, 4 to 6 in a row, both directions
- *Moving two-foot turns on a curve, both directions
- *Forward edges on a circle, outside and inside, both directions
- *Forward crossovers, both directions
- *Backward one-foot glide, right or left
- *Forward pivot
- *Forward chasses on a circle

Adult 3

- *Backward edges on a circle, outside and inside, both directions
- *Backward crossovers, both directions
- *Inside mohawk, either direction
- *Basic forward outside and forward inside consecutive edges, 4 to 6 in a row
- *Forward progressives
- *Beginning two-foot spin
- *Backward snowplow stop, right or left

Adult 4

- *Forward three-turns, outside and inside, right and left
- *Perimeter stroking with crossovers on end patterns
- *Forward outside to inside change of edge sequence
- *Alternate backward crossovers with two-foot transition
- *Footwork sequence: 3-5 forward crossovers to an inside mohawk, 3-5 backward crossovers, step forward inside the circle and repeat
- *Power three-turns, one direction only
- *Backward chasses on a circle

After passing Adult 1, skaters will progress to:

- ***Intermediate Adult Class** covering skills from Adult 2-4 for those who want to learn to figure skate or simply continue on skating skills
- ***Adult Skills Clinic** for those who want to learn to play hockey— class will focus on skating and hockey skills

Make practicing fun Combine 3 or more of your favorite skills into a mini-program!

Questions? Interested in private lessons, competitions, or ice shows?
Contact Skating Director, Michelle Lauerman, at mlauerman@independenceeventscenter.com or 816-442-6126.