



# Learn to Skate Skills Sheet

## Basic 1-8 Skater Practice Guide



### 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
- \*Snowplow stop
- \*Rocking horse, 2-3 in a row
- \*Two foot hop in place

### Basic 2

- \*Forward one foot glides, right and left
- \*Backward two foot glide
- \*Backward swizzles, 6-8 in a row
- \*Two foot turn from forward to backward in place
- \*Moving snowplow stop
- \*Forward alternating 1/2 swizzle pumps in a straight line (slalom like pattern)

### Basic 3

- \*Forward stroking showing correct use of blade
- \*Forward 1/2 swizzle pumps on a circle, 6-8 consecutive, both directions
- \*Moving forward to backward two foot turn, both directions
- \*Backward one foot glides, right and left
- \*Forward Slalom
- \*Two foot spin up to two revolutions

### Basic 4

- \*Forward outside edge on a circle, right and left
- \*Forward inside edge on a circle, right and left
- \*Forward crossovers, both directions
- \*Forward outside three turn from standstill, R & L
- \*Backward swizzle pumps on a circle, both directions
- \*Backward stroking
- \*Backward snowplow stop, right and left

### Basic 5

- \*Backward outside edge on a circle, right and left
- \*Backward inside edge on a circle, right and left
- \*Backward crossovers, both directions
- \*Beginning one foot spin up to 3 revolutions, optional entry and free foot position
- \*Hockey stop
- \*Side toe hop, both directions

### Basic 6

- \*Forward inside three turn from standstill, R & L
- \*Moving backward to forward two foot turn on a circle, both directions
- \*T-stop, right or left
- \*Bunny hop
- \*Forward spiral on a straight line, right or left
- \*Forward lunge, right or left

### Basic 7

- \*Forward inside open Mohawk from a standstill, right to left and left to right
- \*Backward outside edge to forward outside edge transition on a circle, right and left
- \*Ballet jump, right or left
- \*Backward crossovers to a backward outside edge (landing position), both directions
- \*Forward inside pivots, right or left

### Basic 8

- \*Moving forward outside three turn on a circle, R & L
- \*Moving forward inside three turn on a circle, R & L
- \*Combination move: Two forward crossovers into forward inside Mohawk, step down and cross behind, step into one back crossover, and step into forward inside edge; repeat three times both directions
- \*One foot spin, optional entry and free foot position
- \*Waltz jump
- \*Mazurka

\*\*\*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](mailto:mlauerman@independenceeventscenter.com) or 816-442-6126.