

**Learn to Skate
Skills Sheet
Snowplow 1-3
Skater Practice Guide**

Snowplow Sam 1 (ages 3-6)

- *Sit and stand up with skate on off-ice
- *Sit and stand up on ice
- *March in place
- *March forward, 8-10 steps
- *March then glide on two feet
- *Dip in place

Questions or interested in private lessons?

Contact Skating Director, Michelle Lauerman
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Skaters, please note: you need to be able to glide to pass this level. Practice and see how many seconds you can glide for!

Snowplow Sam 2 (ages 3-6)

- *March followed by a long glide
- *Dip while moving
- *Backward wiggles, 6 in a row
- *Forward two foot swizzles, 2-3 in a row
- *Rocking horse, one forward and one backward swizzle action
- *Two foot hop in place

Snowplow Sam 3 (ages 3-6)

- *Forward skating, 8-10 steps
- *Forward one foot glide, right and leg
- *Forward swizzles, 4-6 in a row
- *Backward swizzles, 4-6 in a row
- *Forward snowplow stop
- *Curves



Please note: After skaters pass SS3, they will go into Basic 2 or Hockey 2. Basic 1 and Hockey 1 is for 7-16 year olds! Ages 3-6 need to go through Snowplow 1-3 to accomplish those same skills and then skaters will meet up in Basic 2 or Hockey 2.

Make practicing fun! Combine 3 or more elements in a row to make a mini-program of your favorite skating skills!