

Basic Skills Practice Lists (Entry level – PreFreeskate)
Created by Emily Rausa, figure skating instructor for Sugar Land Ice and Sports Center

Basic 4 practice list

General practice recommendations. Skaters can alter this depending on time restraints. 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, she can do more practice. For the current level the skater is in, the skater should only attempt the element once it has been learned, meaning, all elements in Basic 4 are listed here, but the skater may not have learned all of the elements when beginning to use this practice list. The skater should try to remember the key corrections from instructors and attempt to improve with every practice.

Warm Up (fairly easy elements for the skater, to get comfortable when first getting on the ice):

- 1 foot glides, both feet, 4 seconds on a straight line -3x each foot
- Backward two foot glides from backward swizzles, at least four seconds long – 3x
- Forward pumps on a circle – 2 circles each direction
- Any other simple element the skater would like to do.

Practice previously learned elements:

- Forward Stroking – 1 time around the rink
- Forward Slalom – 1 time around the rink
- two foot spins – 5x, one direction only
- backward 1 foot glide – 5x, each foot, straight line
- moving two foot turns on a circle, 5x, both directions
- backward stops – 5x each foot

Note: the “previously learned elements” could be considered 'warm up,' but skaters still needs to actively practice these elements to improve them. They're building blocks to more advanced moves in higher levels, so skaters cannot forget them or regress on them or they will face more challenges in the future.

Basic 4

1. forward outside edges – 5 times, four second long glides. Make sure the body is erect and very still before lifting the outside foot. The body should lean slightly towards the circle before lifting the foot and placing it on the ankle of the other foot. The torso should be twisted so that the belly and chest face towards the circle, and arms over the circle.
2. forward inside edges – 5 times, four second long glides. Make sure the body is erect and very still before lifting the inside foot. The body should lean slightly away from the circle before lifting the foot and placing it on the ankle of the other foot. The torso should be twisted so that the belly and chest face towards the circle, and arms over the circle.
3. forward crossovers – 5 circles, both directions. Skaters need to be able to do the inside and outside edges before attempting crossovers. The first push is a stroking push with the outside foot. (skill from basic 3). Then the other foot should stroke UNDER the leg that just stroked. Crossovers consist of two pushes. The second push is difficult and does not need to be strong at this level. As long as skaters can lean enough on the outside edge when

doing the first push to allow the second to slide underneath without severe toe pick scratches, it is good enough to pass this level.

4. Backward one-foot glides – R and L (5 times each foot, At least 4 seconds long each, going straight). Skaters must have good posture, stand up tall, and align themselves on top of the skating foot. The free foot should be placed near the ankle of the skating foot.
5. backward half swizzle pumps on a circle – 5 circles, both directions. A lot of the same concepts for forward half swizzle pumps are the same here. The head should stay over the circle and non swizzling foot. However now the head should be turned to look in the direction of travel. Arms should be up over the circle, torso twisted towards the circle. Good posture is necessary and will help the skater not grind toe picks into the ice which is a common error.
6. Two-foot spin (5 times, one direction only). Skaters use pivot skill to generate power for a spin. One foot stays in place and forms an axis. The other foot swizzles forward and joins the other foot, and arms should be open and then close when the feet come back together. Posture should be upright and held strongly.
7. Forward lunge (Bonus Skill)– 5x, only one foot/side required mastery. Skater's body stays upright as one leg and foot goes behind the body, straight, in order to lunge, that foot turned so the inside of the foot/boot is on the ice. The blade of that skate should NOT be on the ice. This is while the other skate is in the front gliding forward, with the knee bent.

Tip: It's recommended that skaters purchase high quality skates and stop wearing rental skates starting at Basic 2. As the skaters move up in levels, the more important it is that they have their own high quality skates.