

Basic Skills Practice Lists (Entry level – PreFreeskate)  
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Pre-Freeskate Advanced/Plus 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 PreFreeskate Advanced/Plus 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):

- Forward Stroking – 1 time around the rink
- Forward Slalom – 1 time around the rink
- Any other simple element the skater would like to do.

Practice previously learned elements:

- Forward crossovers – 5 circles, both directions
- Backward crossovers – 5 circles, both directions
- 3-turns, inside and outside – 5x, both directions
- 1 foot spin – 5x, skater's dominant direction
- Hockey stops – 5x, one direction required only
- Side toe hops – 5x both directions
- Moving backward to forward two foot turns – 5x each direction
- T stop – 5x, only one foot/side required mastery
- Bunny hop – 5x, only one foot/side required mastery
- Forward spiral – 5x, begin practicing on both feet
- Forward lunge – 5x, only one foot/side required mastery

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.

Pre-Freeskate Advanced/Plus – perform each skill 5x.

1. Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge
2. One-foot upright spin, T-position push entry, optional free-foot position – skater needs to master the balance and power with the free foot next to the ankle of the skating foot. Scratch spin is not required for this level. Skater should lead with the same shoulder as the foot they will be spinning on, lean onto an outside edge, bend the knee to initiate a three-turn which will begin the spin. The free leg stays behind until the three-turn. Then the free leg should be pulled in and squeezed next to the skating leg. Once this is mastered, the skater can begin moving the free leg in front on the entrance and then crossing the ankles to perform a scratch spin.
3. Waltz jump. Skater will push forward on a slight outside edge, pulling free leg and arms back, leading with skating side. Free leg will swing through similarly in the way the bunny hop did.

Skater will jump using the skating foot. A half turn will happen in the air and skater will land in the landing position for at least 3 seconds. After learning from a standstill, skaters perform it from backward crossovers.

4. Mazurka from backward crossovers– R and L. Skater will start on a backward outside edge on one foot. Other foot will tap diagonally behind using inside of the big toe, drawing the free leg/foot towards it. The body begins to rotate and foot being drawn back will rotate forward as it leaves the ice. A jump will occur and the landing will be similar to a bunny hop landing.
5. Advanced forward inside and outside 3 turns – Skaters should review 3 turns and be able to perform them on larger circles at faster speeds.
6. Backward inside pivots (Bonus skill) – R and L. Same concept as forward pivots but done backward.

Tip: At this level of skating, skaters should be wearing high quality skates appropriate for jumps. Entry level skates are not recommended once skaters are performing jumps.