

## Basic Skills Practice Lists (Entry level – PreFreeskate)

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### Snowplow Sam 3

#### Warm Up:

1. March/walk around the rink using both feet, working on making both feet push equally. – Try to walk as much as possible. Try to go around the entire rink many times.
2. Stop moving feet after marching in order to produce a glide. Keep feet close together on the glide, about 2 inches apart. The goal is to glide for at least 4 seconds or longer. Try this at least 10 times.
3. Do at least 3 moving dips, holding for 4 seconds each, trying to get hips as low as the knees. Do this by gliding first and then dipping while gliding. Weight should be evenly distributed among both feet so the glide will go straight.

#### Snow Plow 3 skills:

1. Forward swizzle - focusing on pushing down into the ice for the first part of the swizzle and squeezing feet and legs together on the second part of the swizzle. Do 6 in a row, and practice at least five times. Once the skater feels comfortable with the movement, they should try and do short glides between swizzles and not stop completely in between them.
2. Backward swizzles - focusing on the same concepts as forward swizzles, pushing down into the ice with inside edges on the first half of the swizzle and squeezing feet and legs back together for the second half of the swizzle. Make sure the waist does not bend during these or the toe picks will scratch the ice, slowing the skater down. Do 6 in a row, and practice at least five times. Once the skater feels comfortable with the movement, they should try and do short glides between swizzles and not stop completely in between them.
3. 1 foot glides- practice five times on each foot, trying to hold for at least 1-2 seconds, gliding in a straight line. Blade and ankle must be held vertically for this to happen. Skater should put feet together first closely and feel flat edges/vertical blades before attempting the lift a foot.
4. Make snow on the ice by pushing skate outward to the side to prepare for stops.
5. Do moving stops at least 3 times, focusing on stopping completely, not bending the waist forward, and preparing to stop by bending the knees.
6. Curves- Skaters use body lean to curve on the ice – try to make S patterns after getting enough speed to glide, five times.

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, more practice can be done. Playing with friends on the ice for beginners is beneficial because it lets skaters get comfortable on the ice and have fun, and not feel nervous or scared.

Tip: At this level, skaters should have their own high quality skates and no longer use rental skates for the best results in learning the skills.