

Basic Skills Practice Lists (Entry level – PreFreeskate)

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Snowplow Sam 4

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.

Snow Plow Sam 4 skills:

1. Scooter pushes – skater can use one foot at a time, open the foot up at a diagonal, and use the inside edge of the blade to push themselves forward. The important thing is to NOT use the toe pick to push anymore. They should bend their knees before the push and feel the inside edge pushing down into the ice as the leg straightens to push. Do both feet all the way down the length of the rink, switching half-way.
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. Rocking horse – this is a forward swizzle and backward swizzle done one right after another. Students should do 10 of these.
4. Two foot turns - do at least 5 times each direction, focusing on rocking up to the toe pick on the turn, and feeling a twist over the body to start the turn. The turn should be quick.
5. 1 foot glides- practice five times on each foot, trying to hold for at least 3-4 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.
6. Two foot hops – practice five times. Hands should stay down and in front of skater. Knees bend before and after the hop.

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.

Once skaters pass Snowplow Sam 4, they will enter either Basic 2 or Basic 3 depending on their skill level. An instructor will advise the best placement.