

Practice list – free skate levels, by Emily Rausa, ice skating instructor - **Freeskate 2**

ALL FREE SKATE LEVELS (Freeskate 1-6):

Note: At this level, it's highly encouraged that all skaters take private lessons in addition to group. Each coach has their own style and philosophy for the skating skills, and may provide their own warm ups, practice regimens, etc.

Warm Up suggestions (before skating)

- Off ice – 5-10 minutes of cardio exercise/dynamic stretching, such as jumping jacks, high knees, butt kickers, jump rope, burpees, twists, squat jumps, leg swings. Keep core engaged throughout all exercises.

On Ice

- Forward and backward crossovers - several circles each
- Any other skating movements that helps the skater get comfortable, like the exercises taught in stroking class: cross rolls, Mohawk crosses, etc.

Cool Down (after skating)

- STRETCH all major muscle groups, holding for 45-60 seconds each. Do all main body parts, especially lower body. Most important: Hamstrings, quads, calves, Achilles, hips, hip flexors, groin, inner thighs, obliques, glutes, piriformis. If time allows, also stretch the upper body: shoulders, upper back, triceps. Foam rolling and/or massage is also recommended.
- Make sure you're drinking plenty of water.

Strength training (off-ice) – Recommended programs

- Yoga (offered at the rink – inquire with skating director for more information)
- Pilates (offered at the rink – inquire with skating director for more information)
- Ballet (offered at the rink – inquire with skating director for more information)
- Basic traditional exercises to strengthen the body- squats, lunges, pushups, planks, crunches. Ideally, these exercises will be done three times a week, with at least 1-day rest between days. Exercises must be done with correct form to avoid injury, so it's best to work with a professional.

Freeskate 2

Practice previously learned elements:

Three turns, mohawks, lunges, spirals, backward stroking, T stops, shoot the ducks, all freeskate 1 elements, any anything else that needs work.

Skating Skills – Do each move approximately five times successfully. Always try to improve on form, holding your core muscles tight. Over time, start adding more speed to jumps with stronger stroking/crossovers into them:

A. Alternating forward outside and inside spirals on a continuous axis (two sets) – *First practice inside and outside spirals. Once these are strong, then attempt them consecutively on an axis. During the transition, bring feet together, and initiate a strong stroking push to begin the next spiral.*

B. Basic backward outside and backward inside consecutive edges–*Push off perpendicular from the axis for the next lobe. Lobes are half circles. Four to six edges required, all as close to the same size as possible.*

C. Backward inside three-turns (R and L). *Rotate body towards the outside of the circle, bend and turn on heel. Make sure to check afterward by pressing the back shoulder.*

Spin:

D. Beginning back spin (up to two revolutions) – *Start with a backward inside pivot. Spin on the opposite foot than the forward spin, but rotating in the same direction. Align your body over this outside edge. Cross over the free leg so the ankles are crossed. Keep upper body stable and still. Exit by lifting the free knee and pushing it back into a landing position, arms open into landing position as well.*

Jumps:

E. Half Lutz Begin with backward crossovers around the circle. *Push onto a strong backward outside edge. The backward edge should be still and controlled. Land forward on toe and then glide out on other foot onto an inside edge. Arms out.*

F. Salchow – *Entrance either from a Mohawk or outside three turn.*

«Bonus Skill: Variation of a forward spiral, skater’s choice – *Can attempt holding the blade/skate during a spiral.*