

Practice list – free skate levels, by Emily Rausa, ice skating instructor - **Freeskate 1**

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 1

Practice previously learned elements:

Three turns, mohawks, lunges, spirals, backward stroking, T stops, shoot the ducks, 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. Forward power stroking, clockwise and counterclockwise – *must be 4-8 strokes down the sides, evenly placed. At least 3 forward crossovers must be done on the ends. Do both directions. Good posture, inside edge pushes and no toe pick pushes are a must.*

B. Basic forward outside and forward inside consecutive edges (four to six consecutive edges) – *start all patterns on the right foot. 4-6 lobes must be done down the short axis of the rink, equal sizes.*

C. Backward outside three-turns (R and L) – *warm up with the two foot backward to forward turn. Turn must happen on the back of the blade (heel). A slight knee bend should occur to initiate the turn.*

Spin:

D. Upright spin, entry from back crossovers (min. four to six revolutions) –*Skater should bring in arms and leg to skating foot or crossed in front of skating leg, ankles together, depending on if the skater is ready for a scratch spin or a 1-foot spin. Exit with a strong landing position, body checked facing inside the circle.*

Jumps:

E. Half flip – *Enter with either a three turn or Mohawk entrance. Make sure whichever one, it pushes onto a backward inside edge for the take off. The skating side arm should be in front of the body, with the free leg stretched back, toe pointed. Free arm should align over the free leg. Reach and grab with the toe pick behind and draw the skating foot next to the toe pick (pivot) and then push off toe, lift free knee to get into the air. Bring hands together. Half turn, then land on the toe pick (land forward) and glide out on the opposite foot on an inside edge, free leg extended, arms out.*

F. Toe loop – *Free leg will toe in slightly inside the circle to initiate a backward outside pivot. Once the free leg passes the skating foot/toe, it should lift up with the knee while pushing off the ice with the toe like a waltz jump, and land like a waltz jump. (All jumps that land backward have the exact same landing.)*

«Bonus Skill: Waltz jump-side toe hop-waltz jump sequence, or waltz jump – *Complete the first waltz jump, then allow the body to uncheck and open up, facing outside the circle. Side to hop and then push immediately into a second waltz jump.*