

Descriptive Chart of Basic Skating Skills

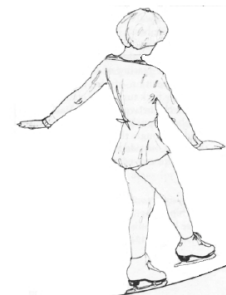
Skating Edges Skill Levels

Edges:

Each skate blade has an outside and an inside edge. Skaters perform edges in the figure eight circle (See Level 5), which are equal in size and shape when evaluated by both a long and short axis curves.

Outside and Inside Figure Eights and smaller segments (arcs/curves) as the basic foundation for skating forward and backwards in Moves-in-the-Field (MITF), compulsory dance patterns, and synchronized skating formations.

With practice, a skater is able to complete a full circle that returns to the initial starting location by holding their balance. No steering of the foot is necessary. Note the free leg is forward, over the tracing. Arms are held at waist high.



Forward Outside push	Forward Inside push	Backward Outside push	Backward Inside push
<p>Open Center – Strikes (pushes) do not cross</p>	<p>Closed Center – Strikes (pushes) cross</p>	<p>Open Center – Strikes (pushes) do not cross</p>	<p>Closed Center – Strikes (pushes) cross</p>
<p>Level 1 Entry – Shallow edges</p> <p>Shallow edges – When a skater is just learning the concept of skating on edges, they begin with shallow edges.</p> <p>As the skater learns to balance over their blade on an edge and achieves a stronger push, the shallow edges become oval arc.</p> <p>Eventually a skater is able to balance on the skate blade and hold that position for a true half circle.</p>	<p>Level 2 Beginning - Oval Arc</p> <p>An oval arc, not a true half circle.</p> <p>Level 3 Intermediate – Half Circle</p> <p>A typical lobe or half circle – is two to three times the skater’s height.</p> <p>The tracing of the push is not shown on this illustration.</p>	<p>Level 4 Novice – Full Circle</p> <p>A full circle approximately 3 times the skater’s height.</p> <p>Illustration is of a forward inside push onto the left foot.</p> <p>The illustration to the right shows both a forward inside push onto the left foot and upon returning to center, a push onto the right forward inside edge.</p>	<p>Level 5 Advanced – Figure Eight</p> <p>A figure eight is approximately 3 times the skater’s height.</p> <p>The Inside Forward Eight is on the Preliminary and 1st Figure Test.</p>

A skater’s edge control allows them to begin learning basic turns on two feet from forward to backward and backward to forward. As their skating improves they learn more advanced one foot turns (Three Turn) and change of foot turns (Mohawks).

Skating Turns Skill Levels

Turns

Turns involve turning from forward to backwards and backwards to forward. They can be performed entirely on one foot or involving a change of foot.

Starting from a deep moving curve, the skater turns backward and holds their free leg off the ice. There should be continuous movement over the ice without any loss of speed or control, wobble or subcurves, while controlling the free leg as they glide back to the center.

The object is to perform the turns with no loss of flow, good upper body control, and no change of edge or scraping of the turn. It takes considerable practice to master the more difficult turns such as brackets, loops, rockers, counters, Mohawks, Choctaws, and twizzles, which compose the high MITF and compulsory Dance tests.

The Forward3-Turn

Level 1 Entry - No glide



The skater essentially starts from a standing position and turns backward and immediately puts their other foot (free leg) down.

There is relatively little flow into and out of the turn.

This may be practiced with the skater starting next to the barrier with a hand on the barrier for confidence.

Level 2 Beginning - Glide on Shallow Arc



Starting from a moving position, the skater turns backward and holds their free leg off the ice. There should be a continuation of movement over the ice.

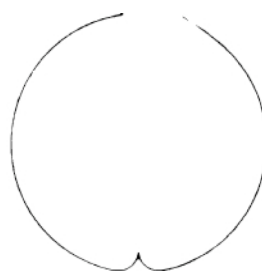
Level 3 Intermediate - Glide on Half Circle

A typical lobe or half circle - is two to three times the skater's height.



Level 4 Novice - Glide on Full Circle

A full circle is approximately 3 times the skater's height.



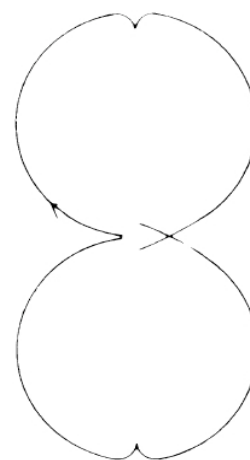
Starting from a deep moving curve, the skater turns backward and holds their free leg off the ice.

There should be continuous movement over the ice without any loss of speed or control and the ability to maintain the back edge back returning to the circle's center.

Level 5 Advanced - Glide on Figure Eight

A figure eight is approximately 3 times the skater's height

The Three's to Center is on the 1st Figure Test.



Starting from a standing start, the skater pushes off and turns backward at the long axis (top of the circle).

Beginner skaters most often skate in the counter clockwise direction; this direction becomes stronger and more comfortable for them to perform.

Skaters generally practice in the CCW direction and the forward clockwise direction does not develop the same strength and control as the

counter clockwise direction.

This is a serious bilateral weakness for both hockey and figure/free skaters. Since speed skating (long and short track) always skate in the counter clockwise direction, the lack of bilateral crossover skill development does not present a problem for speed skaters.

Forward Crossovers Skill Levels

Forward Crossovers

The body should begin in an aligned position with the feet in a parallel position with the hips and shoulders squared.

The right arm should extend forward at waist height. Your left arm will be extended behind at the same height over the tracing. Relax and push your shoulders down. The shoulders should be directly over the hips. Skaters commonly mistake leaning forward for increasing their speed. It is a major mistake to lean forward at the waist.

Bend both knees and push off from the entire inside edge of your right blade without pushing from the toepick! The toepicks of the blade are designed to assist in jumping – not to push off on an edge, especially crossovers.

It is essential that the skater master the ability to achieve equal power from BOTH feet. The stroking should be an even tempo/rhythm in both clockwise and counter clockwise directions. The skater should lean and look into the center of the circle.

Level 1 Entry – Forward Stepovers	Level 2 Beginning – Forward Crossovers	Level 3 Intermediate – Forward Crossovers	Level 4 Novice – Forward Crossovers	Level 5 Advanced – Forward Crossovers
Limited speed. Stiff body and very limited knee bend.	Fair speed. Fair upper body posture and control. Moderate knee bend. Starting to lean into circle.	Good speed. Good upper body posture and control. Good knee bend. Good lean into circle.	Very good speed. Good upper body posture and control. Good knee bend. Good lean into circle.	Full speed. Excellent upper body posture and control. Deep knee bend. Excellent lean into circle.

Backward Crossovers Skill Levels

Backward Crossovers

Use a hockey circle as a guide, bending your knees. Look into the circle to be sure there's no one you will run into. Your arms should be waist level with the lead shoulder being slightly lower. The right arm will lead and the left arm will be over the tracing.

Start with the feet parallel feet. Use your left inside edge to perform the first push to start moving backwards on the right outside edge and gliding while the left foot crossover in of the right foot. The right foot extends backwards over the arc to achieve maximum power.

Some skater performs their crossovers by only a crossing behind motion of the right foot, which results in a jerky movement with the right foot providing of the work with the pulling stroke. It is important to bend your knees and lean into the circle with your upper body in alignment.

It is essential that the skater master the ability to achieve equal power from BOTH feet. The stroking should be an even tempo/rhythm in both clockwise and counter clockwise directions. The skater should lean into the center of the circle and look in the direction of travel.

Level 1 Entry – Back Stepovers	Level 2 Beginning – Back Crossovers	Level 3 Intermediate – Back Crossovers	Level 4 Novice – Back Crossovers	Level 5 Advanced – Back Crossovers
Limited speed. Stiff body and very limited knee bend.	Fair speed. Fair upper body posture and control. Moderate knee bend. Starting to lean into circle.	Moderate speed. Good upper body posture and control. Good knee bend. Good lean into circle.	Good speed. Good upper body posture and control. Good knee bend. Good lean into circle.	Full speed. Excellent upper body posture and control. Deep knee bend. Excellent lean into circle.

Learning to skate fast is not very useful if you are unable to execute a controlled stop at a high speed. After a skater learns to skate forward in a

straight line, they must learn how to skate in a circle.

This process is called crossovers. In public sessions and most free skating sessions skater are traveling in the counter clockwise direction, which is the direction right-handed skaters, feel more comfortable.

Hockey and figure skaters should be able to perform forward and backward crossovers in both directions in a large figure 8 at full power.

References:

Ice Skating Lesson on Crossovers Crossovers are the way skaters move around corners and across the ends of a rink. Mastering forward crossovers make a figure skater better and faster.

Figure skating techniques: learning crossovers

Figure skating techniques: crossovers are literally what get you around the corners at the rink. They're important to learn as they're used so frequently

Snowplow Stops Skill Levels

Snowplow Stop

The snowplow stop is performed with the toes of the skates pointing forming a pigeon-toed position. The beginner skates slowly in a forward direction. While gliding, bend the knees and lean backwards slightly while pushing the skates apart as the feet form a pigeon-toed position. The blades will skid and produce the friction necessary to come to a complete stop.

Skaters need to be able to stop in CW and CCW directions when going backward as well as forward.

<p>Level 1 Entry – Forward Two Foot Snowplow Stop</p> <p>Limited speed. Stiff body and very limited knee bend. Bending forward at waist when stopping.</p>	<p>Level 2 Beginning – Forward Two Foot Snowplow Stop</p> <p>Fair speed. Fair upper body posture and control. Moderate knee bend. Starting to stand upright when stopping.</p>	<p>Level 3 Intermediate – Forward Left and right Foot One Foot Snowplow Stop</p> <p>Moderate speed. Good upper body posture and control. Good knee bend. Good lean back when stopping.</p>	<p>Level 4 Novice – Backward Left Foot One Foot Snowplow Stop CW Direction</p> <p>Good speed. Good upper body posture and control. Good knee bend. Good lean back when stopping.</p>	<p>Level 5 Advanced – Backward Right Foot One Foot Snowplow Stop CCW Direction</p> <p>Full speed. Excellent upper body posture and control. Deep knee bend. Excellent lean back when stopping.</p>
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T Stops Skill Levels

T-Stop

The T-Stop is performed with the skates forming a T-position as the name implies. To execute a t-stop, you should begin skating slowly in a forward direction. Turn one skate at a 45-degree angle and drag it behind the other skate.

Position the instep of the skate that is being dragged at the heel of the lead skate. The shoulders should remain level and at a 90 degree angle to the direction of travel. Arms should be out to the side at approximately waist level.

To complete a controlled stop, it is necessary to lean back slightly and shift the body weight to the rear skate that is being dragged.



<p>Level 1 Entry – Right Foot T-Stop</p> <p>Limited speed. Stiff body and very limited knee bend. Bending forward at waist when stopping.</p>	<p>Level 2 Beginning – Left Foot T-Stop</p> <p>Fair speed. Fair upper body posture and control. Moderate knee bend. Starting to stand upright when stopping.</p>	<p>Level 3 Intermediate – Backward Right Foot T-Stop</p> <p>Moderate speed. Good upper body posture and control. Good knee bend. Good lean back when stopping.</p>	<p>Level 4 Novice – Backward Left Foot T-Stop CW Direction</p> <p>Good speed. Good upper body posture and control. Good knee bend. Good lean back when stopping.</p>	<p>Level 5 Advanced – Backward Left Foot T-Stop CCW Direction</p> <p>Full speed. Excellent upper body posture and control. Deep knee bend. Excellent lean back when stopping.</p>
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Hockey Stops Skill Levels


Hockey Stop

Even figure skaters should learn how to perform a hockey-stop. This stop allows skaters to abruptly stop, even when skating fast. Hockey players frequently use this stop. Turning both skates in the same direction, parallel to the direction skating, performs the stop. Ice skaters should learn the hockey-stop in both forward and backward, clockwise and counter clockwise directions.

Execution of a hockey-stop begins by skating forward or backward at a moderate speed in a CCW and CW direction. Arms should be at waist level forming a straight line as if holding a hockey stick. The skates should be slightly apart with knees bent. The stop is initiated by simultaneously twisting the shoulders in one direction and the feet in the opposite direction.

Depending on the turning direction of the body, the leading skate will be on an outside or inside edge. The trailing foot will be on the opposite edge. The hips and skates are turned sideways; the head, chest and stomach should be facing the skating direction.

To complete a controlled stop, the head should be looking straight ahead and upper body should be directly inline with the knees and hips, leaning back to counter act falling forward and the body stops abruptly.

Level 1 Entry – Hockey Stop - Forward and Back	Level 2 Beginning – Hockey Stop - Forward and Back	Level 3 Intermediate – Hockey Stop – Forward and Back	Level 4 Novice – Hockey Stop with hockey stick - Forward and Back	Level 5 Advanced - Hockey Stop in full hockey gear and stick - Forward and Back
<p>Emerging stopping skill with low power from forward crossovers in CC direction.</p> <p>Limited speed. Stiff body and very limited knee bend. Bending forward at waist when stopping.</p>	<p>Increasing forward speed and stopping in both CCW and CW directions.</p> <p>Fair speed. Fair upper body posture and control. Moderate knee bend. Starting to stand upright when stopping.</p>	<p>Increasing backward speed and stopping in both CCW and CW directions.</p> <p>Moderate speed. Good upper body posture and control. Good knee bend. Good lean back when stopping.</p>	<p>Increasing forward and backward speed; stopping in both CCW and CW directions.</p> <p>Good speed. Good upper body posture and control. Good knee bend. Good lean back when stopping.</p>	<p>Increasing forward and backward speed; stopping in both CCW and CW directions.</p> <p>Full speed. Excellent upper body posture and control. Deep knee bend. Excellent lean back when stopping.</p>
				

Descriptive Chart References:

[Snowplow Stop - Ice Skating Move Snowplow Stop](http://figureskating.about.com/od/figureskatingtechnique/ht/snowplow.htm)

Stopping on the ice is essential for every figure skater. This is the first and easiest stop a skater should master.
<http://figureskating.about.com/od/figureskatingtechnique/ht/snowplow.htm>

Ice Skating Tips The snowplow stop is another stop that is great for beginner ice skaters to learn. The snowplow stop got its name because of the ice shavings that buildup.
<http://www.skatingfitness.com/IceSkating-Ice-Skating-Tips.htm>

[How to Ice Skate: How to do a T-Stop on Ice Skates](http://www.youtube.com/watch?v=S8CWdQyYxzc)

T-stops in ice skating involve stopping with your ice skates in a T position.
<http://www.youtube.com/watch?v=S8CWdQyYxzc>

T-Stop - Ice Skating Stop - T-Stop A position or stop where the feet make a "T" on the ice. The skater should place the middle of one skate behind the heel of the other skate.

<http://figureskating.about.com/od/glossaryofskatingterms/g/tstop.htm>

The Forward Stop When performing a hockey stop, it is important that you think of it more as a Hockey Slide first, and a Hockey Stop second.
<http://www.robbyglantz.com/forwardstop.html>

[How To Hockey Stop Part 2 Ice Skating tutorial](#)

A skating tutorial 1 of 3 parts which will help with basic skating skills
<http://www.youtube.com/watch?v=SW3mEZedOsE>

Additional Reference Links:

[What it Takes to be an Olympic Athlete](#) Sport Psychologist Shane Murphy.
<http://www.apa.org/news/press/releases/2010/02/olympic-athlete.aspx>

The Olympic Athlete: **[What it takes to be an Olympic Athlete?](#)**

<http://www.apa.org/news/press/releases/2010/02/olympic-athlete.aspx>
<http://www.articles4reprint.com/Article/THE-OLYMPIC-ATHLETE-WHAT-DOES-IT-TAKE-TO-BE-AN-OLYMPIAN-/265057>

[USFS Basic Skating Skills 1-8](#) The “basic skills” are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.
<http://iceskatingresources.org/BasicSkills1-8.pdf>

[USFS Basic Skating Skills Hockey Program](#)

Proper skating techniques are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the necessary fundamentals to be successful in game situations.
<http://iceskatingresources.org/HockeyCurriculum.pdf>

[USFS Basic Skating Skills Speed Skating](#)

[Program](#) The Speed skating track for the Basic Skills program introduces beginning speed skating techniques for skaters after they have learned the basic skating fundamentals in Basic Skills 1-4. These techniques include basic positions, edges, turns, starts and speed development. Skaters will be ready for racing after completing the Speed 1-6 badge levels.
<http://iceskatingresources.org/SpeedCurriculum.pdf>

[Conversion Chart – ISI and Basic Skill Class Levels](#)

<http://iceskatingresources.org/USFSConversionChart.html>

[ISI Hockey Group Class Program an House League.](#)

<http://iceskatingresources.org/ISIIceSkatingBadges.html>

Technical Descriptions:

[Core Body Positions](#)

<http://sdfsc-enevents.org/CoreBody.pdf>

[Forward Stroking](#)

<http://sdfsc-enevents.org/ForwardStroking.pdf>

[Forward Outside 3-Turns](#)

<http://sdfsc-enevents.org/ForwardO3turn.pdf>

[Forward Inside 3-Turns](#)

<http://sdfsc-enevents.org/ForwardI3turn.pdf>

[Backward Stroking](#)

<http://sdfsc-enevents.org/BackwardStroking.pdf>

[Backward Outside 3-Turn](#)

<http://sdfsc-enevents.org/BackO3turn.pdf>

[Backward Inside 3-Turn](#)

<http://sdfsc-enevents.org/BackI3turn.pdf>