

## **Lesson Title – Moving Snowplow Stop - Task E of Basic 2 Badge**

**Review** - (DVD – “Snowplow Stop”)

**Rationale:** Properly executing a controlled, moving snowplow stop creates a safe skating experience for the skater and others sharing the ice. The properly executed snowplow stop establishes the foundation for subsequent stopping skills.

### **Objectives:**

- To control the angle of the blade
- To control the amount of weight on a blade
- To change the side to side balance point
- To execute a moving snowplow stop: skater may execute either a two foot or a one foot snowplow stop

### **Evaluation/Assessment:**

- Skater will choose to demonstrate either a complete two-foot or one foot snowplow stop.
  - Establish a straight-line course with a starting position, stroking, glide, and a line for final stopping. The skater should come as close as possible to the ending line without crossing it.
  - Award a score for the degree of balance ranging from +3 to -3.
  - Award a score for skating in a straight line ranging from +3 to -3.
  - Award a score for core body position at the end of the stop ranging from +3 to -3.
- Combine evaluation scores:
  - A negative score = needs improvement
  - “0” = passing, but needs to continue working to master the skill.
  - A positive value “1”, indicates good progress
  - A positive value “2”, indicates very good progress
  - A positive value “3”, indicates excellent progress and mastery of skill.

### **Approximate Time on Task:**

- 10 minutes first session
- Review at each subsequent session – 5> minutes per session
- A total of 30 – 40 minutes total per course.

### **Teaching Points:**

- Skaters will apply too much weight on the skidding foot initially
- Skaters will lean the blade onto the inside edge and not be able to create a skid. Tell them to keep their laces to the ceiling since it is hard to see the angle of the blade.
- If the skidding foot comes off the ice or begins to angle towards an inside edge, the skater is not transferring the balance point and the body weight
- This skill is best learned on newly resurfaced, clean ice
- Stress a long skid in straight direction to demonstrate the initial goal of a long, controlled stop
- Dull blades allows the skater to achieve a skid easier than sharp blades

### **Alternative Teaching Activities:**

- Challenged Learners:
  - Execute a skid with one foot or both feet while holding onto the barrier
  - Execute a skid with one foot or both feet while standing away from the barrier
  - March two steps, glide and execute either a one or two foot snowplow stop
- Gifted Learners:

- Skater will execute all three types of stops: two foot stop, one foot stop using each foot
- When applicable use the skater as a demonstrator of the skill
- When applicable use the skater as a teacher's aid

### **Lesson Plan:**

Prior to the class, the instructor should review Stationary Snowplow Stops in Basic 1

- Two foot Snowplow Stop:
  - Skate forward
  - Glide with feet upright, parallel and hip width apart
  - The blades are upright and on flats
  - The balance of the body remains between the feet for the entire skill
  - With the feet still parallel, bend knees and ankles and apply body weight down into the ice
  - Reduce the weight applied to the ice by rising slightly in the knees and the ankles
  - At the same time push the feet outward leading with the heels and allowing the toes to move apart while keeping the blades upright and on flats
  - A skid will be created by the light friction of the blade against the ice
  - Foot movement ceases when the feet are slightly wider than hip width
  - Maintain position until coming to a complete stop
  - Skater counts to three to demonstrate control
  
- One Foot Snowplow Stop: skater's choice regarding skidding foot
 

Note: One-foot snowplow stops are executed with one foot gliding and the other foot creating the skid. Both feet are on the ice during the entire stop.

  - Skate forward to gain speed
  - Glide with ankles/boots upright, parallel, and hip width apart
  - Keep the blades upright and on flats
  - Keep the knees unlocked and relaxed
  - Equally distribute balance between the feet
  - Transfer body weight and balance point to one foot and then the other
  - While gliding forward on one foot, slowly and lightly skid the foot without any weight across the ice with a motion that travels outward and away from the center of the body with the heel leading
  - Keep the blade of the skidding foot upright and on a flat
  - As the skidding foot moves outward the body weight is slowly shifted in that direction
  - The skid must be maintained as more weight is applied to the skidding foot
  - At the end of weight transfer, the feet should be slightly wider than hip width apart and the balance point is between the feet
  - Maintain position until coming to a complete stop
  - Do not allow core body to bend forward while sticking the seat out.
  - Hold for a count a three
  - Repeat with the other foot

### **Fun Game/Drill Activities**

- Longest Skid Challenge – Two foot or One foot Stop
  - Separate skaters into two lines:
    - Two foot stops
    - One foot stops

- Skaters will skate forward to a designated line and begin the skid for their stop (for one foot stops the skater may select the skid foot)
- Measuring teams will measure the length of the skid
  - -Longest skid wins
- Bilateral Longest Skid Challenge - for skaters doing one foot stops
  - Repeat the Longest Skid Challenge on the other foot
  - Add the length of the two skids together
    - Longest total skid wins
- Shortest Skid Challenge – Two foot or One foot Stop
  - Repeat steps for the Longest Skid Challenge but the winner is the skater who stops in control (hold the end position for a count of three) with the shortest skid
  - Challenge may be conducted with Two Foot Stops or One Foot Stops
  - In a one foot stop, the skater may select the skid foot
- Bilateral Shortest Skid Challenge – for skaters doing one foot stops
  - Repeat the Bilateral Skid Challenge but the winner is the skater with the shortest total stopping distance
- Hockey Line Challenge – skaters start on the extended goal line and skate the length of the rink executing complete (count of three) stops at all the hockey lines including the far extended goal line
- Double Hockey Line Challenge – skate the Hockey Line Challenge and then repeat back to the original starting point
- Obstacle Course Challenge
  - For newer skaters
  - Set up a series of cones in a diamond shape with enough space between for the skater to skate, glide, prepare to stop and then stop
  - Skaters skate clockwise and then counterclockwise stopping at each cone
- Water Cup Challenge
  - Fill pairs of plastic cups half full of water
  - Each skater holds two cups and executes a stop without spilling the water
  - Placement, speed, and number of stops required can vary
  - The challenge can be heightened by filling the cups closer to the top