### Mirror
Skaters start at one end of the ice and in pairs skate down the length of the ice then break away to either side and return to the beginning of the pattern.

**Exercises:**
- Any straight line pattern like power steps. Something else can be done coming back like a field move or working edge pattern.
- Good for racing two at a time.

### Snake
Skaters start at one end of the ice and snake back and forth using the full width of the ice

**Exercises:**
- Forward crossovers across the width, FI choctaw at the other side, back crossovers back across with a BI choctaw at the other side, repeat.
- Forward crosscuts across the width, FO choctaw at the other side, back crossover back across with a BO choctaw at the other side, repeat.

### Olympic Rings
Skaters start at one end of the ice and complete approximately one and a half times around 5 circles down the width of the ice.

It is sometimes easier to keep the circles placed evenly over the ice surface if a cone is placed in the centre of each circle.

**Exercises:**
- Forward crosscuts
- Back crosscuts
Rings

A skater starts at one end of the ice and completes a circle with each skater following in succession. For the pattern to advance down the ice, the skater must push extra hard on the leading part of the circle. No side steps are permitted.

The growth of the pattern must be due to an increase in power. It should take about four or five rings to get to the far end. When skaters finish the exercise, they can skate around the perimeter until everyone has finished their pattern. The exercise should be repeated in the opposite direction and backwards.

Exercises:
• Forward and backward crossovers