

# On Ice Exercises for Skaters

by Claude Sweet

## Exercises for Pre-Preliminary Moves

Week 1: Basic consecutive forward stops on left and right foot

- Two foot Snowplow Stops – toes pointed in and equal pressure on both feet
- One foot Snowplow Stops – toe pointed in with strong pressure on leading foot
- T-Stop – upright body position must be achieved and maintained throughout stop
- Hockey Stop – feet must be parallel with equal pressure applied to both feet while keeping head up

Week 2: Basic consecutive forward outside and inside edges

- Glide on 2 feet in a straight line to practice “arm switch – arms brush sides of body while switching
- Glide on 1 foot in a straight line, balance, “switch” arms, then pass free foot
- On a large circle, push onto an edge – balance, switch arms, pass free let

Week 3: Basic consecutive backward outside and inside edges

- Teach edges on larger 1/2 circles on 2 feet – work free foot, arm switch, head & upper body rotation – progress to 1 foot
- Teach “rat tail” push for back outside and back inside edges

Week 4: Exercise – inside and outside forward circle 8's

- Teach circle 8's on 2 feet – work on “arm switch”
- Progress to 1 foot – balance, switch arms, pass free leg to the front over the print

Week 5: Forward Right and left spirals in a straight line

- Teach spiral using the barrier – emphasize free leg turn out and upper body lift as back flattens
- Glide in extended free leg position and balance before entering full spiral position
- Practice right outside and left outside spirals on a large circle

Week 6: Exercise – inside and outside backward circle 8's

- Teach circle 8's on 2 feet, work on arm and head switch (rotation of upper body)
- Progress to 1 foot – balance – pass free leg, switch arms, upper body and head rotation

Week 7: Exercise – forward outside waltz 3 turns in both directions

- A forward outside waltz 3 followed by 2 consecutive back outside edges

Week 8: Waltz 8

- Review back outside edge on a large circle
- Teach 2 foot waltz 8 – emphasize arm positions for 3 turn, upper body rotation to the outside of the circle for back outside edge and check back to center
- Practice back outside to forward outside Mohawk

Week 9: Exercise – back outside to forward outside Mohawks in both directions

- Land waltz jump, step forward and glide on outside edge
- Back outside stretch step forward into outside spiral
- Teach Pre-Juvenile 5 step Mohawk on a large circle

## Exercises for Preliminary Moves

Week 1: Forward Crossovers both directions

- Practice slow timing crossovers: push 1,2, cross 3,4 – emphasize correct edge push and pre-bend is needed to get power

Week 2: Backward Crossovers both directions

- Practice slow timing crossovers – push 1,2 cross 3,4 – emphasize correct edge push and pre-bend needed to get power

Week 3: Outside and Inside forward spirals

- Use hockey circles at beginning and end of ice to teach 5 lobe pattern
- Practice spirals on a large circle

Week 4: Forward power 3 turns – outside 3 turns

- Teach back weight shifts at barrier
- Teach the 4 places to push – before 3 then push into lean, then 2 pushes during crossovers

Week 5: Forward power 3 turns – inside 3-Turns

Week 6: Alternating forward outside 3 turns

- Review forward outside 3 turns
- Teach test pattern using 2 foot 3 turns
- Exercise - forward outside 3's followed by 2 consecutive forward outside edges, repeat
- Exercise - forward inside 3's followed by 2 consecutive forward inside edges, repeat for other foot

Week 7: Alternating forward inside 3 turns

- Review forward inside 3 turns
- Teach test pattern using 2 foot 3 turns

- Exercise – forward inside 3 followed by 2 consecutive forward inside edges, repeat on the other foot

### Exercises for Pre-Juvenile

Week 1: Forward perimeter power crossovers both directions

- Review slow timing crossovers on a circle
- Draw pattern on the ice to explain axis and also to show the size of the inside edge in relation to the lobe
- Review inside edges and point out the correct stepping on the axis to set proper curvature of the edge

Week 2: Back Perimeter Power Crossover stroking both directions

- Back inside “rat tail” pushes
- Review slow timing crossovers (backward) on a circle
- Draw pattern on the ice to explain axis and also to show the size of the inside edge in relation to the lobe

### Exercises for Juvenile

Week 1: 8 step Mohawk in clockwise direction

- Do forward crossovers with arms and upper body rotated to the outside of the circle (skating arm leading)
- Do outside Mohawk on a circle on 2 feet then 1 foot

Week 2: 8 step Mohawk in counter clockwise direction

- Do forward crossovers with arms and upper body rotated to the outside of the circle (skating arm leading)
- Do outside Mohawk on a circle on 2 feet then 1 foot

Week 3: Forward cross strokes

- 3 forward cross strokes hold in position for 1/2 circle and repeat

Week 4: Backward cross strokes

- 3 backward cross strokes hold in position for 1/2 circle and repeat

### Exercises for Intermediate

Week 1: Forward power circles both directions

- Crossover to different tempo's (123, 456, 123, 456), (12, 34, 12, 34, 12, 34) (1, 2, 1, 2, 1, 2)
- Progressives on a circle

Week 2: Backward power circles

- Crossover to different tempo's (123, 456, 123, 456), (12, 34, 12, 34, 12, 34) (1, 2, 1, 2, 1, 2)
- Progressives on a circle

Week 3: Backward perimeter power crossovers with 3 turns in counter clockwise direction

- Review back outside 3's
- Review back power crossovers
- Teach back outside 3, Mohawk – glide on 2 feet on a lobe and then do on opposite foot (consecutive lobes)

Week 4: Backward perimeter power crossovers with 3 turns in clockwise direction

- Review back outside 3's
- Review back power crossovers
- Teach back outside 3, Mohawk – glide on 2 feet on a lobe and then do on opposite foot (consecutive lobes)

### Exercises for Novice

Week 1: Counter clockwise backward perimeter power stroking with back inside 3 turns

- Review power crossovers
- Teach forward inside 3's on a large circle
- Teach 5 lobe pattern and the use of the hockey circles in setting up end pattern

Week 2: Clockwise backward perimeter power stroking with back inside 3 turns

- Review backward power circles
- Teach forward inside 3's on a large circle
- Teach 5 lobe pattern and the use of the hockey circles in setting up end pattern

Week 3: Forward counter clockwise perimeter power crossover stroking to backward quick rocker sequence

- Review forward power crossovers
- Teach a swing rocker on the hockey circle
- Teach the quick rockers by the barrier and then on a large circle

Week 4: Forward clockwise perimeter power crossover stroking to backward quick rocker sequence

- Review forward power crossovers
- Teach a swing rocker on the hockey circle
- Teach the quick rockers by the barrier and then on a large circle

### Exercises for Junior

Week 1: Forward counter clockwise power circles (snails)

- Review slow timing of crossovers
- Teach crossovers to different tempos (123, 456) (12, 34) (1, 2, 1, 2)

Week 2: Forward clockwise power circles (snails)

- Review slow timing of crossovers
- Teach crossovers to different tempos (123, 456) (12, 34) (1, 2, 1, 2)

Week 3: Backward power circles both directions  
(snails)

- Review slow timing of crossovers
- Teach crossovers to different tempos (123, 456)  
(12, 34) (1, 2, 1, 2)

### **Exercises for Senior**

Week 1: Counter clockwise sustained edge step

- Alternating back inside 3's
- Back inside crossovers, pull to short axis, cross  
RBI – repeat

Week 2: Clockwise sustained edge step

- Alternating back inside 3's
- Back inside crossovers, pull to short axis, cross  
RBI – repeat

Week 3: Counter clockwise extension spiral step

- Alternating consecutive triple 3's
- Quick open Mohawks on a large circle
- Forward inside spirals on a large circle – both  
feet
- Back outside spirals on a large circle – both  
feet

Week 4: Clockwise extension spiral step

- Alternating consecutive triple 3's
- Quick open Mohawks on a large circle
- Forward inside spirals on a large circle – both  
feet
- Back outside spirals on a large circle – both  
feet