



CanSkate PatinagePlus

Lesson Plan and Circuits Resource Guide

August 2023

Lesson Plan and Circuits Resource Guide

Introduction:

This guide contains the lesson plans and circuits of the CanSkate Program. This is to be used in conjunction with the CanSkate Resource Guide. The lesson plans follow the weekly set up as described in the CanSkate Resource Guide (example B1 1-2, B2 1-2, B3 1-2 etc.). The lesson plans and circuit templates for the CanSkate program are designed to be printed on one page and folded to allow for front-to-back viewing. This makes it easy for coaches to have the resource on hand when drawing the circuit on the ice.

The circuits are designed to allow two groups to be on one circuit. This is indicated with ⓈA or ⓈB (Start A, Start B). Note: at stage 4/5 and higher there is no longer a template for an outer circuit option. To utilize the full 1/3 of the ice this level of skater will use one large circuit with two starting points.

How to read the lesson plans

Elements: The elements that will be introduced or taught during the lesson. There are four elements per lesson plan (2 per stage). Example B1 1-2 elements are: Stage 1 Fall down & get up, Fwd two-foot glide and Stage 2 Fwd sculling, Fwd two-foot to one-foot glide.

Teaching Points: Listed here are the main points that the coaches should be encouraging about the skill to be taught. It is important that the PAs know what the points are as well, so that they can reinforce them during the circuit and practice. For example, when teaching turns from fwd to bwd on 1 or 2 feet, the emphasis on the “unweighting action” during the turn should be a teaching point. It may be described as a “down, up, down” action.

Progressions: Previously performed developmental elements reinforced for the introduction of new elements. Progressions may be skills from a stage(s) below the current level or skills unique to helping break down that element. For example, for the “forward crosscuts” coaches may choose to use a fwd 2-ft glide with the feet crossed to teach the skaters to be comfortable with the transfer of weight from the outside push to the undercut. For other lessons, the elements may be a review and, therefore, may not need many progressions.

Key Words: Coaches are continuously building a “tool kit” and key words are an integral part of this. This section provided some examples of what a coach might use for a given element or progression. Example “Down, up, down, up...” can be used for two-foot slalom and works for the unweighting action needed to perform a turn or twist.

Requirements: This indicates the expected standard of the element being performed. For a complete listing of all standards for each skill refer to the CanSkate Skills Descriptions and Requirements document.


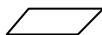

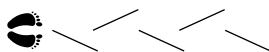

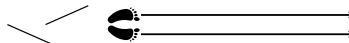
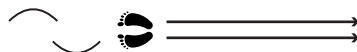


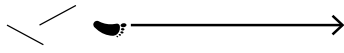
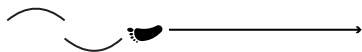
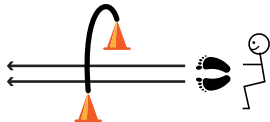
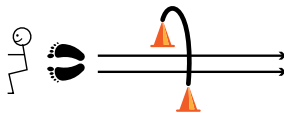
Tips: This provides ideas and suggestions for implementing the lesson plan. This may include PAs needed and teaching aid/ prop ideas.

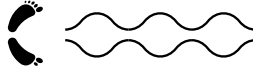



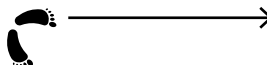

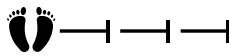


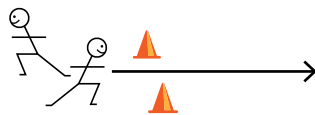


Note: Coaches need to take a few seconds at the end of every lesson to show appreciation to the skaters for their efforts throughout the lesson and remind them about the key points of the skills they learned.

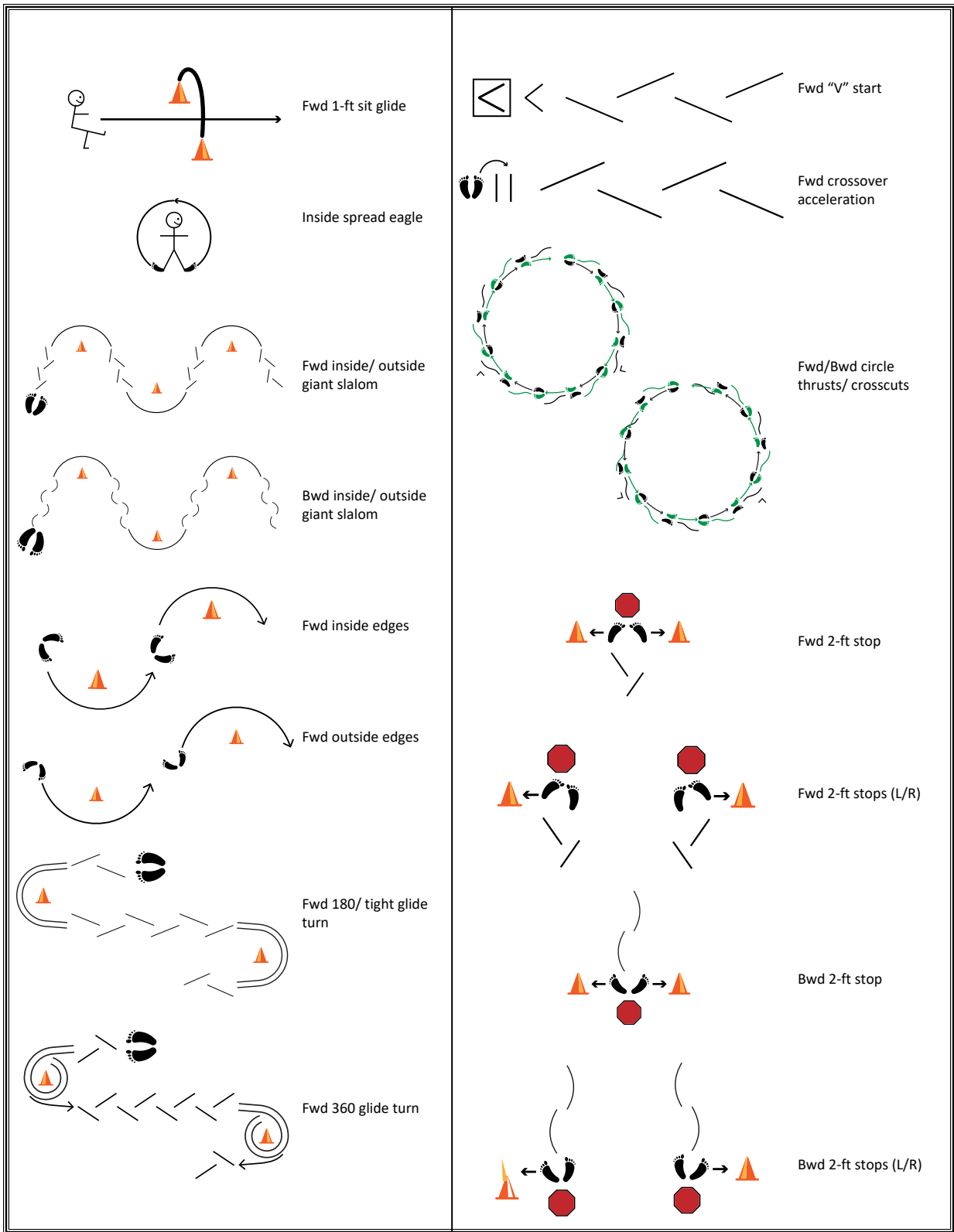
Self-Evaluation: It is recommended, at the end of every lesson, that coaches should take a moment to assess their effectiveness. Make notes on things to improve delivery, add challenge or motivation.

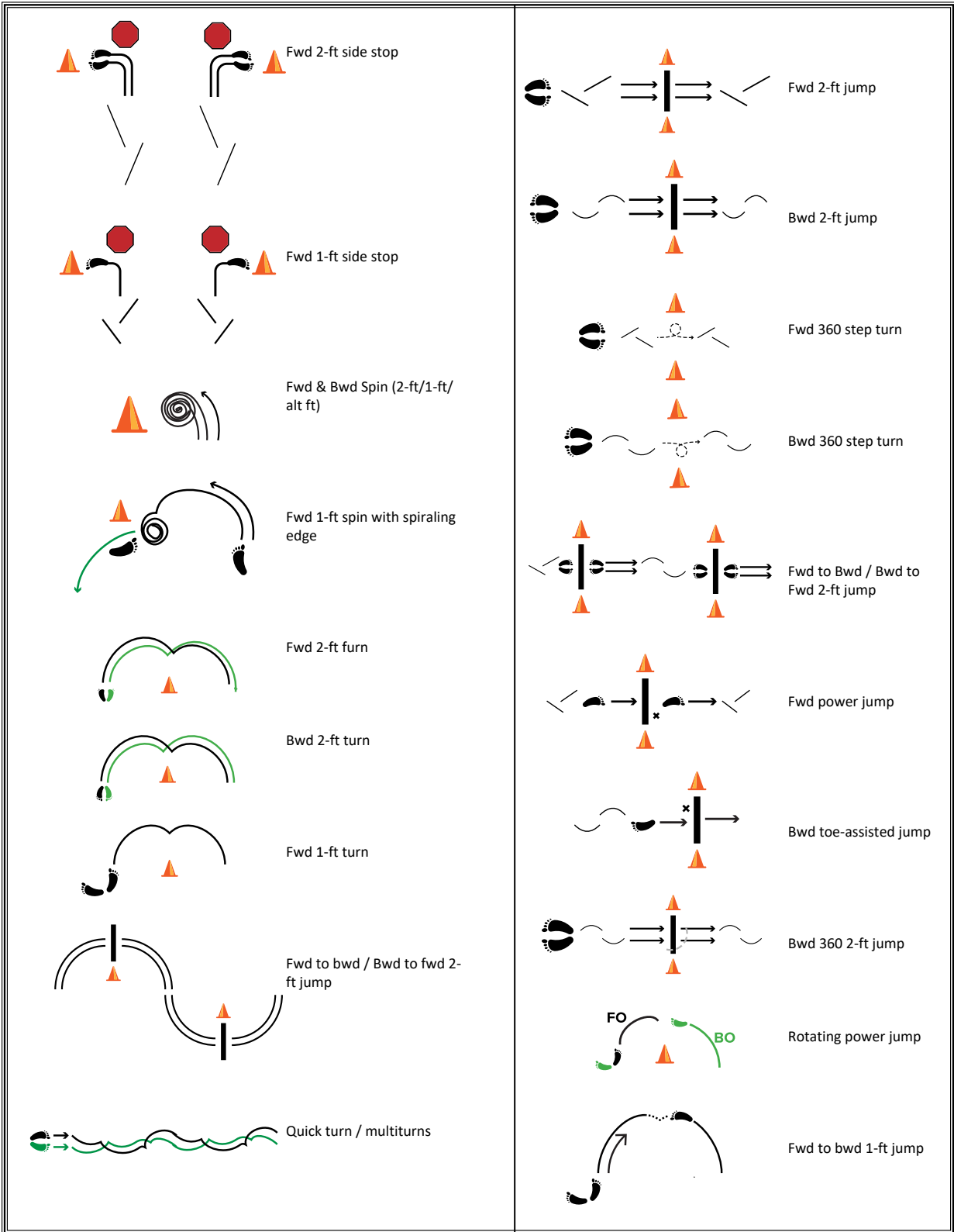
Circuits: See accompanying circuit template for each lesson plan. The circuits are designed to have Balance and Control at the ends of the ice surface (blue line to end boards) and Agility in the middle of the ice (between the blue lines). The circuits may need to be adjusted based on the size of ice surface. Example: if two lanes don't fit between the hockey circles and the end boards, flip the circuit to allow for the two lanes to go between the circles and the blue line. This will mean adjusting the start point of the circuit. A legend of symbols and diagrams used in the templates is included below.

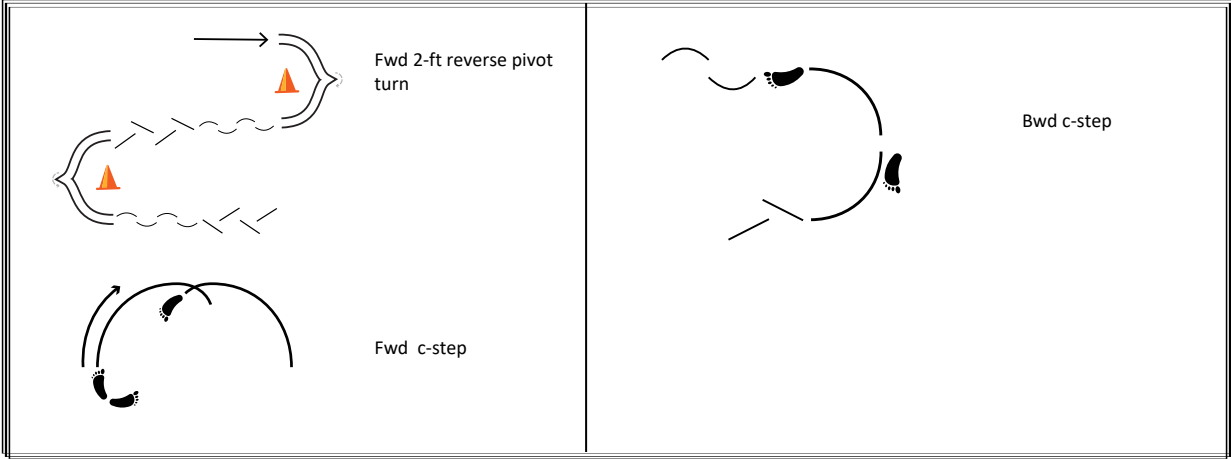
LEGEND

	Starting points for splitting groups of circuit	
	Fall down & get up OR drop-down drill	
	Black outlined box indicates "Stationary" skill (AKA: skill progression)	
	Fwd push/glide sequence (beginner - emphasize Bend, Push. Developing - lengthen stride as skaters advance)	
	Bwd push/glide sequence	
	Fwd 2- ft glide	
	Bwd 2- ft glide	
	Fwd 2-ft to 1-ft glide	
	Bwd 2-ft to 1-ft glide	
	Fwd 1- ft glide	
	Bwd 1- ft glide	
	Fwd 2-ft sit glide	
	Bwd 2-ft sit glide	

	Fwd sculling
	Bwd Sculling
	Fwd 2-ft Slalom
	Bwd 2-ft slalom
	Fwd stationary blade push
	Walking crosscuts
	Snow side steps
	Fwd 1-ft slalom
	Bwd 1-ft slalom
	Fwd/ Bwd drag
	Fwd spiral
	Bwd spiral





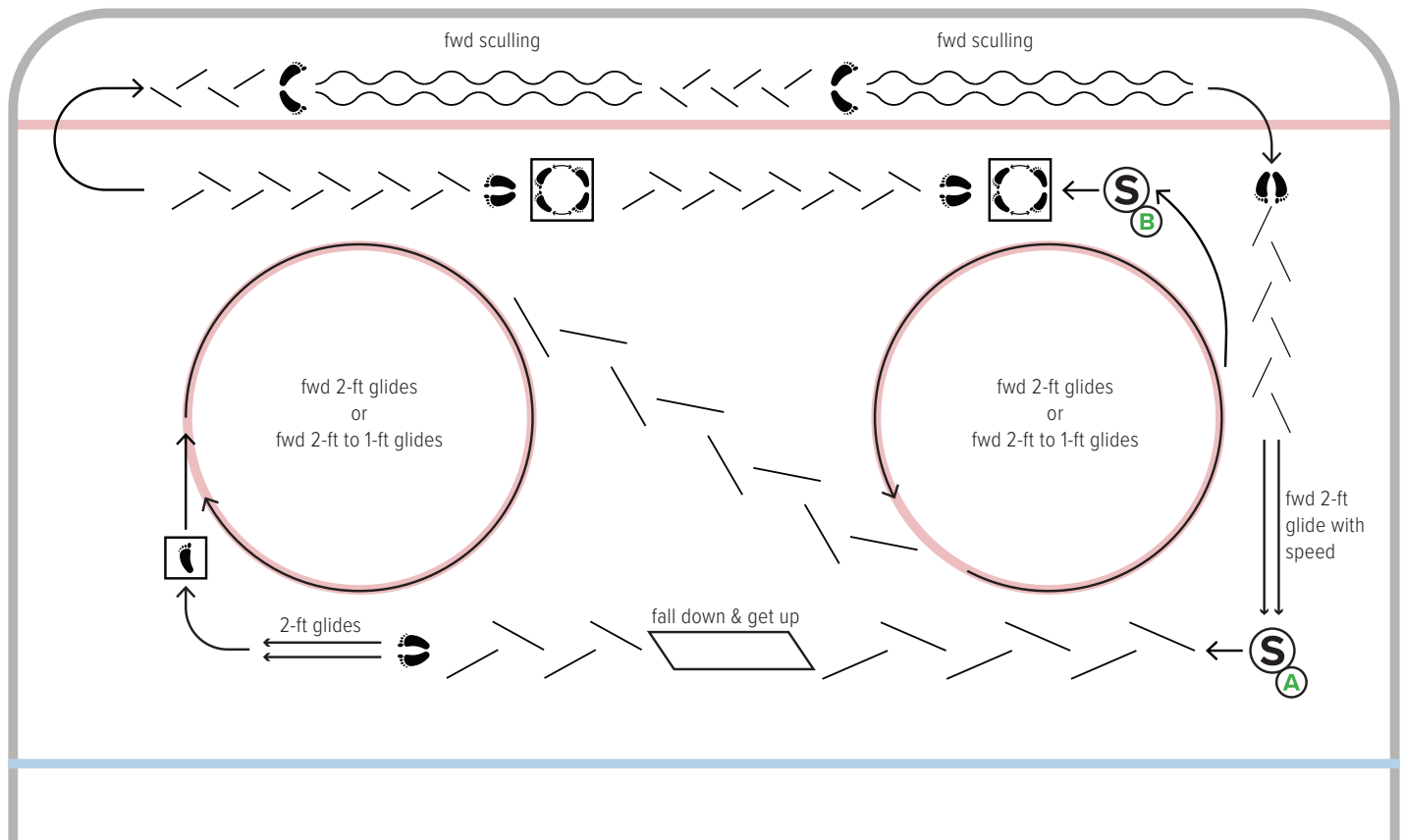




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Fall down & get up Fwd two-foot glide	Protect head and joints Balance Eyes/head level	Assisted fall and get up Assisted skating Assisted 2-foot glide	"skate, skate, skate and GLIDE..."	Fall: get up using any method Fwd two-ft glide: min 1 second glide, straight or curved
TIPS: Use PA's to assist where needed, pylons can be used to encourage length of glide.				
STAGE 2				
Fwd sculling Fwd two-foot to one-foot glide	Ankle and knee bend, feet shoulder width apart on scull, Balance Eyes/head level	Scull on the spot Slow sculling Fwd two-foot glide Assisted two-foot to one-foot glide	In and out, or down and up, or heels/toes	Sculling: Min of 6 consecutive sculls with knee and ankle bend Fwd two-ft to one-ft glide: Min 1 second glide on each, straight or curved
TIPS: Place a PA on the circle for assistance. Encourage assisted glides on both feet to introduce skaters to outside edges. Be sure to draw realistic sculling to reinforce proper technique.				

BALANCE 1 1-2

INSIDE CIRCUIT

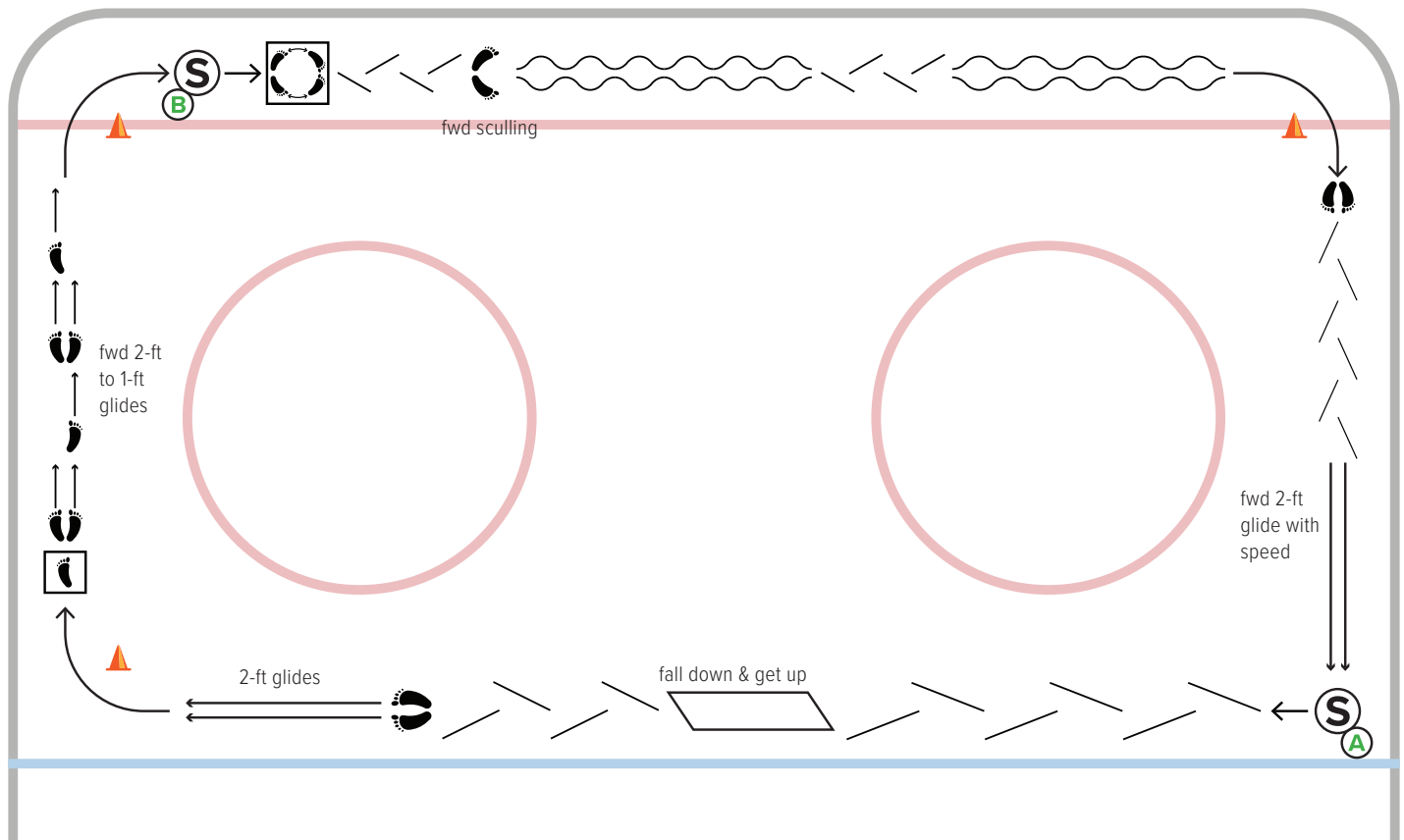




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Fall down & get up Fwd two-foot glide	Protect head and joints Balance Eyes/head level	Assisted fall and get up Assisted skating Assisted 2-foot glide	"skate, skate, skate and GLIDE..."	Fall: get up using any method Fwd two-ft glide: min 1 second glide, straight or curved
TIPS: Use PA's to assist where needed, pylons can be used to encourage length of glide.				
STAGE 2				
Fwd sculling Fwd two-foot to one-foot glide	Ankle and knee bend, feet shoulder width apart on scull, Balance Eyes/head level	Scull on the spot Slow sculling Fwd two-foot glide Assisted two-foot to one-foot glide	In and out, or down and up, or heels/toes	Sculling: Min of 6 consecutive sculls with knee and ankle bend Fwd two-ft to one-ft glide: Min 1 second glide on each, straight or curved
TIPS: Place a PA on the circle for assistance. Encourage assisted glides on both feet to introduce skaters to outside edges. Be sure to draw realistic sculling to reinforce proper technique.				

BALANCE 1 1-2

OUTSIDE CIRCUIT

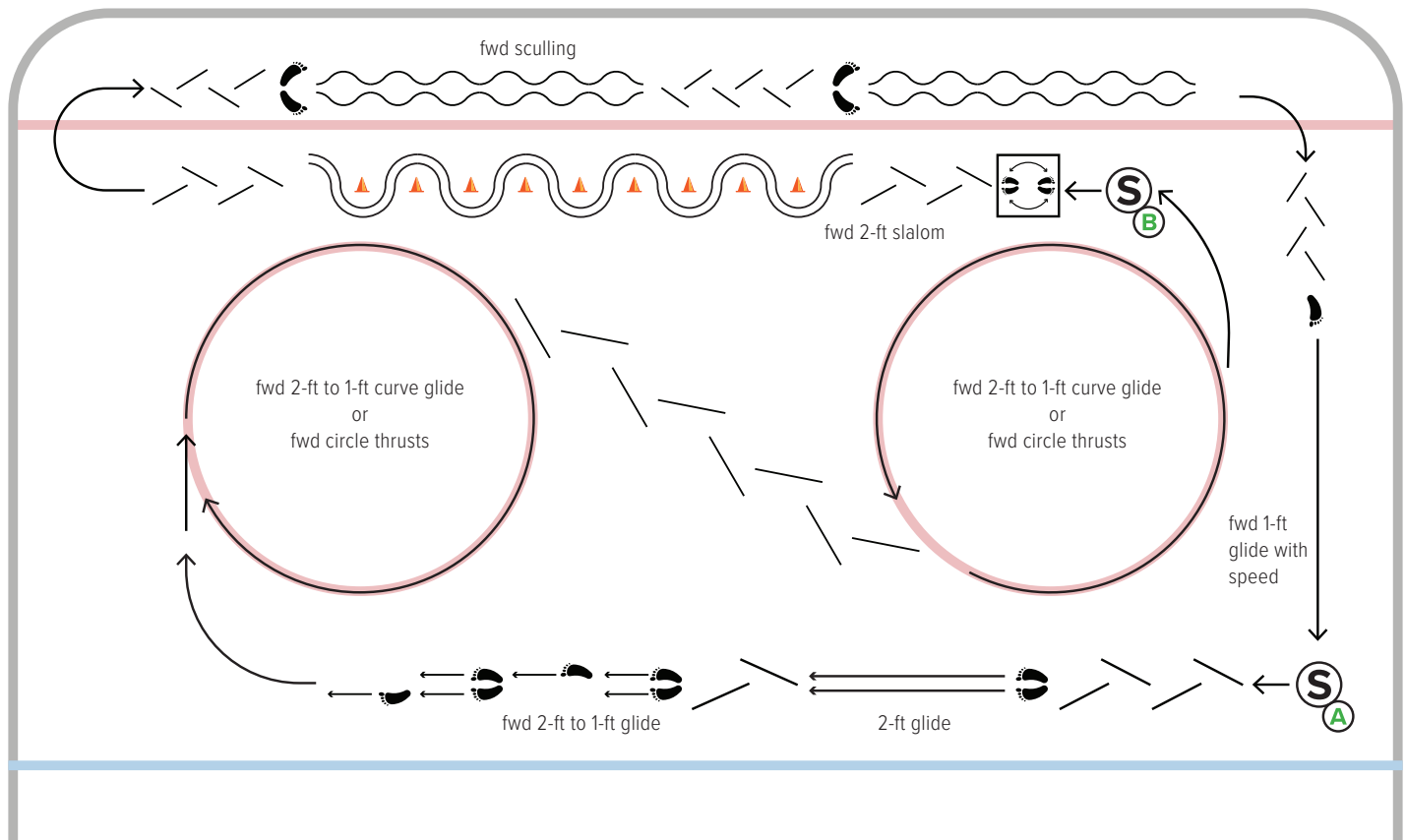




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Fwd sculling Fwd two-ft to one-ft glide	Ankle and knee bend, feet shoulder width apart on scull, balance Eyes/head level	Scull on the spot Slow sculling Fwd two-foot glide Assisted two-foot to one-foot glide	In and out, or down and up, or heels/toes	Sculling: Min of 6 consecutive sculls Fwd two-ft to one-ft glide: Min 1 second glide on each, straight or curved
TIPS: Place a PA on the circle for assistance. Encourage assisted glides on both feet to introduce skaters to outside edges. Be sure to draw realistic sculling to reinforce proper technique.				
STAGE 3				
Fwd two-foot slalom Fwd two-foot to one-foot curve glide Fwd circle thrusts	Ankle and knee bend, unweighting on slalom (down up down), balance Eyes/head level, side of the blade pushes	Twist on the spot (two-foot and one-foot) Assisted slaloms Fwd two-foot to one-foot glide straight line Assisted thrusts	Down, up, down, up Count length of glide "one thousand and one" Bend, push, Bend, push	Slalom: Min of 6 pylons or definite curves Two-ft to one-ft glide: Good balance. One-foot glide held for a min of 2 seconds (both feet) Thrusts: Full circle, side of the blade pushes
TIPS: Introduce concept of skateboarding to help skaters understand the technique needed for thrusts. Encourage upper body movement on slaloms to reinforce twisting action. Incorporate large curves for glides.				

BALANCE 1 2-3

INSIDE CIRCUIT

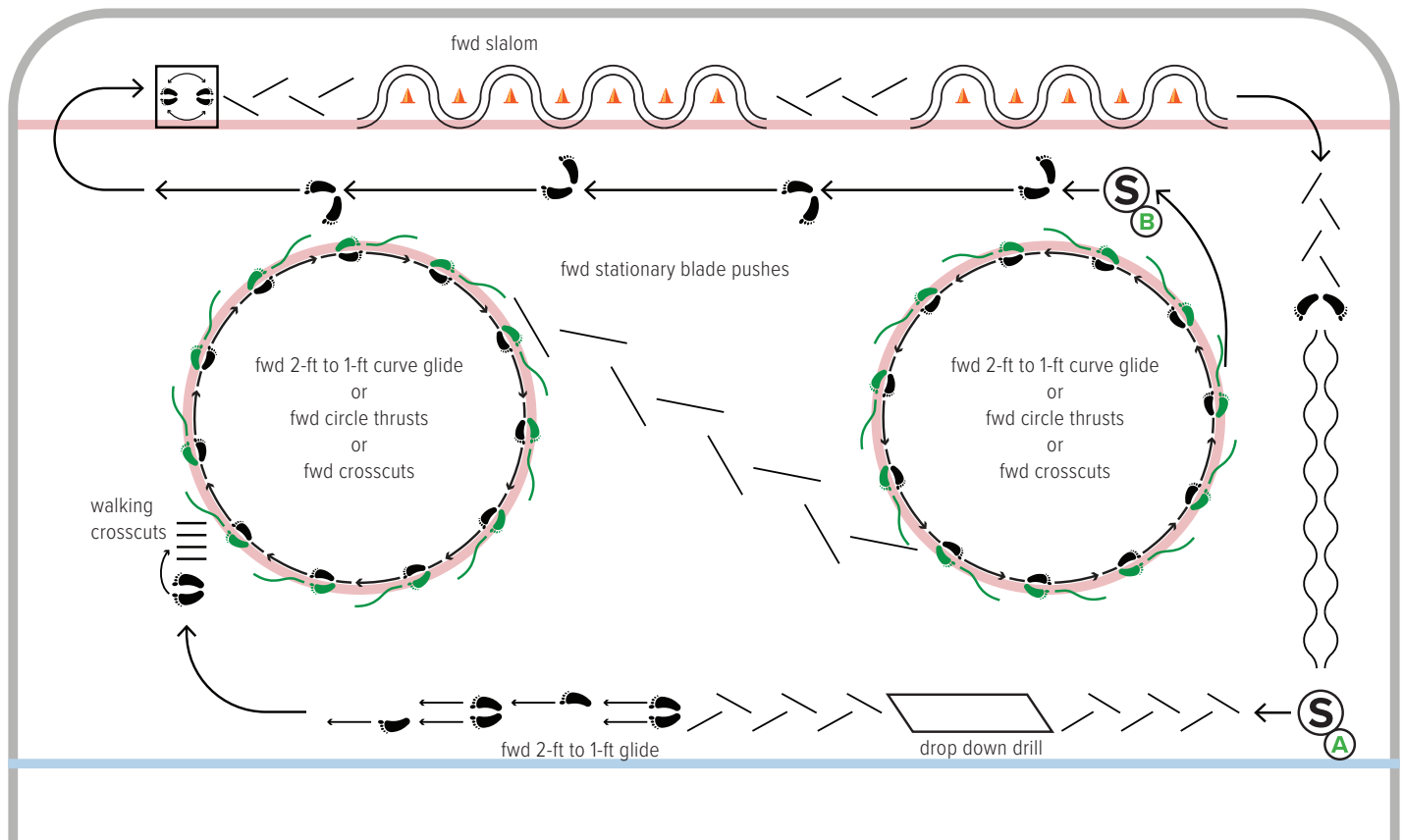




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Fwd two-foot slalom Fwd two-foot to one-foot curve glide Fwd circle thrusts	Ankle and knee bend, unweighting on slalom (down up down), balance Eyes/head level, side of the blade pushes	Twist on the spot (two-foot and one-foot) Assisted slaloms Fwd two-foot to one-foot glide straight line Assisted thrusts	Down, up, down, up Count length of glide "one thousand and one" Bend, push, Bend, push	Slalom: Min of 6 pylons or definite curves Two-foot to one-foot glide: Good balance. One-foot glide held for a min of 2 seconds (both feet) Thrusts: Full circle, side of the blade pushes
TIPS: Introduce concept of skateboarding to help skaters understand the technique needed for thrusts. Encourage upper body movement on slaloms to reinforce twisting action. Incorporate large curves for glides.				
STAGE 4				
Drop down drill Fwd crosscuts	Balance, blade pushes, lean into circle	Slow then add speed Walking crosscuts Circle thrusts Assisted crosscuts	Skate, down, up Bend, push with side, cross and glide	Drop down drill: Good balance, control. Maintain forward momentum Crosscuts: Small glide in crossed position for min 50% of element. Full circle performed (both directions).
TIPS: Use pylons or noodles to indicate drop down area. Assist skaters with balance (could use hockey stick or coach/PA) to support weight transfer and comfort level for crossed-foot position. This will prepare skaters for the under-cut in Stage 5 crosscuts.				

BALANCE 1 3-4

INSIDE CIRCUIT

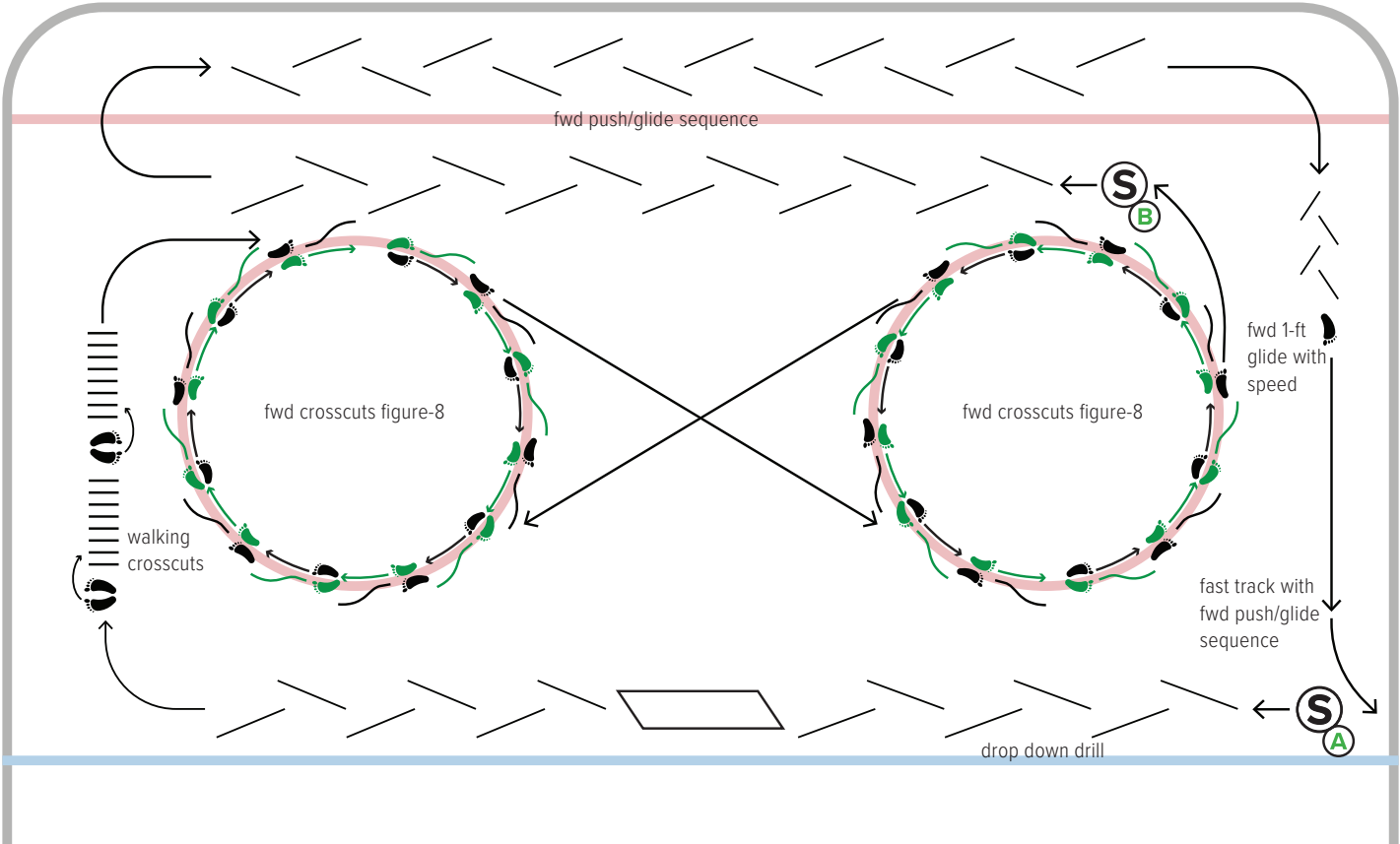




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 4				
Drop down drill Fwd crosscuts	Balance, blade pushes, lean into circle	Slow, then add speed Walking crosscuts Circle thrusts Assisted crosscuts	Skate, down, up Bend, push with side, cross and glide	Drop down drill: Good balance, control. Maintain forward momentum. Crosscuts: Small glide in crossed position for min 50% of element. Full circle performed (both directions).
TIPS: Use pylons or noodles to indicate drop down area. Assist skaters with balance (could use hockey stick or coach/PA) to support weight transfer and comfort level for crossed-foot position. This will prepare skaters for the under-cut in Stage 5 crosscuts.				
STAGE 5				
Fwd crosscuts – figure 8 Fwd push/glide sequence	Side of the blade pushes, proper crossover technique, good rhythm of knees/ankles	Walking crosscuts Circle thrusts Slow, then add speed Assisted	Bend, push Push with side, cross and glide (faster than stage 4)	Fwd crosscuts: 50% of element with blade pushes, full figure 8 pattern, good timing. Fwd push/glide sequence: Solid technique, side of the blade, full length of ice, alternating feet.
TIPS: Exaggerate side of the blade pushes to ensure proper technique and comprehension. Allow upper body to move naturally for full access to power.				

BALANCE 1 4-5

INSIDE CIRCUIT

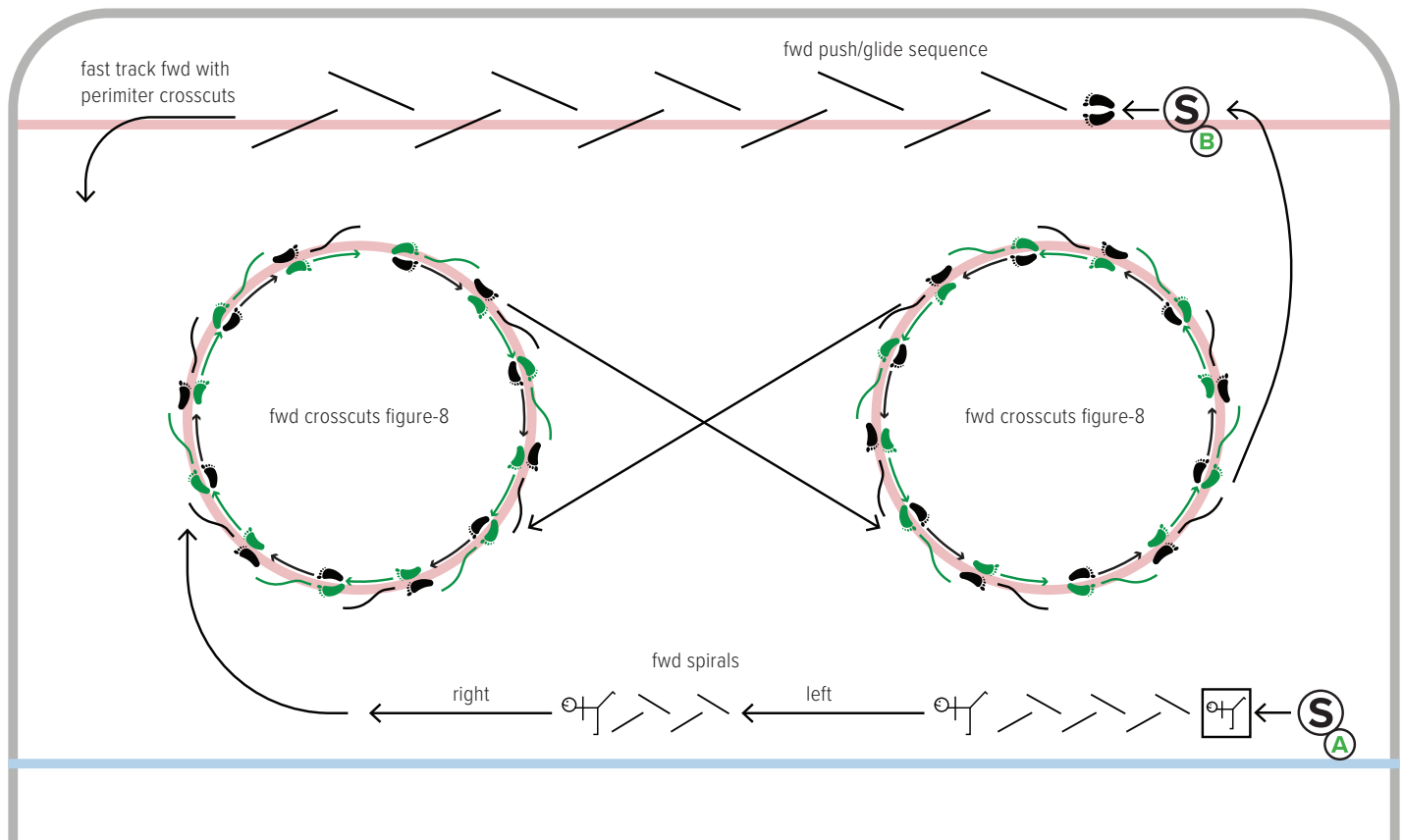




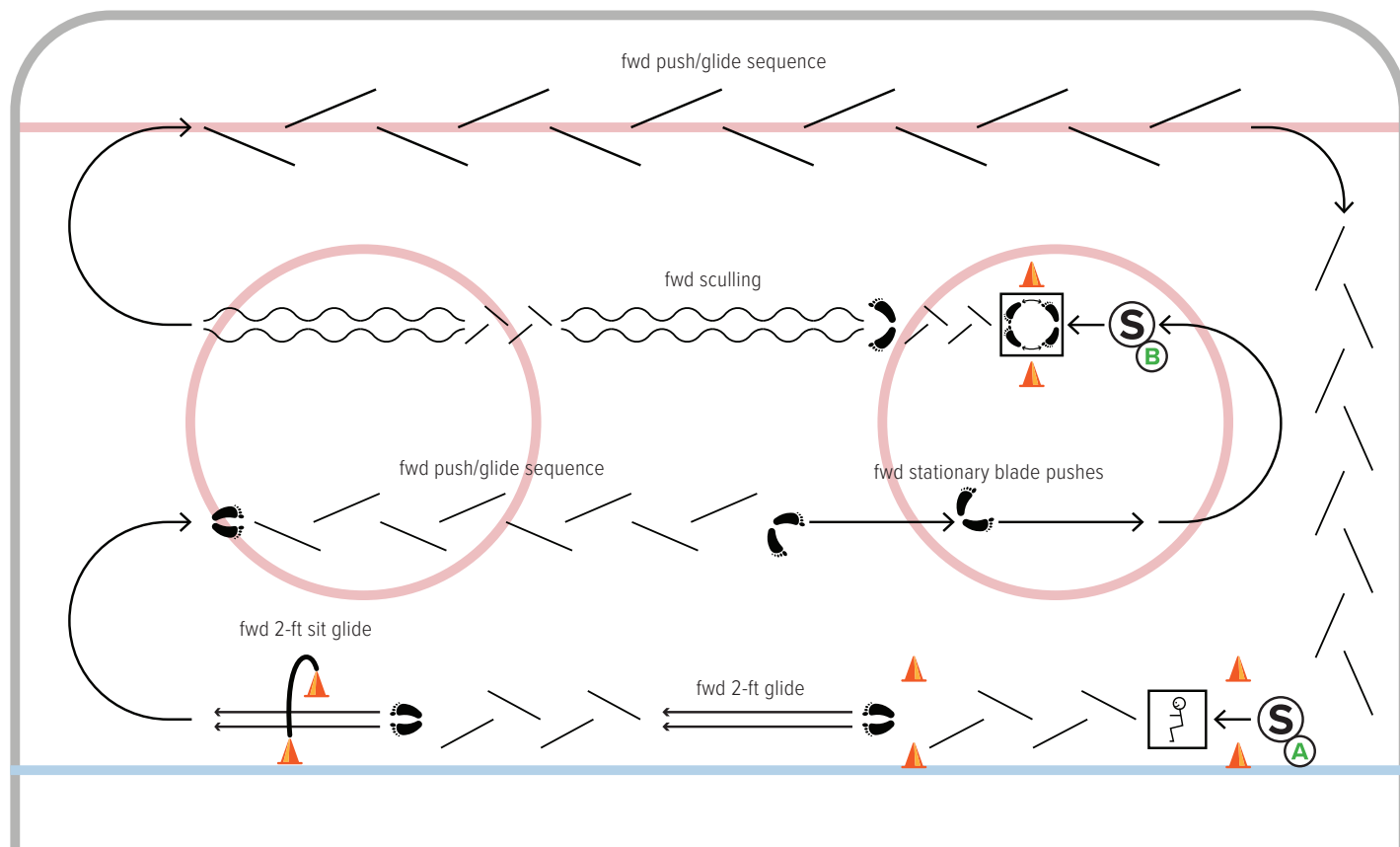
Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 5				
Fwd crosscuts – figure 8 Fwd push/glide sequence	Side of the blade pushes, proper crossover technique, good rhythm of knees/ankles	Walking crosscuts Circle thrusts Slow then add speed Assisted	Bend, push Push with side, cross and glide (faster than stage 4)	Fwd crosscuts: 50% of element with blade pushes, full figure 8 pattern, good timing. Fwd push/glide sequence: Solid technique, side of the blade, full length of ice, alternating feet.
TIPS: Exaggerate side of the blade pushes to ensure proper technique and comprehension. Allow upper body to move naturally for full access to power.				
STAGE 6				
Forward power crosscuts Fwd spiral Fwd perimeter skating with crosscuts	Ankle/knee bend Balance Even strides Power, acceleration	Slow, then add speed Stationary spiral Assisted spirals Straight line spirals	Bend, push Balance, bend, lift Side of the blade	Fwd crosscuts: Proficient in both directions with side of the blade pushes and proper technique. Reasonable power. Spiral: Straight line or curve, min 1 second, 85 degrees or more. Fwd perimeter with crosscuts: one full lap, either direction, easy rhythm, side of the blade pushes.
TIPS: Allow upper body to move naturally for full access to power. Could assess perimeter skating during fast track lap or group activity.				

BALANCE 1 5-6

INSIDE CIRCUIT



Element	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Fwd two-foot sit glide Push/glide sequence	Balance Knee and ankle bend Side of blade push	Stationary sit position Slow push/glides focus on bend before push	“Skate, skate, skate and GLIDE...” Bend together push, bend together push...	Fwd two-foot sit glide: 135°- 90° sit position. Glide for minimum of 1 second, straight or curved. Push/glide sequence: Perform with the minimum of 50% blade pushes, altering feet.
TIPS: Use PA's to assist where needed, pylons can be used to encourage length of glide. Noodles can be used to encourage appropriate knee bend for sit glide.				
STAGE 2				
Fwd sculling Fwd push/glide sequence	Bend knees Toes out and then in for sculls (down and up) Side of blade pushes with knee bend	Stationary sculling Slow then add speed to each scull	In and out... down out, in up... heels and toes Bend together push... Bend and push	Fwd Sculling: Min of 6 consecutive sculls. Fwd push/glide sequence: Perform the full width of the ice, using appropriate blade push technique.
TIPS: Be sure to draw realistic sculling to reinforce proper technique.				

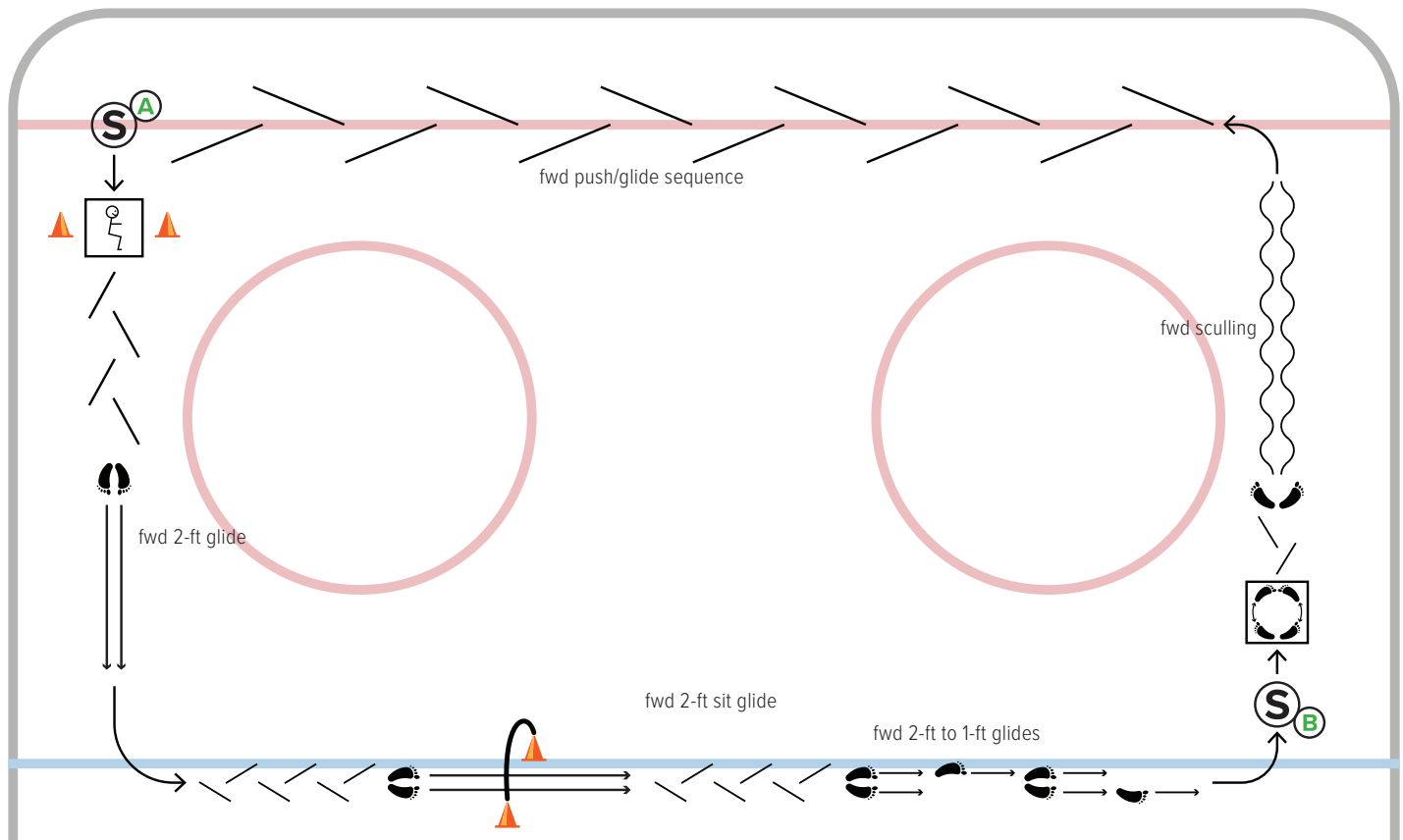




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Fwd two-foot sit glide Push/glide sequence	Balance Knee and ankle bend Side of blade push	Stationary sit position Slow push/glides focus on bend before push	"Skate, skate, skate and GLIDE..." Bend together push, bend together push...	Fwd two-foot sit glide: 135°-90° sit position. Glide for minimum of 1 second, straight or curved. Push/glide sequence: Perform with the minimum of 50% blade pushes, altering feet.
TIPS: Use PA's to assist where needed, pylons can be used to encourage length of glide. Noodles can be used to encourage appropriate knee bend for sit glide.				
STAGE 2				
Fwd sculling Fwd push/glide sequence	Bend knees Toes out and then in for sculls (down and up) Side of blade pushes with knee bend	Stationary sculling Slow then add speed to each scull	In and out... down out, in up... heels and toes Bend together push... Bend and push	Fwd Sculling: Min of 6 consecutive sculls. Fwd push/glide sequence: Perform the full width of the ice, using appropriate blade push technique.
TIPS: Be sure to draw realistic sculling to reinforce proper technique.				

BALANCE 2 1-2

OUTSIDE CIRCUIT

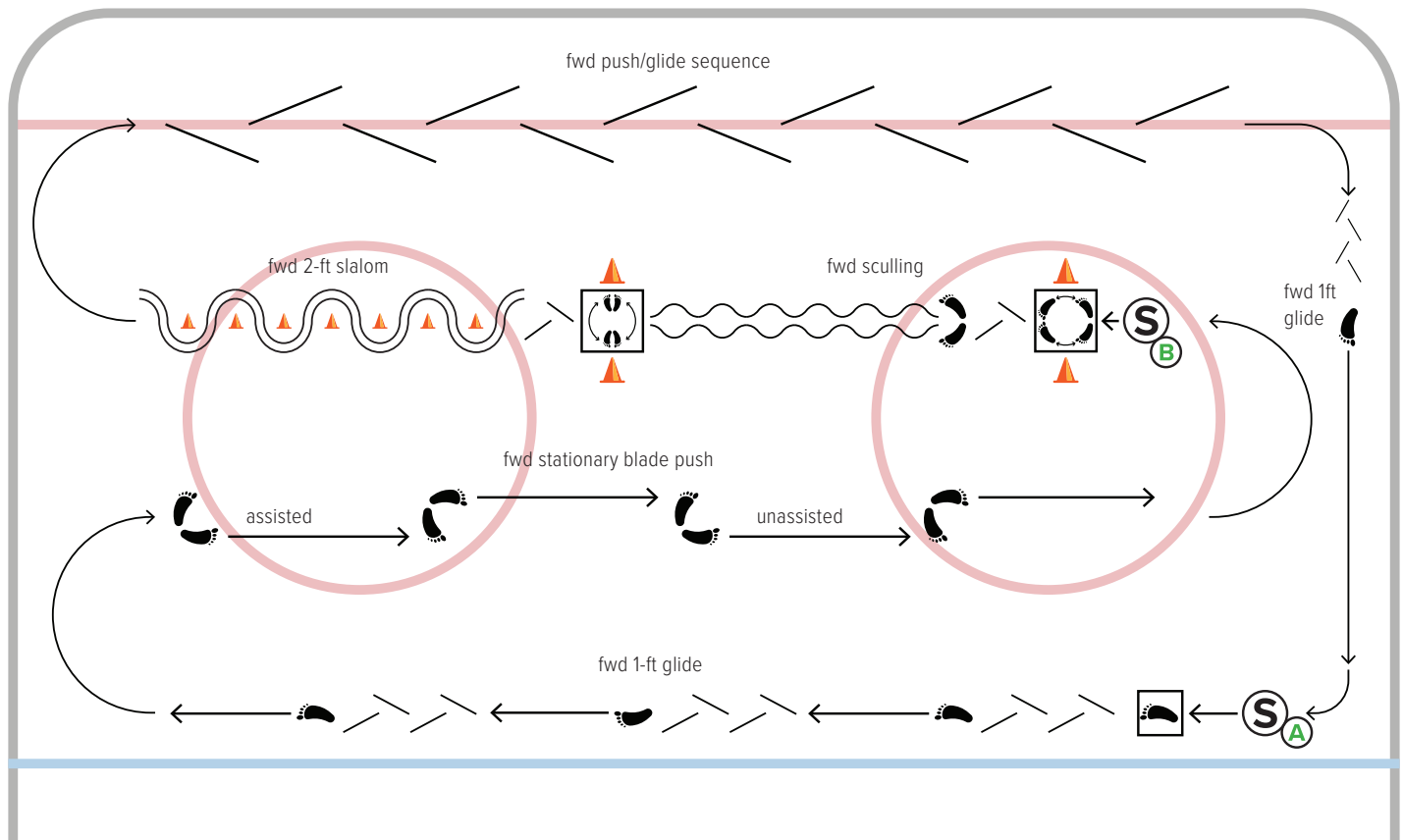




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Fwd sculling Fwd push/glide sequence	Bend knees Toes out and then in for sculls (down and up) Side of blade pushes with knee bend	Stationary sculling Slow then add speed to each scull	In and out... down out, in up... heels and toes Bend together push... Bend and push	Fwd Sculling: Minimum of 6 consecutive sculls. Timing/rhythm of knee and ankle bend throughout the sequence. Progressively adding speed. Fwd push/glide sequence: perform across the width of the ice. Minimum of 50% blade pushes.
TIPS: Be sure to draw realistic sculling to reinforce proper technique.				
STAGE 3				
Fwd two-foot slalom Fwd stationary blade push	Down/up/down Side of blade push	Twist on the spot Fwd one-foot glides One-foot balance on the spot Assisted stationary blade pushes	Down, up, twist... Bend and push to one foot	Fwd two-foot slalom: Min 6 pylons or outlined definite curves. Fwd stationary blade push: Sustain glide for a minimum of 2 seconds. (Execution of both feet is required)
TIPS: Be sure to space pylons at appropriate distance to ensure definite curves. Use props for visual assistance of timing for the knee and ankle bending of the two-foot slalom. Emphasize blade placement on the ice to maximize power from the push.				

BALANCE 2 2-3

INSIDE CIRCUIT

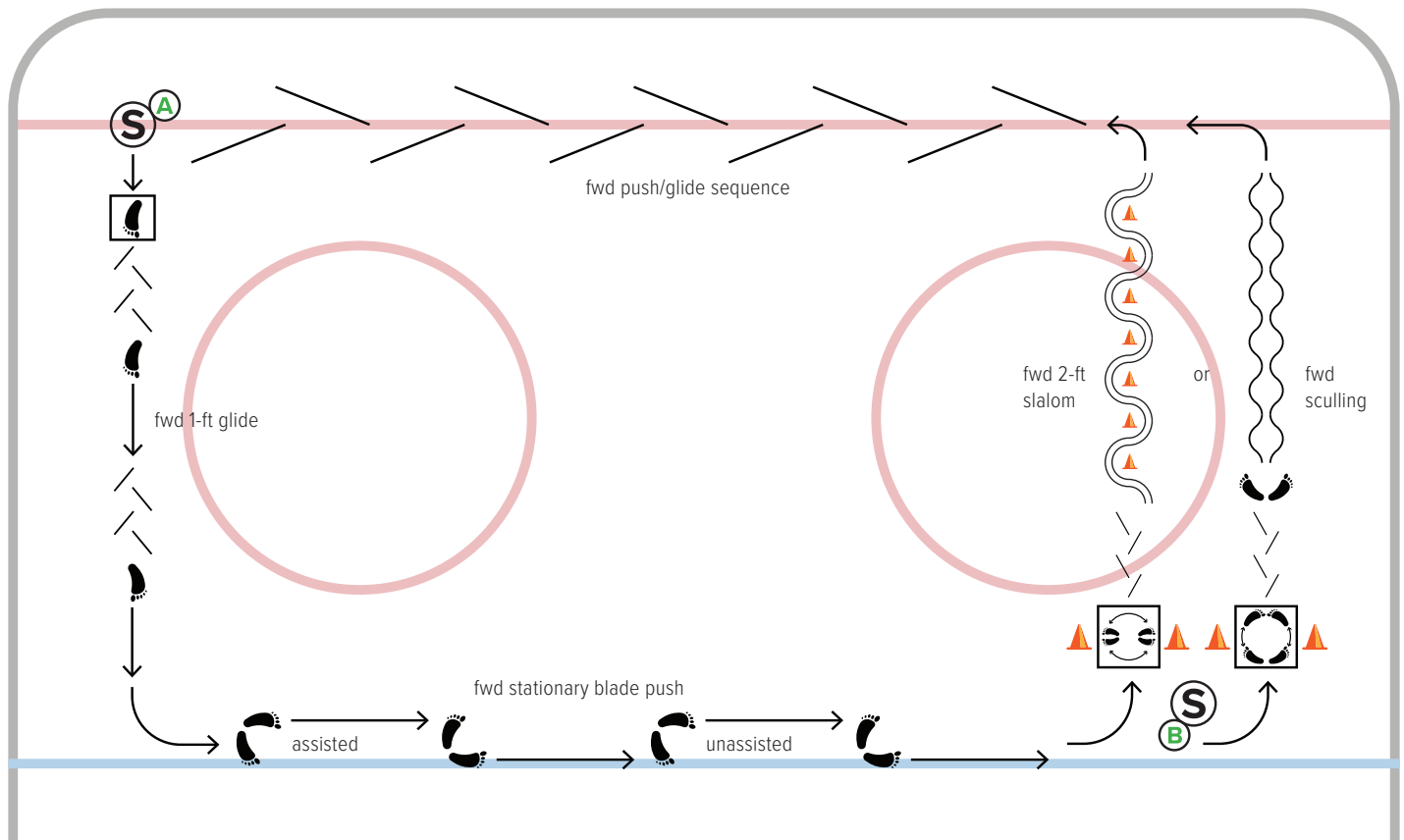




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Fwd sculling Fwd push/glide sequence	Bend knees Toes out and then in for sculls (down and up) Side of blade pushes with knee bend	Stationary sculling Slow then add speed to each scull	In and out... down out, in up... heels and toes Bend together push... Bend and push	Fwd Sculling: Minimum of 6 consecutive sculls. Timing/rhythm of knee and ankle bend throughout the sequence. Progressively adding speed. Fwd push/glide sequence: perform across the width of the ice. Minimum of 50% blade pushes.
TIPS: Be sure to draw realistic sculling to reinforce proper technique.				
STAGE 3				
Fwd two-foot slalom Fwd stationary blade push	Down/up/down Side of blade push	Twist on the spot Fwd one-foot glides One-foot balance on the spot Assisted stationary blade pushes	Down, up, twist... Bend and push to one foot	Fwd two-foot slalom: Min 6 pylons or outlined definite curves. Fwd stationary blade push: Sustain glide for a minimum of 2 seconds. (Execution of both feet is required)
TIPS: Be sure to space pylons at appropriate distance to ensure definite curves. Use props for visual assistance of timing for the knee and ankle bending of the two-foot slalom. Emphasize blade placement on the ice to maximize power from the push.				

BALANCE 2 3-4

OUTSIDE CIRCUIT

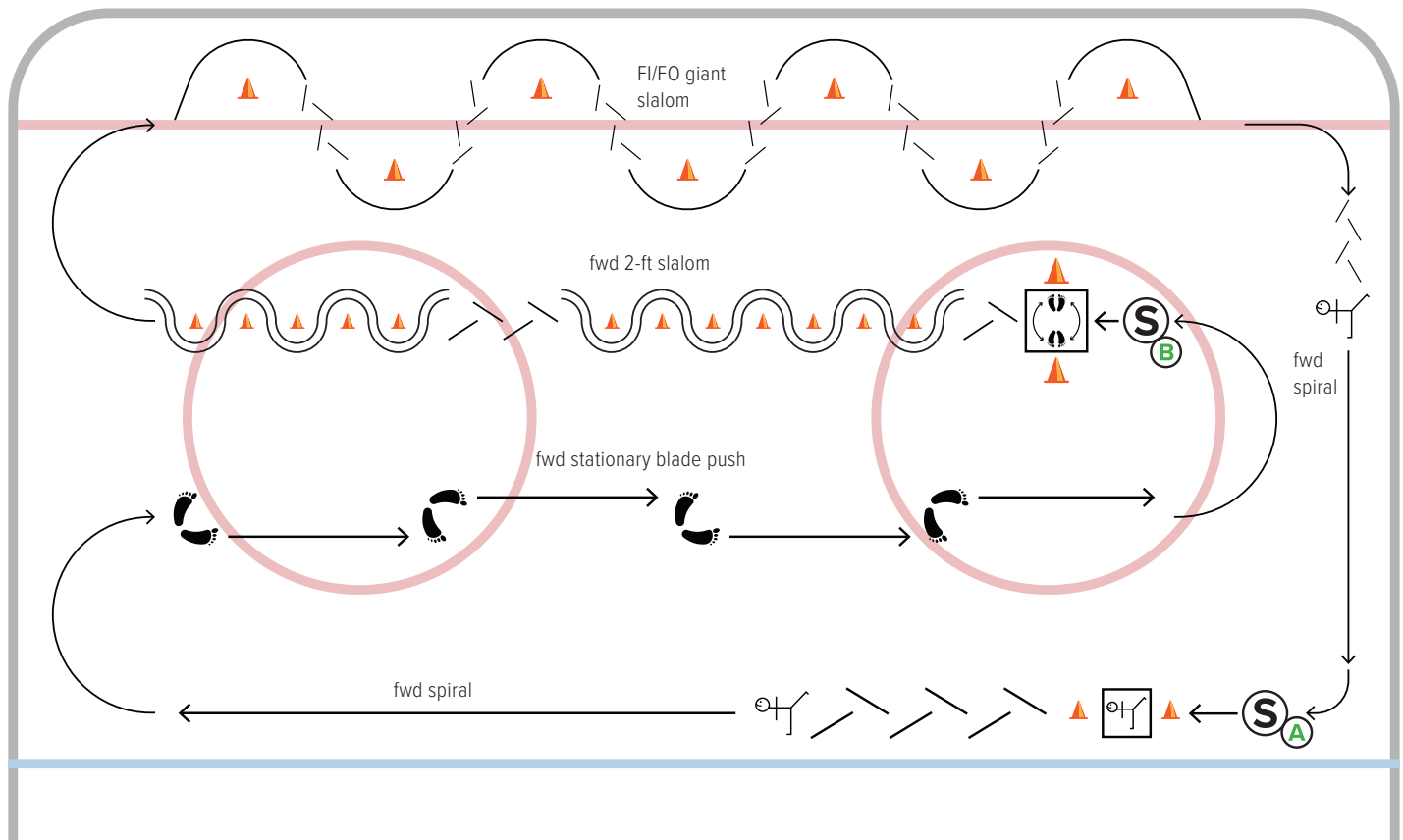




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Fwd two-foot slalom Fwd stationary blade push	Down/up/down Side of blade push	Twist on the spot Fwd one-foot glides One-foot balance on the spot Assisted stationary blade pushes	Down, up, twist... Bend and push to one foot	Fwd two-foot slalom: Min 6 pylons to outline definite curves. Timing of appropriate knee and ankle bend. Fwd stationary blade push: Min 2 second glide after one-blade push. (Both feet must be executed)
TIPS: Be sure to space pylons at appropriate distance to ensure definite curves. Use of props as indication for timing of knee and ankle bend of slalom.				
STAGE 4				
Fwd spiral FI giant slalom FO giant slalom	Balance Lift inside foot for inside slalom Lift outside foot for outside slalom	Stationary assisted spiral Fwd one-foot glide Assisted slalom	Over, balance, lift... Inside up and hold... Outside up and hold...	Fwd Spiral: hold spiral for min 2 seconds. (Both feet must be executed) FI/FO slalom: Perform with min 6 pylons to outline definite curves. Work FI first, then progress to FO.
TIPS: Use PA's to assist where needed for appropriate direction and flow of slalom. Use of props to indicate direction and length of glide.				

BALANCE 2 3-4

INSIDE CIRCUIT

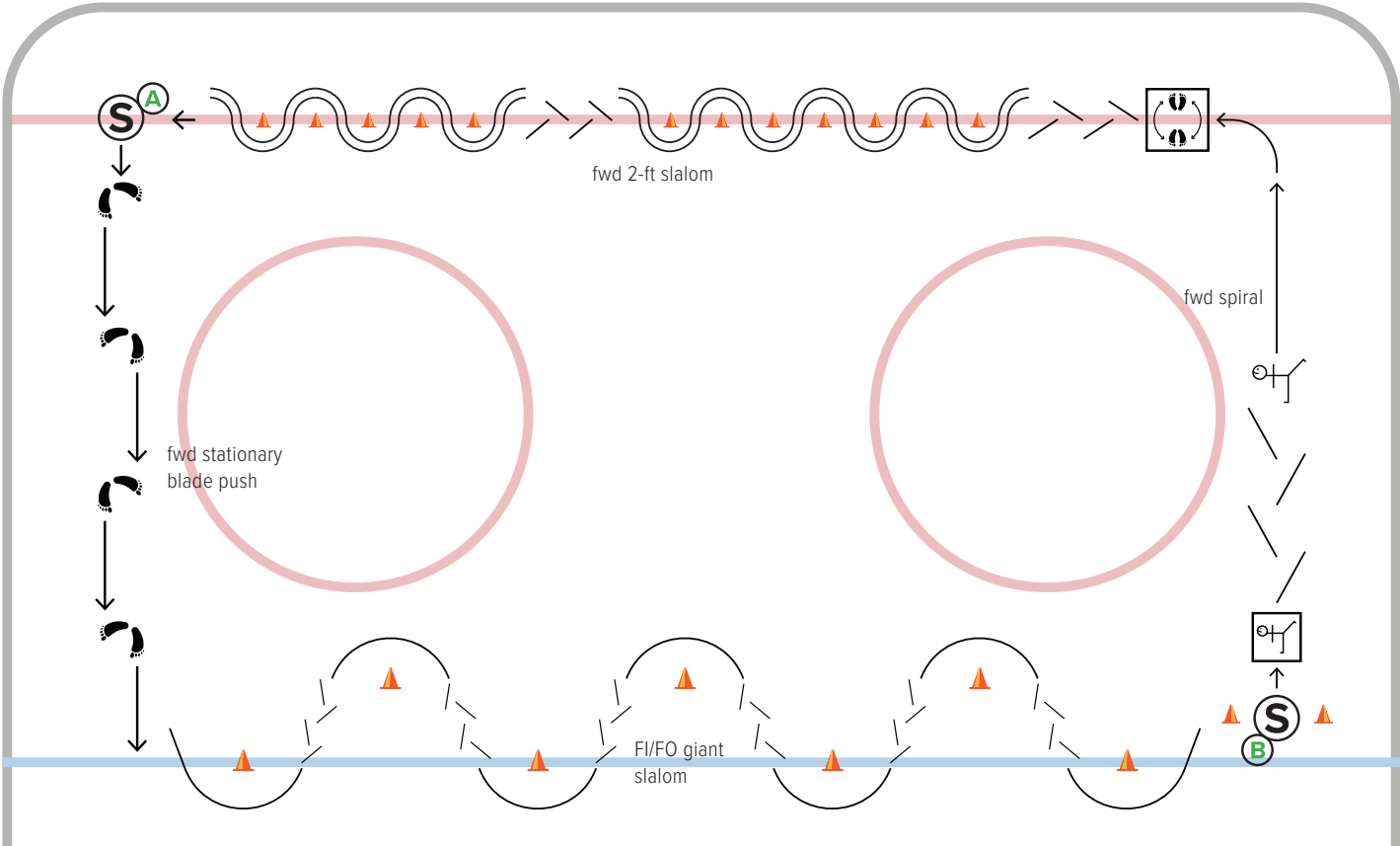




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Fwd two-foot slalom Fwd stationary blade push	Down/up/down Side of blade push	Twist on the spot Fwd one-foot glides One-foot balance on the spot Assisted stationary blade pushes	Down, up, twist... Bend and push to one foot	Fwd two-foot slalom: Min 6 pylons to outline definite curves. Timing of appropriate knee and ankle bend. Fwd stationary blade push: Min 2 second glide after one-blade push. (Both feet must be executed)
TIPS: Be sure to space pylons at appropriate distance to ensure definite curves. Use of props as indication for timing of knee and ankle bend of slalom.				
STAGE 4				
Fwd spiral FI giant slalom FO giant slalom	Balance Lift inside foot for inside slalom Lift outside foot for outside slalom	Stationary assisted spiral Fwd one-foot glide Assisted slalom	Over, balance, lift... Inside up and hold... Outside up and hold...	Fwd Spiral: hold spiral for min 2 seconds. (Both feet must be executed) FI/FO slalom: Perform with min 6 pylons to outline definite curves. Work FI first, then progress to FO.
TIPS: Use PA's to assist where needed for appropriate direction and flow of slalom. Use of props to indicate direction and length of glide.				

BALANCE 2 3-4

OUTSIDE CIRCUIT

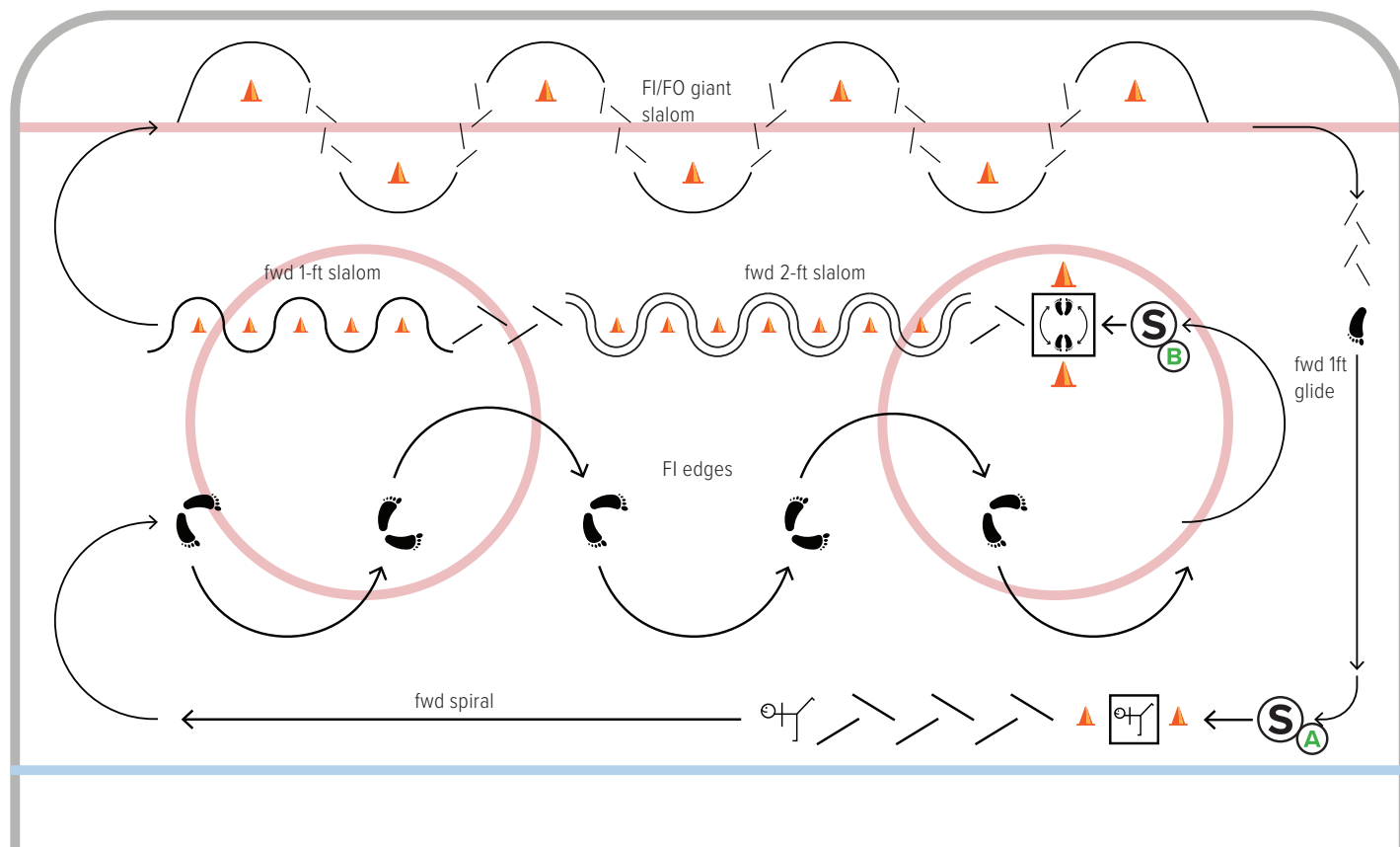




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 4				
Fwd spiral FI giant slalom FO giant slalom	Balance Lift inside foot for inside slalom Lift outside foot for outside slalom	Stationary assisted spiral Fwd one-foot glide Assisted slalom	Over, balance, lift Inside up and hold Outside up and hold	Fwd Spiral: hold spiral for min 2 seconds. (Both feet must be executed) FI/FO slalom: Perform with min 6 pylons to outline definite curves. Work FI first, then progress to FO.
TIPS: Use of PA's to assist where needed. Focus on the placement of the free foot to increase balance. Appropriate upper body position for flow.				
STAGE 5				
FI edges Fwd one-foot slalom	Balance Eyes and head up Knee bend and rhythm for slalom (down/up/down/up...)	Fwd two-foot slalom	Push and hold Down up, curve down..	FI edges: Perform a minimum of 4 consecutive edges using proper blade pushes. (Both feet must be executed) Fwd on-foot slalom: Min 6 pylons to outline definite curves. Majority on one foot.
TIPS: Emphasis is placed on the blade pushes and balancing on one foot with the free foot close to the skating leg. Allow upper body to move naturally for full access to power.				

BALANCE 2 4-5

INSIDE CIRCUIT

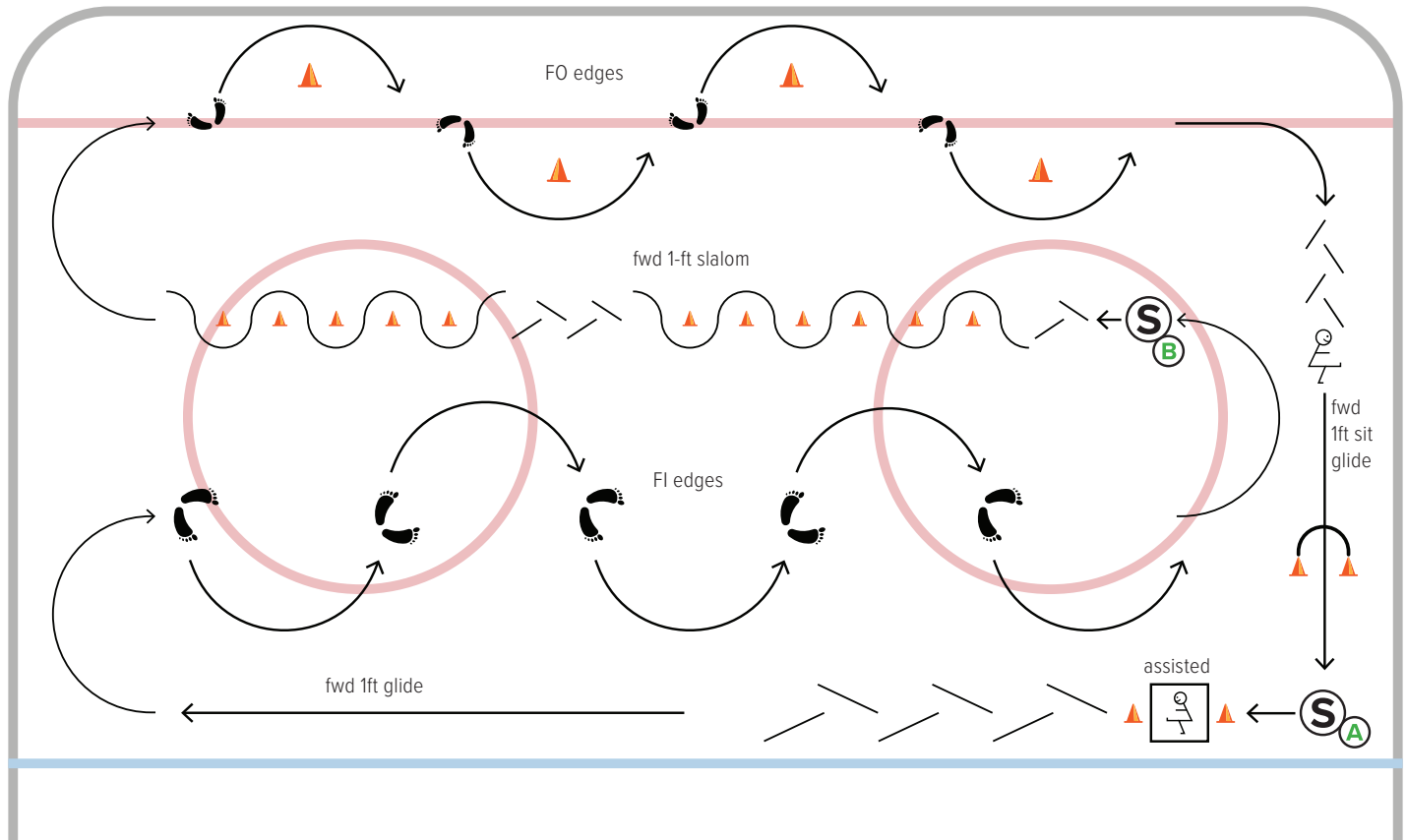




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 5				
FI edges Fwd one-foot slalom	Balance Eyes and head up Knee bend and rhythm for slalom (down/up/down/up...)	Fwd two-foot slalom	Push and hold Down up, curve down..	FI edges: Perform a minimum of 4 consecutive edges using proper blade pushes. (Both feet must be executed) Fwd on-foot slalom: Min 6 pylons to outline definite curves. Ensure skaters are pushing with the sides of their blades.
TIPS: Use pf PA to assist flow and speed through different edges of slalom. Allow movement of upper body.				
STAGE 6				
FO edges Fwd one-foot slalom Fwd one foot sit glide	Balance Eyes and head up Knee bend and rhythm for slalom	Assisted one foot sit glide with focus on getting low Assisted edges	Push and hold Down up, curve down... Bend down, glide and foot in front	FO edges: Min 4 consecutive edges using proper blade pushes. Fwd one-foot slalom: Min of 4 changes of edge on one foot. Fwd one foot sit glide: sit position between 135° – 90° on each foot. Hold position for a minimum of 2 seconds.
TIPS: Assisted movement where needed. Arms used freely to aid upper body twist action to support the movement. Emphasis on the centre of gravity when transferring balance to one foot in seated position.				

BALANCE 2 5-6

INSIDE CIRCUIT

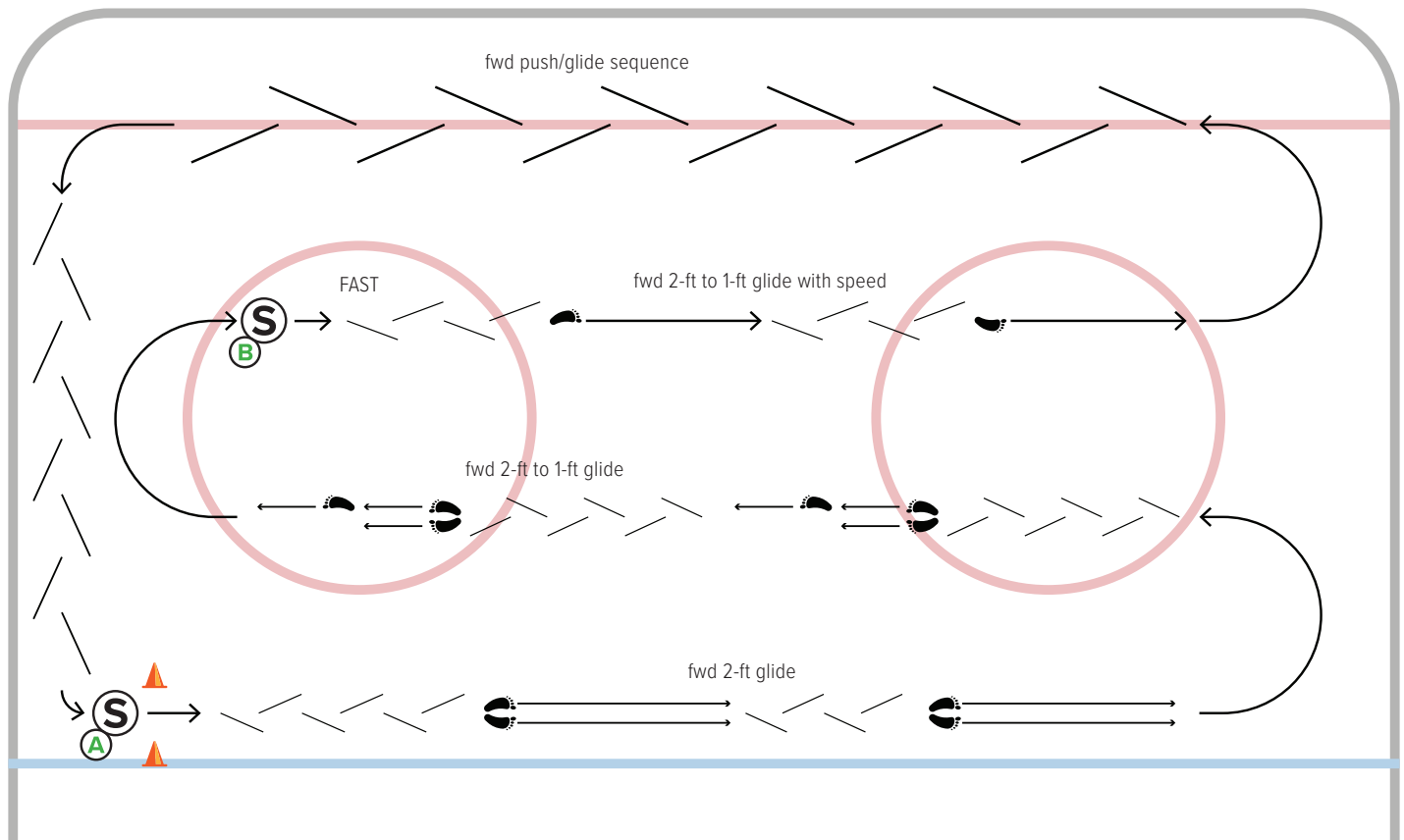




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Fwd two-foot glide Fwd push/glide sequence	Balance Knee and ankle bend Side of blade	“skateboard” on one foot and switch feet Assisted – hula hoop glide (hold hula hoop and PA or coach pulls skater while both feet remain on ice)	Skate, bend, glide and hold Bend and push, together, bend and push,	Fwd 2-foot glide: min 1 second glide, straight or curved. Progressing speed. Fwd push/glide sequence: Perform element for full length of the ice. Using appropriate blade pushes.
TIPS: Encourage speed and length of glide. PA's assistance where necessary to guide and provide speed and flow. Maintain proper placement of feet and blade for gliding movements.				
STAGE 2				
Fwd one-foot glide with speed	Balance Eyes and head up	Fwd two-foot glide Fwd two-foot to one-foot glide	Skate, skate, skate, glide/lift and hold	Fwd one-foot glide with speed: perform the glide for a minimum of 2 seconds (To be executed on both feet), straight line or curve.
TIPS: Use of high energy reinforcement to encourage speed!				

BALANCE 3 1-2

INSIDE CIRCUIT

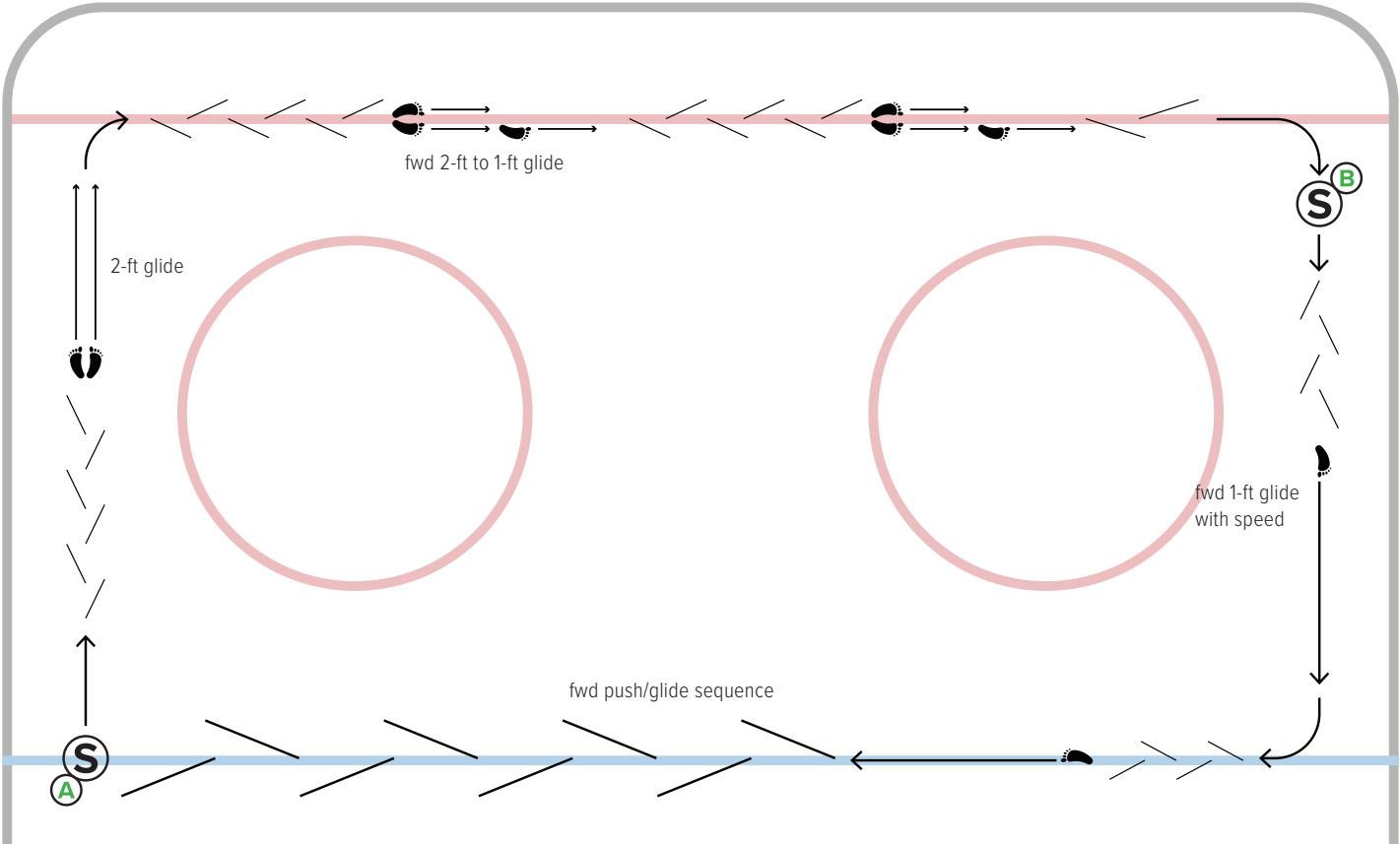




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Fwd two-foot glide Fwd push/glide sequence	Balance Knee and ankle bend Side of blade	“skateboard” on one foot and switch feet Assisted – hula hoop glide (hold hula hoop and PA or coach pulls skater while both feet remain on ice)	Skate, bend, glide and hold Bend and push, together, bend and push,	Fwd 2-foot glide: min 1 second glide, straight or curved. Progressing speed. Fwd push/glide sequence: Perform element for full length of the ice. Using appropriate blade pushes.
TIPS: Encourage speed and length of glide. PA’s assistance where necessary to guide and provide speed and flow. Maintain proper placement of feet and blade for gliding movements.				
STAGE 2				
Fwd one-foot glide with speed	Balance Eyes and head up	Fwd two-foot glide Fwd two-foot to one-foot glide	Skate, skate, skate, glide/lift and hold	Fwd one-foot glide with speed: perform the glide for a minimum of 2 seconds (To be executed on both feet), straight line or curve.
TIPS: Use of high energy reinforcement to encourage speed!				

BALANCE 3 1-2

OUTSIDE CIRCUIT

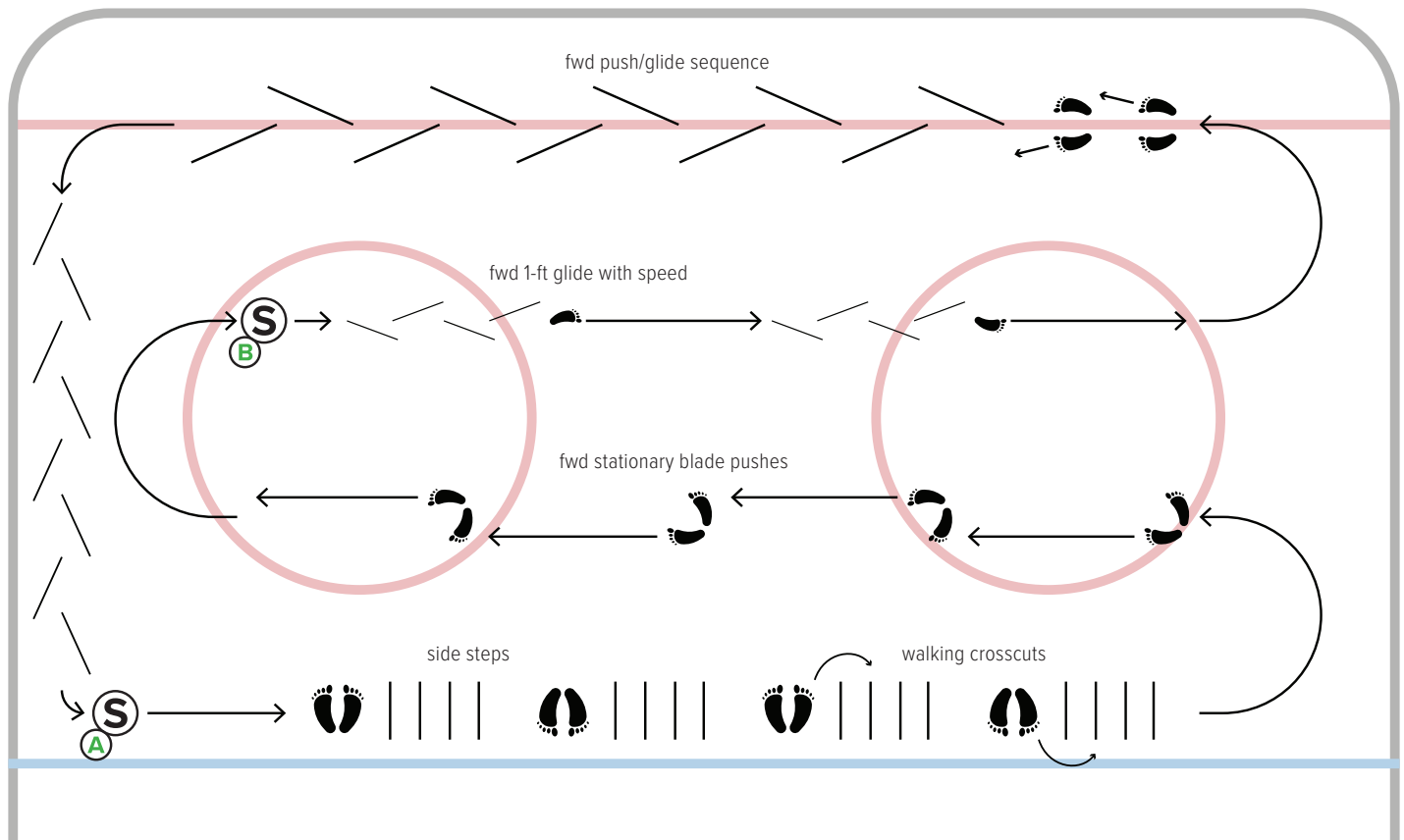




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Fwd one-foot glide with speed	Balance Eyes and head up	Fwd two-foot glide Fwd two-foot to one-foot glide	Skate, skate, skate, glide/lift and hold	Fwd one-foot glide with speed: Perform the glide for a minimum of 2 seconds (To be executed on both feet), straight line or curve.
TIPS: Offer encouragement and praise throughout the movement to motivate the skater.				
STAGE 3				
Fwd stationary blade push Walking crosscuts	Parallel feet, walking crosscuts Blade pushes, stationary push Balance and knee bend on push	Side steps Assisted walking crosscuts One-foot glides Assisted stationary push	Bend, push to one foot, hold Step, cross and hold, together, step, cross and hold, together	Fwd Stationary blade push: sustain the glide for a minimum of 2 seconds (To be executed on both feet). Use of the full blade to obtain power. Walking crosscuts: Perform a series of a 3-5 consecutive walking crosscuts in each direction.
TIPS: Emphasize the entire parallel blade placement on the ice through the transfer of weight.				

BALANCE 3 2-3

INSIDE CIRCUIT

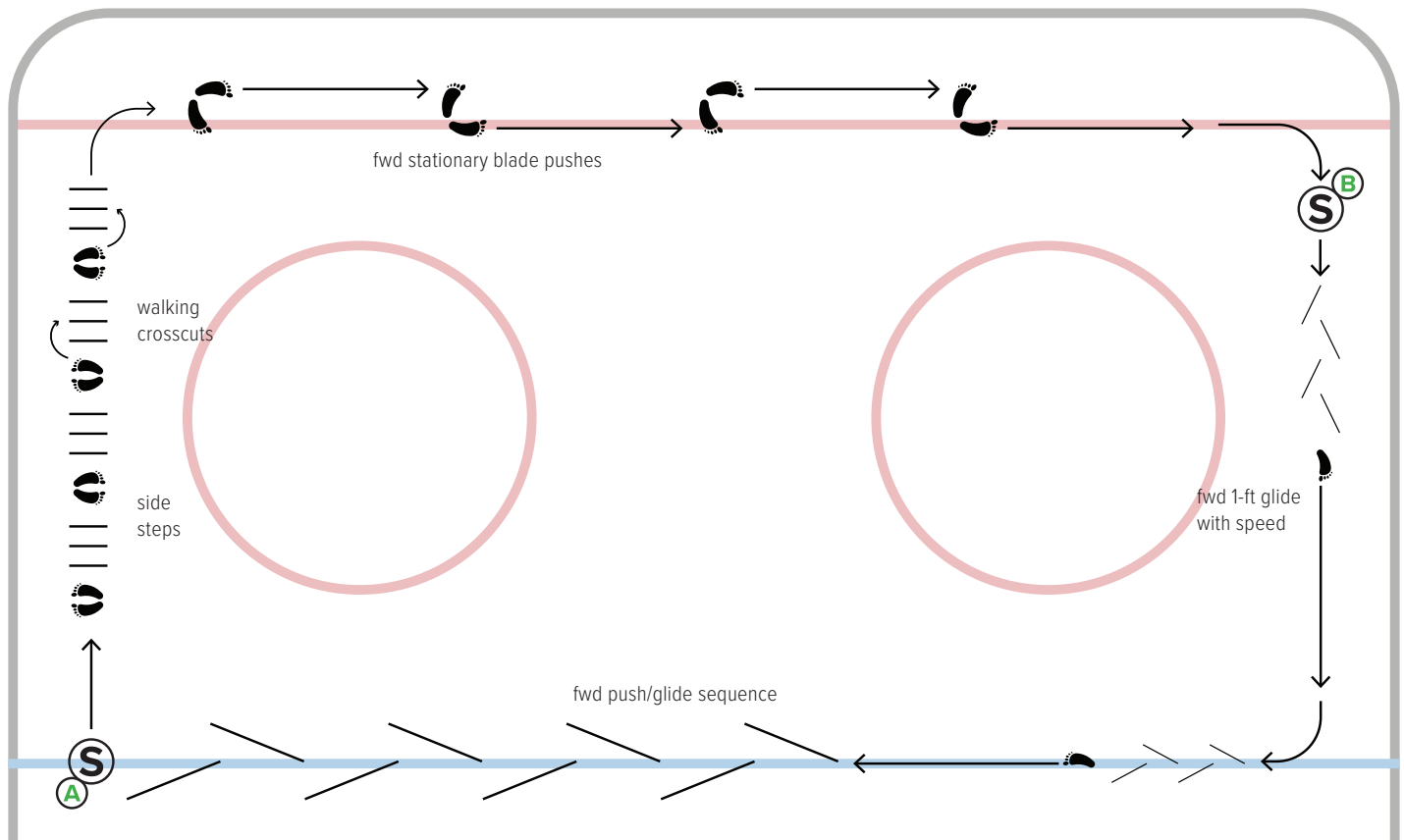




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Fwd one-foot glide with speed	Balance Eyes and head up	Fwd two-foot glide Fwd two-foot to one-foot glide	Skate, skate, skate, glide/lift and hold	Fwd one-foot glide with speed: Perform the glide for a minimum of 2 seconds (To be executed on both feet), straight line or curve.
TIPS: Offer encouragement and praise throughout the movement to motivate the skater.				
STAGE 3				
Fwd stationary blade push Walking crosscuts	Parallel feet, walking crosscuts Blade pushes, stationary push Balance and knee bend on push	Side steps Assisted walking crosscuts One-foot glides Assisted stationary push	Bend, push to one foot, hold Step, cross and hold, together, step, cross and hold, together	Fwd Stationary blade push: sustain the glide for a minimum of 2 seconds (To be executed on both feet). Use of the full blade to obtain power. Walking crosscuts: Perform a series of a 3-5 consecutive walking crosscuts in each direction.
TIPS: Emphasize the entire parallel blade placement on the ice through the transfer of weight.				

BALANCE 3 2-3

OUTSIDE CIRCUIT

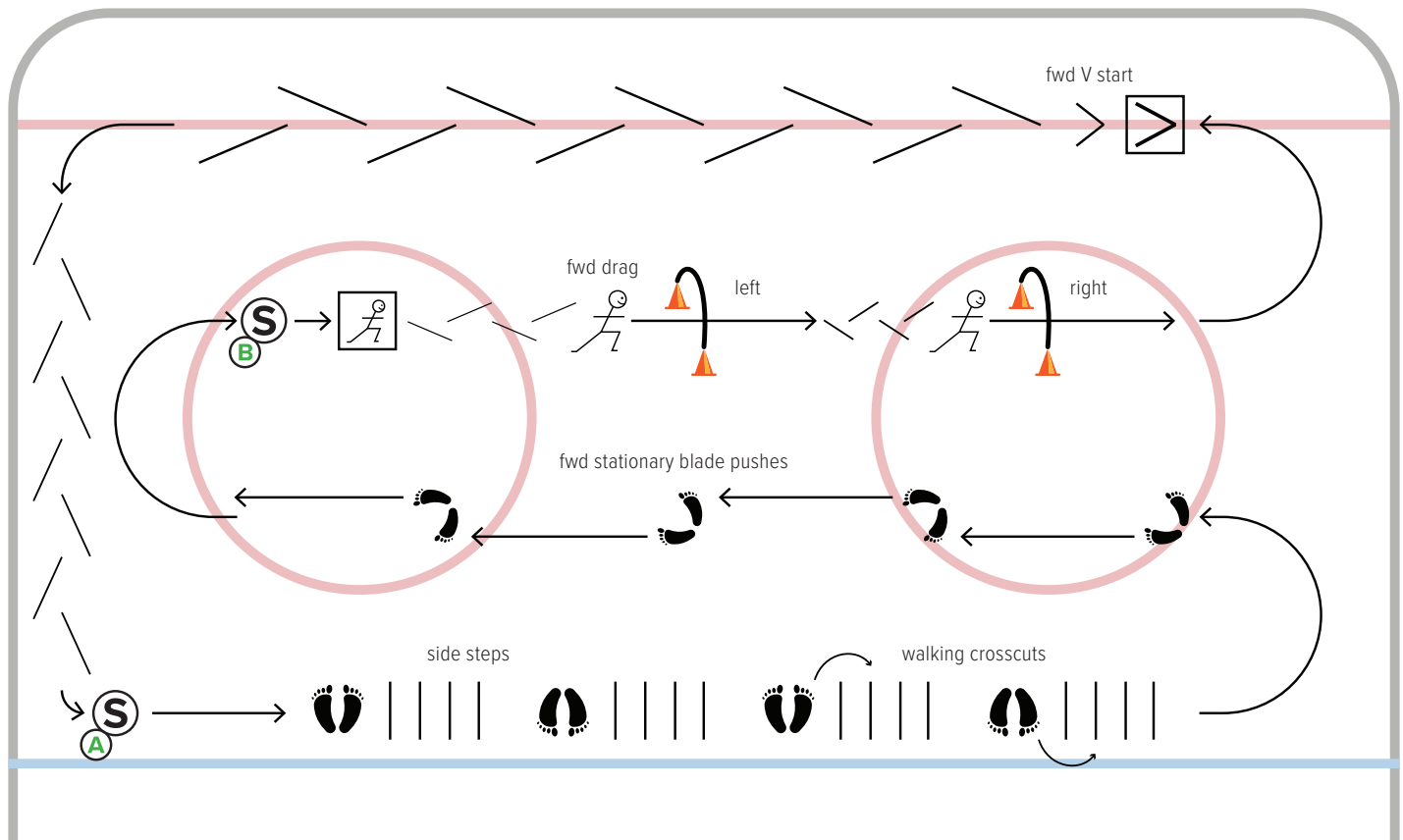




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Fwd stationary blade push Walking crosscuts	Parallel feet, walking crosscuts Blade pushes, stationary push Balance and knee bend on push	Side steps Assisted walking crosscuts One-foot glides Assisted stationary push	Bend, push to one foot, hold Step, cross and hold, together, step, cross and hold, together	Fwd Stationary blade push: sustain the glide for a minimum of 2 seconds. Use of the full blade to obtain power. (To be executed on both feet). Walking Crosscuts: Perform a series of a minimum of 4 walking crosscuts in each direction. Both feet in parallel position throughout.
TIPS: Emphasis of the blade placement on the ice before weight transfer onto skating leg for the glide.. Pausing in each stationary position to allow the skater to feel comfortable. Blades maintain parallel with each step of the movement.				
STAGE 4				
Fwd drag Fwd V start	Balance Side of blade power	Stationary drag Stationary V position	Skate, glide, leg behind, bend	Fwd drag: knee bend at 90° angle, hold position for 2 seconds (to be executed on both feet) Fwd V start: perform a minimum of 4 consecutive “v” steps/runs with acceleration.
TIPS: Encourage deep knee bend and reassure that falling means the skater is pushing themselves. Short and quick steps to initiate forward skating with the correct blade placement to enhance acceleration.				

BALANCE 3 3-4

INSIDE CIRCUIT

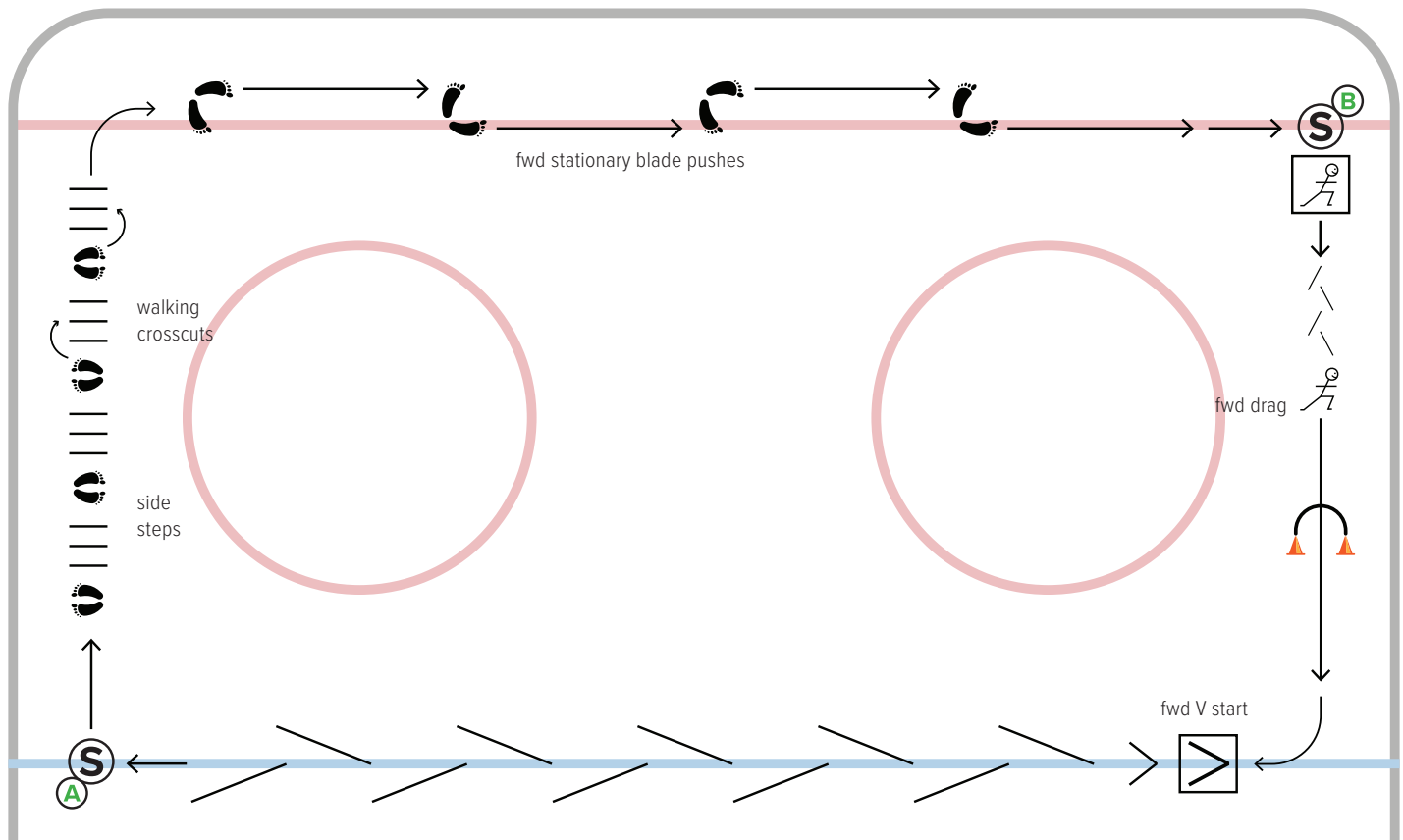




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Fwd stationary blade push Walking crosscuts	Parallel feet, walking crosscuts Blade pushes, stationary push Balance and knee bend on push	Side steps Assisted walking crosscuts One-foot glides Assisted stationary push	Bend, push to one foot, hold Step, cross and hold, together, step, cross and hold, together	Fwd Stationary blade push: sustain the glide for a minimum of 2 seconds. Use of the full blade to obtain power. (To be executed on both feet). Walking Crosscuts: Perform a series of a minimum of 4 walking crosscuts in each direction. Both feet in parallel position throughout.
TIPS: Emphasis of the blade placement on the ice before weight transfer onto skating leg for the glide.. Pausing in each stationary position to allow the skater to feel comfortable. Blades maintain parallel with each step of the movement.				
STAGE 4				
Fwd drag Fwd V start	Balance Side of blade power	Stationary drag Stationary V position	Skate, glide, leg behind, bend	Fwd drag: knee bend at 90° angle, hold position for 2 seconds (to be executed on both feet) Fwd V start: perform a minimum of 4 consecutive “v” steps/runs with acceleration.
TIPS: Encourage deep knee bend and reassure that falling means the skater is pushing themselves. Short and quick steps to initiate forward skating with the correct blade placement to enhance acceleration.				

BALANCE 3 3-4

OUTSIDE CIRCUIT

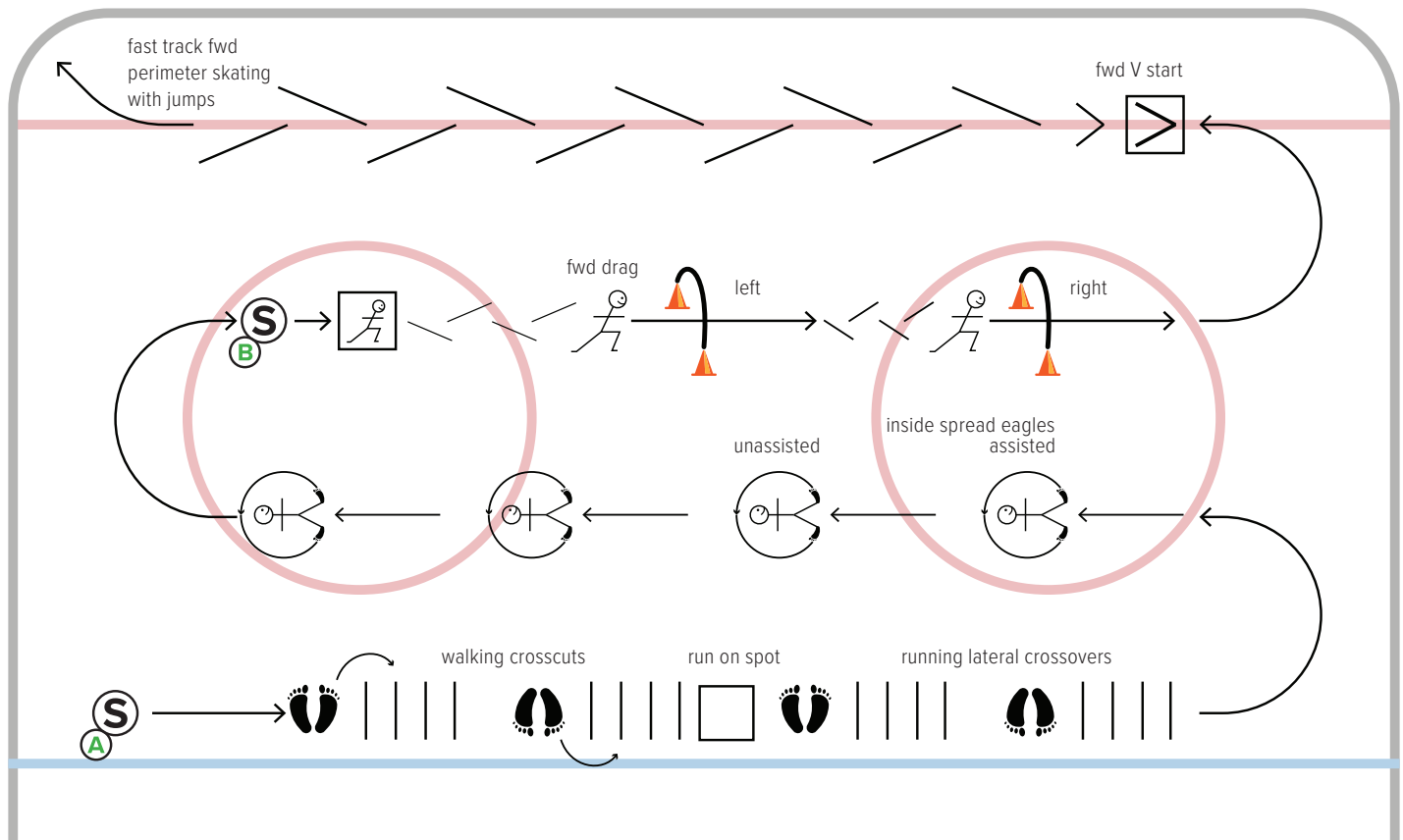




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 4				
Fwd drag Fwd V start	Balance Side of blade power	Stationary drag Stationary V position	Skate, glide, leg behind, bend	Fwd drag: knee bend at 90° angle, hold position for 2 seconds (to be executed on both feet). Fwd V start: perform once with a minimum of 4 consecutive "v" steps/runs with acceleration before glides.
TIPS: Encourage deep knee bend and reassure that falling means the skater is pushing themselves! Short and quick steps to initiate forward skating with the correct blade placement to enhance acceleration before leading to the glides.				
STAGE 5				
Inside spread eagle Running lateral crossovers Fwd perimeter skating with jumps	Balance Knee bend and rhythm Control on jumps	Assisted inside spread eagle Run on the spot Walking crosscuts	Cross, cross, cross, go, go, go Skate, jump the lines	Inside spread eagle: hold position for min 1 second (to be executed in both directions) Running lateral crossovers: perform 3 consecutive running crossovers. (To be executed in both directions) Fwd Perimeter skating with jumps: Perform the element for 1 full lap of the ice (to be executed in both directions).
TIPS: PA is placed in circuit for assistance of movement and flow. Allow the body to lean into the direction of the circle to enhance flow. Emphasise the centre of balance to engage on landing of jumps over the lines.				

BALANCE 3 4-5

INSIDE CIRCUIT

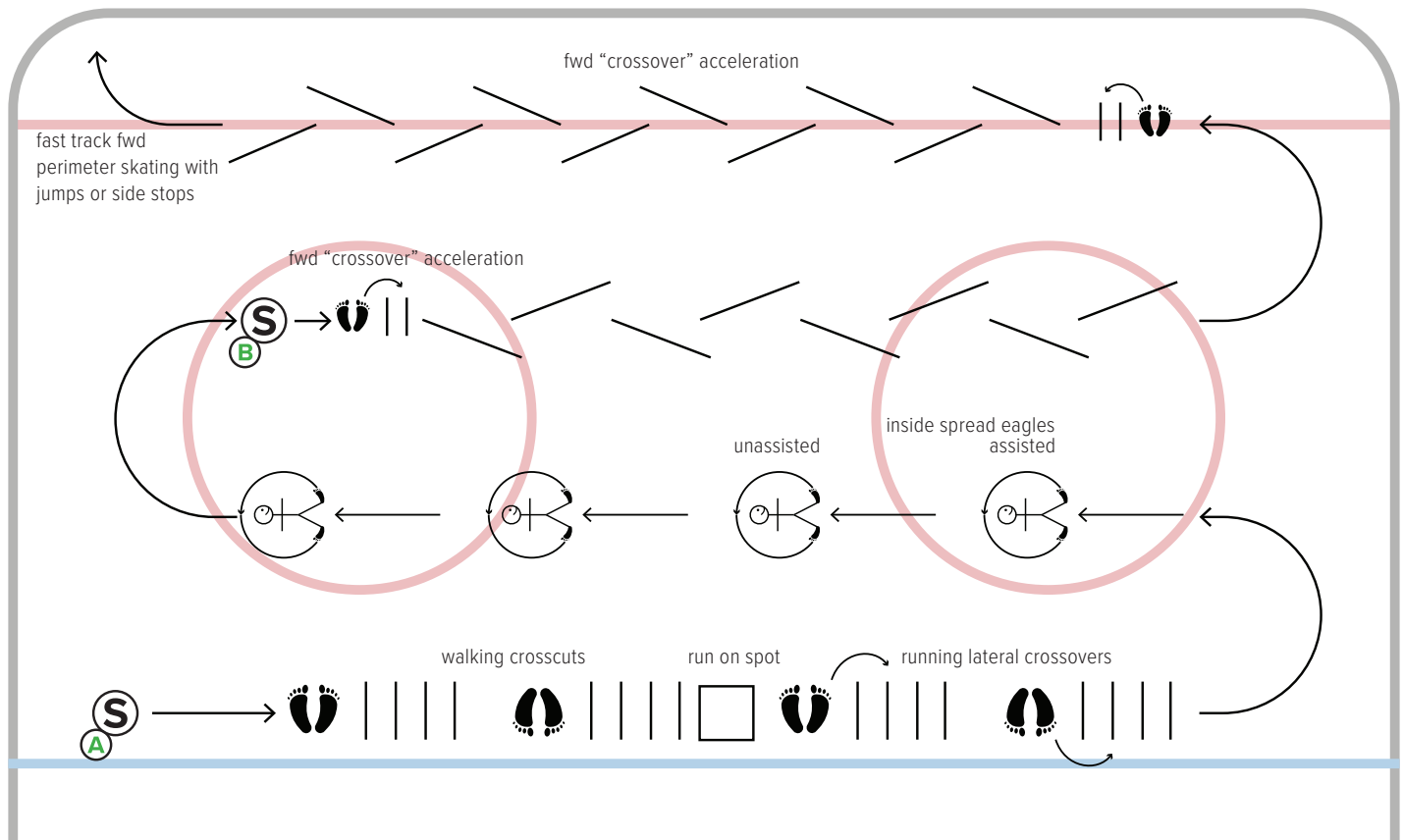




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 5				
Inside spread eagle Running lateral crossovers Fwd perimeter skating with jumps	Balance Knee bend and rhythm Control on jumps	Assisted inside spread eagle Run on the spot Walking crosscuts	Cross, cross, cross, go, go, go Skate, jump the lines	Inside spread eagle: hold position for min 1 second (to be executed in both directions). Running lateral crossovers: perform 3 consecutive running crossovers (to be executed in both directions). Fwd Perimeter skating with jumps: perform the element for 1 full lap of the ice.
TIPS: Encourage deep knee bend and reassure that falling means the skater is pushing themselves! Short and quick steps to initiate forward skating with the correct blade placement to enhance acceleration before leading to the glides.				
STAGE 6				
Fwd crossover acceleration Fwd perimeter skating with side stops	Knee action Balance Speed for perimeter skating	Running lateral crossovers Slow and add speed	Cross and go, go, go	Fwd crossover acceleration: Perform a minimum of 3 running crossovers (to be executed in both directions). Fwd perimeter skating with side stops: perform a minimum of 3 side stops alternating, complete 1 full lap of the ice surface.
TIPS: High energy and encouragement to motivate speed of movement. Encourage the use of multiple types of stopping techniques. Emphasize foot placement for both stationary and accelerating movement.				

BALANCE 3 5-6

INSIDE CIRCUIT

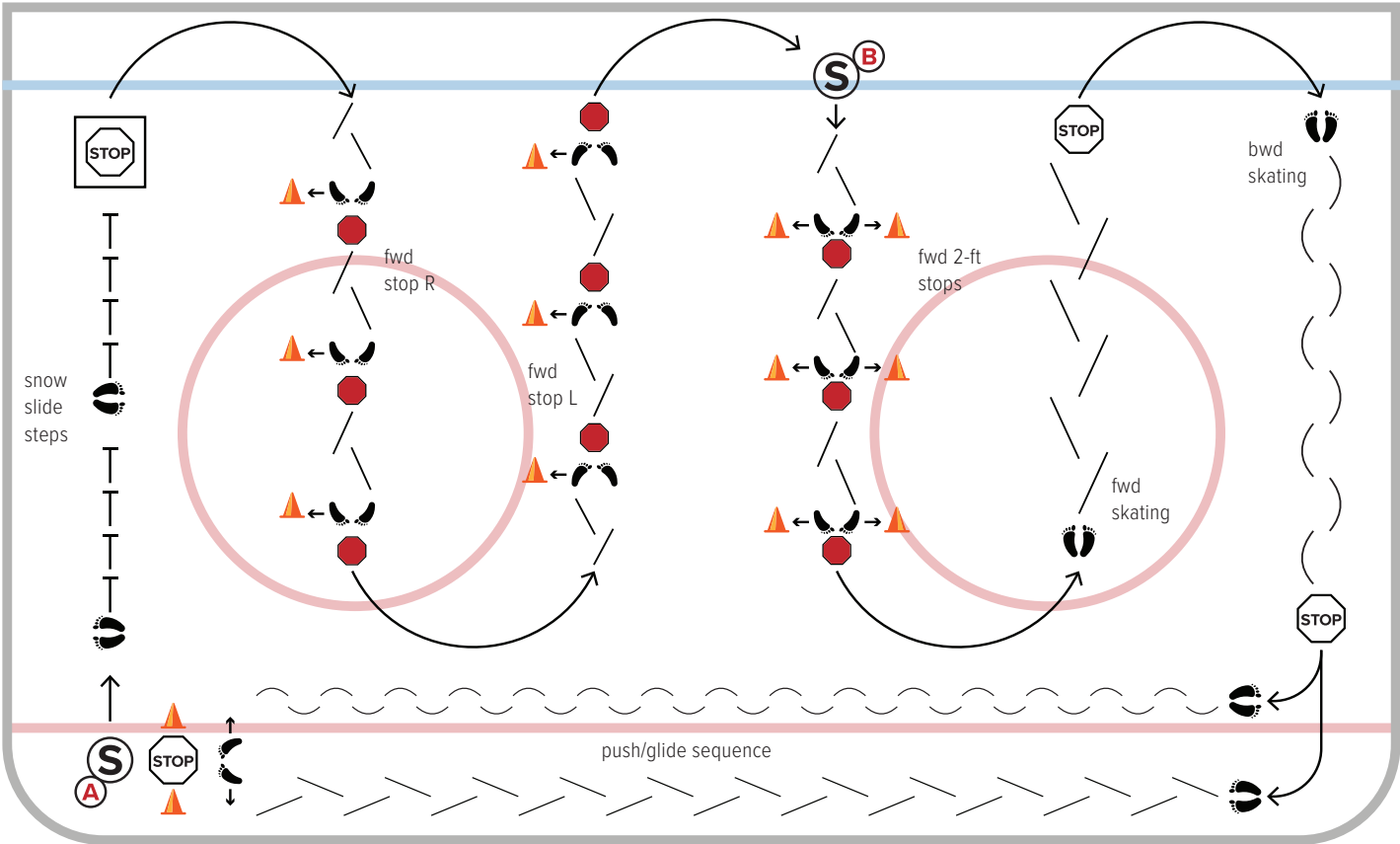




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Snow Slide Steps Bwd skating	Balance Bend ankles and knees Side of Blade	Assist with making snow Assisted bwd skating	“shave the ice out and step together.....”	Snow Slide steps: Perform a minimum of 4 consecutive snow slide steps per foot. Bwd skating/walking: Skate backward approx. 13 metres (1/2 of the width)
TIPS: Use PA’s to assist where needed. Appropriate foot and blade placement for movement. Remind skater of weight transfer through movement.				
STAGE 2				
Fwd stop Bwd push/glide sequence	Balance Apply pressure to shave the ice Eyes, head level Ankle and knee bend	Snow slide steps Slow then add speed Assisted bwd skating	Bend and shave (press out)	Fwd stop: Complete 1 full stop of choice. Must make snow during the stopping action Bwd push glide: Perform the element for approx. 13 metres (1/2 of the width of the ice)
TIPS: Use of props to demonstrate flow and direction of circuit. Encourage skaters to shave ice for stops towards the pylons.				

CONTROL 1 1-2

INSIDE CIRCUIT

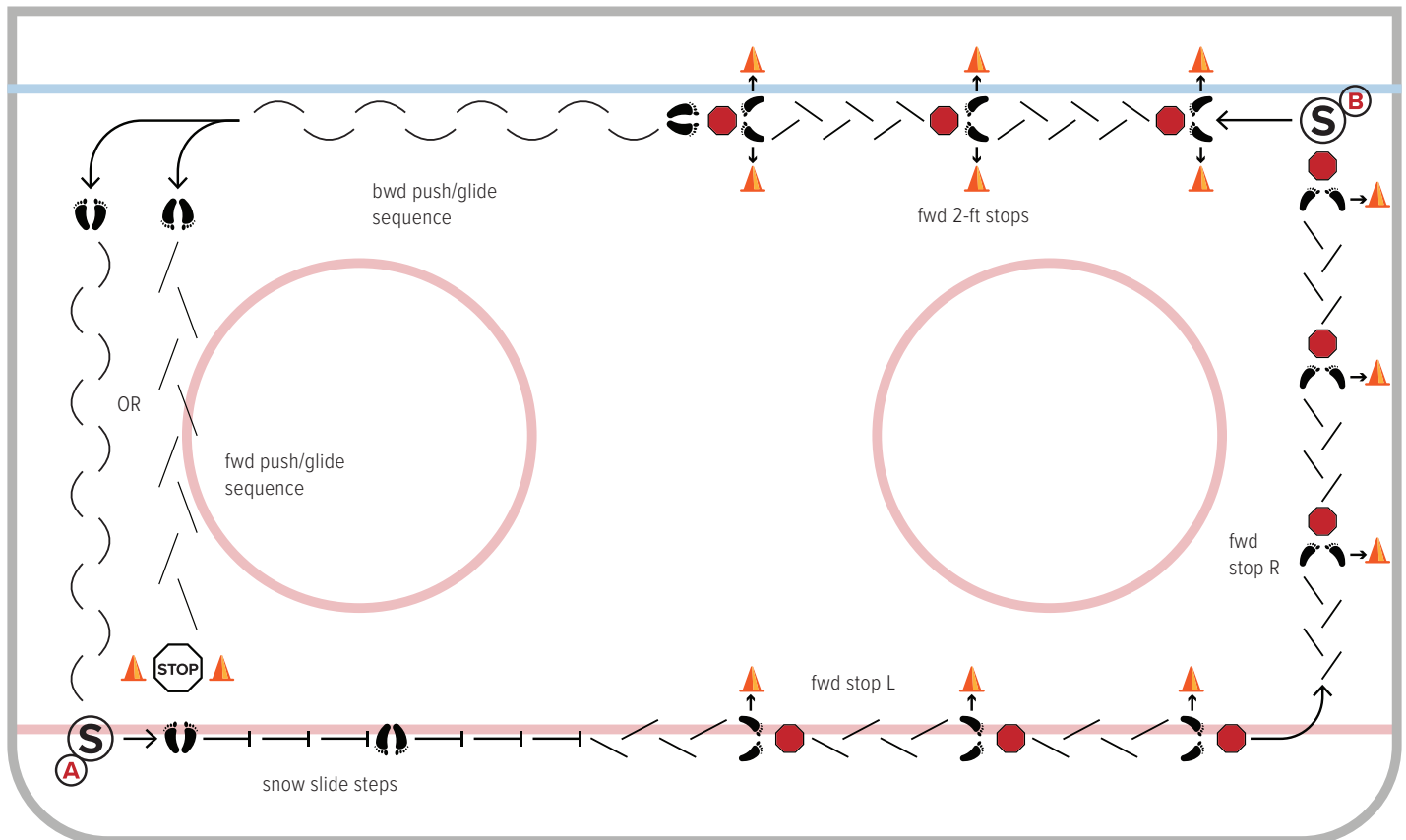




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Snow Slide Steps Bwd skating	Balance Bend ankles and knees Side of Blade	Assist with making snow Assisted bwd skating	"shave the ice out and step together....."	Snow Slide steps: Perform a minimum of 4 consecutive snow slide steps per foot. Bwd skating/walking: Skate backward approx. 13 metres (1/2 of the width)
TIPS: Use PA's to assist where needed. Appropriate foot and blade placement for movement. Remind skater of weight transfer through movement.				
STAGE 2				
Fwd stop Bwd push/glide sequence	Balance Apply pressure to shave the ice Eyes, head level Ankle and knee bend	Snow slide steps Slow then add speed Assisted bwd skating	Bend and shave (press out)	Fwd stop: Complete 1 full stop of choice. Must make snow during the stopping action Bwd push glide: Perform the element for approx. 13 metres (1/2 of the width of the ice)
TIPS: Use of props to demonstrate flow and direction of circuit. Encourage skaters to shave ice for stops towards the pylons.				

CONTROL 1 1-2

OUTSIDE CIRCUIT

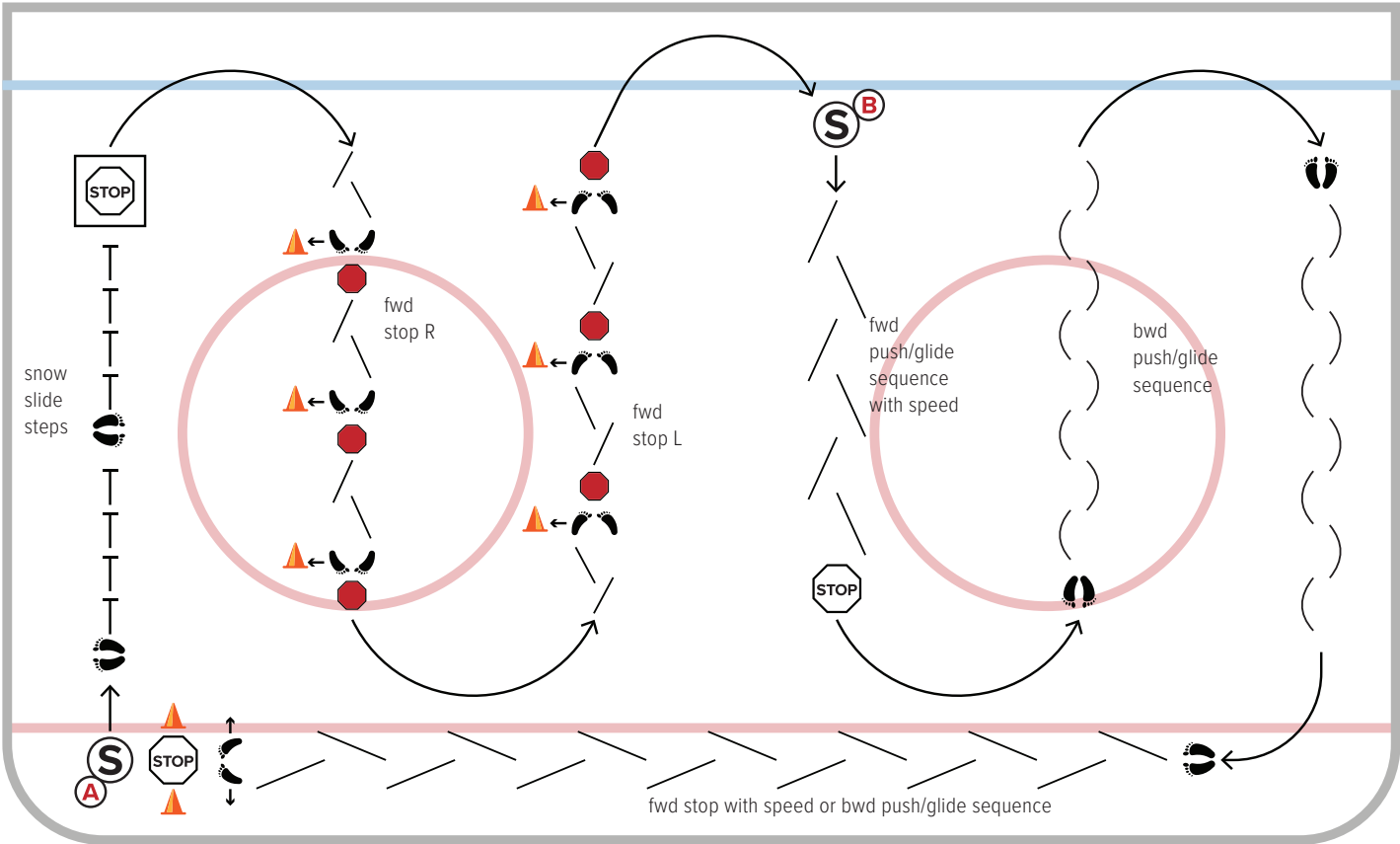




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Fwd stop Bwd push/glide sequence	Balance Apply pressure to shave the ice Eyes, head level Ankle and knee bend for bwd skating	Snow slide steps Slow then add speed Assisted bwd skating	Bend and shave (press out)	Fwd stop: Complete 1 full stop of choice. Must make snow during the stopping action. Bwd push glide: Perform the element for approx. 13 metres (1/2 of the width of the ice)
TIPS: Encourage skaters to shave ice for stops towards the pylons				
STAGE 3				
Fwd stop with speed Bwd push/glide sequence	Balance Apply pressure to shave the ice Eyes, head level Ankle and knee bend for bwd skating	Slow then add speed Assisted bwd skating	Bend and shave (press out)	Fwd stop: Perform 2 different complete stops with speed. Bwd push glide: Perform these sequences for the full width of the ice.
TIPS: Encourage skaters to gain speed prior to stopping. Try to interchange backward and forward skating – too much bwd at once may discourage the skater. Keep it fun!				

CONTROL 1 2-3

INSIDE CIRCUIT

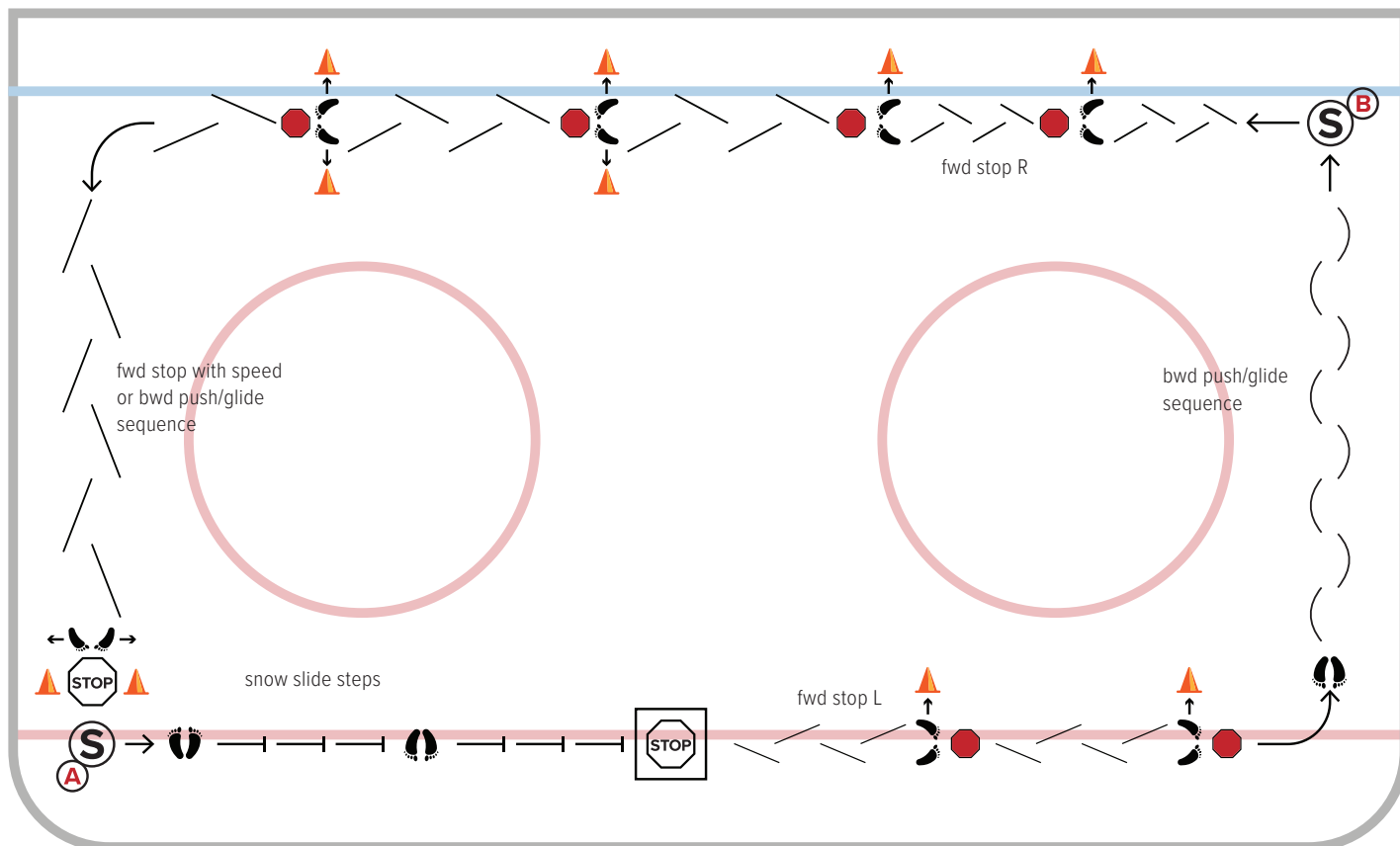




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Fwd stop Bwd push/glide sequence	Balance Apply pressure to shave the ice Eyes, head level Ankle and knee bend for bwd skating	Snow slide steps Slow then add speed Assisted bwd skating	Bend and shave (press out)	Fwd stop: Complete 1 full stop of choice. Must make snow during the stopping action. Bwd push glide: Perform the element for approx. 13 metres (1/2 of the width of the ice)
TIPS: Encourage skaters to shave ice for stops towards the pylons				
STAGE 3				
Fwd stop with speed Bwd push/glide sequence	Balance Apply pressure to shave the ice Eyes, head level Ankle and knee bend for bwd skating	Slow then add speed Assisted bwd skating	Bend and shave (press out)	Fwd stop: Perform 2 different complete stops with speed. Bwd push glide: Perform these sequences for the full width of the ice.
TIPS: Encourage skaters to gain speed prior to stopping. Try to interchange backward and forward skating – too much bwd at once may discourage the skater. Keep it fun!				

CONTROL 1 2-3

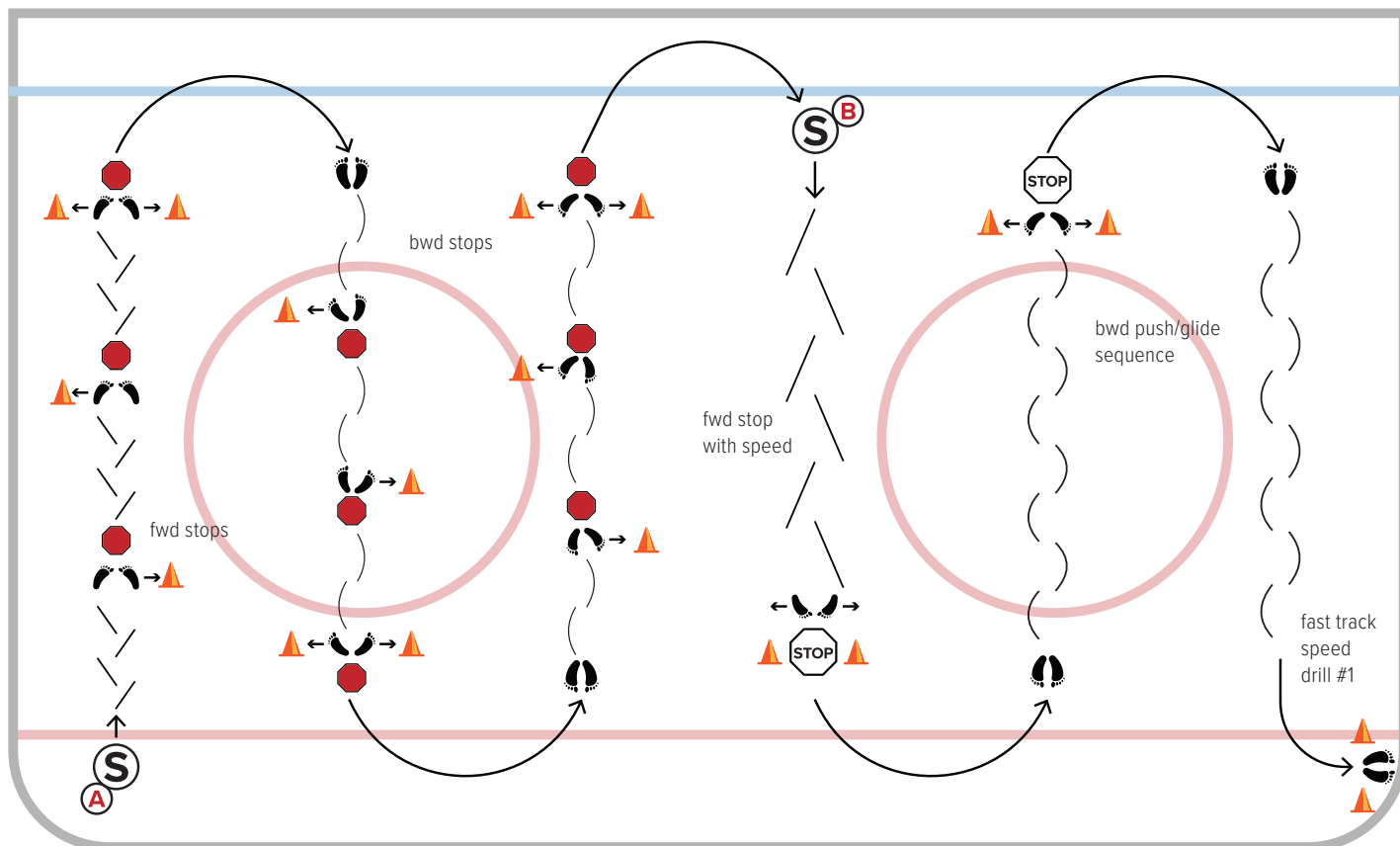
OUTSIDE CIRCUIT



Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Fwd stop with speed	Balance	Slow then add speed	Bend and shave (press out)	Fwd stop: Perform 2 different complete stops (L /R /both feet).
Bwd push/glide sequence	Apply pressure to shave the ice Eyes, head level Ankle and knee bend for bwd skating	Assisted bwd skating		Bwd push glide: Perform this sequence for ½ the width of the ice.
TIPS: Encourage skaters to gain speed prior to stopping. Try to interchange backward and forward skating around the circuit – too much bwd at once may discourage the skater. Keep it fun!				
STAGE 4				
Bwd stop	Push foot behind and out for bwd stop	Fwd stops	Bend and stop	Bwd Stop: Complete 1 full stop of choice. Must make snow during the stopping action.
Speed drill #1	Use natural body rhythm to help speed Free movement of arms	Fast fwd skating	“Bend, push, bend, push..go, go , go”	Speed drill #1: Perform element once.
TIPS: Use a PA to record the speed drill times. Encourage skater to shave ice for stopping towards the pylon.				

CONTROL 1 3-4

INSIDE CIRCUIT

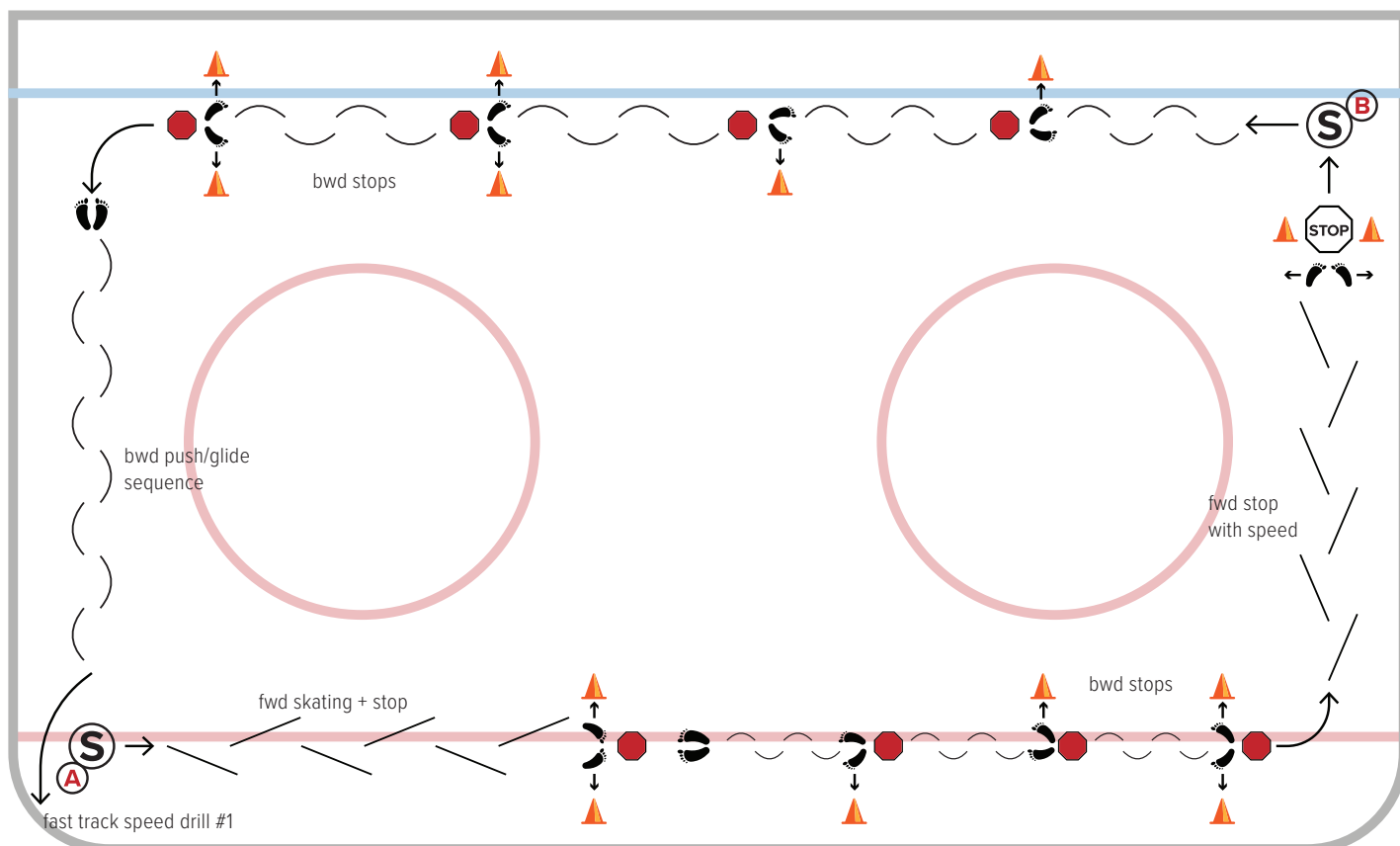




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Fwd stop with speed Bwd push/glide sequence	Balance Apply pressure to shave the ice Eyes, head level Ankle and knee bend for bwd skating	Slow then add speed Assisted bwd skating	Bend and shave (press out)	Fwd stop: Perform 2 different complete stops (L /R /both feet). Bwd push glide: Perform this sequence for ½ the width of the ice.
TIPS: Encourage skaters to gain speed prior to stopping. Try to interchange backward and forward skating around the circuit – too much bwd at once may discourage the skater. Keep it fun!				
STAGE 4				
Bwd stop Speed drill #1	Push foot behind and out for bwd stop Use natural body rhythm to help speed Free movement of arms	Fwd stops Fast fwd skating	Bend and stop “Bend, push, bend, push..go, go , go”	Bwd Stop: Complete 1 full stop of choice. Must make snow during the stopping action. Speed drill #1: Perform element once.
TIPS: Use a PA to record the speed drill times. Encourage skater to shave ice for stopping towards the pylon.				

CONTROL 13-4

OUTSIDE CIRCUIT

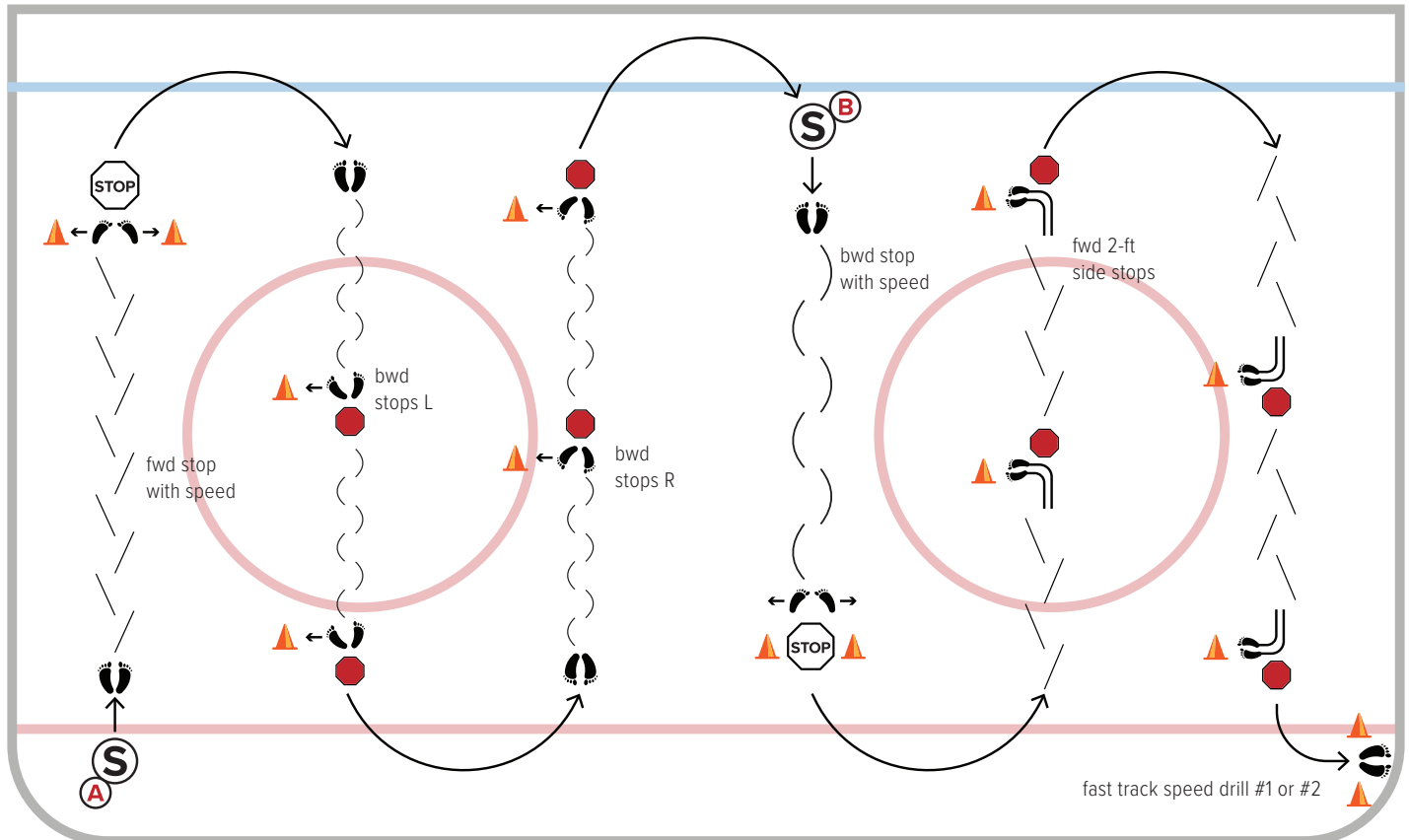




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 4				
Bwd stop Speed drill #1	Push foot behind and out for bwd stop Use natural body rhythm to help speed Free movement of arms	Fwd stops Fast fwd skating	Bend and stop Bend, push, bend, push..go, go, go	Bwd Stop: Complete 1 full stop of choice. Must make snow during the stopping action. Speed drill #1: Perform element once
TIPS: Use a PA to record the speed drill times. Encourage skater to shave ice for stopping towards the pylon.				
STAGE 5				
Bwd stop with speed Fwd 2-ft side stop Speed Drill #2	Down, up, down rhythm for side stop Parallel feet Natural body rhythm for speed drill	Twist on spot to practice unweighting Slow then add speed	Go, go, go – stop Down/up/down Together (parallel) Go, go, go, push, push, push	Bwd stop with speed: Perform a minimum of 2 different stops (right foot, left foot and/or both feet). Fwd 2-ft side stop: Perform 1 complete stop in each direction. Speed drill #2: Perform the element in the skater's choice of direction.
TIPS: Remind skaters to keep eyes and heads level. Use a PA to record speed drill times. Encourage speed!				

CONTROL 1 4-5

INSIDE CIRCUIT

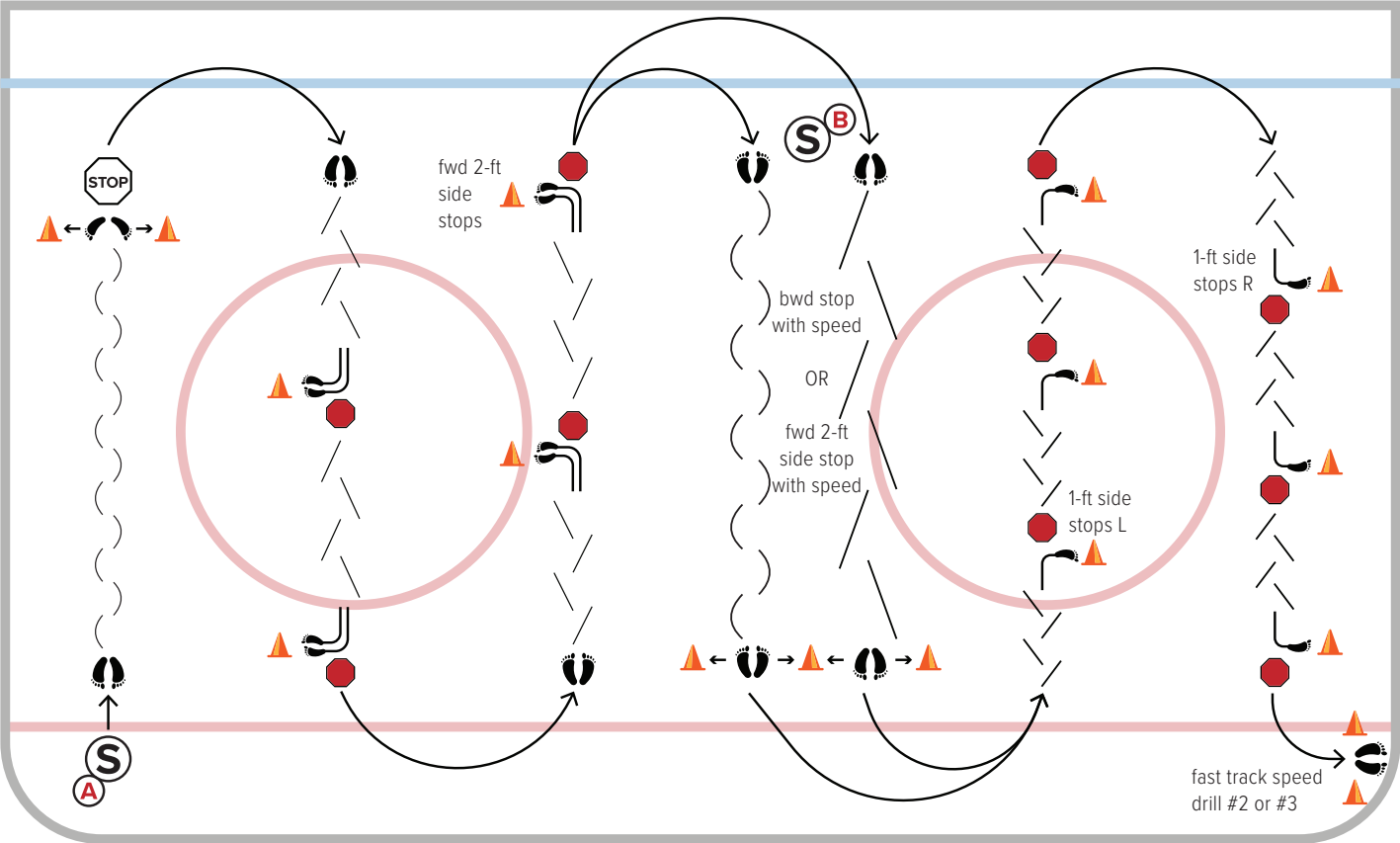




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 5				
Bwd stop with speed Fwd 2-ft side stop Speed Drill #2	Down, up, down rhythm for side stop Parallel feet Natural body rhythm for speed drill	Twist on spot to practice unweighting Slow then add speed	Go, go, go, stop Down/up/down Together (parallel) Go, go, go, push, push, push	Bwd stop with speed: Perform a minimum of 2 different stops (right foot, left foot and/or both feet). Fwd 2-ft side stop: Perform 1 complete stop in each direction Speed drill #2: Perform the element in the skater's choice of direction.
TIPS: Remind skaters to keep eyes and heads level. Use a PA to record speed drill times. Encourage speed!				
STAGE 6				
Fwd 2-ft side stop with speed Fwd 1-ft side stop Speed Drill #3	Down, up, down on stops Natural body rhythm for speed drill	Slow then add speed	Down, up, down Go, go, go, push, push, push	Fwd 2-ft side stop with speed: Perform 1 complete stop in direction of choice. Fwd 1-ft side stop: Perform 1 complete stop in direction of choice. Speed Drill #3: Perform once in the direction of choice.
TIPS: Remind skaters to pick up inside foot for 1-ft side stops. Ensure appropriate blade placement for stops.				

CONTROL1 5-6

INSIDE CIRCUIT

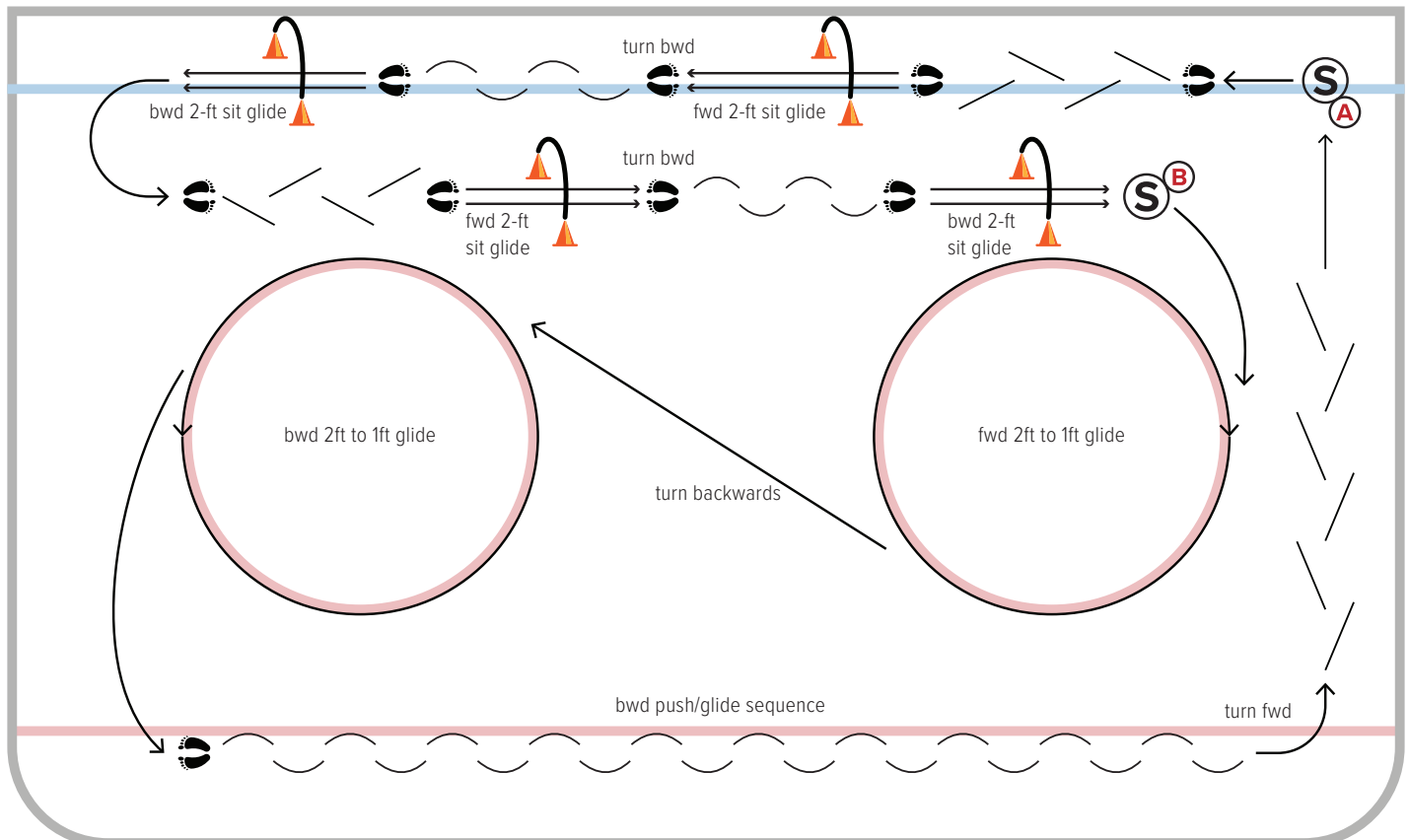




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Bwd skating/ walking Bwd two-foot glide	Knee bend Head and eyes up	Fwd skating Fwd two-foot glide Assisted bwd skating/ walking Assisted bwd two-foot glide	Step, step , step and glide	Bwd skating/walking: Skate backward approx. 13 metres (1/2 of the width). Bwd two-foot glide: Perform the glide for a minimum of 1 second.
TIPS: Use PA's to assist where needed. Appropriate blade placement for movement. Remind skater of weight transfer through movement.				
STAGE 2				
Bwd push/glide sequence Bwd two-foot sit glide Bwd two-foot to one- foot glide	Equal pushes, transfer of weight Knee bend on sit glide (135-90) Introduction to one- foot balance bwd	Assisted bwd skating Fwd two-foot sit glide Fwd two-foot to one- foot glides	Bend and glide and sit Bend and glide and lift	Bwd push glide: Perform these sequences for the full width of the ice. Bwd two-foot sit glide: Perform the glide for minimum 1 second. Sit position within 135°-90° angle range. Bwd two-foot to one-foot glide: Perform each glide for a minimum of one second. Perform on each foot.
TIPS: Use of circles will encourage upper body lean and flow. Arms may be used freely to increase coordination and rhythm.				

CONTROL 2 1-2

INSIDE CIRCUIT

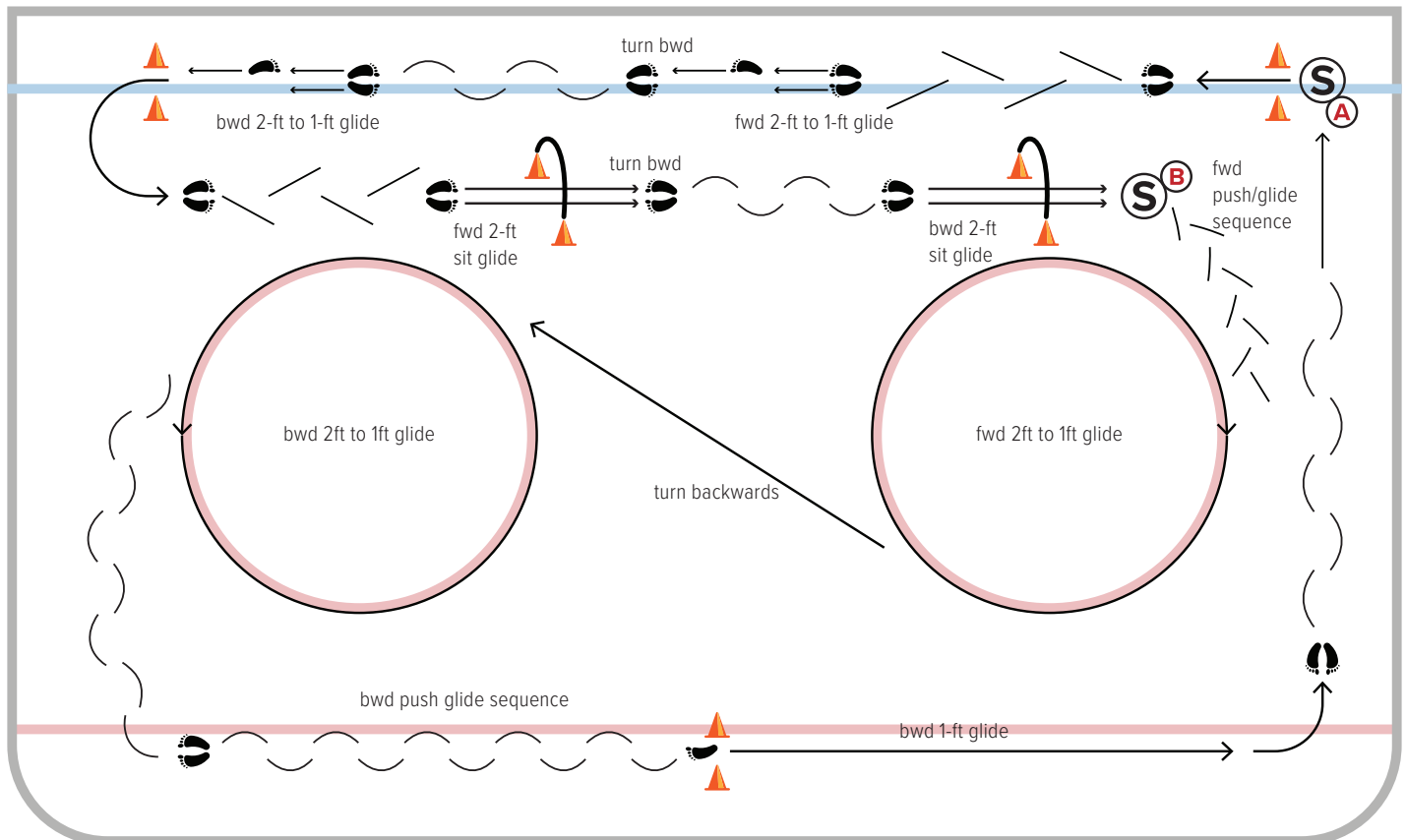




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Bwd push/glide sequence	Equal pushes, transfer of weight	Assisted bwd skating	Bend and glide and sit	Bwd Push/glide sequence: perform these sequences for the full width of the ice. Evident transfer of weight.
Bwd two-foot sit glide	Knee bend on sit glide (135-90)	Fwd two-foot sit glide	Bend and glide and lift	Bwd two-foot sit glide: perform the glide for minimum 1 second. Sit position within 135°-90° angle range.
Bwd two-foot to one-foot glide	Introduction to one-foot balance bwd	Fwd two-foot to one-foot glides		Bwd two-foot to one-foot glide: Perform for a minimum of one second. Perform on each foot.
TIPS: Use archways to add interest and challenge for the sit glide. Encourage speed throughout.				
STAGE 3				
Bwd two-foot to one-foot glide	Knee bend	Assisted bwd skating	Glide, lift and hold	Bwd two-foot to one-foot glide: Perform for a minimum of one second. Perform on each foot.
Bwd one-foot glide	Balance	Fwd two-foot sit glide		Bwd one-foot glide: Perform for a minimum of 1 second.
Bwd push/glide sequence	Sustained glide	Fwd two-foot to one-foot glides		Bwd push/glide sequence: perform for approximately 13 meters (½ of the width of the ice).
		Bwd two-foot glides		
		Add power and speed		
TIPS: Arms may be used freely to increase coordination and rhythm. Encourage speed throughout!				

CONTROL 2 2-3

INSIDE CIRCUIT

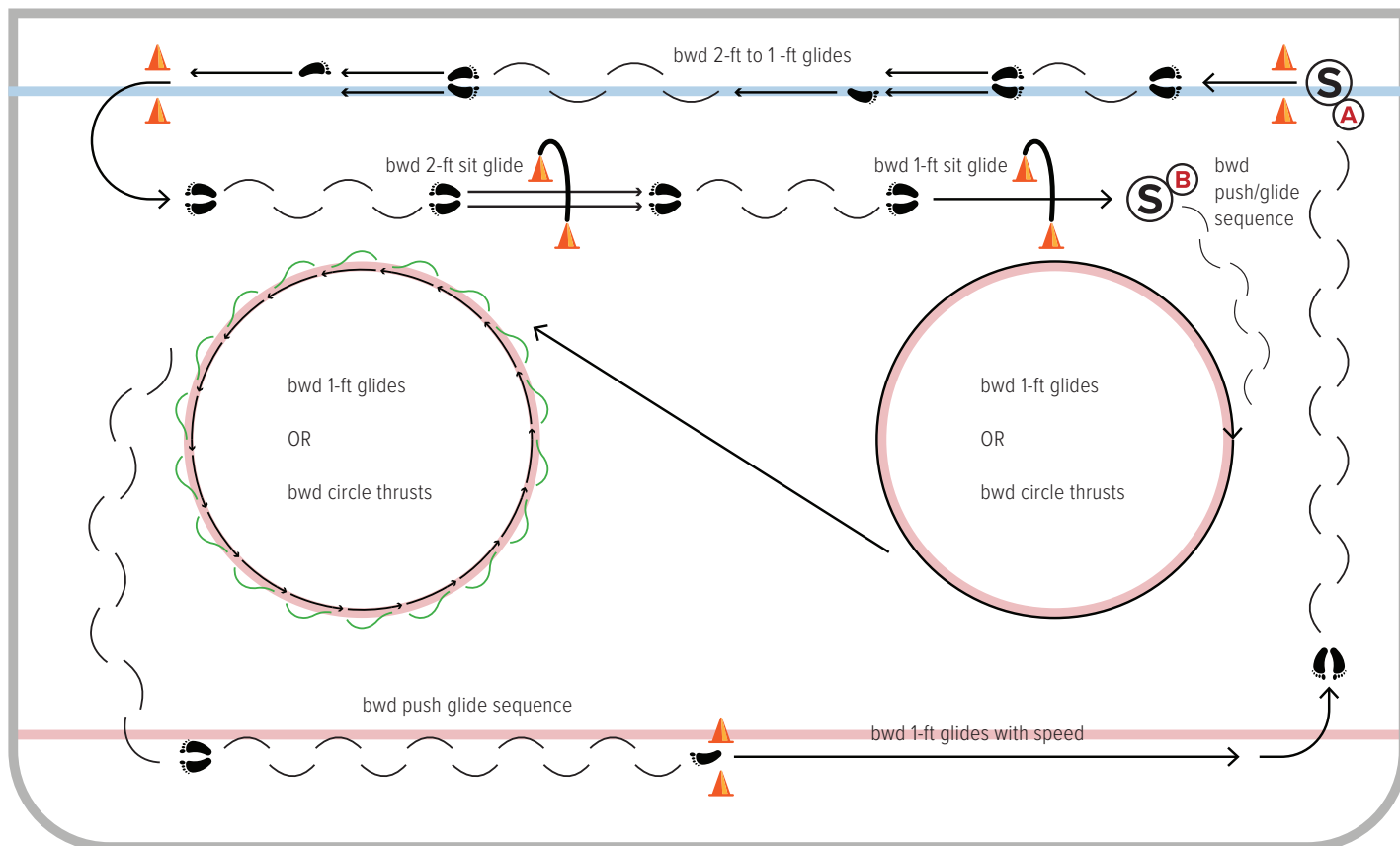




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Bwd two-foot to one-foot glide Bwd one-foot glide Bwd push/glide sequence	Knee bend Balance Sustained glide	Assisted bwd skating Fwd two-foot sit glide Fwd two-foot to one-foot glides Bwd two-foot glides Add power and speed	Glide lift and hold Push, glide, push, glide....	Bwd two-foot to one-foot glide: Perform a minimum of 1 second glide for both positions. Bwd one-foot glide: Perform for a minimum of 1 second. Bwd push/glide sequence: perform for approximately 13 meters (½ of the width of the ice).
TIPS: Arms may be used freely to increase coordination and rhythm. Encourage speed throughout!				
STAGE 4				
Bwd one- foot glide with speed Bwd circle thrusts	Bend before push Rhythm	Bwd one-foot glides Assisted as needed	Skate, skate, skate, glide and hold Push and lift in front, push, and lift in front	Bwd on-foot glide with speed: Perform on skater's choice of foot. Sustain the glide for a minimum of 2 seconds. Bwd circle thrusts: Perform 1 full circle of thrusts each direction.
TIPS: Assistance provided to allow for proper direction and flow of movement. Can relate the thrust movement to skateboarding to make it more fun!				

CONTROL 2 3-4

INSIDE CIRCUIT

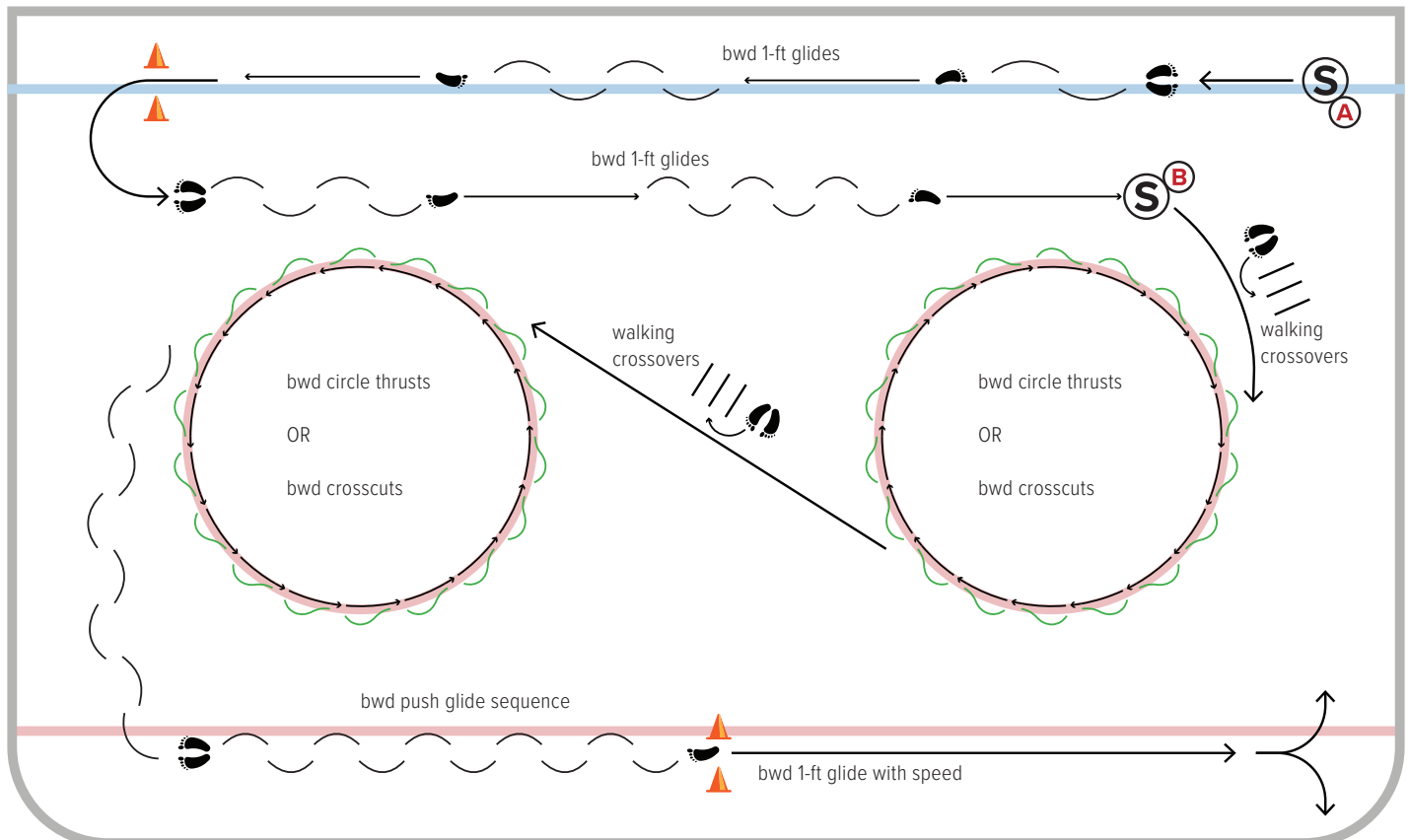




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 4				
Bwd one-foot glide with speed Bwd circle thrusts	Bend before push Rhythm	Bwd one-foot glides Assisted as needed	Skate, skate, skate, glide and hold Push and lift in front, push, and lift in front	Bwd one-foot glide with speed: Perform on skater's choice of foot. Sustain the glide for a minimum of 2 seconds. Bwd circle thrusts: Perform 1 full circle of thrusts each direction.
TIPS: Assistance provided to allow for proper direction and flow of movement. Can relate the thrust movement to skateboarding to make it more fun!				
STAGE 5				
Bwd Crosscuts Bwd push/glide sequence	Bend/push Head and eyes up Weight transfer in crossed position	Walking crosscuts Bwd circle thrusts Assisted as needed	Bend, push, lift, cross, together... Bend, push, glide – bend push glide...	Bwd crosscuts: Perform 1 full circle in both directions. Bwd push/glide sequence: Perform element for half the length of the ice.
TIPS: Use PA to help direct traffic for push/glide sequence, and crosscuts. Remind the skater of blade placement, along with knee and ankle bending for optimal power of movement. Skaters may be observed during warm-up or sent on a fast-track lap, backwards to allow for full ice development of backwards skating. Words of encouragement for speed!				

CONTROL 2 4-5

INSIDE CIRCUIT

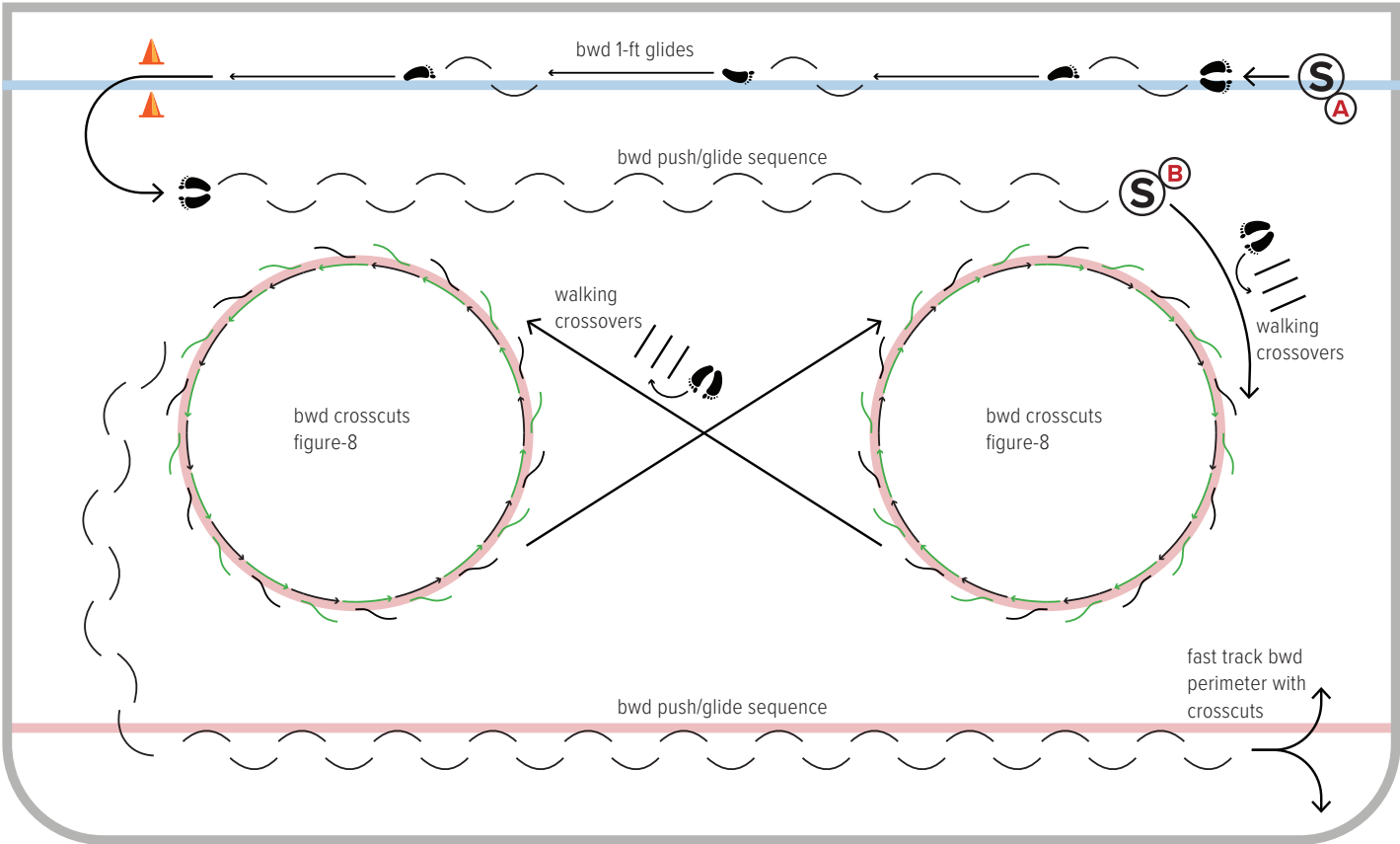




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 5				
Bwd crosscuts Bwd push/glide sequence	Bend/push Head and eyes up Weight transfer in crossed position	Walking crosscuts Bwd circle thrusts Assisted as needed	Bend, push, lift, cross, together... Bend, push, glide – bend push glide...	Bwd crosscuts: Perform 1 full circle in both directions. Bwd push/glide sequence: Perform element for the full length of the ice.
TIPS: Use PA to help direct traffic for push/glide sequence, and crosscuts. Remind the skater of blade placement, along with knee and ankle bending for optimal power of movement. Skaters may be observed during warm-up or sent on a fast-track lap, backwards to allow for full ice development of backwards skating. Words of encouragement for speed!				
STAGE 6				
Bwd crosscuts – figure 8 Bwd perimeter skating with crosscuts	Bend/push Head and eyes up Weight transfer in crossed position Add power and speed	Walking crosscuts Bwd circle thrusts	Push, cross.... Go, go, go	Bwd crosscuts – figure 8: Perform 1 complete figure-8 pattern. Bwd perimeter skating with crosscuts: Perform 1 full lap of the ice of the skater's choice. Demonstrate power generation.
TIPS: Emphasis is placed on the rhythm of the movements to generate more power. Encourage equal and consistent pushes.				

CONTROL 2 5-6

INSIDE CIRCUIT

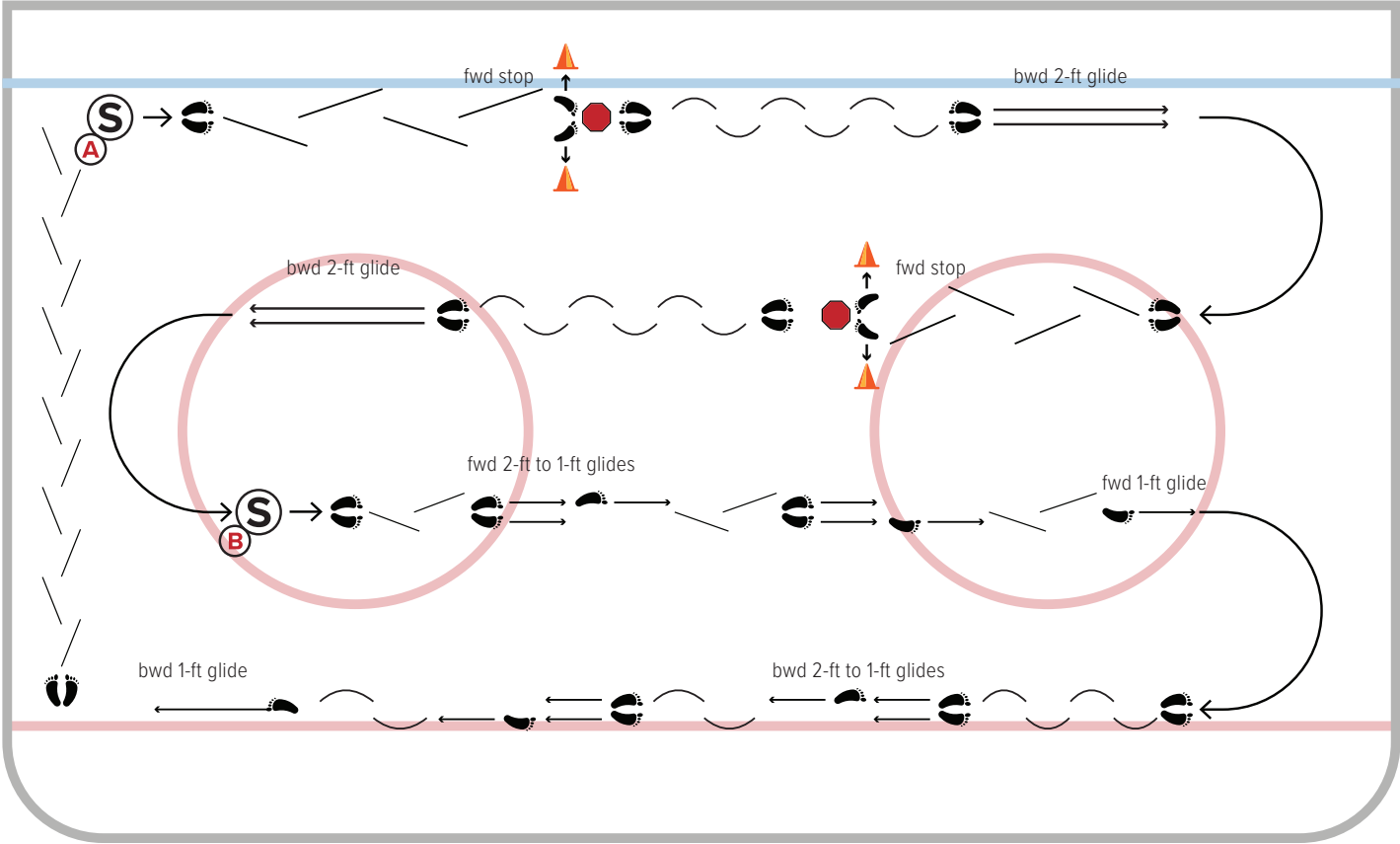




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Bwd two-foot glide	Balance	Assisted – hula hoop to feel the glide	Two feet and hold	Bwd two-foot glide: Perform the glide for a minimum of 1 second (This is a review/ practise lesson)
TIPS: Encourage length of glide. Count how long they can glide for – make it fun!				
STAGE 2				
Bwd two-foot to one-foot glide Fwd stop	Balance Head and eyes up Apply pressure to ice for stops	Fwd two-foot to one-foot glides Fwd glides on two feet – assisted Shnow slides – alternating using both feet	Push, push, push glide and lift Bend and shave	Bwd two-foot to one-foot glide: Perform the glide for minimum of 2 seconds (To be executed on both feet with evident transfer of weight). Fwd stop: Perform 2 different complete stops. Must be executed in different directions/feet. (This is a review/ practise lesson)
TIPS: Encourage length of the one-foot glide, and power on the stops. See how much snow they can make!				

CONTROL 3 1-2

INSIDE CIRCUIT

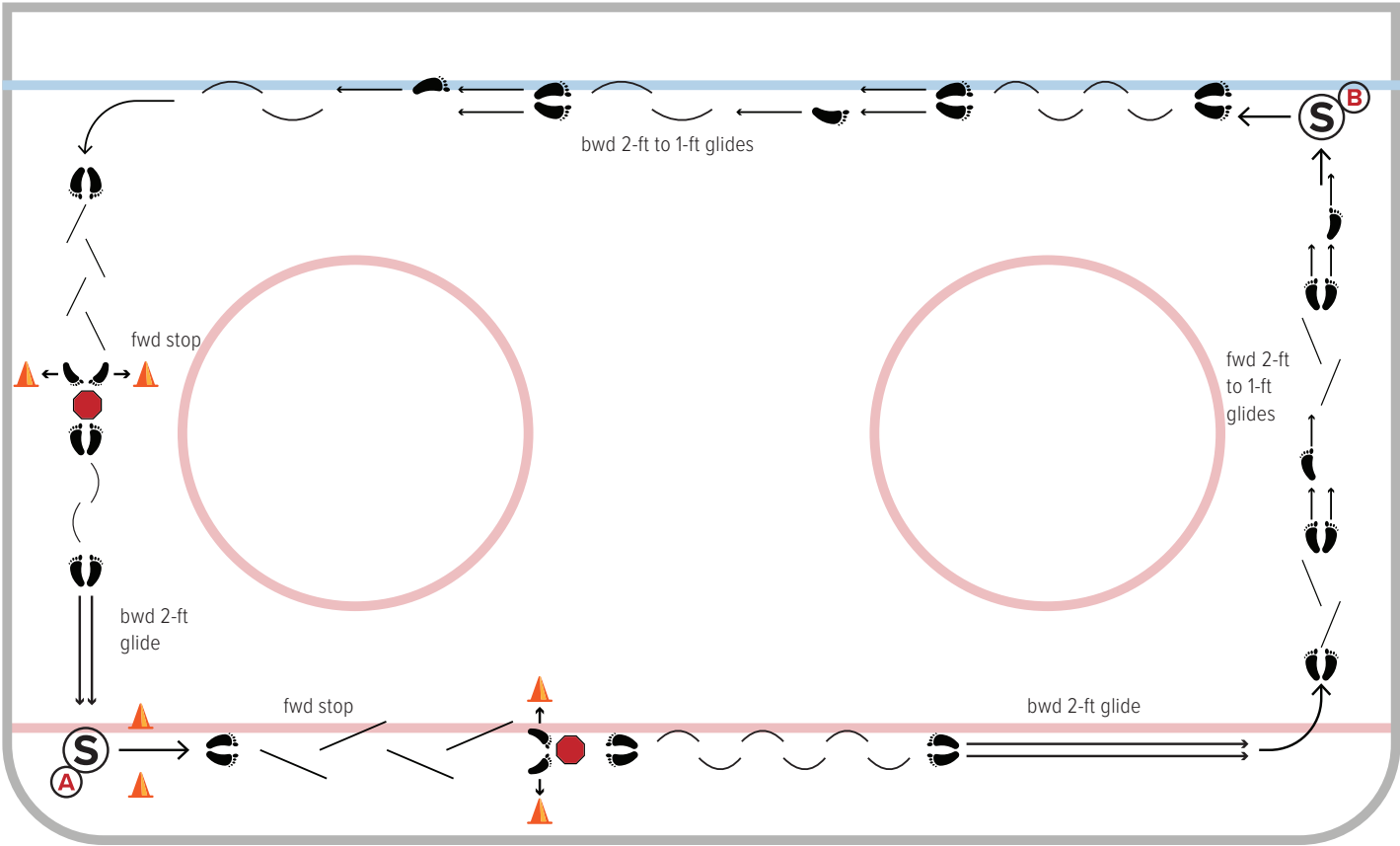




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Bwd two-foot glide	Balance	Assisted – hula hoop to feel the glide	Two feet and hold	Bwd two-foot glide: Perform the glide for a minimum of 1 second (This is a review/ practise lesson)
TIPS: Encourage length of glide. Count how long they can glide for – make it fun!				
STAGE 2				
Bwd two-foot to one-foot glide Fwd stop	Balance Head and eyes up Apply pressure to ice for stops	Fwd two-foot to one-foot glides Fwd glides on two feet – assisted Shnow slides – alternating using both feet	Push, push, push glide and lift Bend and shave	Bwd two-foot to one-foot glide: Perform the glide for minimum of 2 seconds (To be executed on both feet with evident transfer of weight). Fwd stop: Perform 2 different complete stops. Must be executed in different directions/feet. (This is a review/ practise lesson)
TIPS: Encourage length of the one-foot glide, and power on the stops. See how much snow they can make!				

CONTROL 3 1-2

OUTSIDE CIRCUIT

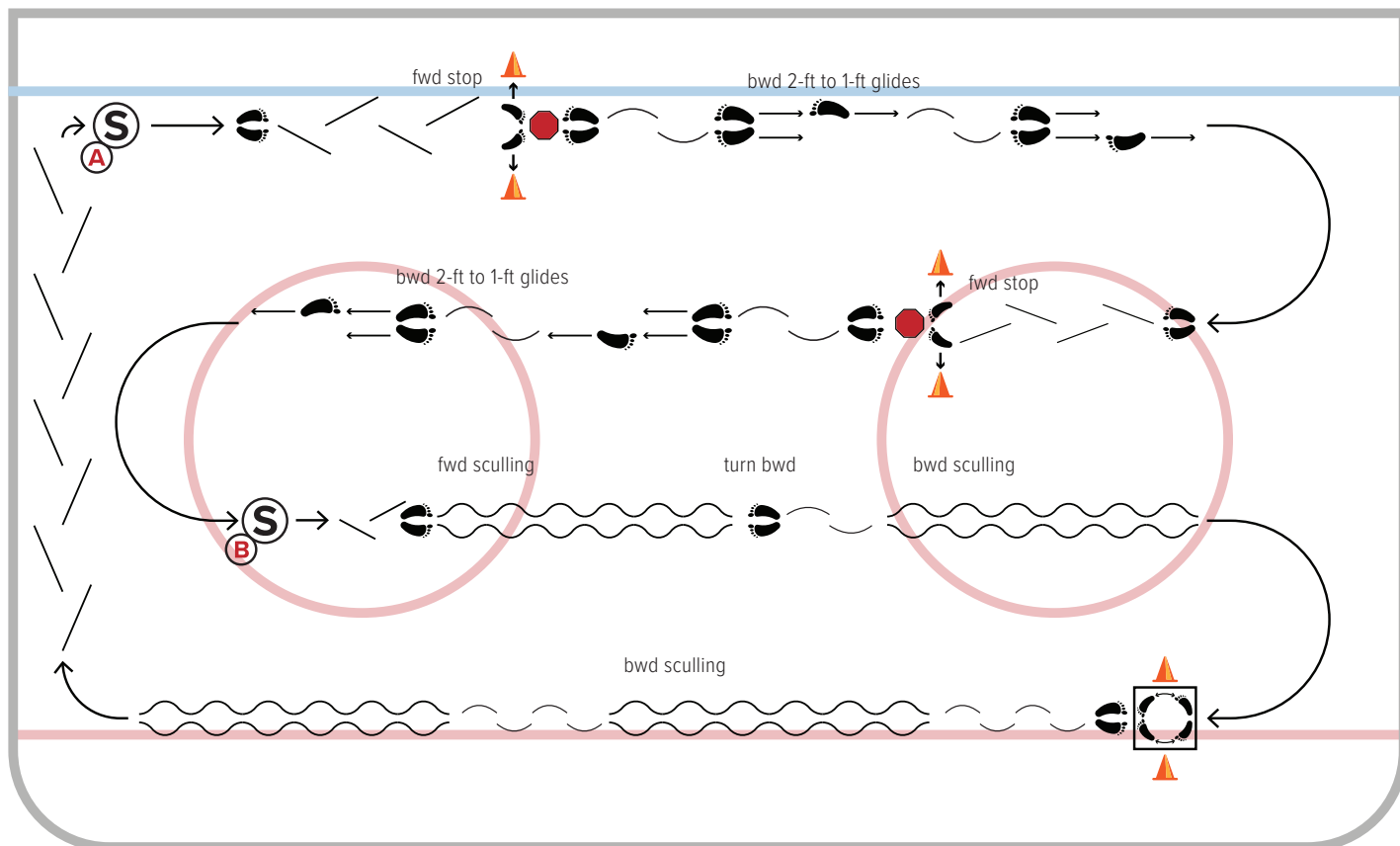




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Bwd two-foot to one-foot glide Fwd stop	Balance Head and eyes up Apply pressure to ice for stops	Fwd two-foot to one-foot glides Fwd glides on two feet – assisted Snow slides – alternating using both feet	Push, push, push glide and lift Bend and shave	Bwd two-foot to one-foot glide: Perform the glide for minimum of 2 seconds (To be executed on both feet). Fwd stop: Perform 2 different complete stops. Must be executed in different directions. (This is a review/practise lesson)
TIPS: Encourage length of the one-foot glide, and power on the stops. See how much snow they can make!				
STAGE 3				
Bwd two-foot to one-foot glide Bwd sculling	Balance Head and eyes up	Fwd sculling Assisted bwd sculling Scull on spot around a cone or dome	Push, push, push glide and lift Toes, heels Down/out, in/up	Bwd two-foot to one-foot glide: Perform glide for a minimum of 2 seconds. Must be executed on both feet. Bwd sculling: Perform minimum of 6 consecutive sculls. Must demonstrate knee and ankle bend.
TIPS: Ask skaters to count length of glide to motivate longer glides. Exaggerate rhythm of knee bend to enhance flow.				

CONTROL 3 2-3

INSIDE CIRCUIT

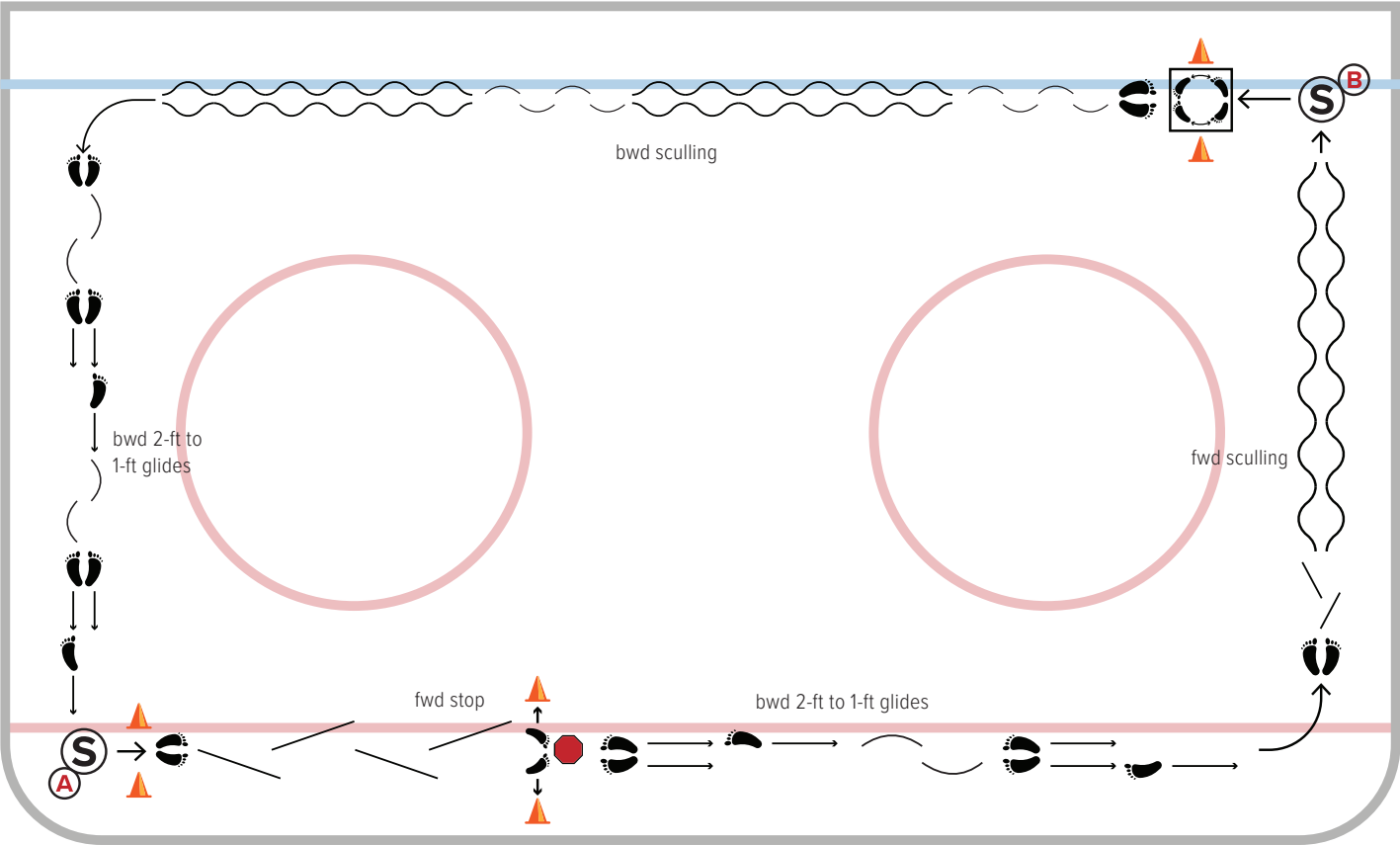




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Bwd two-foot to one-foot glide Fwd stop	Balance Head and eyes up Apply pressure to ice for stops	Fwd two-foot to one-foot glides Fwd glides on two feet – assisted Snow slides – alternating using both feet	Push, push, push glide and lift Bend and shave	Bwd two-foot to one-foot glide: Perform the glide for minimum of 2 seconds (To be executed on both feet). Fwd stop: Perform 2 different complete stops. Must be executed in different directions. (This is a review/ practise lesson)
TIPS: Encourage length of the one-foot glide, and power on the stops. See how much snow they can make!				
STAGE 3				
Bwd two-foot to one-foot glide Bwd sculling	Balance Head and eyes up	Fwd sculling Assisted bwd sculling Scull on spot around a cone or dome	Push, push, push glide and lift Toes, heels Down/out, in/up	Bwd two-foot to one-foot glide: Perform glide for a minimum of 2 seconds. Must be executed on both feet. Bwd sculling: Perform minimum of 6 consecutive sculls. Must demonstrate knee and ankle bend.
TIPS: Ask skaters to count length of glide to motivate longer glides. Exaggerate rhythm of knee bend to enhance flow.				

CONTROL 3 2-3

OUTSIDE CIRCUIT

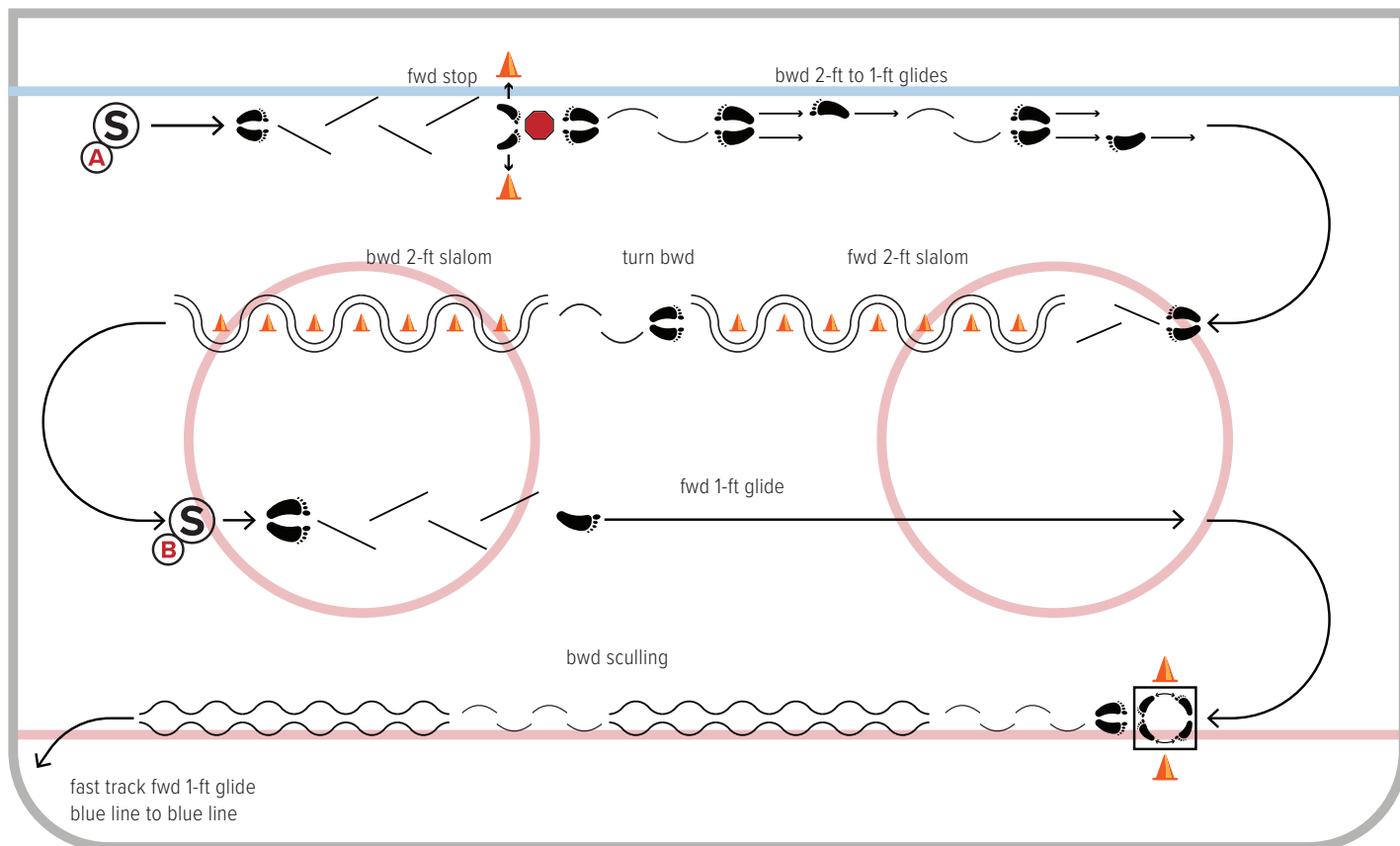




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Bwd two-foot to one-foot glide Bwd sculling	Balance Head and eyes up	Fwd sculling Assisted bwd sculling Scull on spot around a cone or dome	Push, push, push glide and lift Toes, heels Down/out, in/up	Bwd two-foot to on-foot glide: Perform glide for a minimum of 2 seconds. Must be executed on both feet. Bwd Sculling: Perform minimum of 6 consecutive sculls. Must demonstrate knee bend.
TIPS: Ask skaters to count length of glide to motivate longer glides. Exaggerate rhythm of knee bend to enhance flow.				
STAGE 4				
Fwd one-foot glide blue line to blue line Bwd two-foot slalom	Down, up, down Rhythm Balance on glide	Fwd two-foot slalom Fwd one-foot glide Assisted as needed	Go, go, go glide and hold Bend, up, twist, bend, up, twist....	Fwd one-foot glide blue line to blue line: Perform the glide length to best of ability between the lines. Bwd two-foot slalom: Perform through a minimum of 6 pylons. Demonstrate control and knee action.
TIPS: Use PA to direct traffic on Fast Track. Shadow the skaters through the movements so they can mimic action. Arms are used freely to aid in upper body twist action.				

CONTROL 3 3-4

INSIDE CIRCUIT

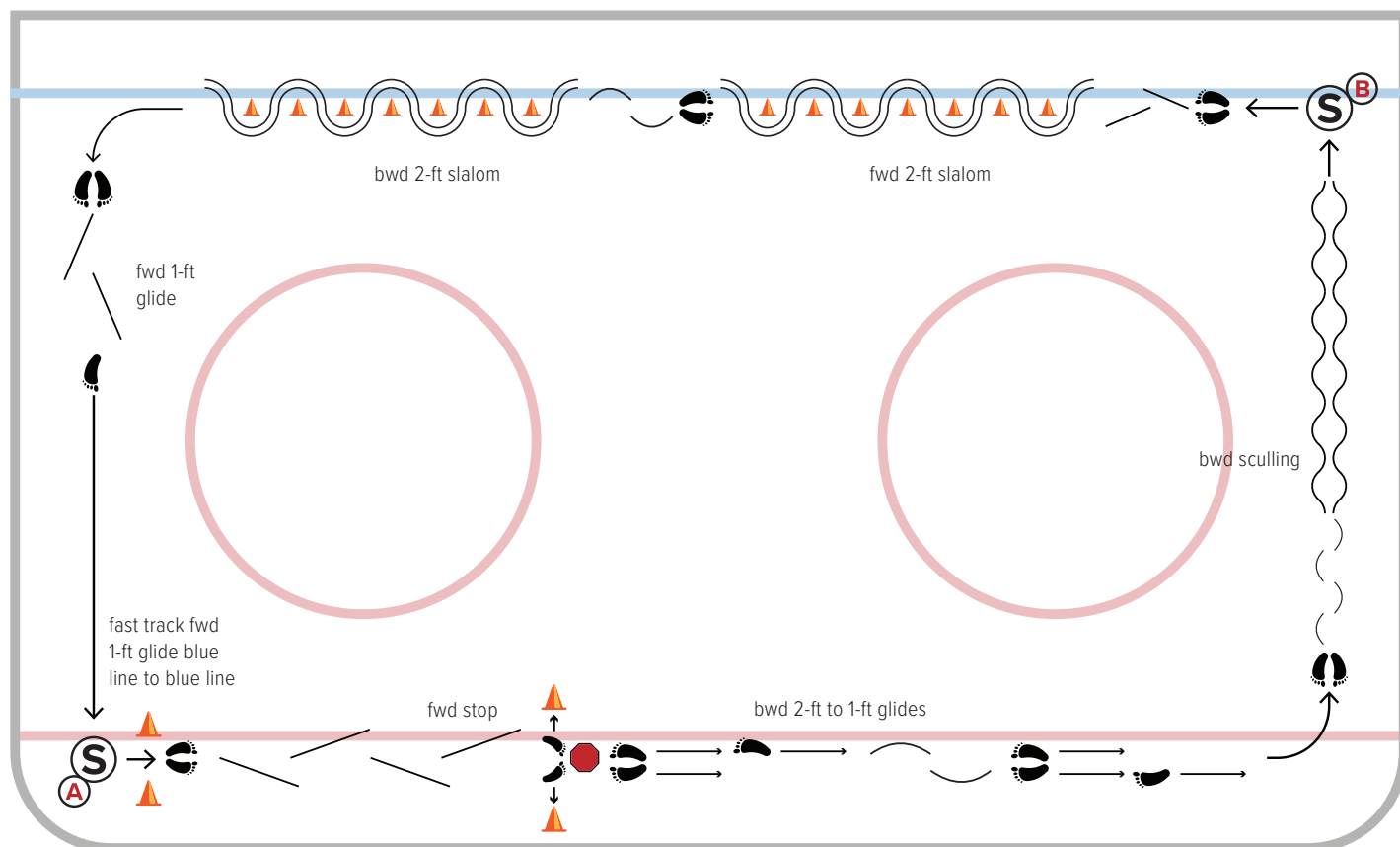




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Bwd two-foot to one-foot glide Bwd sculling	Balance Head and eyes up	Fwd sculling Assisted bwd sculling Scull on spot around a cone or dome	Push, push, push glide and lift Toes, heels Down/out, in/up	Bwd two-foot to on-foot glide: Perform glide for a minimum of 2 seconds. Must be executed on both feet. Bwd Sculling: Perform minimum of 6 consecutive sculls. Must demonstrate knee bend.
TIPS: Ask skaters to count length of glide to motivate longer glides. Exaggerate rhythm of knee bend to enhance flow.				
STAGE 4				
Fwd one-foot glide blue line to blue line Bwd two-foot slalom	Down, up, down Rhythm Balance on glide	Fwd two-foot slalom Fwd one-foot glide Assisted as needed	Go, go, go glide and hold Bend, up, twist, bend, up, twist....	Fwd one-foot glide blue line to blue line: Perform the glide length to best of ability between the lines. Bwd two-foot slalom: Perform through a minimum of 6 pylons. Demonstrate control and knee action.
TIPS: Use PA to direct traffic on Fast Track. Shadow the skaters through the movements so they can mimic action. Arms are used freely to aid in upper body twist action.				

CONTROL 3 3-4

OUTSIDE CIRCUIT

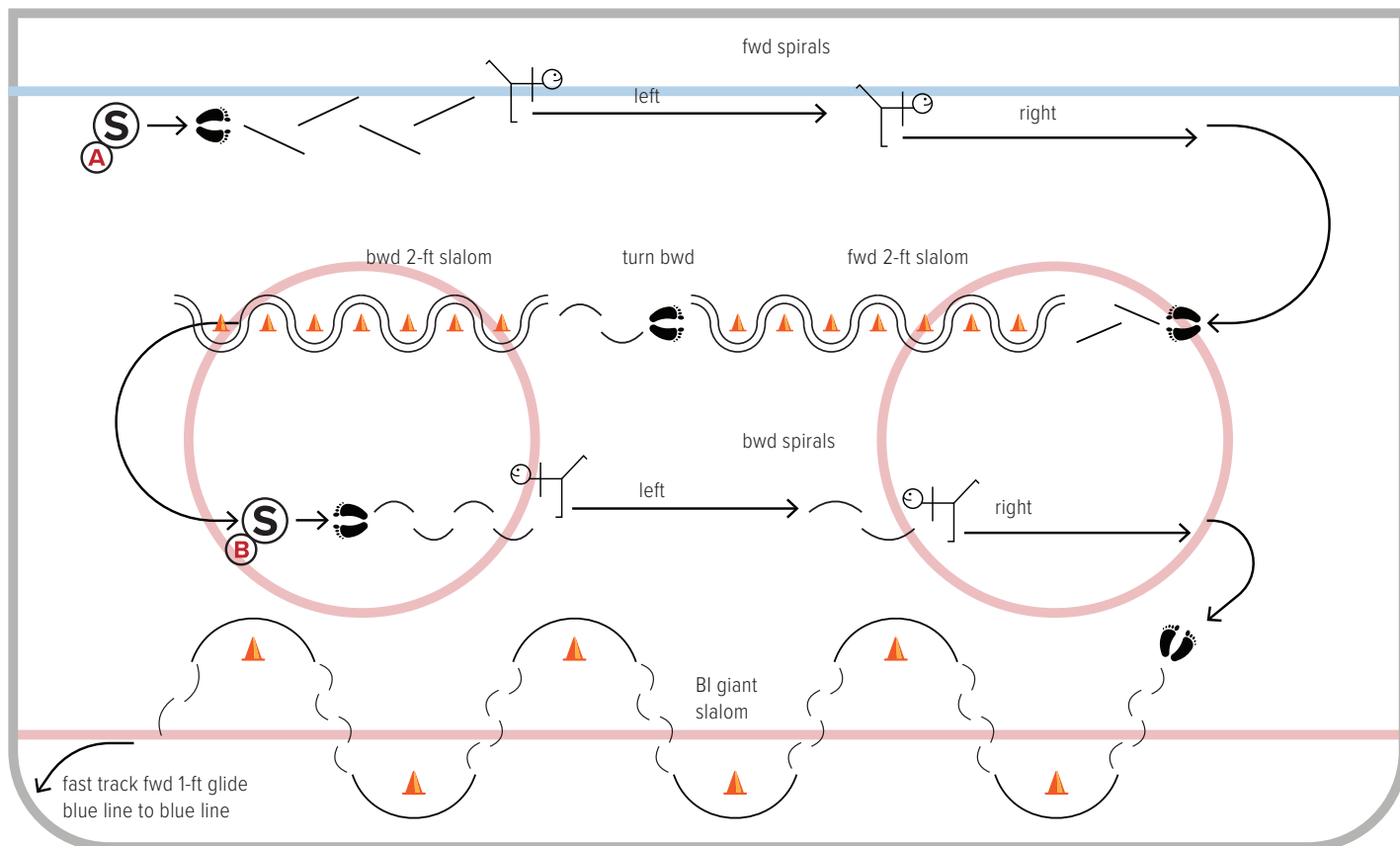




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 4				
Fwd one-foot glide blue line to blue line Bwd two-foot slalom	Down, up, down Rhythm Balance on glide	Fwd two-foot slalom Fwd one-foot glide Assisted as needed	Go, go, go glide and hold Bend, up, twist, bend, up, twist....	Fwd one-foot glide blue line to blue line: Perform the glide length to best of ability between the lines. Bwd two-foot slalom: Perform through a minimum of 6 pylons.
TIPS: Use PA to direct traffic on Fast Track. Shadow the skaters through the movements so they can mimic action. Arms are used freely to aid in upper body twist action.				
STAGE 5				
Bwd spiral Bl giant slalom	Head and eyes up Bl edge under big toe, lift inside foot Lean on edges	Fwd spirals Bwd one-foot glides Assisted as needed	Skate, glide, over and lift Skate, skate, glide and lift inside foot	Bwd spiral: Hold position for a minimum of 1 second (Must be executed on both feet). Bl giant slalom: Perform with a minimum of 6 pylons (distanced 2.5 meters apart) or defined curves.
TIPS: Offer plenty of assistance while learning new element. Emphasise blade placement on the ice through balancing. Ensure proper distancing of pylons. Look before direction of travel when going backwards!				

CONTROL 3 4-5

INSIDE CIRCUIT

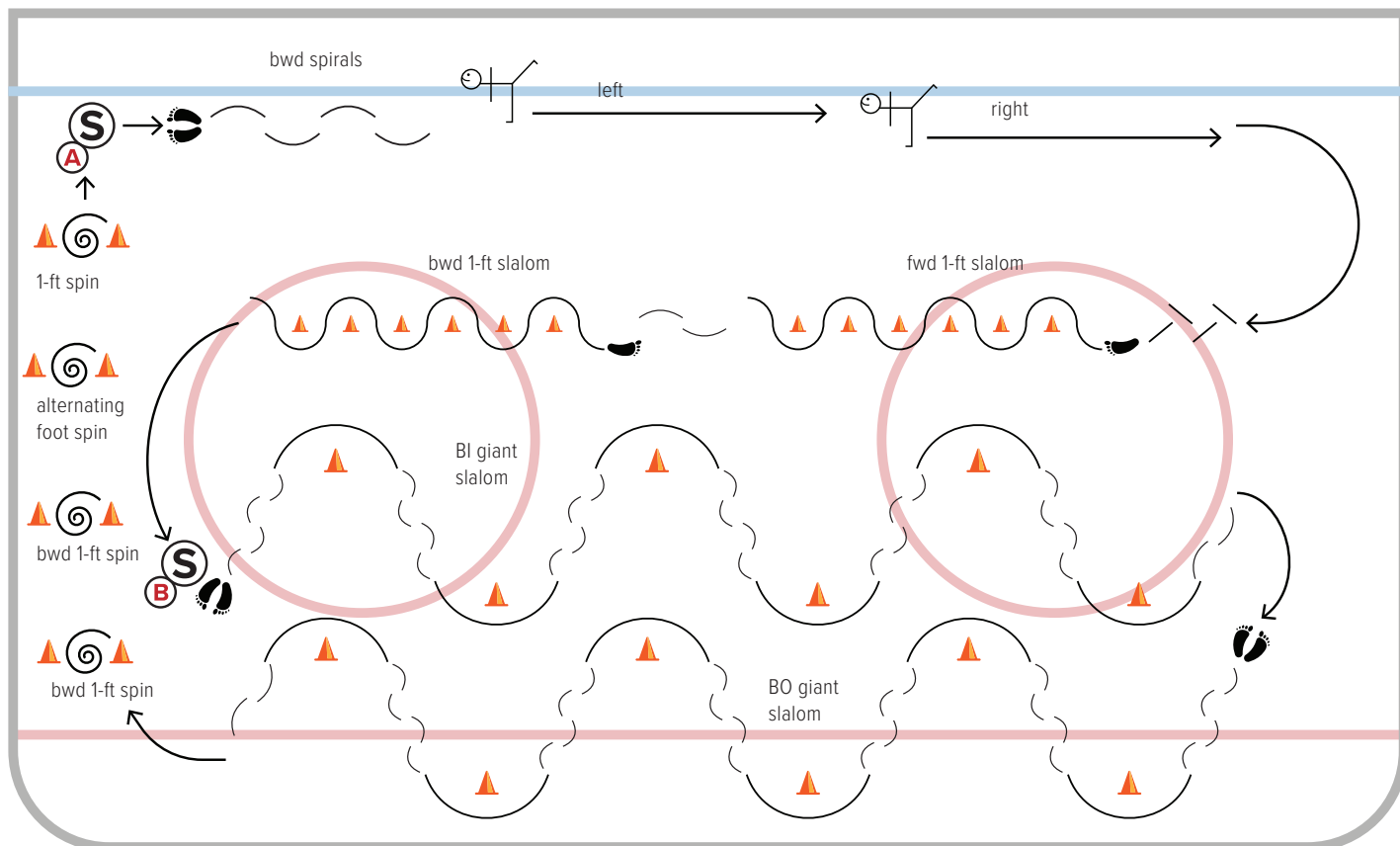




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 5				
Bwd spiral Bl giant slalom	Head and eyes up Bl edge under big toe, lift inside foot Lean on edges	Fwd spirals Bwd one-foot glides Assisted as needed	Skate, glide, over and lift Skate, skate, glide and lift inside foot	Bwd spiral: Hold position for a minimum of 1 second (Must be executed on both feet). Bl giant slalom: Perform with a minimum of 6 pylons (distanced 2.5 meters apart) or defined curves.
TIPS: Offer plenty of assistance while learning new element. Emphasise blade placement on the ice through balancing. Ensure proper distancing of pylons. Look before direction of travel when going backwards!				
STAGE 6				
Bwd one-foot spin Bwd one-foot slalom BO giant slalom	Down, up, down – slalom Balance BO edge under baby toe, lift outside foot	Fwd one-foot slalom Bl slalom Alternating foot spin Two-foot slalom	Skate, skate, glide and lift outside foot Baby toe and hold	Bwd one-foot spin: Perform a minimum of 1 revolution in each direction. Bwd one-foot slalom: perform a minimum of 4 change of edges/lobes/ curves. Foot up for majority of movement. BO giant slalom: perform with a minimum of 6 pylons or defined curves.
TIPS: PA can assist with direction of spin and flow of slalom. Note the edge does not need to be sustained throughout the spin. Emphasize upper body position and movement through slalom and spin to assist flow. Note the difference between use of blade between the Bl and BO slalom.				

CONTROL 3 5-6

INSIDE CIRCUIT

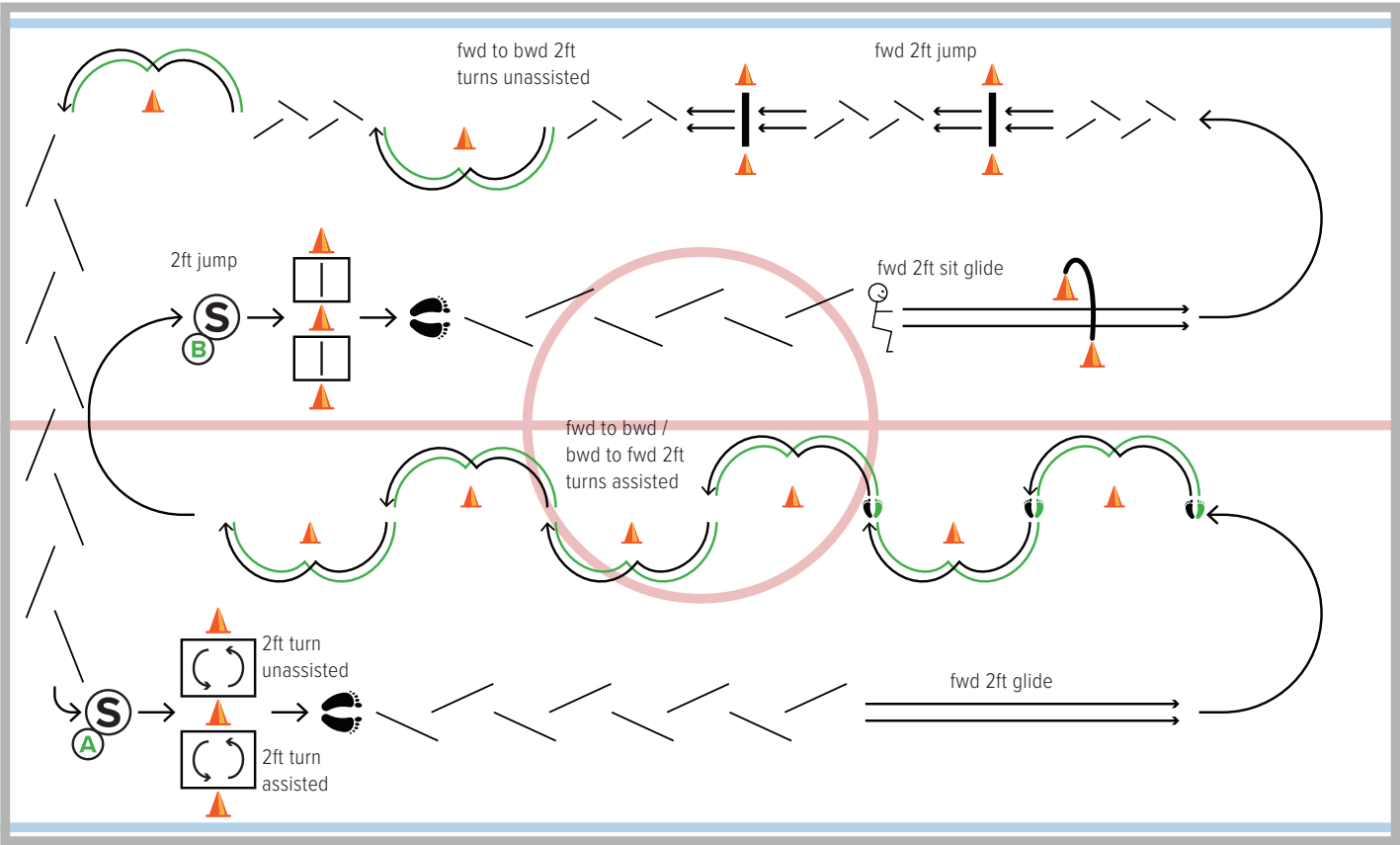




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Stationary Two-foot turn	Bend/up/bend	Assisted stationary turn	Bend, up and twist, bend	Stationary two-foot turn: Perform full 180° turn (either direction)
Stationary Two-foot jump	Head, eyes up	Assisted stationary jump	Bend, jump, bend	Stationary two-foot jump: Perform jump with both feet leaving the ice
TIPS: Use PA's to assist where needed. Train turn in both directions. Demonstrate and emphasize knee action of turns (bend/up/bend or down/up/down)				
STAGE 2				
Fwd two-foot turn	Down/up/down	Fwd two-foot glide	Glide, bend, up quick twist	Fwd/bwd two-foot turn: Perform 180° turn with glide in and skating out
Bwd two-foot turn	Balance on landing	Assisted turns	Glide, bend and jump, and glide	Fwd two-foot jump: Jump with two-foot glide in and out
Fwd two-foot		Fwd two-foot sit glide		
		Jump on the spot		
TIPS: Encourage turning in both directions. Emphasize knee action (down/up/down). Draw entrance and exit of jump with two lines to encourage glide in and balanced landing out of jump.				

AGILITY 1 1-2

INSIDE CIRCUIT



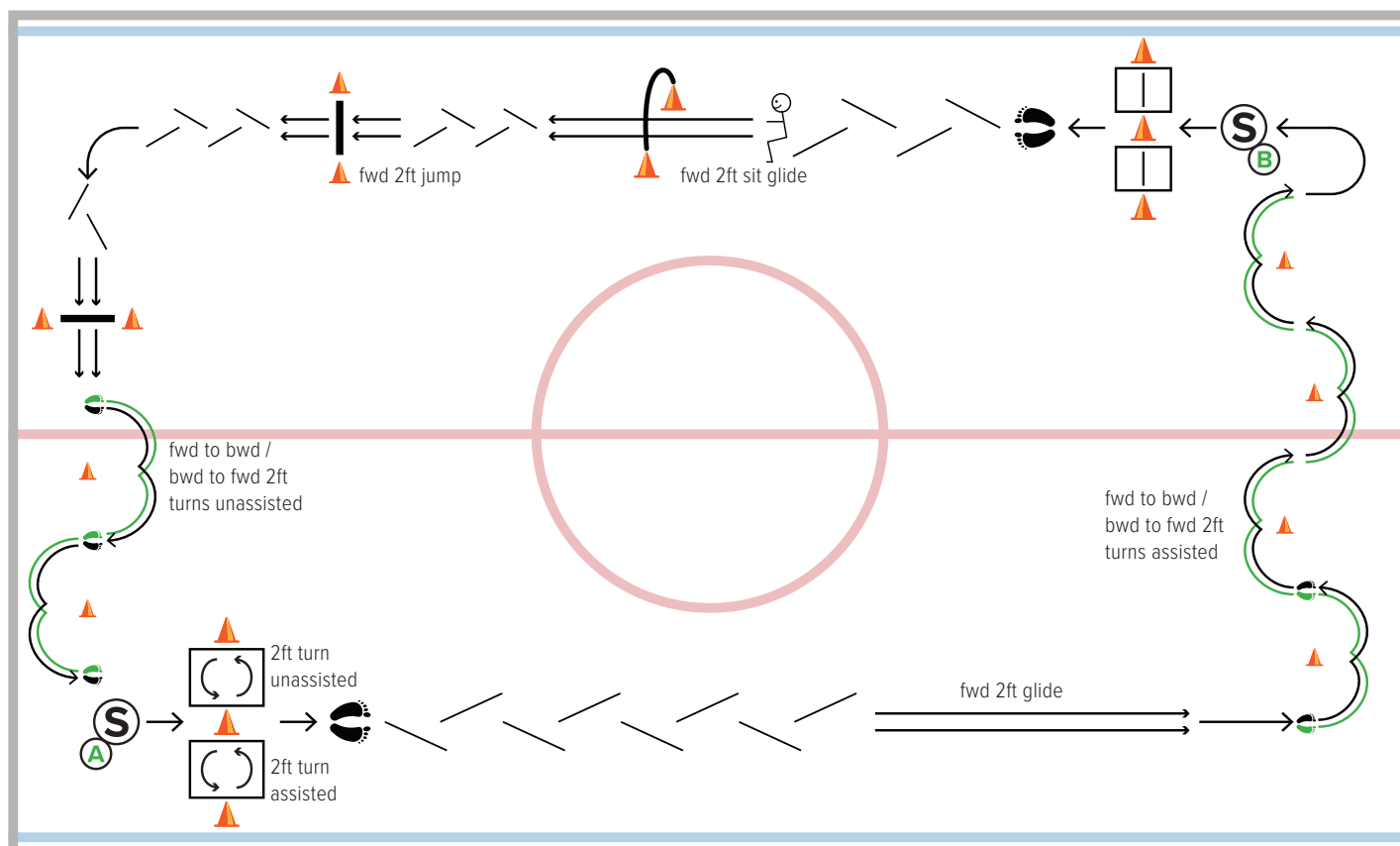


AGILITY 1 1-2

Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Stationary Two-foot turn	Bend/up/bend	Assisted stationary turn	Bend, up and twist, bend	Stationary two-foot turn: Perform full 180° turn (either direction)
Stationary Two-foot jump	Head, eyes up	Assisted stationary jump	Bend, jump, bend	Stationary two-foot jump: Perform jump with both feet leaving the ice
TIPS: Use PA's to assist where needed. Train turn in both directions. Demonstrate and emphasize knee action of turns (bend/up/bend or down/up/down)				
STAGE 2				
Fwd two-foot turn	Down/up/down	Fwd two-foot glide	Glide, bend, up quick twist	Fwd/bwd two-foot turn: Perform 180° turn with glide in and skating out
Bwd two-foot turn	Balance on landing	Assisted turns	Glide, bend and jump, and glide	Fwd two-foot jump: Jump with two-foot glide in and out
Fwd two-foot		Fwd two-foot sit glide		
		Jump on the spot		
TIPS: Encourage turning in both directions. Emphasize knee action (down/up/down). Draw entrance and exit of jump with two lines to encourage glide in and balanced landing out of jump.				

AGILITY 1 1-2

OUTSIDE CIRCUIT

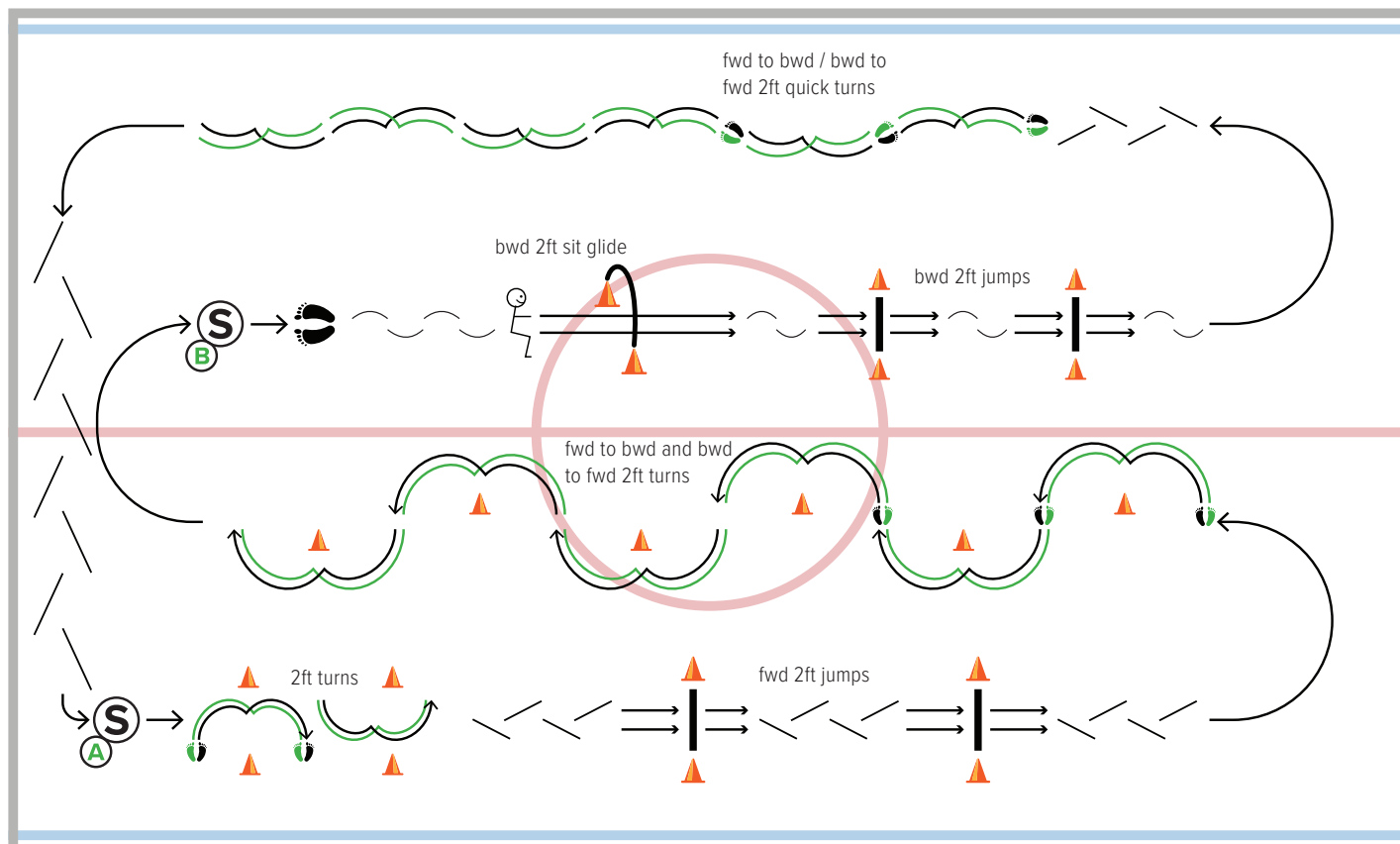




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Fwd two-foot turn Bwd two-foot turn Fwd two-foot	Down/up/down Balance on landing	Fwd two-foot glide Assisted turns Fwd two-foot sit glide Jump on the spot	Glide, bend, up, twist Glide, bend and jump, and glide	Fwd/bwd two-foot turn: Perform 180° turn with glide in and skating out Fwd two-foot jump: Jump with two-foot glide in and out
TIPS: Encourage turning in both directions. Emphasize knee action (down/up/down). Draw entrance and exit of jump with two lines to encourage glide in and balanced landing out.				
STAGE 3				
Fwd two-foot quick turn Bwd two-foot quick turn Bwd two-foot jump	Quick hips in turns Down/up/down Balance on landing Head, eyes up	Two-foot turns Assisted turns Fwd two-foot jumps Stationary twist and jumps	Glide, bend, up, quick twist Glide, bend and jump, and glide	Fwd/bwd two-foot quick turn: Full 180° turn with glide in and out Bwd two-foot jump: Jump with two-foot glide in and out
TIPS: Train turns in both directions. Draw turns in different colours to indicate direction. Skating under an archway will encourage bend of knees and ankles.				

AGILITY 12-3

INSIDE CIRCUIT

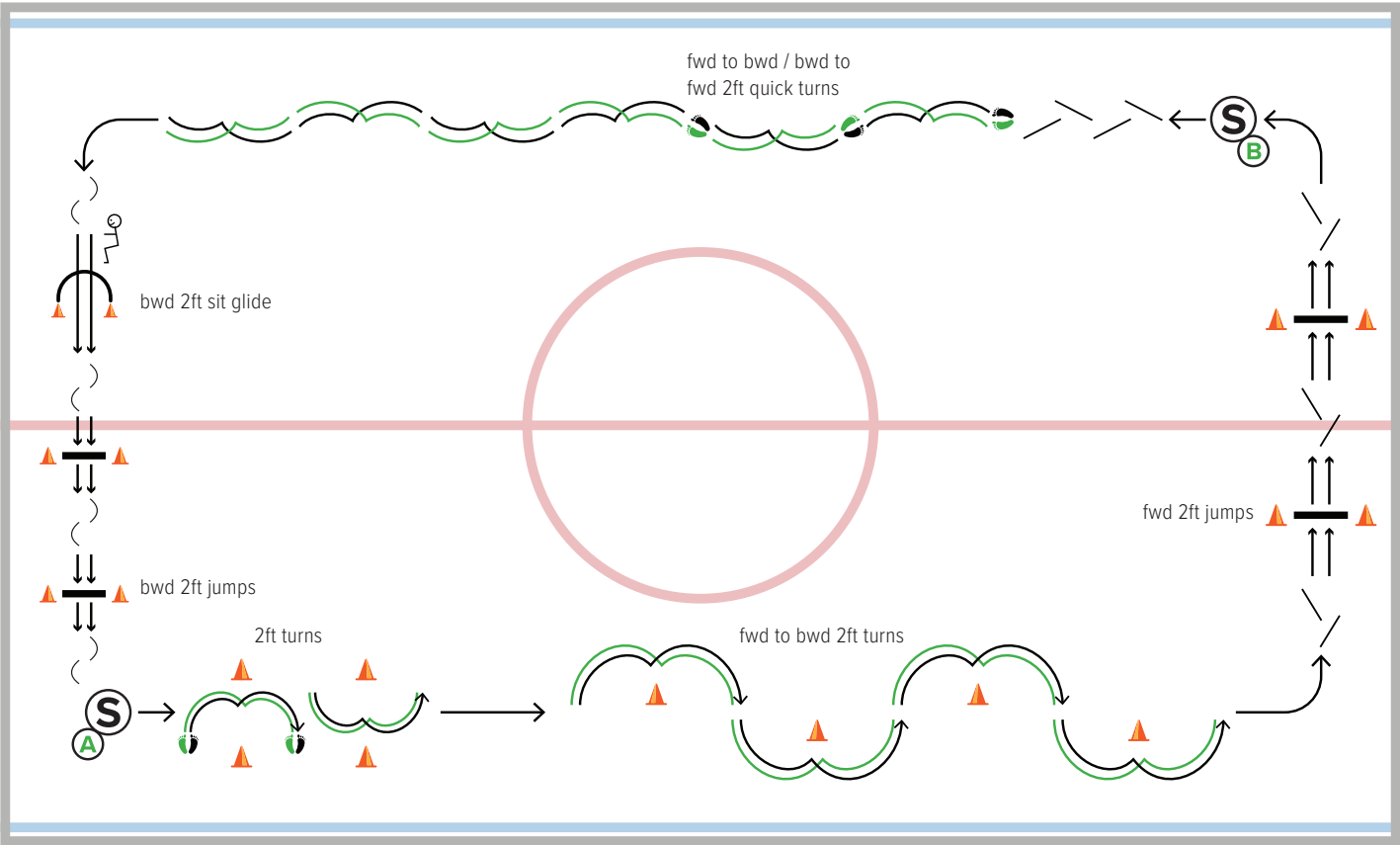




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Fwd two-foot turn Bwd two-foot turn Fwd two-foot	Down/up/down Balance on landing	Fwd two-foot glide Assisted turns Fwd two-foot sit glide Jump on the spot	Glide, bend, up, twist Glide, bend and jump, and glide	Fwd/bwd two-foot turn: Perform 180° turn with glide in and skating out Fwd two-foot jump: Jump with two-foot glide in and out
TIPS: Encourage turning in both directions. Emphasize knee action (down/up/down). Draw entrance and exit of jump with two lines to encourage glide in and balanced landing out.				
STAGE 3				
Fwd two-foot quick turn Bwd two-foot quick turn Bwd two-foot jump	Quick hips in turns Down/up/down Balance on landing Head, eyes up	Two-foot turns Assisted turns Fwd two-foot jumps Stationary twist and jumps	Glide, bend, up, quick twist Glide, bend and jump, and glide	Fwd/bwd two-foot quick turn: Full 180° turn with glide in and out Bwd two-foot jump: Jump with two-foot glide in and out
TIPS: Train turns in both directions. Draw turns in different colours to indicate direction. Skating under an archway will encourage bend of knees and ankles.				

AGILITY 1 2-3

OUTSIDE CIRCUIT

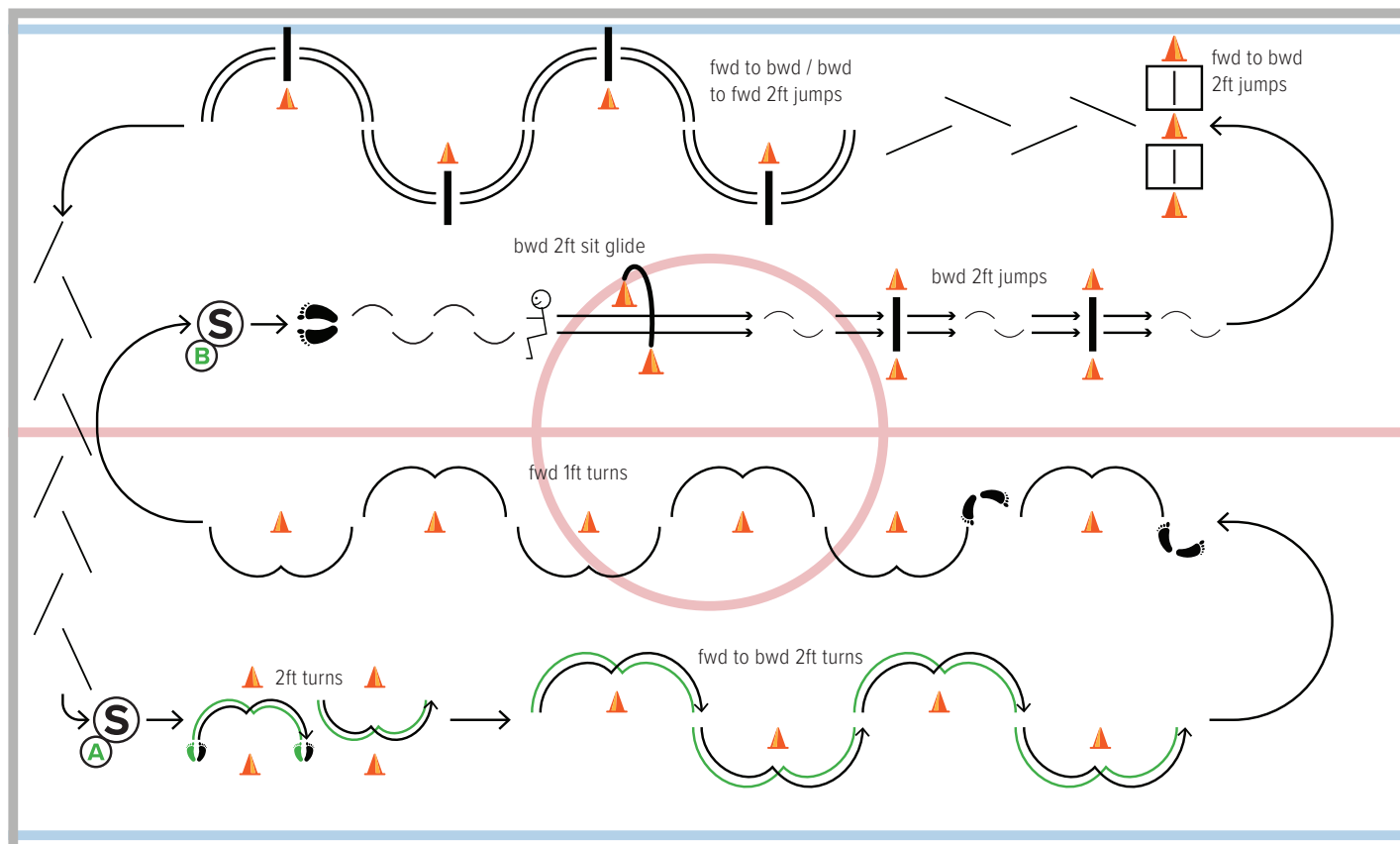




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Fwd two-foot quick turn	Quick hips in turns	Two-foot turns	Glide, bend, up, quick twist	Fwd/bwd two-foot quick turn: Full 180° turn with glide in and out.
Bwd two-foot quick turn	Down/up/down	Assisted turns	Glide, bend and jump, and glide	Bwd two-foot jump: Jump with two-foot glide in and out
Bwd two-foot jump	Balance on landing	Fwd two-foot jumps		
	Head, eyes up	Stationary twist and jumps		
TIPS: Train turns in both directions. Draw turns in different colours to indicate direction. Skating under an archway will encourage bend of knees and ankles.				
STAGE 4				
Fwd one-foot turn	Quick hips in turns and jumps	Slow then add speed	Down/up-turn/down hold	Fwd one-foot turn: One inside and one outside turn with 1 sec glide in and out
Fwd to bwd two-foot jump	Down/up/down	Assisted	Bend, jump and turn, land	Fwd-bwd/Bwd-fwd two-foot jump: Full 180° rotation in air with skating in and out
Bwd to fwd two-foot jump	Knee action	Two-foot turns		
		One-foot glides		
TIPS: Use a visual aid to remind skaters where to look and lean during turns.				

AGILITY 13-4

INSIDE CIRCUIT

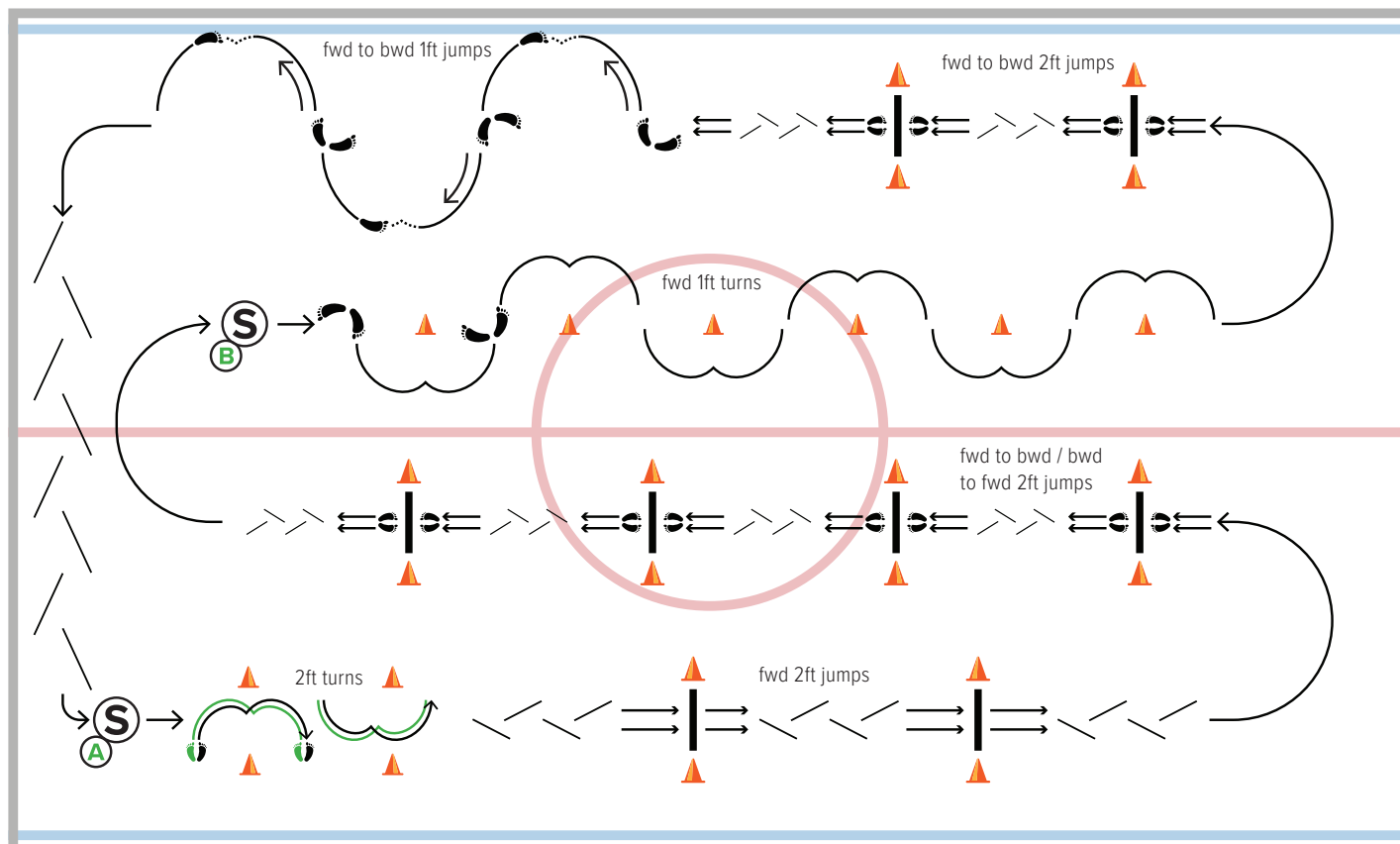




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 4				
Fwd one-foot turn	Quick hips in turns and jumps	Slow then add speed	Down/up-turn/down hold	Fwd one-foot turn: One inside and one outside turn with 1 sec glide in and out
Fwd to bwd two-foot jump	Down/up/down	Assisted	Bend, jump and turn, land	Fwd-bwd/bwd-fwd two foot jump: Full 180° turn in air with skating in and out
Bwd to fwd two-foot jump	Knee action	Two-foot turns		
		One-foot glides		
TIPS: Use a visual aid to remind skaters where to look and lean during turns.				
STAGE 5				
Fwd one-foot turn	Balance	One-foot glides	Bend and push, glide, turn and hold	Fwd one-foot turn: One-foot turn on both feet and both edges with 1 second glide in an out of turn
Fwd to bwd one-foot jump	Control on exit	Two-foot turns	Bend and push, glide, jump and turn, land	Fwd-bwd one-foot jump: One-foot jump (forward to backward) with exit edge held for 1 sec (foot and edge skaters' choice)
	Knee action	Two-foot jumps		
TIPS: Encourage balance and lean on turns. Emphasize with down/up/down action needed for the turn. Offer hands on assistance until skaters get the "feel" for the element.				

AGILITY 1 4-5

INSIDE CIRCUIT

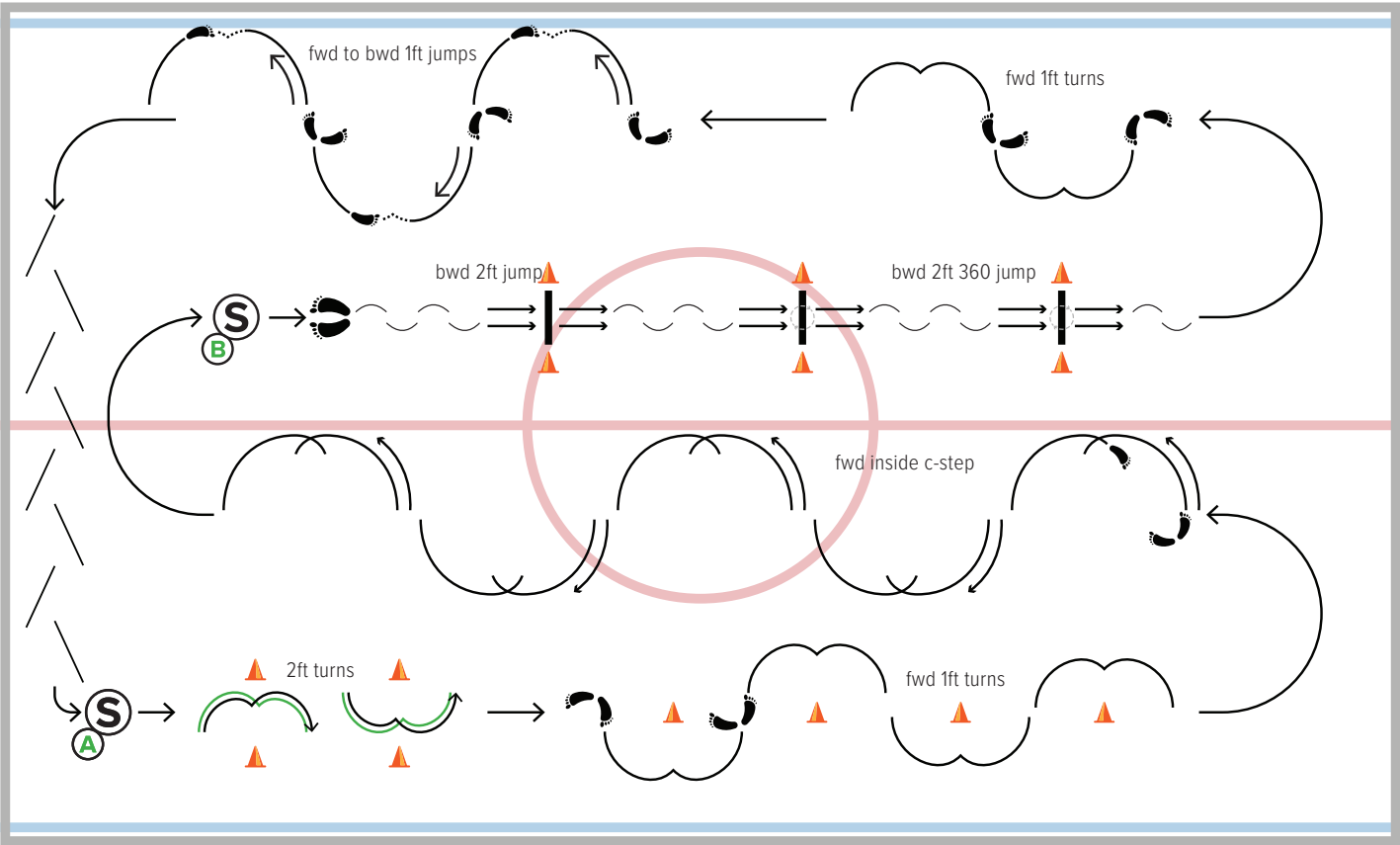




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 5				
Fwd one-foot turn Fwd to bwd one-foot jump	Balance Control on exit Knee action	One-foot glides Two-foot turns Two-foot jumps	Bend and push, glide, turn and hold Bend and push, glide, jump and turn, land	Fwd one-foot turn: One-foot turn on both feet and both edges with 1 second glide in an out of turn Fwd to bwd one foot jump: One-foot jump(forward to backward) with exit edge held for 1 sec (foot and edge skaters choice)
TIPS: Encourage balance and lean on turns. Emphasize with down/up/down action needed for the turn. Offer hands on assistance until skaters get the “feel” for the element.				
STAGE 6				
FI C Step Bwd 360 two-foot jump	Foot placement during turn Knee action on jump Controlled landing	Inside spread eagles Assisted Bwd jumps	Glide, heel to heel, step down, hold Skate, glide, jump and turn, land and glide	FI C step: Perform turn on each foot with 1 sec glide in an out Bwd 360° two-foot jump: Jump must have ¾ rotation completed in air
TIPS: Offer hands on assistance and visual aids for skaters to follow for C Step. Bwd sit glide is a great way to encourage knee bend for the bwd jumps.				

AGILITY 15-6

INSIDE CIRCUIT

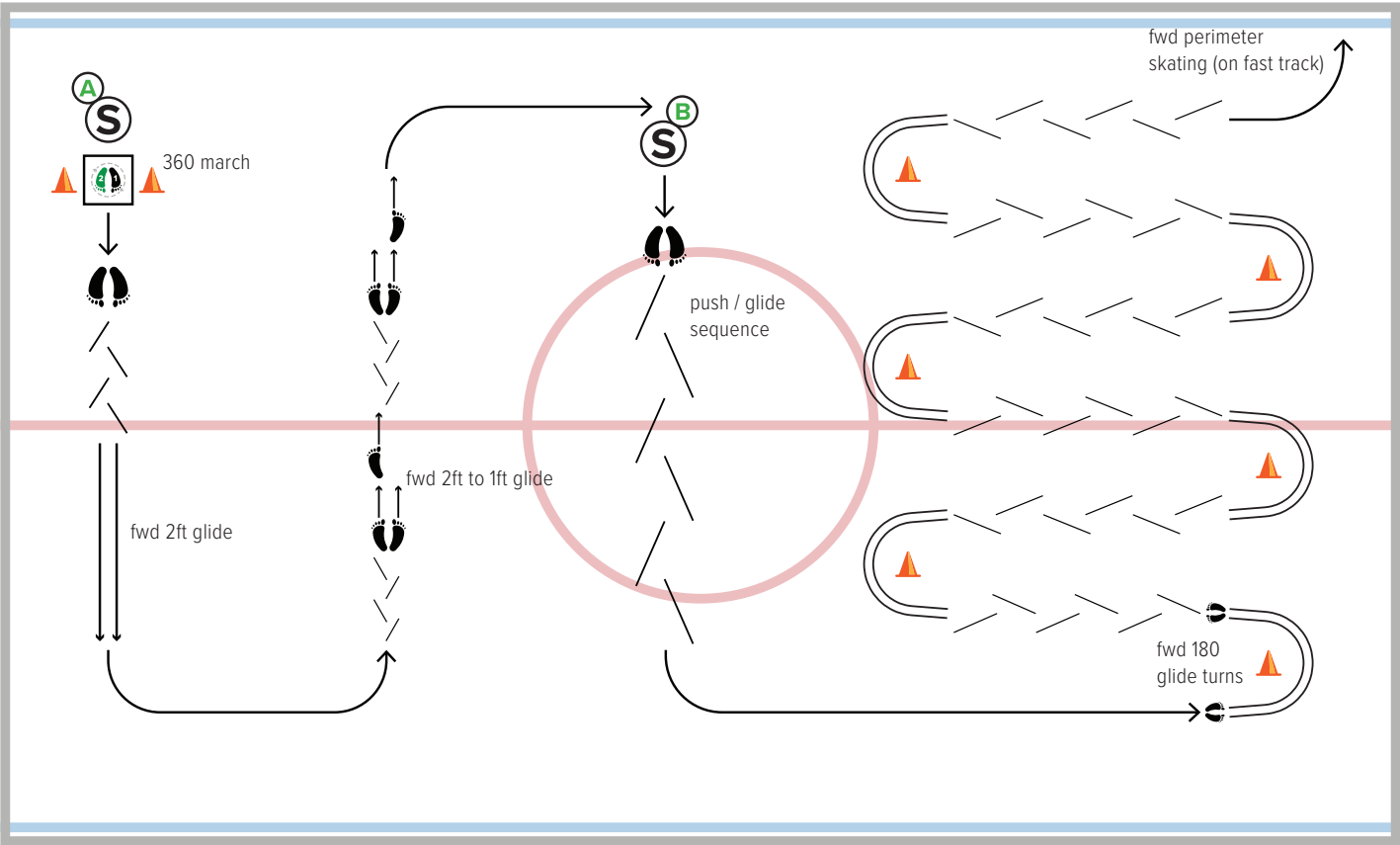




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Fwd skating perimeter of ice	Bend/push	Fwd push/glide sequence Slow then add speed Two-foot and one-foot glides	Bend, push, bend, push....	Fwd skating perimeter of the ice: Complete 1 full lap of the perimeter in skater's direction of choice
TIPS: Encourage proper push and allow two-foot glide before each push to emphasize the “bend and push” for each foot.				
STAGE 2				
Fwd 180 glide turn	Balance and lean on curve Accelerate between curves Knee bend on curves	Fwd two-foot glides Assisted – use hula hoops on ice and have skater glide around them	Skate, glide, lean/curve	Fwd 180 glide turn: Perform a glide turn in each direction (clockwise and counter-clockwise)
TIPS: Draw a series of “U-turns” in each direction, encourage knee bend and lean during glide. Allow skater to gain speed prior to entering turns.				

AGILITY 2 1-2

INSIDE CIRCUIT

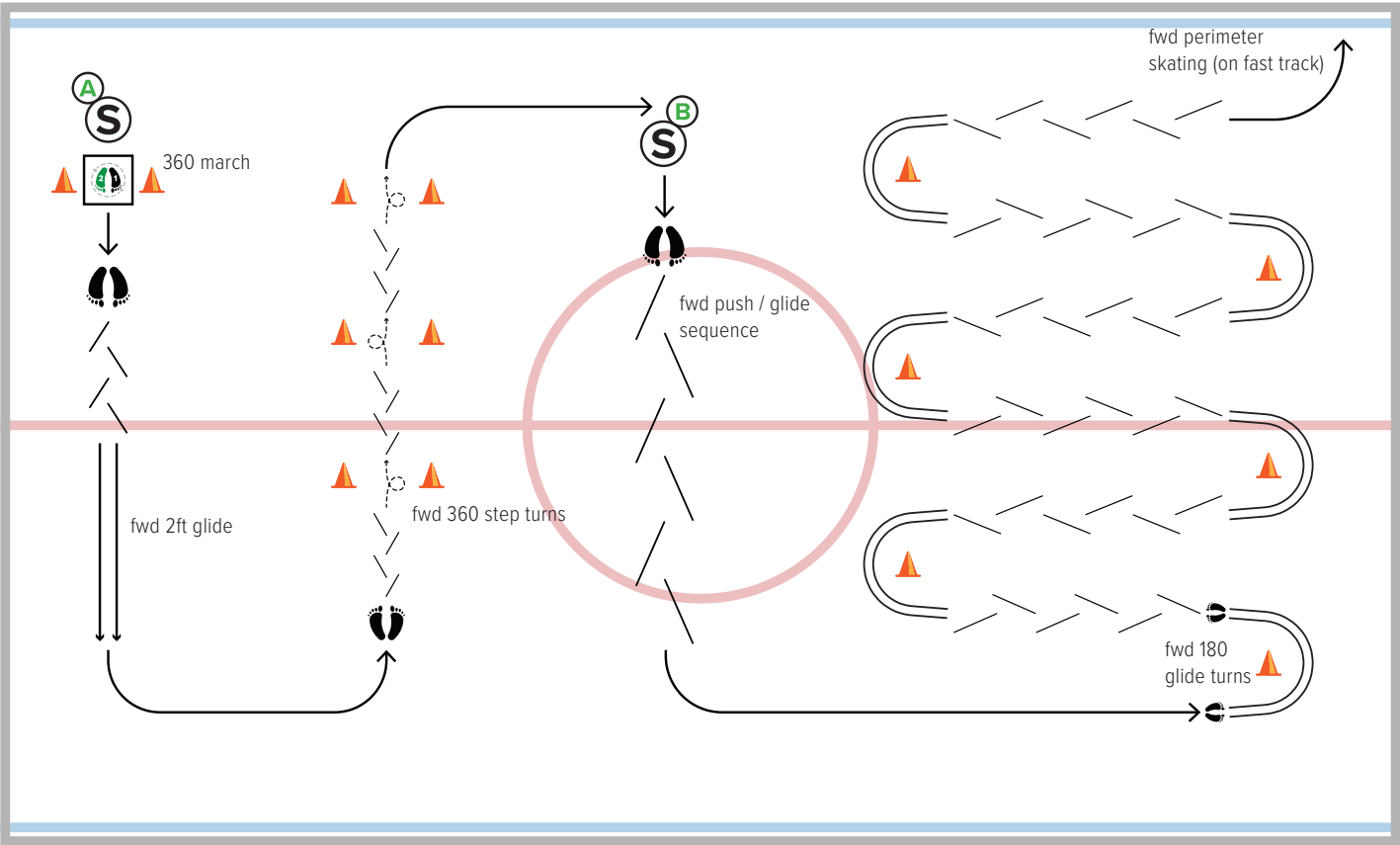




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Fwd 180 glide turn	Balance and lean on curve Accelerate between curves Knee bend on curves	Fwd two-foot glides Assisted – use hula hoops on ice and have skater glide around them	Skate, glide, lean/curve	Fwd 180 glide turn: Perform a glide turn in each direction (clockwise and counter-clockwise)
TIPS: Draw a series of “U-turns” in each direction, encourage knee bend and lean during glide. Allow skater to gain speed prior to entering turns.				
STAGE 3				
Fast fwd perimeter skating Fwd 360° step turn	Bend/push Rhythm on strides Blade pushes Balance on 360 step turn	Fwd push/glide sequence Slow and add speed Two-foot and one-foot glides Stationary 360 step turn	Go, go, go Skate, turn, turn, turn (step, step, step)	Fast fwd perimeter skating: Complete 1 full lap of the perimeter in the skater’s direction of choice. Fwd 360° step turn: Perform a full 360° turn while maintaining momentum in and out of turn in the skater’s direction of choice.
TIPS: Use PA to ensure safety and encouragement around fast track. Train turns in both directions. Encourage momentum in and out of turn.				

AGILITY 2 2-3

INSIDE CIRCUIT

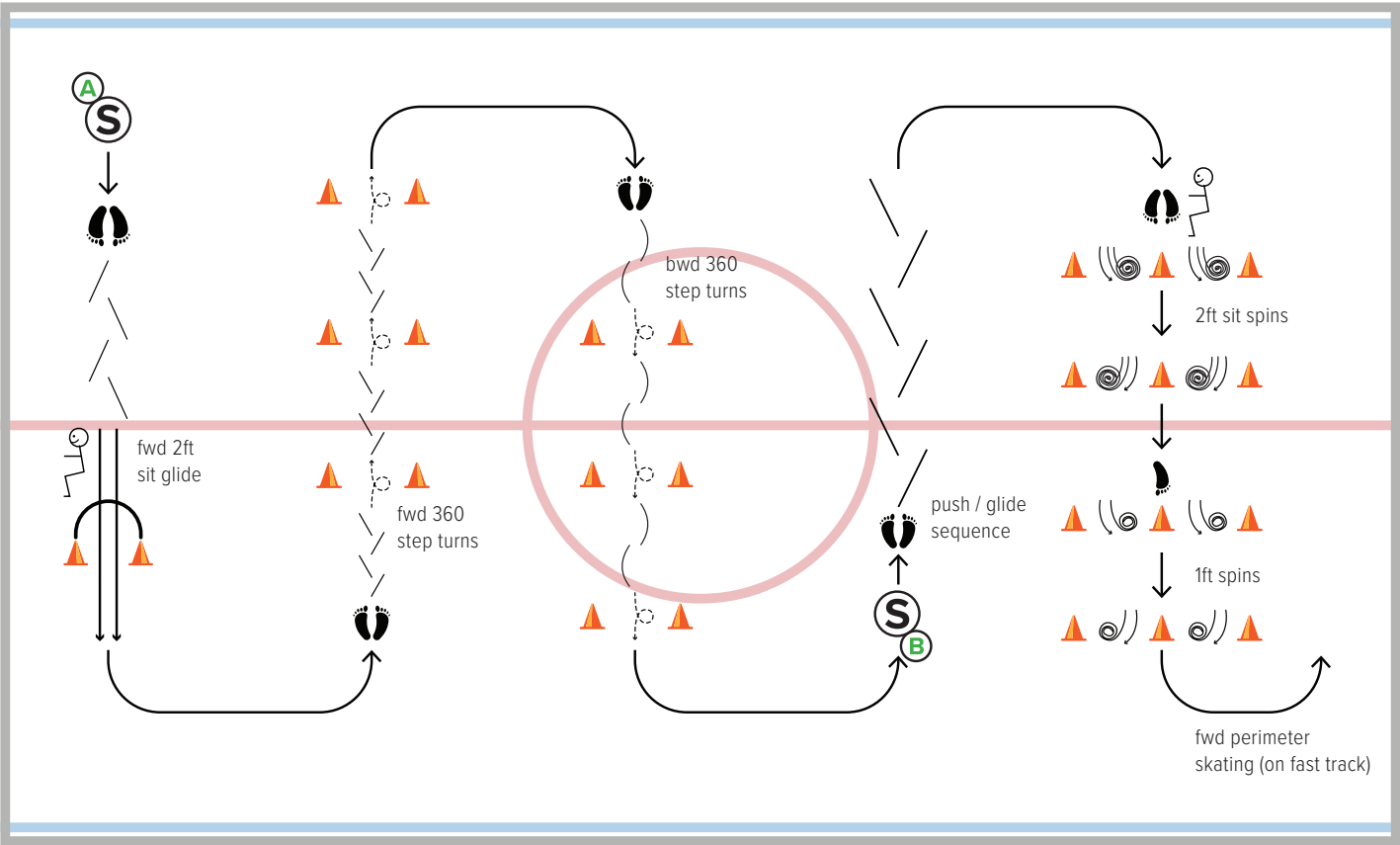




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Fast fwd perimeter skating Fwd 360° step turn	Bend/push Rhythm on strides Blade pushes Balance on 360 step turn	Fwd push/glide sequence Slow and add speed Two-foot and one-foot glides Stationary 360 step turn	Go, go, go Skate, turn, turn, turn (step, step, step)	Fast fwd perimeter skating: Complete 1 full lap of the perimeter in the skater's direction of choice. Fast fwd perimeter skating: Complete 1 full lap of the perimeter in the skater's direction of choice.
TIPS: Use PA to ensure safety and encouragement around fast track. Train turns in both directions. Encourage momentum in and out of turn.				
STAGE 4				
Bwd 360° step turn Two-foot spin Two-foot sit spin	Balance Head and eyes up Equal balance on blades for spin	Stationary 360 step turn Two-foot sit glide Assisted two-foot pin – use of arms to rotate same direction as spin	Skate, turn, turn, turn (step, step, step) Twist and spin Twist, spin and bend	Bwd 360° step turn: Perform a full 360° turn while maintaining momentum in and out of turn in the skater's direction of choice. Two-foot spin: Perform a minimum of 2 revolutions in the skater's direction of choice. Two-foot sit spin: Perform a minimum of 1 revolution in the skater's direction of choice.
TIPS: Encourage momentum in and out of turn. Direction of spin is optional, encourage 90° knee bend on sit spin.				

AGILITY 2 3-4

INSIDE CIRCUIT

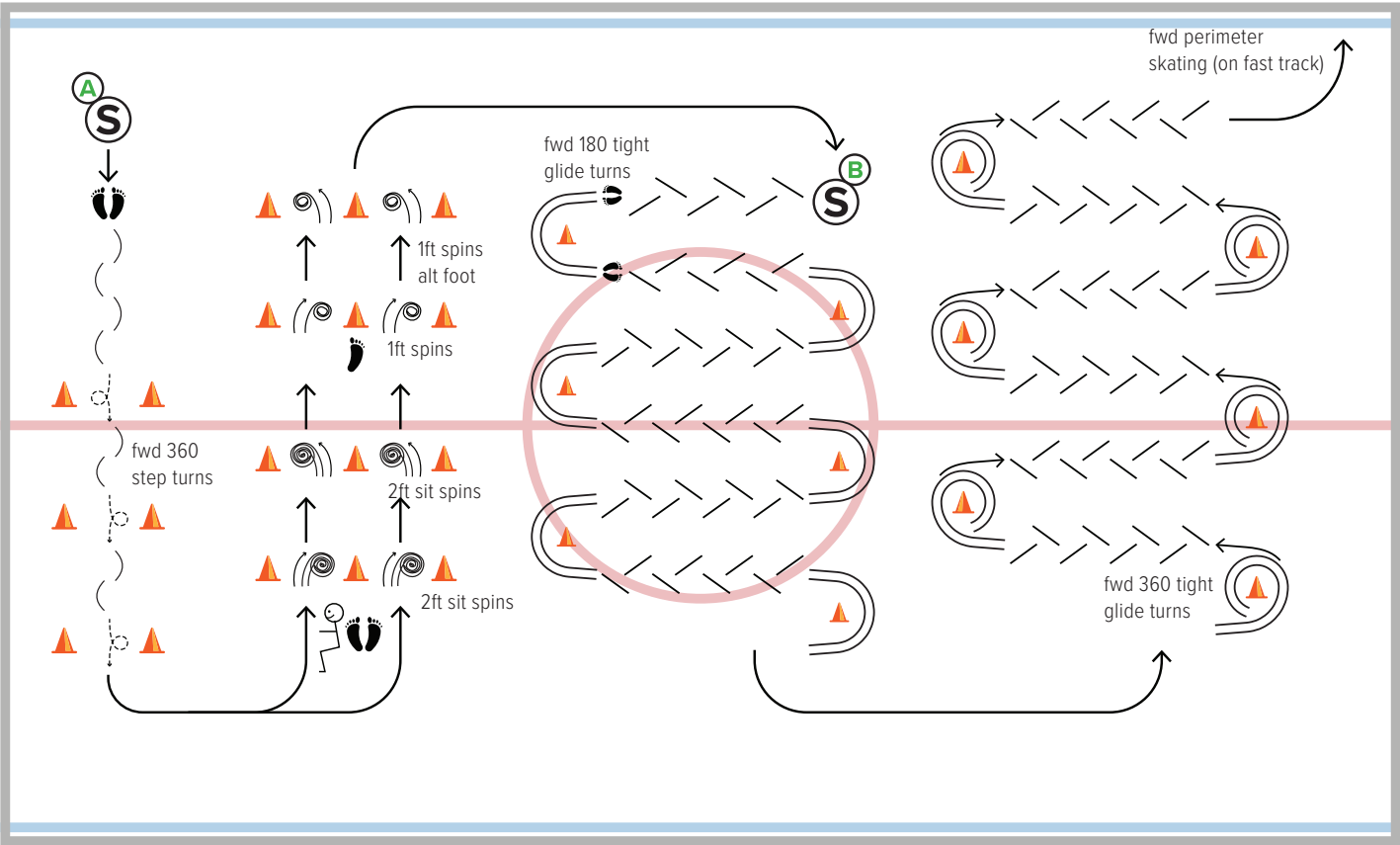




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 4				
Bwd 360 step turn	Balance	Stationary 360 step turn	Skate, turn, turn, turn (step, step, step)	Bwd 360 step turn: Perform a full 360° turn while maintaining momentum in and out of turn in the skater's direction of choice.
Two-foot spin	Head and eyes up	Two-foot sit glide	Twist and spin	Two-foot spin: Perform a minimum of 2 revolutions in the skater's direction of choice.
Two-foot sit spin	Equal balance on blades for spin	Assisted two-foot pin – use of arms to rotate same direction as spin	Twist, spin and bend	Two-foot sit spin: Perform a minimum of 1 revolution in the skater's direction of choice.
TIPS: Encourage momentum in and out of turn. Direction of spin is optional, encourage 90° knee bend on sit spin.				
STAGE 5				
Fwd tight glide turn	Balance	Two-foot spins	Go, go, go, glide and curve	Fwd tight glide turn: Perform a minimum of 6 tight glide turns in alternating directions.
Fwd 360 glide turn	Knee bend	Slow then add speed	Spin and switch....	Fwd 360 glide turn: Perform element in both directions.
Fwd one-foot spin				Fwd one-foot spin: Perform a minimum of 2 revolutions in the skater's direction of choice.
Alternating foot spin				Altering foot spin: Perform a minimum of 2 revolutions with at least 3 changes of foot in skater's direction of choice.
TIPS: Encourage lean and glide in alternating directions. Sustain good balance and flow for full 360 glide. Maintain good balance and control in spins, may enter 1-foot spin from a 2-foot spin.				

AGILITY 2 4-5

INSIDE CIRCUIT

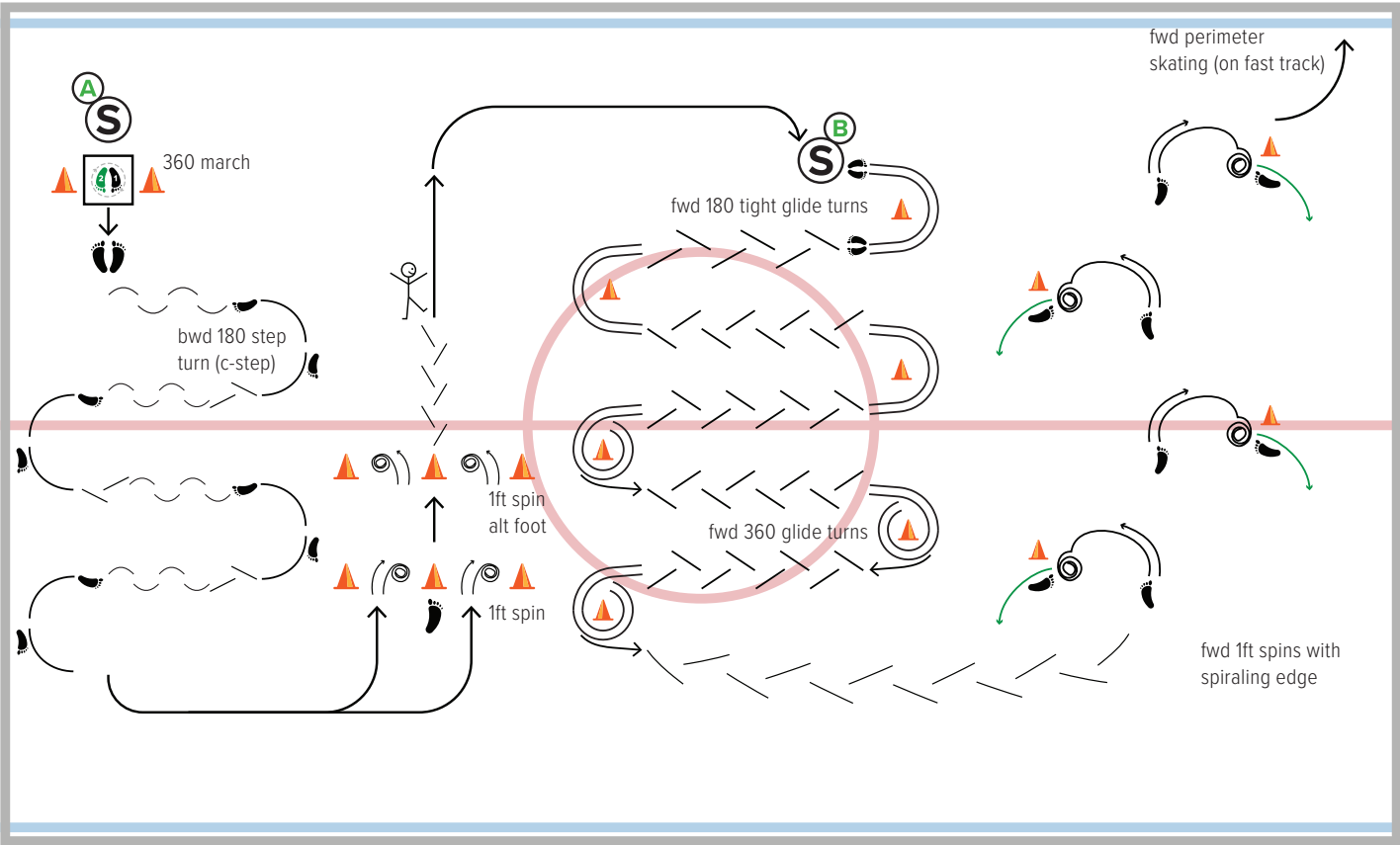




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 5				
Fwd tight glide turn Fwd 360 glide turn Fwd one-foot spin Alternating foot spin	Balance Knee bend	Two-foot spins Slow then add speed	Go, go, go, glide and curve Spin and switch...	Fwd tight glide turn: Perform a minimum of 6 tight glide turns in alternating directions. Fwd 360 glide turn: Perform element in both directions. Fwd one-foot spin: Perform a minimum of 2 revolutions in the skater's direction of choice. Altering foot spin: Perform a minimum of 2 revolutions with at least 3 changes of foot in skater's direction of choice.
TIPS: Encourage lean and glide in alternating directions. Sustain good balance and flow for full 360 glide. Maintain good balance and control in spins, may enter 1-foot spin from a 2-foot spin.				
STAGE 6				
Bwd C Step Fwd one-foot spin with spiraling entry	Transfer of weight during step turn Balance	One-foot spin Gliding star position Assisted step turns	Glide, look in step forward	Bwd C step: Perform on each foot with a 1 second glide in and out Fwd one-foot spin with spiraling entry: Perform a minimum of 2 revolutions.
TIPS: Assistance to start Bwd C Step. Use visuals to assist skaters know where to step. Different colours can be used to indicate different directions. Knee bend, lean and balance on spiraling edge entry of spin.				

AGILITY 2 5-6

INSIDE CIRCUIT

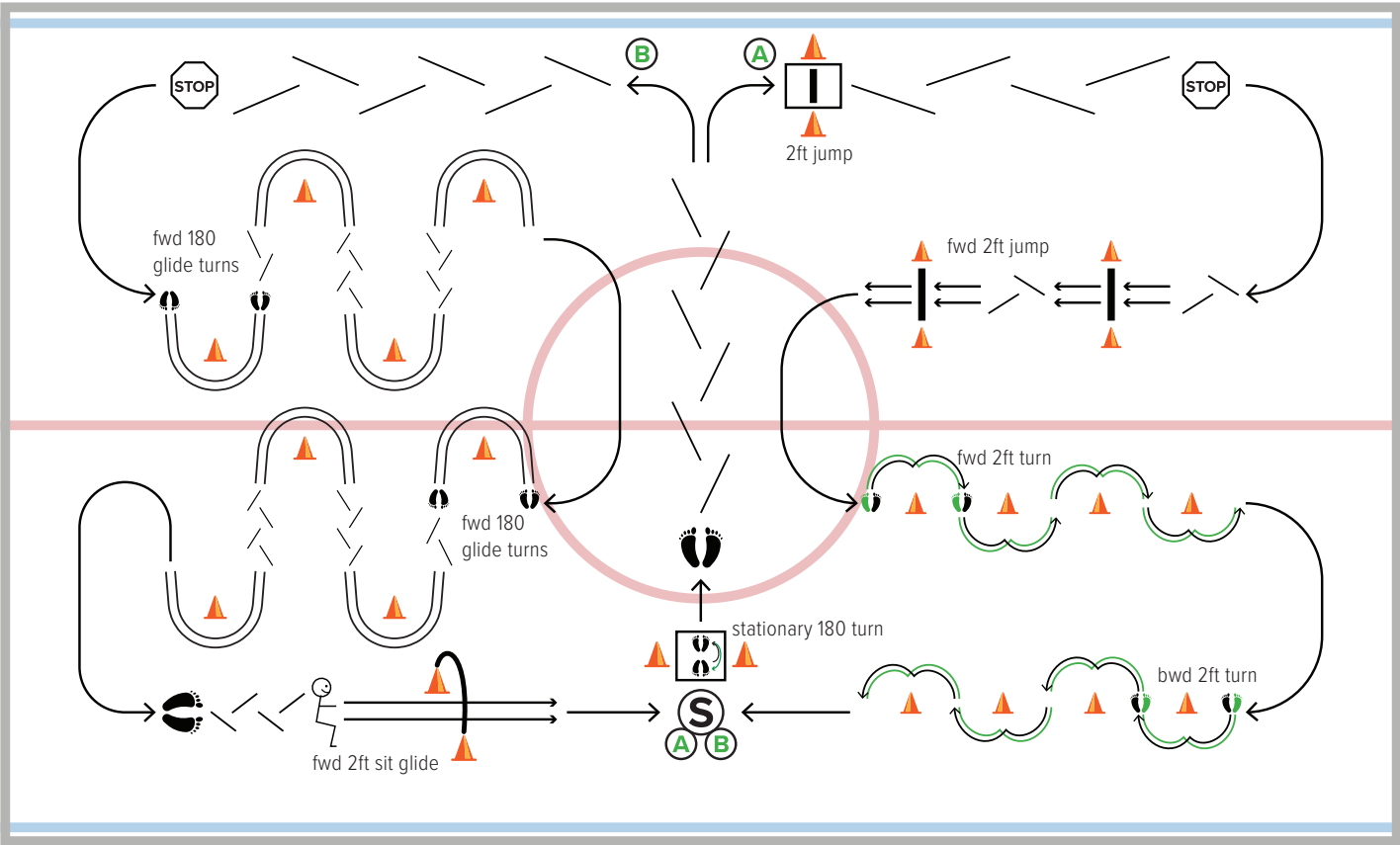




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Stationary Two-foot jump Stationary Two-foot turn	Knee bend	Stationary knee bend – down, up, down Fwd two-foot glides Assisted turns Stationary jumps	Bend jump bend Bend, up/turn/, bend	Stationary two-foot jump: Perform 1 jump with a controlled landing. Stationary two-foot turn: Perform 1 turn in the skater’s choice of direction.
TIPS: Use PA’s to assist where needed. Train turn in both directions.				
STAGE 2				
Fwd two-foot turn Bwd two-foot turn Fwd 180 glide turn	Knee action Speed and flow	Fwd two-foot glides Assisted turns Fwd two-foot sit glide	Glide, turn, skate Glide and curve Glide, jump, glide	Fwd/ bwd two-foot turn: Perform a turn in each direction. Fwd 18- glide turn: Perform a glide turn in each direction (clockwise and counter-clockwise).
TIPS: Encourage turning in both directions. Emphasize knee action (down/up/down). Draw entrance and exit of jump with two lines to encourage glide in and balanced landing out. Draw a series of “U-turns” in each direction, encourage knee bend and lean during glide. Allow skater to gain speed prior to entering turns.				

AGILITY 3 1-2

INSIDE CIRCUIT

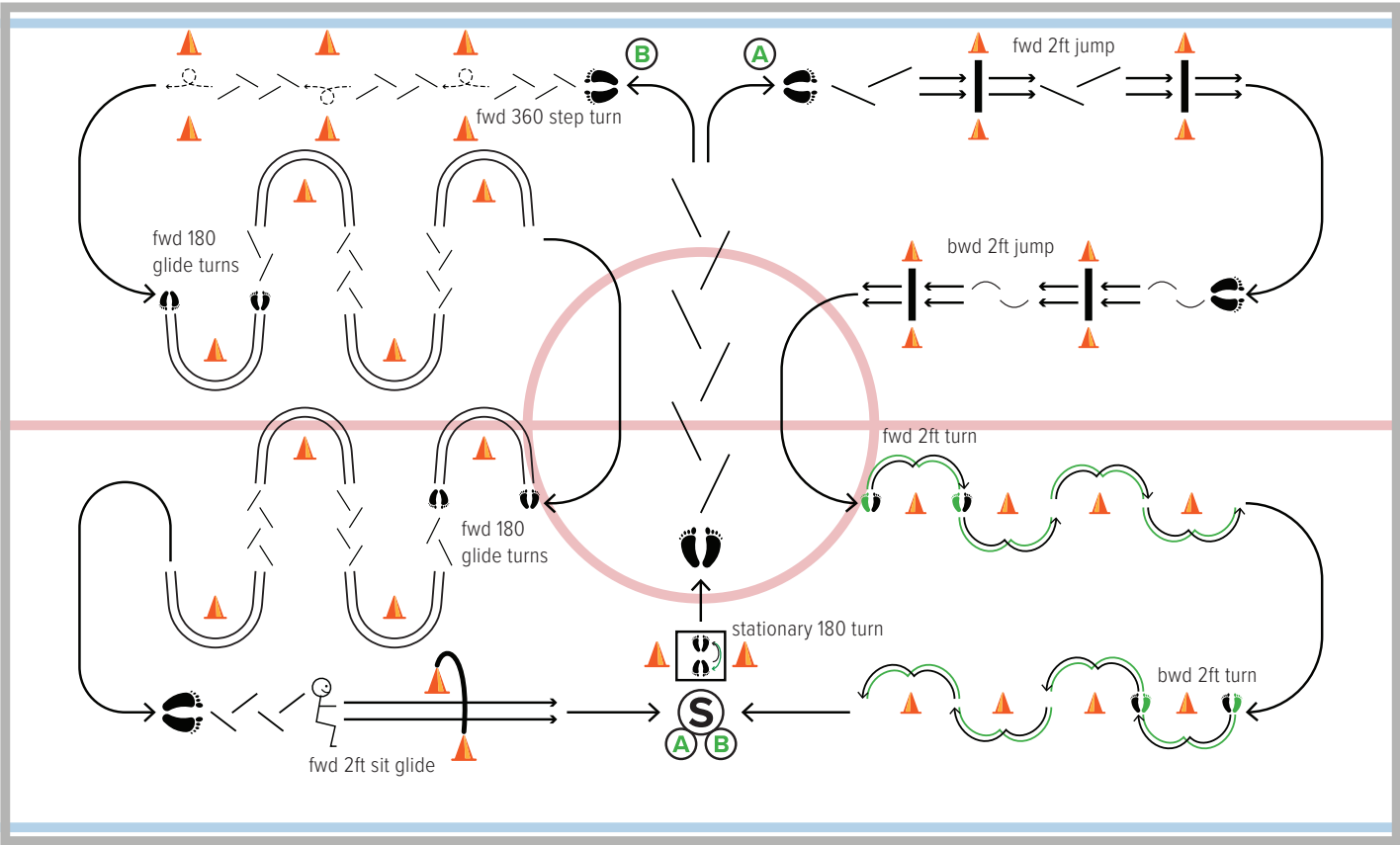




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Fwd two-foot turn Bwd two-foot turn Fwd 180 glide turn	Knee action Speed and flow	Fwd two-foot glides Assisted turns Fwd two-foot sit glide	Glide, turn, skate Glide and curve Glide, jump, glide	Fwd/bwd two-foot turn: Perform a turn in each direction. Fwd 180 glide turn: Perform a glide turn in each direction (clockwise and counter-clockwise).
TIPS: Encourage turning in both directions. Emphasize knee action (down/up/down). Draw entrance and exit of jump with two lines to encourage glide in and balanced landing out. Draw a series of “U-turns” in each direction, encourage knee bend and lean during glide. Allow skater to gain speed prior to entering turns.				
STAGE 3				
Fwd 360 step turn Bwd two-foot jump	Knee action Speed and flow	Fwd two-foot jumps Stationary 360 step turn	Skate, turn, turn, turn (step, step, step) Glide, jump, glide	Fwd 360 step turn: Perform a full 360° turn while maintaining momentum in and out of turn in the skater’s direction of choice. Bwd two-foot jump: Perform 1 jump.
TIPS: Train turns in both directions. Encourage momentum in and out of turn. Skating under an archway will encourage bend of knees and ankles.				

AGILITY 3 2-3

INSIDE CIRCUIT

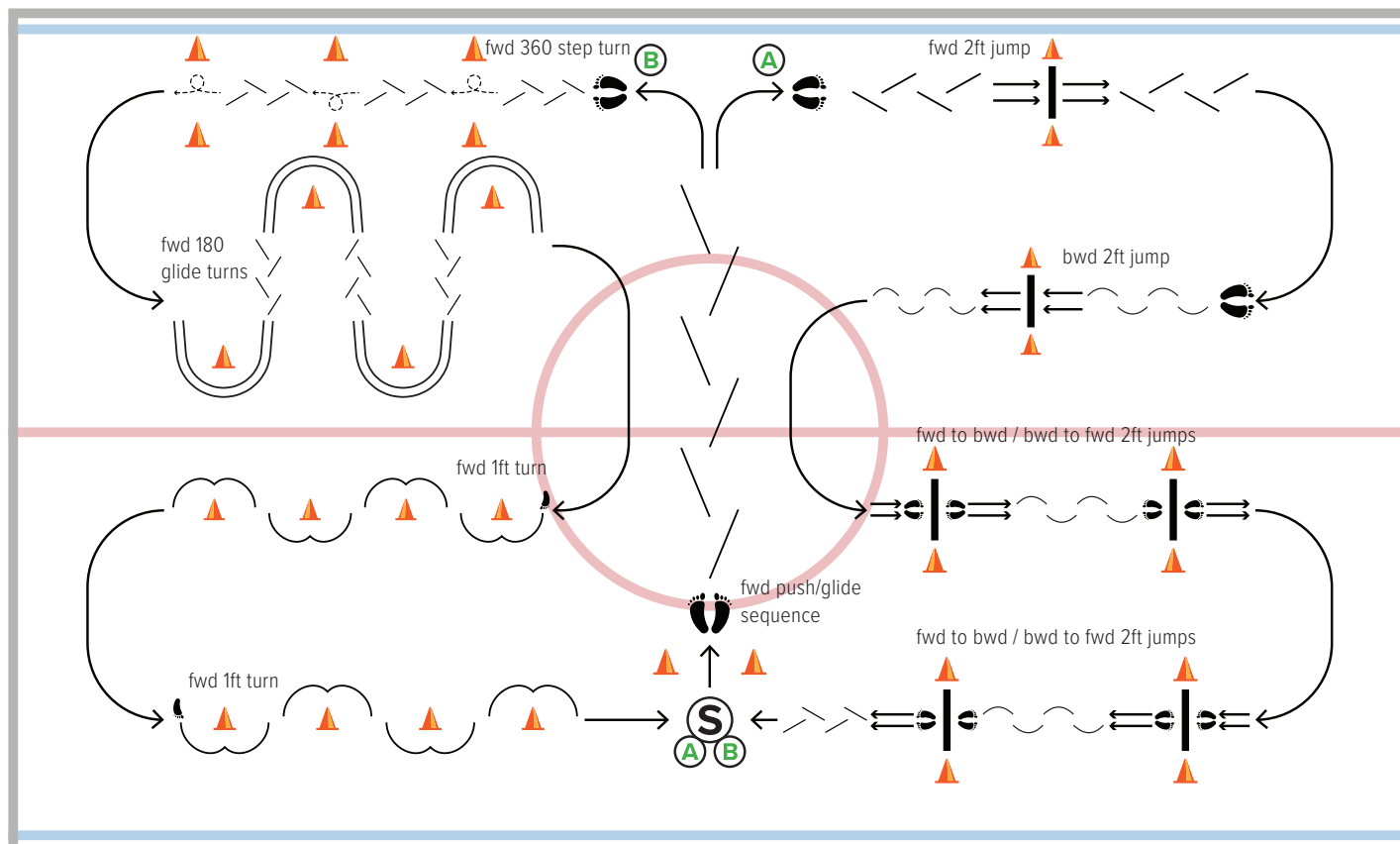




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
Fwd 360 step turn Bwd two-foot jump	Knee action Speed and flow	Fwd two-foot jumps Stationary 360 step turn	Skate, turn, turn, turn (step, step, step) Glide, jump, glide	Fwd 360 step turn: Perform a full 360° turn while maintaining momentum in and out of turn in the skater's direction of choice. Bwd two-foot jump: Perform 1 jump.
TIPS: Train turns in both directions. Encourage momentum in and out of turn. Skating under an archway will encourage bend of knees and ankles.				
STAGE 4				
Fwd one-foot turn Fwd to Bwd two-foot jump Bwd to Fwd two-foot jump	Knee action Speed and flow	Fwd two-foot turn Fwd one-foot glide Assisted one-foot turn Fwd two-foot jump Bwd two-foot jump	Glide, turn, glide Glide, bend, jump and turn, glide	Fwd one-foot turn: Perform 1 outside and 1 inside turn on the skater's foot of choice. Fwd-bwd / bwd-fwd two-foot jump: Perform 1 jump in the skater's direction of choice.
TIPS: Use a visual aid to remind skaters where to look and lean during turns.				

AGILITY 3 3-4

INSIDE CIRCUIT

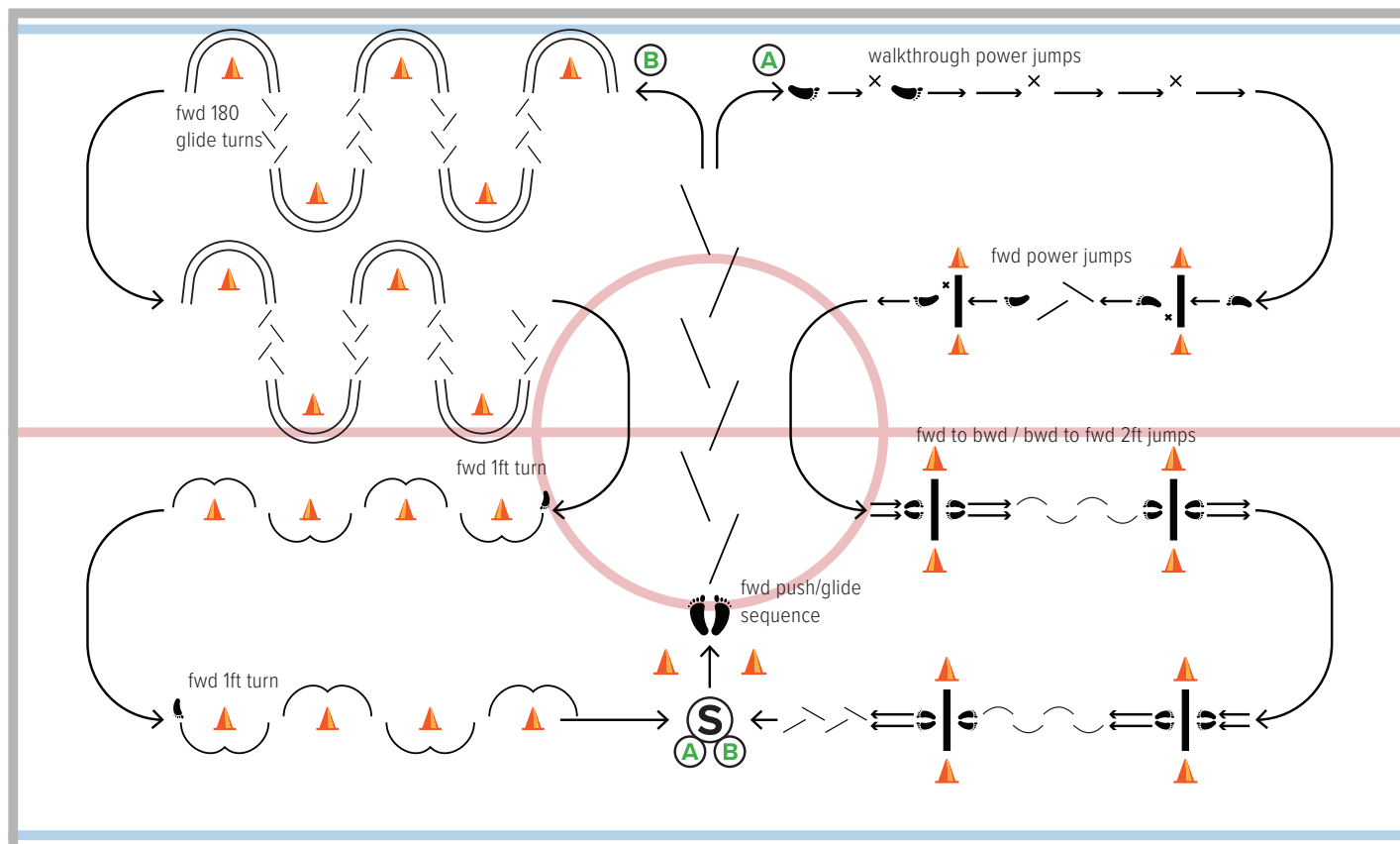




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 4				
Fwd one-foot turn	Knee action	Fwd two-foot turn	Glide, turn, glide	Fwd one-foot turn: Perform 1 outside and 1 inside turn on the skater's foot of choice.
Fwd to Bwd two-foot jump	Speed and flow	Fwd one-foot glide	Glide, bend, jump and turn, glide	
Bwd to Fwd two-foot jump		Assisted one-foot turn		Fwd-bwd / bwd-fwd two-foot jump: Perform 1 jump in the skater's direction of choice.
		Fwd two-foot jump		
		Bwd two-foot jump		
TIPS: Use a visual aid to remind skaters where to look and lean during turns.				
STAGE 5				
Fwd power jump	Down, up, down on turn	Walk through power jump action	Skate, skate, skate, bend and curve	Fwd power jump: Perform 1 jump with the skater's foot of choice.
Fwd tight glide turn	Rhythm and timing of jump	Assisted		
		Slow then add speed		Fwd tight glide turns: Perform a min of 6 tight glide turns in alternating directions.
		Two-foot glides on curve		
TIPS: Maintain balance and control during take off and landing. Train both feet for jump take off. Encourage lean and glide in alternating directions.				

AGILITY 3 4-5

INSIDE CIRCUIT

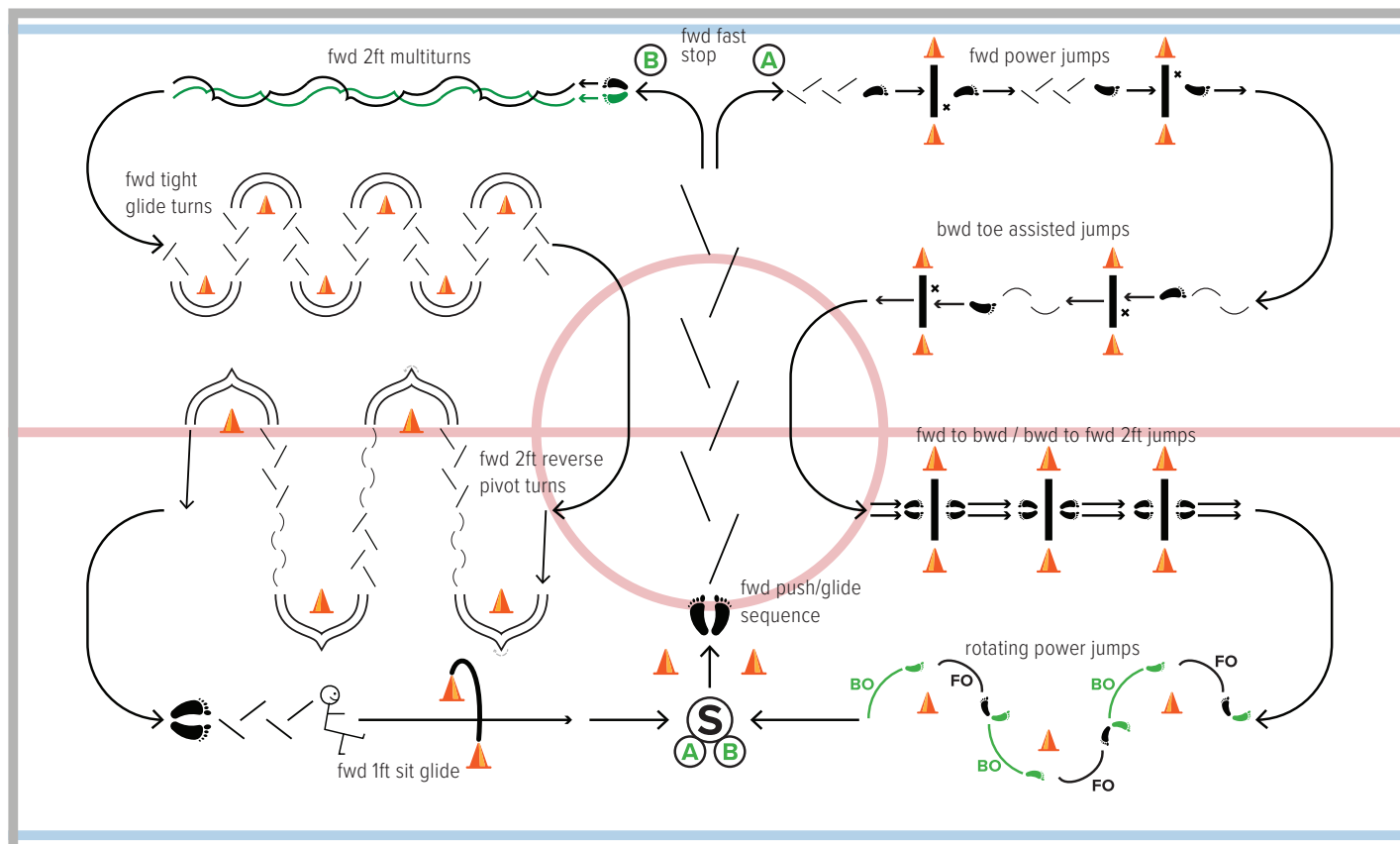




Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 5				
Fwd power jump Fwd tight glide turn	Down, up, down on turn Rhythm and timing of jump	Walk through power jump action Assisted Slow then add speed Two-foot glides on curve	Skate, skate, skate, bend and curve	Fwd power jump: Perform 1 jump with the skater's foot of choice. Fwd tight glide turn: Perform a min of 6 tight glide turns in alternating directions.
TIPS: Maintain balance and control during take off and landing. Train both feet for jump take off. Encourage lean and glide in alternating directions.				
STAGE 6				
Rotating power jump Bwd toe-assisted jump Fwd two-foot reverse pivot turn Two-foot multi-turns	Knee action Control Balance	Two-foot 180 jumps Assisted jumps Twist on spot Assisted pivot turns	Glide, look outside, turn and back Glide and twist, and twist.....	Rotating power jumps: Perform 1 jump with a minimum of 1 second entry and exit edge. Bwd toe-assisted jump: Perform 1 jump with a minimum of 1 second exit edge. Fwd two-foot reverse pivot turn: Perform 1 turn in each direction. Two-foot multi-turns: Perform a minimum of 6 consecutive turns in skater's direction of choice.
TIPS: Maintain balance on entry and exit. Spend time demonstrating and walking through bwd toe-assisted jump. For skaters wearing hockey skates, encourage them to use the whole blade to assist. Down up down action on turns.				

AGILITY 3 5-6

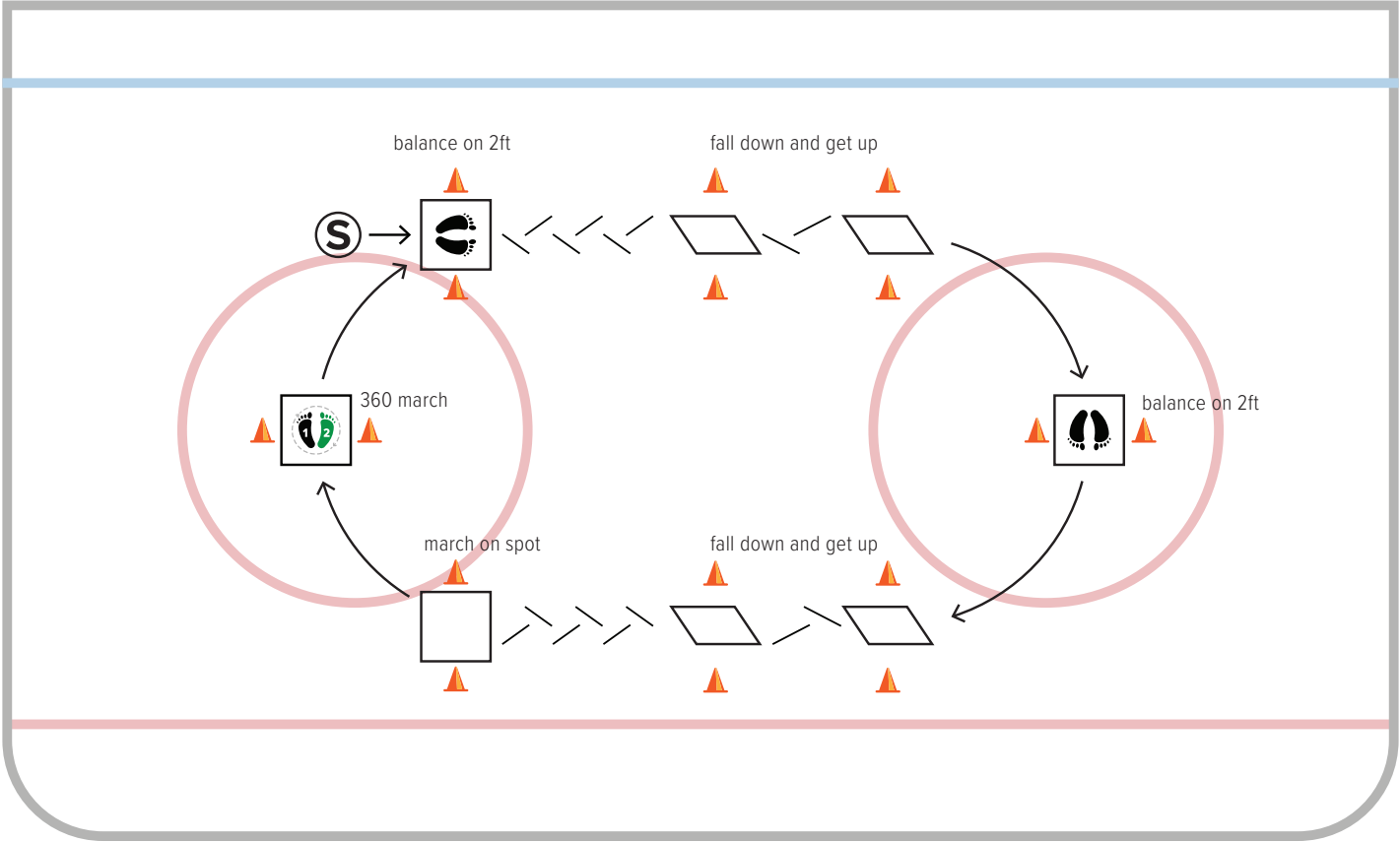
INSIDE CIRCUIT





Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 1				
Fall down & get up Balance on 2 feet 360 march	Eye focus up for balance Even transfer of weight for marching Balance and knee bend for getting up Falling – protect head and joints	Assisted stand on the spot Assisted get up Assisted march March on the spot	“Fishies in the ocean fishies in the sea, let’s all stand up on 1..2..3..” Stomp, stomp, stomp...	Fall down & get up: Fall with control, rise unassisted. Balance on 2 feet: Stand unassisted for minimum of 3 seconds. 360 march: Perform once in the skater’s choice of direction.
TIPS: Use plenty of praise to motivate the skaters! Include a variety of teaching aids and props with variety of colour!				

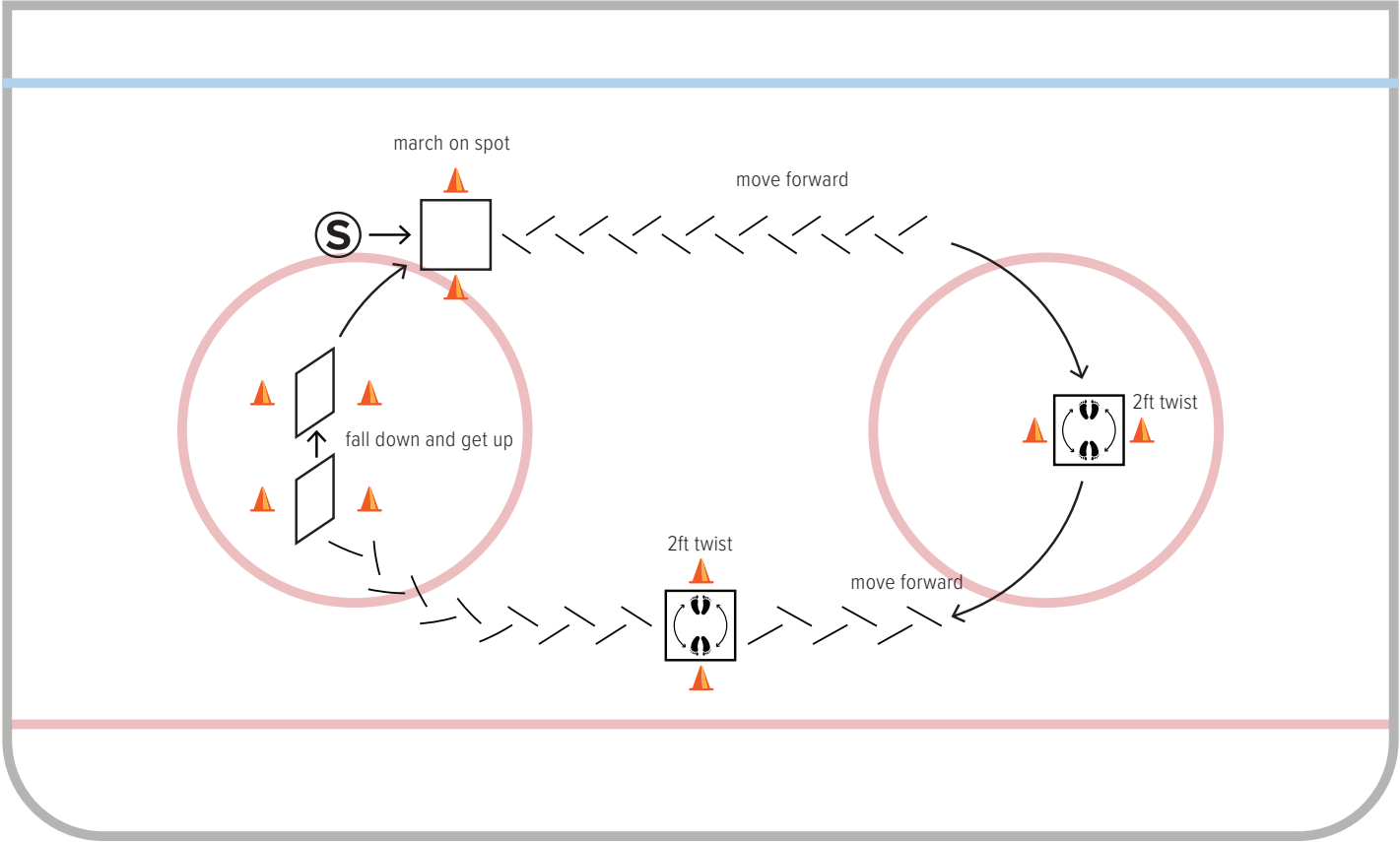
PRE-CANSKATE 1





Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 2				
Move Forward 2-Ft Twist Review: fall down & get up	Bend knees for twist Use of both feet moving forward	March on the spot Assisted 2-ft twists (holding 2 hands, 1 hand) Assisted moving forward	“stomp, stomp, stomp...”	Move Forward: Skate forward approximately 13 meters (1/2 the width of the ice) 2-ft Twist: Perform in both direction Fall down & get up: Fall with control, rise unassisted.
TIPS: Use of props and teaching aids to motivate and encourage the skaters. Use plenty of praise and motivation through the elements to encourage the skaters! Aid of upper body movement and placement is encouraged through the movements.				

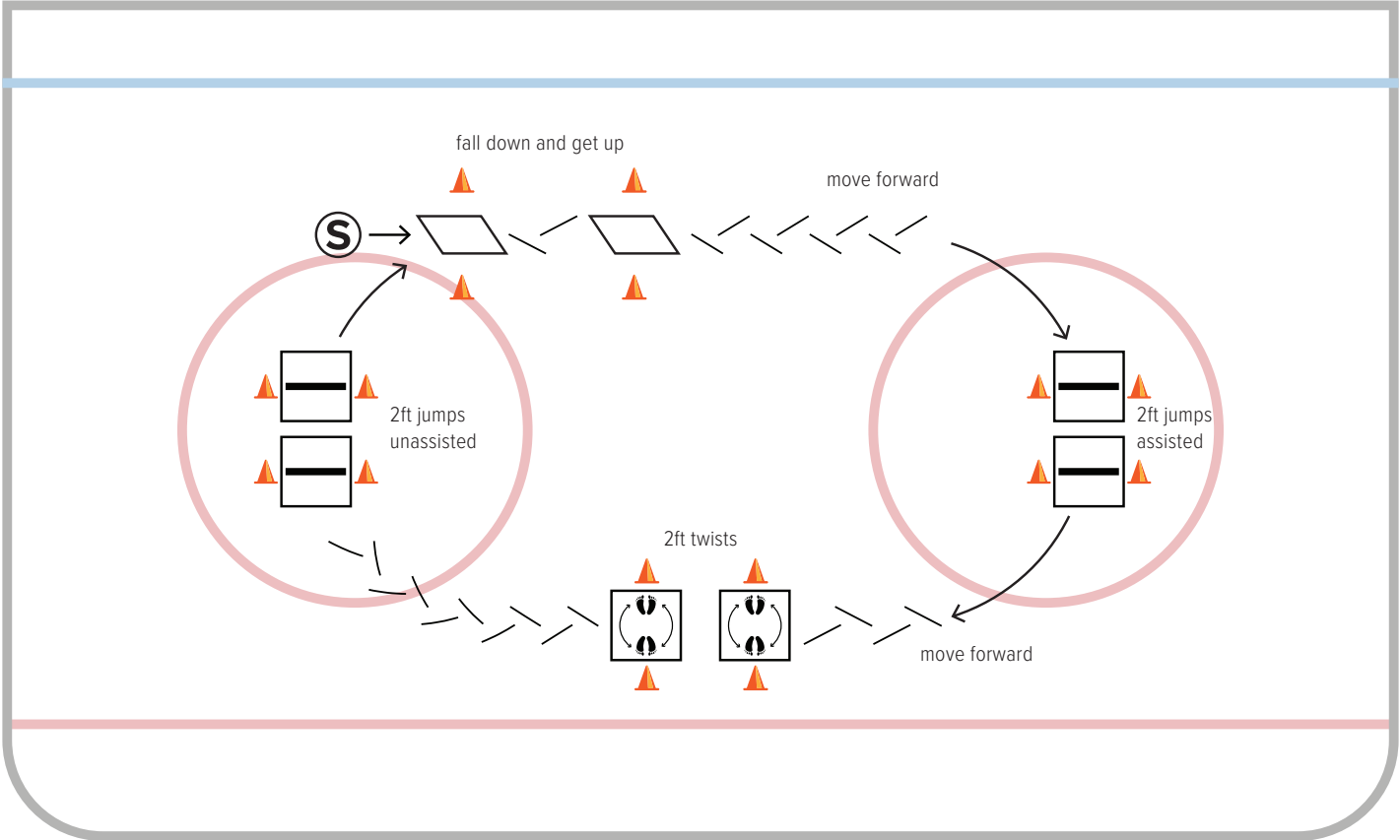
PRE-CANSKATE 2





Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 3				
2-ft jump Review: fall down & get up	Start and ending jump with bent knees Eye focus staying up	Assisted 2 ft jump (2 hands to 1 hand)	Balance, bend, and jump, and balance	2-ft jump: Perform a minimum of one jump Fall down & get up: Fall with control, rise unassisted.
TIPS: Using plenty of props and teaching aids to guide and motivate skaters. Use plenty of praise throughout the movements to motivate skaters to progress.				

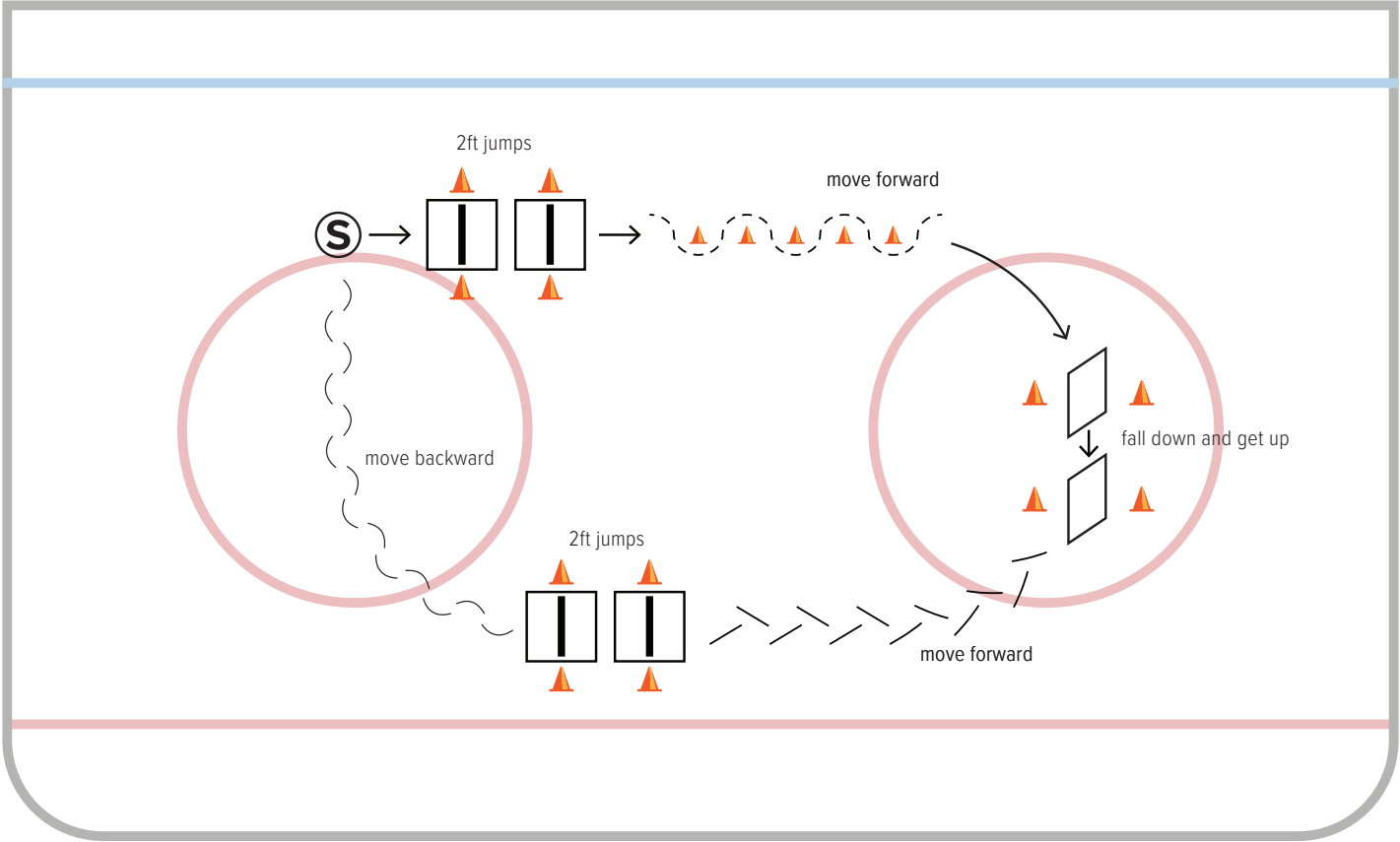
PRE-CANSKATE 3





Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 4				
Move backward Review: 2-ft jump	Using both feet, transfer of weight Eye focus up	Move forward Assisted moving backward	Stomp, stomp, stomp...	Move Backward: skate backward approximately 9 meters (1/3 width of the ice) 2-ft jump: perform a minimum of one jump.
TIPS: Using plenty of props and teaching aids to guide and motivate skaters. Use plenty of praise throughout the movements to motivate skaters to progress. Enhance the size of circuit with the progression shown from the skaters.				

PRE-CANSKATE 4





Elements	Teaching Points	Progressions	Key Words	Requirement
STAGE 5				
Make Snow <i>REVIEW:</i> Move backward 2ft twist	Pressure on the ice Eye focus up	Assisted making snow Bend knees	“shave the ice”	Make snow: Make snow with the skater’s choice of foot. Move backward: Skate backward approximately 9 meters (1/3 width of the ice) 2-ft twist: perform in both directions
<i>TIPS:</i> Offer plenty of guidance and assistance through motion of making snow to ensure skaters have proper technique! Make it fun, and use plenty of props and teaching aids to motivate skaters through the more difficult movements!				

PRE-CANSKATE 5

