

# Learn to Skate Lesson Plans

## Introduction

Skating is a life-long skill and as such, can be an attractive activity to many. The elements of fitness; namely balance, coordination, endurance, strength and agility can all be improved upon within a skating program. Learning to skate well is a prerequisite to successful participation in the organized sports of speed skating, hockey, figure skating, hockey and ringette. Speed skating is often used as a cross-training activity for other sports such as cycling and cross-country skiing.

Speed skating is a sport rich in tradition throughout the world. It has been an integral part of the Olympic Winter Games and there is a World Championship in both long track and short track.

The notable successes of Gaetan Boucher, Cathy Priestner, Sylvia Burka, Susan Auch, Catriona LeMay Doan and Jeremy Wotherspoon for long track and Frederic Blackburn, Natalie Lambert, Annie Perrault, Mathieu Turcotte, Sylvie Daigle and Marc Gagnon for short track have established Canada as a truly world-class participant in this sport.

Children of elementary school age (particularly 3–7 years of age) can learn to skate comparatively easily. They are also interested and keen to learn. Instruction can take the shape of exploration and experimentation activities aimed at the development of specific skating skills. The coach should de-emphasize elaborate analysis of skills for students, but rather emphasize well-defined practice.

The purpose of this document is to provide the coach with a series of sequential learn-to-skate activities through a twenty lesson plan curriculum. These lessons are only a guideline. Therefore it is still important for the coach to be ready to improvise to suit the particular needs of his/her skaters. Be creative so that you may inject your own ideas into your lessons and most of all be enthusiastic and have fun.

## Individual Differences

In each learn-to-skate group there will be a great variety of abilities, from the child who has never been on skates to the one who is playing hockey or has participated in other skating activities. These individual differences probably will be more noticeable in the skating lesson than in many other activities. The coach must take into account all such personal differences within the group as well as recognizing the varying stages of development and rates and ways of learning. Allowances for these differences can be built into the lessons either through a variety of activities or through the organization of the class.

# Learn to Skate Program Considerations

## Learn to Skate Program Goals

- Prepare children for a speed skating program
- Increase membership in a local speed skating club
- Provide a community service
- Increase the number of speed skating coaches and help to develop their skills

## Organizational Concerns

- Length of program – 20 weeks
- Number of sessions per week – 1 session
- Session duration – 45 minutes
- Ice surface management – how ice is divided
- Equipment available – mats, buckets, plungers, pylons, balls, bean bags, rings, pucks, ropes, hoops and sticks
- Equipment needed by skaters – helmets, neck guard, knee pads, elbow pads, properly fitting hockey skates
- Name tag stickers for helmets
- Age of skaters; younger, less experienced skaters should have a lower coach-to-skater ratio (1:3) while other, more experienced skaters could have a higher coach-to-skater ratio (1:5 up to 1:10)
- Number and experience of coaches
- Coaching coordinator to assign groups to coaches and to move from group to group to assist coaches.

## Program Delivery

- Session sequence
- Introductory activity (warm-up) can be done in place, around a circle
- Skill development

- Games
- Conclusion activity (warm down)
- Inclusion of social events; Halloween Party, Christmas Party, mini meet to simulate speed skating races (Note: mini meets must adapt races to suit ages and abilities of skaters. For example, beginners could race a designated distance pushing a bucket. Every participant should receive an award of some type i.e. a coloured ribbon or sticker.)

## Hints to Teach Beginners How to Stand Up and Skate a Few Steps

- Required 1:1 ratio to start (recruit as many parents as possible)
- Get comfortable with ice. Crawl on all fours, roll over, wiggle like a worm, be a snow angel, pop like a popcorn machine. Get skaters comfortable with their environment and unafraid of falling on ice.
- With assistance stand on two skates. Feet should be shoulder width apart, knees bent slightly. Parents face child and hold skater up by holding both hands.
- Help skater get up and down on ice. Assist with one hand and then none.
- Encourage skaters to squat up and down without falling.
- Teach skaters to get up on knees by having them put one foot up and then use their hands to push themselves up to a two-foot stance upright.
- Step side-to-side, lifting one foot then the other. March on the spot gradually lifting feet higher on each step.
- Stand on two feet with arms in various positions i.e. out to the side, overhead, doing windmill actions, clapping hands in front or behind their backs.
- Finally take a few steps forward.
- All children should be able to stand and move within 1–3 sessions. Gradually ask most parents to fade back into the stands to watch their children.

# Getting Started

Consider using the lines and circles on the ice as instructional areas.

## Equipment

Use any combination of equipment (mats, buckets, balls, bean bags, hoops, pucks, ropes, rings, plungers, pylons and sticks) throughout the lesson plans.

## Suggested Activities Using at Least One Piece of Equipment

Equipment	Suggested Activities
<b>Mats</b>	<ul style="list-style-type: none"><li>• Get skaters to push them as a group;</li><li>• Some skaters can sit on them and some push, alternate places for the “return trip”;</li><li>• Dive onto them and slide then crawl across them to the other side;</li><li>• Make tunnels with them (make lots of noise in tunnels);</li><li>• Put mats side by side and skate between them (far apart for beginners, close together for advanced);</li><li>• Jump across mats lined up against the boards.</li></ul>
<b>Bean Bags</b>	<ul style="list-style-type: none"><li>• Place bean bag on head, shoulder, arm or leg and skate without it falling off;</li><li>• Play tag with bean bags;</li><li>• While skating, throw them up in the air and catch them;</li><li>• Throw them and chase;</li><li>• Play catch;</li><li>• Fill the buckets with them.</li></ul>
<b>Buckets</b>	<ul style="list-style-type: none"><li>• Push them;</li><li>• Push someone on a bucket;</li><li>• Put stick across two buckets and crawl underneath or step over;</li><li>• Push bucket to one end of skating area, capture a ball or other objects to fill bucket;</li><li>• Use buckets for assisting in cross over skills.</li></ul>
<b>Balls</b>	<ul style="list-style-type: none"><li>• Throw and chase them;</li><li>• One partner throws while the other chases;</li><li>• Kick the ball;</li><li>• Treasure Chest – coaches put the balls on one side of the skating area, skaters</li></ul>

go and get them and bring back to bucket;

- Empty the Bucket – all the balls are put in a bucket and the coaches throw them out and the skaters try to keep bucket filled;
- Missile – skaters start at one end of the skating area and go to the other while coaches throw balls trying to hit skaters, those hit become missile launchers;
- Place buckets at one end in a line and have the skaters try to get balls in buckets as they skate by randomly or during relay races.

### **Plungers**

- Line up the plungers in a straight line and slalom or scull in between them;
- Stand on one foot and kick plunger with the other foot, alternate kicking foot;
- Pretend you are throwing a curling rock;
- Hold onto top of plungers and swing them, keeping them parallel, while skating to encourage good arm swing.

### **Hoops**

- Throw hoops with a back spin and have skaters chase them;
- While hoop is spinning have skaters climb through them;
- Place hoops on ice and have skaters step or jump in/out or over;
- Two or more coaches stand in a line while holding hoops and skaters climb through;
- Skaters skate inside hoops;
- Skaters skate around hoops;
- Skip with hoop.

### **Pucks**

- Kick pucks;
- Use as markers;
- Pick up and carry;
- Roll or slide pucks.

### **Ropes**

- Rope Pull – one skater puts rope around waist, another skater grabs the other end to be pulled around the ice;
- The skater behind should do a snow plough for resistance;
- Lay ropes down for skaters to skate, jump step over or between.

### **Rings**

- Carry rings;
- Pass rings in a relay;
- Play catch;
- Partner skate with ring;
- Toss and catch ring.

### **Fun Things to Do Without Equipment**

- Partner tag;
- Frozen Tag – under legs;
- Shadow a Partner – whatever you do, your partner must do the same i.e. face on another, hold hands, one in front, one tries to follow from behind;
- Cross the River – line kids up facing each other a few meters apart, whichever line crosses the river bank first wins;
- Chase the coach or coach chases skaters;
- Simon Says;
- Red Light, Green Light;
- Mr. Wolf, Mr. Wolf;
- 2-3-4 Point Frozen Tag – when tagged, 4 body parts must touch the ice;
- Pretend to be a car, boat, plane or a train or different kinds of animals, horses, pigs, cows, birds, lines, etc;
- Silly Starts – skater begins skating from different positions, i.e. lying on your back, get up quickly and go to the other side of the training area;
- Push 2, 3 or 4 partners in basic position across training area;
- Skating backwards, pull partner holding hands across training area;
- Limbo – coaches make a bridge with arms and have the skaters go under while gradually lowering the level.

### **Use Lines on Ice Surface**

- Try to glide the length of a line on two feet and then on one foot;
- Step side to side over line, each time bring feet together;
- Jump side to side over line;
- Step \* over line, go down on one knee and stay as straight as possible (alternate knees);
- Jump \* over line, go down on one knee (alternate knees);
- Jump over lines landing on one foot or two feet;
- start steps or jumps standing fairly straight and gradually have skaters bend lower into good basic position.

### **Agility Exercises**

- jump up and down;
- turn 360 degrees;
- jump side to side;
- skate, fall on stomach, get up;
- skate, go down on one knee, get up (alternate knees);
- skate, go down on two knees, get up (alternate knees);
- jump around 180 or 360 degrees and glide backwards;

- sculling forwards and backwards.

The ideas, skills and activities outlined here are just the beginning of what can be done to make a good learn to skate program. If the kids are moving, laughing and having fun you are being successful in helping them learn to skate!

## Evaluation Procedure

- praise often while pointing out specific achievement
- issue report card detailing specific skills attained by the skater

# What Makes a Successful Learn to Skate Program?

## Enthusiasm! More Enthusiasm!!

- Outline the goals of the program with the coaches.
- Have knowledge of games and activities for various levels so that skaters have fun while learning.
- Ensure a good coach/student ratio.
- Use a buddy system and have new a coach work with a veteran.
- Designate one coach to be in charge.
- Encourage lots of action and ensure that skaters do not stand around for prolonged periods of time.
- Be flexible and change activities quickly if they are not working.
- Use your imagination and make up activities with available resources. Don't rely on structured games from books. Skaters may have good ideas as well.
- Do activities within a defined teaching area.
- Ensure repetition of skills and incorporate activities which use several skills at once i.e. forward and backward skating, crossovers, stopping/starting, turning back to front or front to back.
- Ensure continuity between sessions and use the same coaches, the same time each week with not too many cancellations.
- Keep parents informed about the program and any changes taking place by providing them a current schedule.

## Activity Suggestions

### **Games and Activities for Balance and Agility**

- Hokey Pokey
- Soccer using hands and feet
- Throwing balls
- Standing on one or two skates
- Jumping
- Relays
- Pylons for slalom, sculling an skating around



- Pom Pom Pull Away (British Bulldog)
- Tag games
- Ring Around the Rosie
- Falling down and getting up
- Follow the Leader
- Fire Station
- Submarine/ Skip Game
- Team scavenger hunt
- Shoot the Duck (Aeroplane)

**Activities for  
Forward Skating  
(Straightaways &  
Turns)**

- Gliding
- What time is it Mr. Wolf?
- Parachute activities
- Partner pushes
- Relays
- Trains
- Races
- Tag games
- Picking up objects
- Tunnels
- Ring toss
- Shark Attack
- Octopus Garden
- Snap, Crackle, Pop

**Games and  
Activities for  
Backward  
Skating**

- Tag games
- Partner push
- Parachute activities
- Relays

**Games and  
Activities for  
Stopping/Starting**

- Red Light, Green Light
- Relays
- Races

- Stops and starts using lines
- Stop on command

Most of these activities can be used in any of the categories. This is only a guide to give you some suggestions. Most games you know can be adapted to the ice with a little bit of imagination. The one rule for beginning skaters is that there should not be too many skaters standing around for any period of time.

# Learn to Skate Skills

The skill is followed by corresponding Lesson Plan number where skill is developed.

**Legend:** C = clockwise, CC = counter-clockwise, U = upright, B = basic position

Skill	Activity to Develop Skill	Lesson Plan #
<b>Balance &amp; Agility</b>	• falling down and getting up (stationary)	1
	• falling down and getting up (moving)	5
	• standing on two feet upright (feet apart & together)	1
	• standing on two feet basic position	3
	• standing on one foot (left & right)	1
	• turning on the spot (left & right)	1
	• jumping on the spot (two feet)	4
	• touching toes	1
	• push ups	17
	• curl ups	17
	• T-position (left)	1
	• T-position (right)	1
	• over & under, jump sticks, slalom course, push & pull	9
	• jumping on the spot (one foot)	6
	• two foot quarter turns (left & right) jumping	4
	• two foot half turns (left & right) jumping	7
	• full turns jumping	7
	• making snow (left & right)	2
	• stretches	2
	• standing, toes outward	5
	• standing, toes inward	5
	• forward walking	1
	• sideways walking	1
	• backward walking	1
	• side steps (left & right) along, over, side to side	7
	• jumps left to right, right to left	4
	• crossover steps (left & right) line and circles	8

**Forward  
Skating  
(Straightaway)**

• walking, toes inward	5
• walking, toes outward	5
• marching on the spot	2
• two foot jump, forward & backward	4
• feel rocker of blade forward, backward, forward	9
• one or two pushes to glide upright (left & right)	2
• three or four pushes to glide upright (left & right)	4
• two foot glide upright from T-push	1
• two foot glide basic position (squat, pump, jump)	14
• T-push two foot glide (left & right) basic position	5
• sculling	10
• slalom two feet	10
• slalom one foot	17
• T-push one foot glide (left & right) upright & basic position	6
• continuous left foot push	6
• continuous right foot push	6
• upright glide to basic position glide (two feet)	5
• upright glide to basic position glide (one foot)	14
• skate forwards, turn & skate backwards	17
• left push, glide right, stop right (inside)	11
• left push, glide right, stop right (outside)	14
• right push, glide left, stop left (inside)	11
• right push, glide left, stop left (outside)	14
• forwards skating length of ice	11
• skate forwards, jump to backwards	17
• partner pushes	3/4/5/6
• glide on two feet (basic position)	3/5
• stroke & glide, stroke & glide	11
• Airplane (left & right)	11
• Shoot the Duck (left & right)	17
• pick up objects while gliding in basic position	3/4
• T-push (left & right) or two pushes in basic position	3
• jump, turn while gliding on two feet	17
• jump, turn while gliding on left foot	18

	• jump, turn while gliding on right foot	18
	• glide on turn CC two feet upright	8
	• glide on turn C two feet basic position	8
	• glide on turn CC two feet upright	8
	• glide on turn C two feet upright	8
	• glide on turn one foot (left, inside) upright	9
	• glide on turn one foot (left, outside) basic position	9
	• glide on turn one foot (right, inside) squat	9
	• glide on turn one foot (right, outside) squat	9
	• crossover steps on line (left & right)	8
	• crossover steps around circle C	8
	• crossover steps around circle CC	8
	• forward circle thrusts C left	12
	• forward circle thrusts C right	12
	• forward circle thrusts CC left ?	?
	• forward circle thrusts CC right	
	• weave, stationary & moving	21
	• forward crossovers C circles	12
	• partner push	?
	• forward crossovers CC circles	12
	• forward crossovers basic position	15
	• glide on two feet left in front (C)	12
	• glide on two feet right in front (CC)	12
	• skate circles	15
	• skate a lap of the rink (C & CC)	15
	• partner push relay	15
	• sharp turns around cones two feet (C & CC)	15
	• sharp turns around cones one foot (left & right) (C & CC)	15
	• walking backwards	7
	• push off to two foot glide (U & B)	7
	• push off to one foot glide right (U & B)	13
	• push off to one foot glide left (U & B)	13
	• backward skating (C strokes)	9/13
	• backward skating length of ice	16
<b>Forward Skating Turns</b>		
<b>Backward Skating</b>		

	• sculling backwards	13
	• slalom backwards two feet	16
	• skate forwards, jump to backwards	9
	• backwards skating, one foot glide (left)	16
	• backwards skating, one foot glide (right)	16
	• backwards skating, turn to forwards	18
	• backwards skating, jump to forwards	18
	• partner push	16
	• push off wall & assist with C pushes (left & right)	?
	• half snowplow (left)	2/3/4
	• half snowplow (right)	2/3/4
	• full snowplow two feet	5/6/7
	• parallel stop (left)	11/9
	• parallel stop (right)	11/9
	• V stop backwards	13
	• alternate parallel stops, slow & fast	9/11
	• basic starting position to T-start	5/6/7/8
	• start and glide one foot corners (C & CC)	17
	• start and skate corners (C & CC)	18
	• jump to parallel stop (left & right)	8
<b>Starts &amp; Stops</b>		

## Learn to Skate Coaching Tips (Key Elements)

<p><b>Balance in Upright Position</b></p>	<ul style="list-style-type: none"> <li>ankles straight up/down</li> <li>skates parallel (15 – 30cm apart)</li> <li>centre of gravity between skates</li> <li>head up</li> <li>skates fit and are tight</li> <li>skates are sharp</li> </ul>	<p><b>Balance in Basic Position</b></p>	<ul style="list-style-type: none"> <li>ankles straight up/down, and flexed forward</li> <li>skates parallel (15 – 30cm apart)</li> <li>centre of gravity between skates</li> <li>head up</li> <li>knees over toes</li> <li>back bent at about 45 degrees</li> <li>knees bent at about 90 degrees</li> </ul>
<p><b>Pushing</b></p>	<ul style="list-style-type: none"> <li>push to the side</li> <li>complete extension of leg</li> <li>centre of gravity over support leg</li> <li>head, knee and foot on same vertical line</li> <li>skates parallel</li> <li>bring feet together between pushes</li> </ul>	<p><b>Arms</b></p>	<ul style="list-style-type: none"> <li>swing backwards to forwards</li> <li>relaxed</li> <li>hands open</li> <li>no higher than shoulder</li> </ul>
<p><b>Gliding</b></p>	<ul style="list-style-type: none"> <li>glide in a straight line</li> <li>centre of gravity between feet for two foot glide</li> <li>centre of gravity over one foot for one foot glide</li> <li>relaxed and comfortable</li> <li>glide on flat of blade on the straightaways</li> </ul>	<p><b>Turning</b></p>	<ul style="list-style-type: none"> <li>push with whole blade</li> <li>body lean to the left</li> <li>bring weight forward with crossover leg</li> <li>left arm swing reduced</li> <li>glide on left edge during turns</li> </ul>
<p><b>Skating Backwards</b></p>	<ul style="list-style-type: none"> <li>knees bent</li> <li>head up</li> </ul>	<p><b>Stopping</b></p>	<ul style="list-style-type: none"> <li>knees bent</li> <li>complete stop</li> </ul>

## Starts

- weight forward on skates
- bring feet together between pushes
- skates parallel, about 45 degrees to line
- skates shoulder width apart
- even distribution of weight
- push off back foot
- lean with front foot
- use edges to stop
- lean away from direction of stop



## Learn to Skate Lesson Purposes

<b>Lesson #1</b>	Introduction to the Skating Environment
<b>Lesson #2</b>	Introduce Push and Gliding on Two Feet
<b>Lesson #3</b>	Introduce Basic Position and Developing the Push and Glide
<b>Lesson #4</b>	Develop Power in the Push
<b>Lesson #5</b>	Further Develop Power in the Push and Develop the Push and Glide
<b>Lesson #6</b>	Introduce the One Foot Glide
<b>Lesson #7</b>	Introduce Backward Skating
<b>Lesson #8</b>	Introduce the Turns
<b>Lesson #9</b>	Develop Gliding on One Foot in the Turns
<b>Lesson #10</b>	Experience a Fun Day Putting New Skills into Practice
<b>Lesson #11</b>	Review the Push and Glide on the Straightaway
<b>Lesson #12</b>	Further Develop the Turns
<b>Lesson #13</b>	Further Develop Backward Skating
<b>Lesson #14</b>	Review Forward Skating with Emphasis on the Straightaways
<b>Lesson #15</b>	Review Forwards Skating with Emphasis on the Turns
<b>Lesson #16</b>	Review Backward Skating
<b>Lesson #17</b>	Consolidate the Complete Skating Technique
<b>Lesson #18</b>	Consolidate the Complete Skating Technique
<b>Lesson #19</b>	Introduce Skaters to a Mini/Fun Meet
<b>Lesson #20</b>	Introduce Skaters to Mini/Fun Meet

# Learn to Skate: Lesson #1

## Purpose:

Introduction to the skating environment

## Introductory Activity/Warm Up:

- explain safety rules
- explain weekly procedure
- take a tour of rink on skates

## Skill Development:

- Balance & Agility**
- Falling down & getting up on the spot
  - Standing on two feet in upright position, feet shoulder width apart
  - Walking on the spot, forwards, backwards & sideways
  - Walking & turning clockwise and counter clockwise
  - T position left foot in glide position
  - T position right foot in glide position

- Forward Skating (straightaway)**
- T push left glide on two feet in upright position
  - T push right glide on two feet in upright position

## Concluding Activity:

- Ring around the Rosie

## Learn to Skate: Lesson #2

### Purpose:

To introduce the push and glide on two feet

### Introductory Activity/Warm Up:

- Free skate
- Skip game

### Skill Development:

- Balance & Agility**
- Repeat Lesson #1 activities
  - Stretches, tall/wide/long
  - Marching on the spot
  - Marking snow (left & right)
  - Kick balls in the space

- Forward Skating (straightaway)**
- T push left; 1 or 2 pushes glide upright on two feet
  - T push right; 1 or 2 pushes glide upright on two feet

- Stopping**
- Half snowplow (left & right)

### Concluding Activity:

- Hokey Pokey

## Learn to Skate: Lesson #3

### Purpose:

To introduce the basic position and to develop the push and glide

### Introductory Activity/Warm Up:

- Free skate
- Skip game

### Skill Development:

- Balance & Agility**
- Repeat activities of Lesson #1 & Lesson #2
  - Demonstrate basic position

- Forward Skating (straightaway)**
- T push left; 1 or 2 pushes to glide in basic position on two feet
  - T push right; 1 or 2 pushes to glide in basic position on two feet
  - Pick up objects off the ice in basic position
  - Fill the bucket
  - Partner push

- Stopping**
- Half snowplow left & right

### Concluding Activity:

- Hokey Pokey

## Learn to Skate: Lesson #4

### Purpose:

To develop power in the push

### Introductory Activity/Warm Up:

- Free skate
- Partner tag

### Skill Development:

#### Balance & Agility

- Repeat activities from Lesson #2 & #3
- Jumps on the spot; two feet
- Jumps left to right and right to left (side to side)
- Quarter turn jumps (left & right)
- Jumps forward & back

#### Forward Skating (straightaway)

- T push left; 3 or 4 pushes with right foot then glide on two feet in upright position
- T push right; 3 or 4 pushes with left foot then glide on two feet in upright position
- How far can you glide? i.e. blue line to red line?

#### Stopping

- Half snowplow left & right

### Concluding Activity:

- Scavenger hunt

## Learn to Skate: Lesson #5

### Purpose:

To further develop power in the push and introduce the start

### Introductory Activity/Warm Up:

- Free skate
- Mr. Wolf

### Skill Development:

- Balance & Agility**
- Repeat activities from Lesson #2 - #4
  - Falling down & getting up while moving
  - Standing with toes pointed inward
  - Standing with toes pointed outward
  - Explore walking in these positions

- Forward Skating (straightaway)**
- T push left; 3 or 4 pushes gliding in basic position
  - T push right; 3 or 4 pushes gliding in basic position
  - T push left & right; 3 or 4 pushes glide upright to basic to upright to basic, etc.
  - Pick up objects in basic position
  - Partner push

- Starting & Stopping**
- Two foot basic start at 45 degrees to line
  - Full snowplow stop

### Concluding Activity:

- Relay objects to pick up & carry

## Learn to Skate: Lesson #6

### Purpose:

Introduction of the one foot glide

### Introductory Activity/Warm Up:

- Free skate
- Parachute play

### Skill Development:

- Balance & Agility**
- Repeat activities from previous Lessons #3 - #5
  - Jumping on one foot left & right on the spot
  - Jumping on one foot left & right side to side
  - Jumping on one foot while turning (C & CC) left & right

- Forward Skating (straightaway)**
- T push; continuous on one foot glide left & right
  - T push; glide on one foot left & right upright
  - T push; glide on one foot left & right basic
  - Partner push on left and/or right foot

- Starting & Stopping**
- 45 degrees basic start
  - Snowplow stop; relay with stopping

### Concluding Activity:

- Pom Pom Pull Away (British Bulldog)

## Learn to Skate: Lesson #7

### Purpose:

To introduce backward skating

### Introductory Activity/Warm Up:

- Free skate
- Trains; push from behind

### Skill Development:

- Balance & Agility**
- Repeat activities from Lesson #3 - #6
  - Walking side steps left & right
  - Walking; right side, left side, right side, left side, etc.
  - Jumping; half turns, whole turns two feet
  - Walking backwards

- Backward Skating (straightaway)**
- Push off wall two foot glide upright
  - Push off wall two foot glide basic
  - Push off wall assist with C pushes left & right

- Starting & Stopping**
- 45 degree position
  - Snowplow stop

### Concluding Activity:

- Pom Pom Pull Away (British Bulldog)



## Learn to Skate: Lesson #8

### Purpose:

Introduction of turns

### Introductory Activity/Warm Up:

- Free skate
- Partner push backwards

### Skill Development:

- |                                       |   |
|---------------------------------------|---|
| <b>Balance &amp; Agility</b>          | <ul style="list-style-type: none"><li>• Repeat activities from Lesson #4 - #7</li><li>• Crossover steps on line left &amp; right</li><li>• Crossover steps on circles left &amp; right</li></ul>                                |
| <b>Forward Skating (straightaway)</b> | <ul style="list-style-type: none"><li>• Glide on turn two feet upright (C)</li><li>• Glide on turn two feet basic (C)</li><li>• Glide on turn on two feet upright (CC)</li><li>• Glide on turn on two feet basic (CC)</li></ul> |
| <b>Starting &amp; Stopping</b>        | <ul style="list-style-type: none"><li>• 45 degrees start</li><li>• Jump to parallel stop (two foot glide left &amp; right slow)</li></ul>   |

### Concluding Activity:

- Snap, Crackle, Pop

## Learn to Skate: Lesson #9

### Purpose:

To develop gliding on one foot on the turns

### Introductory Activity/Warm Up:

- Free skate
- Shuttle relay

### Skill Development:

- Balance & Agility**
- Repeat activities from Lesson #5 - #8
  - Feel rocker of blades (front to back)
  - Over & under
  - Jump sticks
  - Push & pull
  - Slalom course

- Forward Skating (turns)**
- Glide on turn; left foot C
  - Glide on turn; left foot CC
  - Glide on turn; right foot C
  - Glide on turn; right foot CC

- Backward Skating**
- Skate forwards, jump to backwards glide slow
  - Backwards skating; C strokes

- Starting & Stopping**
- Start & stops; turn to parallel stops (alternate sides)

### Concluding Activity:

- Trains around the corners

## Learn to Skate: Lesson #10

### Purpose:

To experience a fun day putting new skills into practice

### Introductory Activity/Warm Up:

- Free skate (practice forward skating, backward skating & stopping)
- Frozen Tag (under legs)

### Skill Development:

- Station #1  
Straightaway Races** • Goal line to centre line, forwards, backwards, one leg, partners
- Station #2  
Obstacle Course** • Slalom, jumping sticks, sharp turn, sculling, through tunnel, under hurdle, stop at the end)
- Station #3  
Progressive Relay** • Four on a team passing ring to each team mate until everyone is back at beginning position

### Concluding Activity:

- Parachute activity

# Learn to Skate: Lesson #11

## Purpose:

To review the push and glide on the straightaway

## Introductory Activity/Warm Up:

- Free skate
- Move drill, move on teacher signal

## Skill Development:

**Balance & Agility** • Repeat activities Lesson #6 - #9

**Forward Skating (straightaway)** • Review push and glide upright on one foot  
• Alternate stroke left, glide right, glide upright  
• Aeroplane  
• Alternate stroke left, glide right, glide basic  
• Skate length of the ice

**Starting & Stopping** • Review parallel stop, alternate left & right  
• Left push, glide right, stop right (l)  
• Right push, glide left, stop left (l)

## Concluding Activity:

- Fire Station

## Learn to Skate: Lesson #12

### Purpose:

To further develop the turns

### Introductory Activity/Warm Up:

- Free skate
- Push mast around rink

### Skill Development:

- Balance & Agility**
- Repeat activities Lesson #7 – 9
  - Emphasize crossovers walks around circles (C & CC)

- Forward Skating (turns)**
- Forward circle thrusts (C left continuous)
  - Forward circle thrusts CC right continuous
  - Stationary weave
  - Moving weave
  - Glide on two feet (left in front of right) CC
  - Glide on two feet (right in front of left) C
  - Skate crossovers around circles C
  - Skate crossovers around circles CC

- Starting & Stopping**
- Start on red line, skate corner stop on red line
  - Silly Starts; from different positions

### Concluding Activity:

- Circle overtake clockwise & counter clockwise (How many did you pass?)

## Learn to Skate: Lesson #13

### Purpose:

To further develop backward skating

### Introductory Activity/Warm Up:

- Free skate
- Partner push backwards

### Skill Development:

- Balance & Agility**
- Repeat activities Lesson #7 - #9
  - Emphasis on backwards activities

- Backward Skating**
- Push off boards into one foot glide (left & right) upright
  - Push off board into C strokes
  - Backwards using C strokes
  - Sculling backwards
  - Backwards skating length of ice

- Starting & Stopping**
- Left C stroke, right C stroke, V stop

### Concluding Activity:

- Bean bag tag

## Learn to Skate: Lesson #14

### Purpose:

To review forward skating with emphasis on straightaways

### Introductory Activity/Warm Up:

- Free skate
- Shadow a Partner

### Skill Development:

- Balance & Agility**
- Repeat activities Lesson #7 - #9
  - Emphasis on forwards (straightaways & turns)

- Forward Skating (straightaway)**
- Two foot glide in basic position (squat, pump, jump) on straightaway
  - Left foot glide from upright to basic position on straightway and turn
  - Right foot glide from upright to basic position on straightaway and turn
  - Skate through tunnels gliding on two feet then on foot, skate corners

- Stopping**
- Lightning drill
  - Left push, right glide, stop right (O)
  - Right push, left glide, stop left (O)

### Concluding Activity:

- Mass dodge ball; use foam balls, skater who gets hit must skate one lap of track to get back in the game

## Learn to Skate: Lesson #15

### Purpose:

To review forwards skating with emphasis on turns

### Introductory Activity/Warm Up:

- Free skate
- Circle relay, both directions

### Skill Development:

- Balance & Agility**
- Repeat activities Lesson #7 - #9
  - Emphasis on forwards (straightaways & turns)

- Forward Skating (turns)**
- Skate the track (free skate) C & CC
  - Skate the circles C & CC upright
  - Skate the circles C & CC basic
  - Partner push relay
  - Skate sharp turns around cones on two feet
  - Skate sharp turns around cones on left foot, right foot C & CC

- Starting & Stopping**
- Start on end line, stop on blue, stop at centre, stop on blue, stop at goal line (using a variety of learned methods of stopping)

### Concluding Activity:

- Train relay (3 skaters)



## Learn to Skate: Lesson #16

### Purpose:

To review backward skating

### Introductory Activity/Warm Up:

- Free skate
- Partner tag with balls

### Skill Development:

- Balance & Agility**
- Repeat activities from Lesson #7 & #9
  - Emphasis on backward skating

- Backward Skating**
- Backwards skating into right foot glide
  - Backwards skating into left foot glide
  - Backwards skating length of ice
  - Slalom backwards two feet
  - Partner push

- Stopping**
- Partner push with V resistance
  - Partner push to V stop

### Concluding Activity:

- Rescue Relay backwards

## Learn to Skate: Lesson #17

### Purpose:

To consolidate the complete skating technique

### Introductory Activity/Warm Up:

- Free skate on track clockwise and counter clockwise

### Skill Development:

#### Balance & Agility

- Use many agility exercises or activities that emphasize all aspects of skating
- Push ups, curl ups

#### Forward & Backward Skating

- Emphasis on complete skating technique (all skating skills)
- Slalom on one foot left & right forwards
- Glide forwards on two feet, jump and turn to backwards gliding on two feet
- Skate forwards, turn and skate backwards
- Skate forwards, jump to backwards
- Shoot the Duck

#### Starting & Stopping

- Start and glide corners on one foot C & CC

### Concluding Activity:

- Partner relay where each alternates laps; skate the full track with emphasis on all aspects of skating C & CC

## Learn to Skate: Lesson #18

### Purpose:

To consolidate the complete skating technique

### Introductory Activity/Warm Up:

- Free skate on the track clockwise and counter clockwise
- Change directions on coaches command

### Skill Development:

**Balance & Agility** • Use many agility exercises or activities that emphasize all aspects of skating

**Forward & Backward Skating** • Focus on complete skating technique and all skating skills

- Glide on right foot forwards, jump turn and glide backwards on right foot
- Glide on left foot forwards, jump turn and glide backward on left foot
- Glide on right foot backwards, jump turn and glide forwards on right foot
- Glide on left foot backwards, jump turn and glide forwards on left foot
- Backwards skating, jump turn, forwards skating

**Starting & Stopping** • Start and skate corners C & CC

### Concluding Activity:

- Partner relay
- Skate the full track with emphasis on all aspects of skating C & CC

## Learn to Skate: Lesson #19

### Purpose:

Introduce skaters to a mini/fun meet

### Introductory Activity/Warm Up:

- Free skate clockwise
- Agility activities follow partner
- Practice starts

### Skill Development:

- Races**
- 50 metres
- Clockwise**
- 100 metres
  - 200 metres
  - 300 metres

- Obstacle Course**
- Race with tunnel
  - Team relay race (tag)

### Concluding Activity:

- Creative race; use imagination

## Learn to Skate: Lesson #20

### Purpose:

To introduce skaters to a mini/fun meet

### Introductory Activity/Warm Up:

- Free skate counter clockwise
- Agility activities; follow partner
- Practice starts

### Skill Development:

- Races**
  - 50 metres
- Counter Clockwise**
  - 100 metres
  - 200 metres
  - 300 metres
- Obstacle Course**
  - Race with tunnel
  - Team relay race (tag)

### Concluding Activity:

- Creative race; use imagination