

BASIC 1-6 LESSON PLAN



BASIC 1			
SKILL	OBJECTIVE	FOCUS	TEACHING TIPS
Sit on ice and stand up	Students will sit and stand up on the ice with help or support consistently when asked or when student falls.	BALANCE	Have students sit down on the ice away from the barrier. Demonstrate proper technique for getting up off the ice. Have students practice technique.
March forward across the ice	Students will march forward across the ice without falling. They will progress to pushing and gliding across the ice without falling.	BALANCE, MOMENTUM	Demonstrate proper skating posture and pushing against the ice to gain momentum.
Forward two-foot glide	Students will skate forward, balance on two feet and glide without coming to a complete stop for a count of four.	PUSHING, BALANCE	Describe and demonstrate a glide. Practice marching and freezing feet to understand glide action. Remind students that they must have a little bit of speed so that they continue to glide.
Dip	Students will glide on two feet then dip and hold for a count of four.	BALANCE, BENT KNEES	Demonstrate both proper and improper ways to dip. Remind students of good body position and proper use of knee bend.
Forward swizzles (6-8 in a row)	Students will perform six to eight swizzles in a row without coming to a complete stop.	PUSHING, EDGES	Discuss inside and outside edges with skaters. Demonstrate that pushing from an inside edge gives you more speed. Work with the students on swizzle motion standing still and progress to moving swizzles.
Backward wiggles (6-8 in a row)	Students will perform six to eight backward wiggles in a row without coming to a complete stop.	WEIGHT TRANSFER, BACKWARD MOMENTUM	Demonstrate backward "penguin walk" and progress with hip motion and fall into backward wiggles. Students should be progressing down the ice, not standing still wiggling in place.
Beginning snowplow stop (on one or two feet)	Students will stop using a one- or two-foot forward snowplow stop.	INSIDE EDGE, STOPPING	Demonstrate scraping action (or skid). Students can practice by sliding their foot against the yellow portion of the barrier. Remind students to be gentle. The students need to understand the difference between slowing down and stopping. Remind them about proper body position.
*Bonus Skill: Two-foot hop in place	Students will hop in place without falling.	BALANCE	Demonstrate the objective and advise students of where the weight should be distributed along the blade (based on type of blade — figure hockey or speed).

BASIC 2			
SKILL	OBJECTIVE	FOCUS	TEACHING TIPS
Scooter pushes (right and left)	Students will perform scooter pushes across the ice in a straight line, right foot only and then left foot only, bringing feet together then pushing and extending the free foot.	POWER, EDGE PUSHING	Teach the basic T-position. Have skaters work on bringing feet together, gliding then extending their free leg back to a 45-degree angle. Repeat, glide on two feet then push and extend. Have skaters push with the outside leg and switch legs once they understand the scooter or skateboard push action.
Forward one-foot glides (right and left)	Students will glide on one foot for a count of four and repeat on other foot.	BALANCE, CONTROL, MOMENTUM	Review weight transfer techniques and allow students to practice standing on one foot by holding onto the barrier with only their pinkie fingers. Review proper body position including placement of free foot in one-foot glide. Focus on lifting free hip and knee.
Backward two-foot glide the length of skater's height	Students will wiggle backward with enough speed to hold a backward two-foot glide for the length of the skater's height.	BACKWARD MOMENTUM, BALANCE	Review backward wiggles and remind students to push against the ice. Advise students that they must glide toward the front of the blade to prevent falling backward. Review proper body position.
Rocking horse — one forward and one backward swizzle (repeat twice)	Students will perform one forward and one backward swizzle action.	MUSCLE CONTROL, WEIGHT SHIFT	Demonstrate action and describe edges needed for the action to occur.
Backward swizzles (6-8 in a row)	Students will perform six to eight backward swizzles in a row without coming to a complete stop and minimum toe pick noise.	BACK INSIDE EDGES, BACKWARD MOMENTUM, BODY POSITION	Review backward wiggles, forward swizzles and rocking horse. From rocking horse position the students can begin backward swizzles.
Two-foot turns from forward to backward in place (clockwise and counterclockwise)	Students will turn from forward to backward with correct arm and head position in both directions.	BODY POSITION, ARM AND HEAD MOTION IN TURN	Put students on the barrier and talk about how much blade is on the ice and which arm is in front. Make sure students know that they must turn their head with their body. Focus on rise and fall of knee action.
Moving snowplow stop	Students will stop using a one- or two-foot forward snowplow stop.	INSIDE EDGES, STOPPING	Demonstrate scraping action of inside edge. Students can practice by sliding foot against yellow portion of the barrier. Remind them to be gentle. Students need to understand the difference between slowing down and stopping. Remind them about proper body position.
*Bonus Skill: Curves	Students will perform two-foot curves in both directions.	BALANCE, EDGES, WEIGHT TRANSFER	Demonstrate body lean and shoulders against hip action.

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BASIC 3

SKILL	OBJECTIVE	FOCUS	TEACHING TIPS
Beginning forward stroking showing correct use of the blade	Students will skate across the width of the ice using proper forward stroking technique without falling.	POWER, EDGE PUSHING	Remind students about pushing to the back, bending knees and keeping head up and arms out. Skaters should utilize their inside edges without using their toe picks. Review edge push (T-position).
Forward half-swizzle pumps on a circle — 6-8 consecutive clockwise and counterclockwise	Students will perform six to eight half-swizzle pumps on a circle in both directions with proper arm and head position.	GOOD BODY POSITION, EDGE PUSHING	Review alternating half-swizzle pumps in a straight line. Place students on a circle and talk to them about where to put their arms and head (hugging the circle). Demonstrate proper pushing technique for the skill.
Moving forward to backward two-foot turn on a circle — clockwise and counterclockwise	While moving, students will turn on two feet and continue moving backward.	BODY POSITION, MOMENTUM	Review two-foot turn standing still and make sure students are aware that they must continue moving when they turn backward. Demonstrate the objective.
Beginning backward one-foot glides (focus on balance)	Students will glide backward on one foot, focusing on balance on their right and left foot.	BALANCE, BACKWARD MOMENTUM	Review weight transfer techniques, backward two-foot glide and forward one-foot glide. Remind students that they must stay forward on the blade. Review proper body position and focus on balance. Focus on lifting free hip and knee.
Backward snowplow stop (right and left)	Students will stop when going backward using a one-foot backward snowplow stop.	BALANCE	Review forward snowplow stop action. Remind students to push gently against the ice with their skate. Demonstrate.
Forward slalom	Students will perform four to six proper slalom pushes across the width of the ice.	BODY RHYTHM, INSIDE/OUTSIDE EDGES	Review alternating half-swizzles in a straight line. Students will advance technique to moving both feet in the same direction at the same time. Review “shoulders against hips” action.
*Bonus Skill: Forward pivots — clockwise and counterclockwise	Students will perform three forward inside pivots without coming to a complete stop — both directions.	EDGES, BODY POSITION	Demonstrate proper body position, pivot knee bend, other leg straight, back straight, head up, arms out. Arm and foot placement is optional, but remain controlled.

BASIC 4

SKILL	OBJECTIVE	FOCUS	TEACHING TIPS
Forward outside edge on a circle (right and left)	Students will hold a forward outside edge on a circle without wobbling for a count of six.	BALANCE, EDGES, CONTROL	Review inside and outside edges, weight transfer, one foot glides and body position around a circle. Arm and foot placement is optional, but remain controlled. Demonstrate strong edge quality.
Forward inside edge on a circle (right and left)	Students will hold a forward inside edge on a circle without wobbling for a count of six.	BALANCE, EDGES, CONTROL	Review inside and outside edges, weight transfer, one foot glides and body position around a circle. Arm and foot placement is optional, but remain controlled. Demonstrate strong edge quality.
Forward crossovers, clockwise and counterclockwise (4-6)	Students will skate four to six consecutive forward crossovers in a circle with proper use of the blade, both directions.	BODY LEAN, BALANCE	Have students learn forward step crossovers in a straight line, then on a circle, keeping proper body position. Eventually have the students lean into the wall and push with underneath foot to gain understanding of the under push with the outside edge.
Backward half-swizzle pumps on a circle, clockwise and counterclockwise (6-8)	Students will perform six to eight half-swizzle pumps on a circle in both directions with proper arm and head position.	CORRECT BODY POSITION, EDGE PUSHING	Review alternating half-swizzle pumps in a straight line. Place students on a circle and talk to them about where to put their arms and head (hugging the circle). Demonstrate proper pushing technique for skill.
Backward one-foot glides (right and left)	Students will glide backward on one foot for a count of four, right and left foot.	BALANCE, BACKWARD MOMENTUM	Review weight transfer techniques, backward two-foot glide and forward one-foot glide. Remind students that they must stay forward on the blade. Review proper body position. Focus on lifting the free hip and knee.
Beginning two-foot spin (up to two revolutions)	Students will perform a two-foot spin up to two revolutions without losing balance or coming to a complete stop.	BALANCE, BODY POSITION	Demonstrate proper two-foot spin technique and discuss pulling arms in to go faster. Students may enter spin using a pivot, by skating into the spin or another method that works for them. Demonstrate pulling toes together in a swizzle-type action.
*Bonus Skill: Forward lunges (both legs)	Students will perform a forward lunge with back straight, head up, arms out and free leg held in place behind the skater for a count of six.	BALANCE, FLEXIBILITY	Demonstrate proper and improper lunge techniques. Show the students that the free foot lies on the ice with the boot of the skate resting on the ice. Students should not be allowed to rest their chest on their skating knee.

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BASIC 5

SKILL	OBJECTIVE	FOCUS	TEACHING TIPS
Backward outside edge on a circle (right and left)	Students will hold a backward outside edge on a circle without wobbling for a count of six.	BALANCE, EDGES, CONTROL	Review inside and outside edges, weight transfer, one foot glides and body position around a circle. Arm and foot placement is optional, but remain controlled. Demonstrate.
Backward inside edge on a circle (right and left)	Students will hold a backward inside edge on a circle without wobbling for a count of six.	BALANCE, EDGES, CONTROL	Review inside and outside edges, weight transfer, one foot glides and body position around a circle. Arm and foot placement is optional, but remain controlled. Demonstrate the objective.
Backward crossovers, clockwise and counter-clockwise (4-6)	Students will perform four to six consecutive backward crossovers in a row with minimum toe scratching.	BACKWARD MOMENTUM, BALANCE	Review backward half-swizzle pumps on a circle. Demonstrate the question mark pattern of outside foot as it crosses over.
Forward outside three-turn (right and left)	Students will perform a forward outside three-turn from a standstill position and hold the backward inside edge for a count of three.	SHOULDERS AGAINST HIPS, EDGE CONTROL, WEIGHT TRANSFER	Review moving two-foot turns from forward to backward as well as the "shoulders against hips" action. Have students practice three-turns against the wall. Review weight transfer techniques, forward one foot glides and backward one-foot glides.
Advanced two-foot spin (minimum 4 revolutions)	Students will perform a two foot spin, minimum four revolutions.	BALANCE, BODY POSITION	Demonstrate proper two-foot spin technique and discuss pulling arms in to go faster. Show how weight is to be distributed on the blade. Students may enter spin using a pivot, by skating into the spin or another method that works for them.
Hockey stop (both directions)	Students will stop using a hockey stop position.	STOPPING, BALANCE	Review snowplow stop. Demonstrate body and foot positions for a hockey stop. Have students practice stopping toward the barrier.
*Bonus Skill: Side toe hop (right and left)	Students will perform a side toe hop in both directions with good position and balance.	BALANCE	Review proper body position. Demonstrate.

BASIC 6

SKILL	OBJECTIVE	FOCUS	TEACHING TIPS
Forward inside open mohawk from a standstill position (right to left and left to right)	Students will successfully perform a forward inside open mohawk in both directions with a strong exit glide.	ALTERNATING FEET, WEIGHT TRANSFER	Review shoulders against hips action. Draw a mohawk on the ice so students can visualize the pattern. Begin by having students hold on to the barrier, practicing the mohawk motion to gain confidence. Work on changing feet by transferring weight (i.e. penguin walks) and proper hip action.
Forward inside three-turn (right and left)	Students will perform a forward inside three-turn and hold the backward outside edge for a count of three.	SHOULDERS AGAINST HIPS, EDGE CONTROL, WEIGHT TRANSFER	Review moving two-foot turns from forward to backward and "shoulders against hips" action. Have students practice three-turns against the wall. Review weight transfer techniques and forward and backward one-foot glides.
Moving backward to forward two-foot turn on a circle (clockwise and counterclockwise)	Students will turn from backward to forward on a circle and back again two times in a row, both directions.	BACKWARD MOMENTUM, TURNING FORWARD TO BACKWARD	Review forward to backward two-foot turns on a circle and remind them where the weight will be on the backward turn. Have skaters practice it against the wall. Have students form a large circle, hold hands and turn in toward the circle so that they are now skating backward. Students will drop hands, rotate shoulders outside of the circle, turn around and hold hands again.
Backward stroking	Students will perform four to six backward strokes across the width of the ice.	BACKWARD INSIDE EDGE PUSH, BACKWARD MOMENTUM	Review forward stroking and inside/outside edges. Demonstrate how to push with the inside edge in a reverse T-position.
Beginning one-foot spin, optional free leg position and entry (2-4 revolutions)	Students will spin on one foot for two to four revolutions without losing balance or falling.	BALANCE	Review two-foot spin. The proper entry should be taught at this level. Student will take two to three backward crossovers, rotate arms, push from a T-position, hold edge to a three-turn, free leg comes around in control, point toe out, push hips back. Draw a diagram on the ice for this skill. Show students that the three-turn points back to the edge where they began. Students can spin on the middle of the blade.
T-stop (right and left)	Students will stop using a T-stop.	BALANCE, STOPPING	Review stopping techniques and demonstrate proper body position for a T-stop. Show that they will use the outside edge of the foot in back in order to stop.
Bunny Hop	Students will perform two to three bunny hops in a row without losing balance.	BALANCE, BEGINNING TO JUMP	Demonstrate the bunny hop, landing on forward toe pick and pushing to a forward one-foot glide. Knee up and through.
Forward spiral on a straight line (right and left)	Students will perform a forward straight line spiral with knee at hip level or higher and hold for a count of six.	BALANCE, FLEXIBILITY	Review one-foot glides and weight transfer techniques. Students will practice proper spiral position on the wall. They should begin with a forward one-foot glide with leg slightly behind them and progress to a full spiral position.
*Bonus Skill: Shoot the duck (right and left)	Students will perform a shoot the duck on both right and left feet. Skating leg knee bend will be at least parallel to the ice, with free foot extended in front.	BALANCE, POSITION, FLEXIBILITY	Review two-foot glide and dips. Explain weight placement on blade and body position in shoot the duck position. Skater should have their hips equal or lower than their knee bend. Review free leg position being parallel to ice surface and extended in front.