

# SNOWPLOW SAM LESSON PLAN



## SNOWPLOW SAM 1

SKILL	OBJECTIVE	FOCUS	TEACHING TIPS
Sit and stand up with skates on (off the ice)	Students will sit and stand up two times in a row off the ice.	BALANCE	Gather students off the ice and demonstrate the correct and incorrect way to stand up.
Sit and stand up (on ice)	Students will sit and stand up two times in a row on the ice.	BALANCE	Gather students on the ice away from the barrier and demonstrate the correct and incorrect way to fall down and stand up.
March in place	Students will march in place without falling.	BALANCE	Move students away from the barrier and have them put arms out to the side. Also demonstrate marching in place with "high" knees. Ask the students to attempt to imitate your actions.
March forward 8 to 10 steps	Students will march forward eight to 10 steps without falling and without assistance.	BALANCE	Demonstrate the proper skating position and encourage students to march forward.
March, then glide on two feet	Students will march forward then glide on two feet for a 1-2-3 count.	PUSHING, BALANCE	Describe a glide (sliding on the ice without moving your feet) and demonstrate the objective.
Dip in place	Students will bend knees down, keep bottom down and head up and hold position for five seconds without falling.	BENDING, BALANCE	Demonstrate the correct and incorrect ways of dipping.

## SNOWPLOW SAM 2

SKILL	OBJECTIVE	FOCUS	TEACHING TIPS
March followed by a long glide	Students will march forward 4 steps and glide on two feet for a 1-2-3-4 count.	PUSHING	Demonstrate how to use knees to push against the ice to gain speed. Demonstrate the objective.
Dip while moving	Students will glide on two feet and then dip for a count of four.	BALANCE, KNEEBEND	Show students where to be on the blade and explain the proper body position for a dip. Demonstrate the objective.
Backward walking, toes turn inward, shifting weight (4-6 steps)	Students will perform backward walking steps, toes turned in for four to six steps.	WEIGHT TRANSFER, MOVING BACKWARD	Demonstrate backward "penguin" walk with feet turned in. When students are comfortable with that position, they will begin walking backward, shifting weight for 4-6 steps.
Backward wiggles (6 in a row)	Students will perform six backward wiggles in a row.	WEIGHT TRANSFER, MOVING BACKWARD	Show backward "penguin" walk with feet turned in. When students are comfortable with that position, they will begin moving their hips and progress to wiggles.
Forward swizzles (2-3 in a row)	Students will perform two to three forward swizzles in a row.	EDGES, PUSHING	Explain inside and outside edges and demonstrate swizzle action.
Beginning snowplow stop motion — in place or holding onto barrier	Standing at the barrier, skaters will apply light pressure to the inside edge as they push out to create a skid.	INSIDE EDGE, STOPPING ACTION	Demonstrate scraping action of inside edge. Students can practice by sliding their foot against the yellow portion of the barrier. Remind students to be gentle. Remind them about proper body position.
Two-foot hop in place (optional)	Students will perform one two-foot hop in place without falling.	BALANCE, KNEE BEND	Show students where to balance on their blade and to keep arms out, knees bent and head up.

# SNOWPLOW SAM LESSON PLAN



SNOWPLOW SAM 3			
SKILL	OBJECTIVE	FOCUS	TEACHING TIPS
Forward skating (8-10 steps)	Students will skate forward using strong pushes for eight to 10 steps.	PUSHING	Demonstrate forward pushing to the back with bent knees, back straight, head up and arms out.
Beginning one-foot glide, one time skater's height (right and left)	Students will glide on one foot for a count of three and repeat on other foot.	BALANCE	Review weight transfer techniques and demonstrate the proper body position for a one-foot glide held for a count of 3.
Forward swizzles (4-6 in a row)	Students will perform four to six forward swizzles in a row without falling or coming to a complete stop.	WEIGHT TRANSFER, PUSHING, MUSCLE CONTROL	Review inside edges, work on pushing with bent knees.
Backward two-foot glide	Students will wiggle backward with enough speed to hold a balanced backward two-foot glide for one time the skater's height.	BALANCE, BACKWARD MOMENTUM	Review backward wiggles and remind students to push against the ice. Advise students to have their weight toward the front of their blades or balls of their feet to prevent falling backward. Review proper body position.
Backward swizzles (2-3 in a row)	Students will perform two to three backward swizzles in a row without falling or coming to a complete stop.	EDGES, PUSHING	Review backward wiggles and rocking horse. Show skaters how to start backward swizzles from the rocking horse action.
Moving forward snowplow stop (one or two feet)	Students will stop using a one or two-foot snowplow stop with a skid.	EDGES, BALANCE	Demonstrate skidding action, review body position and explain difference between slowing down and stopping.
Curves	Students will perform two-foot curves in both directions.	BALANCE, EDGES, WEIGHT TRANSFER	Demonstrate body lean and shoulders against hip action.

SNOWPLOW SAM 4			
SKILL	OBJECTIVE	FOCUS	TEACHING TIPS
Forward skating	Students will skate across the width of the ice using good pushes.	PUSHING, EXTENSION	Demonstrate forward pushing to the back with bent knees, back straight, head up and arms out
Advanced one-foot glide, two times skater's height	Students will glide on one foot for two times the skater's height and repeat on other foot.	BALANCE	Review weight transfer techniques and demonstrate the proper body position for a one-foot glide.
Backward swizzles (4-6 in a row)	Students will perform four to six backward swizzles in a row without falling or coming to a complete stop.	EDGES, PUSHING	Review backward wiggles and rocking horse. Show skaters how to start backward swizzles from the rocking horse action.
Rocking horse — one forward, 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.
Two-foot turns in place — forward to backward (both directions)	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.
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).