

FUN DAY Feb 23rd 2020 - LEARN TO SKATE ELEMENTS

PRE SCHOOL AND PRE-CANSKATE

1. Forward push and glide across the ice
2. 2 foot jump on the spot
3. Forward 2 foot sit and glide

CANSKATE

STAGE 1 CANSKATE ELEMENTS (Working on Stage 1)

1. Forward push and glide across the ice
2. Backward skating across the ice (8 steps)
3. 2 foot jump on the spot

STAGE 2 CANSKATE ELEMENTS (Working on Stage 2)

1. Forward 2 foot sculling
2. 2 foot backward glide
3. 2 foot jump gliding forward

STAGE 3 CANSKATE ELEMENTS (Working on Stage 3)

1. Forward 1 foot glide with speed
2. Forward snow plow stop
3. Backward 2 foot jump

STAGE 4 CANSKATE ELEMENTS (Working on Stage 4)

1. Forward 2 foot slalom
2. Backward double sculling
3. 2 foot spin

STAGE 5 CANSKATE ELEMENTS (Working on Stage 5)

1. Forwards crossovers on a circle
2. Backwards Stop
3. Power Jump

STAGE 6 CANSKATE ELEMENTS (Working on Stage 6)

1. Forward shoot the duck
2. Backwards crossovers on a circle
3. 2 foot multi turns

STAR 1

STAR 1 ELEMENTS (including skaters on Stage 6)

1. Waltz jump
2. 1 foot spin
3. Forward spiral