

U. S. Figure Skating Basic Skills Program

Snowplow Sam Program

The Snowplow Sam levels are designed to help the preschool age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy, white bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.

Snowplow Sam 1

- A. Sit and stand up with skates on: Off Ice
- B. Sit and stand up: On Ice
- C. March in place
- D. March forward: 8-10 steps
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward wiggles: 6 in a row
- D. Forward two-foot swizzles: 2-3 in a row
- E. Rocking horse: One forward - One backward swizzle action
- F. Two-foot hop in place

Snowplow Sam 3

- A. Forward skating: 8-10 steps
- B. Forward one-foot glide: R & L
- C. Forward swizzles: 4-6 in a row
- D. Backward swizzles: 4-6 in a row
- E. Forward snowplow stop w/skid
- F. Curves

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Basic Skills 1 – 8

The Basic Skills are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have the basic knowledge of the sport enabling them to advance to the more specialized areas of skating.

Basic 1

- A. Sit on ice and stand up
- B. March forward across the ice
- C. Forward two-foot glide
- D. Dip
- E. Forward swizzles: 6-8 in a row
- F. Backward wiggles: 6-8 in a row
- G. Snowplow stop
- H. Rocking horse: 2-3
- I. Two-foot hop in place (optional)

Basic 2

- A. Forward one foot glides: R & L
- B. Backward two-foot glide
- C. Backward swizzles: 6-8 in a row
- D. Two-foot turn from forward to backward in place
- E. Moving snowplow stop
- F. Forward alternating $\frac{1}{2}$ swizzle pumps, in a straight line (slalom-like pattern)

Basic 3

- A. *Forward stroking, showing correct use of blade*
- B. *Forward $\frac{1}{2}$ swizzle pumps on a circle:* 6-8 consecutive clockwise & counter clockwise
- C. *Moving forward to backward two-foot turn;* clockwise & counter clockwise
- D. *Backward one-foot glides: R & L*
- E. *Forward Slalom*
- F. *Two-foot spin: up to 2 revolutions*

Basic 4

- A. Forward outside edge on a circle: R & L
- B. Forward inside edge on a circle: R & L
- C. Forward crossovers, clockwise & counter clockwise
- D. Forward outside three-turn, R & L from a stand still position
- E. Backward $\frac{1}{2}$ swizzle pumps on a circle, clockwise and counter clockwise
- F. Backward stroking
- G. Backward snowplow stop: R & L

Basic 5

- A. Backward outside edge on a circle:
R & L
- B. Backward inside edge on a circle: R & L
- C. Backward crossovers, clockwise & counter clockwise
- D. Beginning one-foot spin: up to 3 rev, optional entry & free foot position
- E. Hockey stop
- F. Side toe hop: both directions

Basic 6

- A. Forward inside three turn: R & L from a standstill position
- B. Moving backward to forward two-foot turn on a circle, clockwise & counter clockwise
- C. T-stop: R or L
- D. Bunny hop
- E. Forward arabesque/spiral on a straight line: R or L
- F. Forward lunge: R or

Basic 7

- A. Forward inside open Mohawk from a standstill position:
R to L and L to R
- B. Backward outside edge to forward outside edge transition on a circle: R & L
- C. Ballet jump: R & L
- D. Backward crossovers to a backward outside edge glides (landing position), clockwise & counter clockwise
- E. Forward inside pivots, R or L

Basic 8

- A. Moving forward outside three-turn on a circle: R & L
- B. Moving forward inside three-turn on a circle: R & L
- C. Combination move:
Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge:
repeat 3 times, clockwise & counter clockwise
- D. One-foot upright spin, optional entry & free foot position
- E. Waltz jump
- F. Mazurka: R & L

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Free Skate Curriculum

Each Free skate level is divided into four sections: *Moves in the Field, spins, dance/footwork sequence & jumps.*

The Free skate levels are designed to give skaters a strong foundation on which to build up their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.

Free skate 1

- A. Advanced forward stroking
- B. Basic forward outside and forward inside consecutive edges (4-6)
- C. Advanced back outside 3-turns clockwise and counter clockwise (R & L)
- D. Scratch Spin from back crossovers: 3 revolutions minimum
- E. Waltz jump – from 2-3 back crossovers
- F. Half flip

Free skate 2

- A. Basic back outside and back inside consecutive edges (4-6)
- B. Forward outside and forward inside spirals, clockwise and counter clockwise (R & L)
- C. Continuous forward progressive chasse sequence: clockwise and counter clockwise
- D. Waltz threes
- E. Beginning back spin: 2 turns
- F. Waltz jump, side toe hop, waltz jump sequence
- G. Toe Loop

Free skate 3

- A. Forward and backward crossovers in figure 8 pattern
- B. Waltz Eight
- C. Advanced forward consecutive swing rolls (4-6)
- D. Backward inside 3-turn: clockwise & counter
- E. Backspin with free foot in crossed leg position: 3 revolutions minimum
- F. Salchow
- G. Half Lutz jump
- H. Waltz jump/toe loop combo or Salchow/toe loop

Free skate 4 combination

- A. Spiral Sequence: FI Spiral, FI Mohawk, BO; Spiral: clockwise & counter clockwise
- B. Forward Power 3 Turns: R & L
- C. Continuous backward progressive, chasse sequence on a circle: clockwise and counter clockwise
- D. Sit Spin: 3 revolutions
- E. Loop jump
- F. Waltz Jump/Loop Jump Combination

Free skate 5

- A. Backward outside 3 turn, Mohawk into 3 backward crossovers: repeat 3 times clockwise & counter clockwise
- B. Spiral sequence – Forward outside spiral, forward outside 3 turn, one backward crossover, back inside spiral: clockwise & counter clockwise
- C. Forward outside slide chasse swing roll sequence:
3 – 6 times, alternating feet
- D. Camel spin: 3 revolutions minimum
- E. Forward upright spin to back scratch spin:
3 revolutions, each foot
- F. Loop/loop combination
- G. Flip jump
- H. Waltz jump/falling leaf/toe loop jump sequence

Free skate 6

- A. Alternating back crossovers to back outside edges
- B. 5 step Mohawk sequence: clockwise and counterclockwise
- C. Camel/sit spin combination: 5 revolutions
- D. Split jump/stag jump
- E. Waltz jump/ ½ loop/Salchow
- F. Lutz jump
- G. Axel: walk through preparation, jump
Axel does not need to be landed to pass this test. Skater should have an understanding of the mechanics.

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Hockey Curriculum

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In 4 badge levels, skaters will learn how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the necessary fundamentals to be successful in game situations.

Necessary Equipment:

- Hockey Skates
- Certified Hockey Helmet (Ice Approved)

Hockey 1

- A. Sit on ice and stand up
- B. Proper stance
- C. March forward across the ice
- D. Forward two-foot glide, one time skater's height
- E. Dip or squat
- F. Scooter pushes or T-push
- G. Forward swizzles
- H. Snowplow stop
- I. Backward skating

Hockey 2

- A. Backward stance
- B. Skating forward using full strides
- C. Forward one-foot glides, R & L
- D. Backward hustle
- E. Backward swizzles
- F. Glide turns, both directions
- G. Moving snowplow stops

Hockey 3

- A. Forward C-Cuts (1/2 swizzle pumps) on a circle, R & L
- B. Hockey turns, R & L, with speed in and out of turn
- C. Forward slalom
- D. Forward stop and starts
- E. Backward V-stop
- F. Lateral marching crossovers, both directions

Hockey 4

- A. Forward one-foot pushes on a circle
- B. Forward crossover glides: hold feet in crossed position for two counts
- C. Forward crossovers: clockwise and counter clockwise
- D. Alternating backward C-Cuts in a line (1/2 swizzle pumps)
- E. Backward one-foot glide, R & L, one time skater's height
- F. Mohawks: R to L and L to R
- G. Hockey stop

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Adult Curriculum

The Adult curriculum is designed for the beginner adult skater. It will promote physical fitness and improve balance and coordination while learning proper skating techniques. Divided into four levels, adult skaters will progress at an individual rate while being challenged and motivated. This is an exciting new program for people who look to skating as an enjoyable way for a fit and healthy lifestyle.

Adult 1

- A. Falling and recovery
- B. Forward strides and gliding
- C. Forward swizzles
- D. Backward skating
- E. Backward swizzles
- F. Forward one-foot glides, one time skater's height: R & L
- G. Two-foot turns, in place
- H. Snowplow stops: R or L
- I. Forward curves on two feet
- J. Forward $\frac{1}{2}$ swizzle pumps on a circle

Adult 2

- A. Forward stroking
- B. Backward $\frac{1}{2}$ swizzle pumps on a circle, clockwise and counter clockwise
- C. Moving two-foot turns on a curve, both directions
- D. Forward edges on a circle, outside and inside, clockwise and counter clockwise
- E. Forward crossovers, clockwise and counter clockwise
- F. Backward one-foot glide: R or L
- G. Forward pivot
- H. Forward Chasses on a circle

Adult 3

- A. Backward edges on a circle, outside and inside, clockwise and counter clockwise
- B. Backward crossovers, clockwise and counter clockwise
- C. Inside Mohawk, either direction
- D. Basic forward outside and forward inside consecutive edges (4-6)
- E. Backward snowplow stops: R and L
- F. Forward progressives
- G. Beginning two-foot spin

Adult 4

- A. Forward three turns, outside and inside: R & L
- B. Perimeter stroking with crossover end patterns
- C. Forward outside to inside change of edge sequence
- D. Alternate backward crossovers with two-foot transition
- E. Footwork sequence:
 - 3-5 forward crossovers to an inside Mohawk;
 - 3-5 backward crossovers;
 - step forward inside the circle and repeat
- F. Power three turns: one direction only
- G. Backward Chasses on a circle

