
LEARN TO SKATE, USA
SNOWPLOW SAM CURRICULUM**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 walking, toes turned inward, shifting weight (4-6 steps)
- D. Backward wiggles (6 in a row)
- E. Forward swizzles (2-3 in a row)
- F. Beginning snowplow stop motion – in place or holding onto barrier
- G. Two-foot hop, in place (optional)

Snowplow Sam 3

- A. Forward skating (8-10 strides)
- B. Forward one-foot glide, two times skater's height (R and L)
- C. Forward swizzles (4-6 in a row)
- D. Backward swizzles (2-3 in a row)
- E. Moving forward snowplow stop (two-foot)
- F. Curves

Snowplow Sam 4

- A. Forward skating
- B. Backward two-foot glide, length of skater's height
- C. Backward swizzles (4-6 in a row)
- D. Rocking horse – one forward, one backward swizzle, repeat twice
- E. Two-foot turns from forward to backward, in place (both directions)
- F. Two-foot hop, in place

BASIC SKILLS CURRICULUM**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. Beginning snowplow stop on two feet or one foot
- «Bonus skill: Two-foot hop in place

Basic 2

- A. Scooter pushes — R and L
- B. Forward one-foot glides — R and L
- C. Backward two-foot glide — Glide the length of skater's height
- D. Rocking Horse (one forward swizzle, one backward swizzle) — Repeat twice
- E. Backward swizzles — 6–8 in a row
- F. Two-foot turns from forward to backward in place — clockwise and counterclockwise
- G. Moving snowplow stop
- «Bonus skill: Curves

Basic 3

- A. Beginning forward stroking showing correct use of blade
- B. Forward half swizzle pumps on a circle — 6–8 consecutive clockwise and counterclockwise
- C. Moving forward to backward two foot turns on a circle — clockwise and counterclockwise
- D. Beginning backward one-foot glides — focus on balance
- E. Backward snowplow stop — R and L
- F. Forward slalom
- «Bonus skill: Forward pivots - clockwise and counterclockwise

Basic 4

- A. Forward outside edge on a circle — R and L
- B. Forward inside edge on a circle — R and L
- C. Forward crossovers — clockwise and counterclockwise
- D. Backward half swizzle pumps on a circle — clockwise and counterclockwise
- E. Backward one-foot glides — R and L
- F. Beginning two-foot spin — Up to two revolutions
- «Bonus skill: Forward lunges — both legs

Basic 5

- A. Backward outside edge on a circle — R and L
- B. Backward inside edge on a circle — R and L
- C. Backward crossovers — clockwise and counterclockwise
- D. Forward outside three-turn — R and L
- E. Advanced two-foot spin — 4–6
- G. Hockey stop — both directions
- «Bonus skill: Side toe hop — R and L

Basic 6

- A. Forward inside three-turn — R and L
- B. Moving backward to forward two foot turn on a circle — clockwise and counterclockwise
- C. Backward stroking
- D. Beginning one-foot spin — 2–4 revolutions, optional free leg position and entry
- E. T-stops — R and L
- F. Bunny hop
- G. Forward spiral on a straight line — R or L
- «Bonus skill: Shoot the duck — R or L

LEARN TO SKATE, USA
PRE-FREESKATE — FREESKATE 6 CURRICULUM

Pre-Free Skate

Skating Skills:

- A. Forward inside open mohawk from a standstill position (R to L and L to R)
- B. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
- C. Backward outside edge to a forward outside edge transition, clockwise and counterclockwise
- D. Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise

Spins:

- E. One-foot upright spin, optional entry and free-foot position (minimum three revolutions)

Jumps:

- F. Mazurka (R and L)
- G. Waltz jump

«Bonus Skill: Backward inside pivots, clockwise and counterclockwise

Free Skate 1

Skating Skills:

- A. Forward power stroking, clockwise and counterclockwise
- B. Basic forward outside and forward inside consecutive edges (four to six consecutive edges)
- C. Backward outside three-turns (R and L)

Spin:

- D. Upright spin, entry from back crossovers (min. four to six revolutions)

Jumps:

- E. Half flip
- F. Toe loop

«Bonus Skill: Waltz jump-side toe hop-waltz jump sequence, or waltz jump-ballet jump-toe loop sequence

Free Skate 2

Skating Skills:

- A. Alternating forward outside and inside spirals on a continuous axis (two sets)
- B. Basic backward outside and backward inside consecutive edges (four to six consecutive edges)
- C. Backward inside three-turns (R and L)

Spin:

- D. Beginning back spin (up to two revolutions)

Jumps:

- E. Half Lutz
- F. Salchow

«Bonus Skill: Variation of a forward spiral, skater's choice

Free Skate 3

Skating Skills:

- A. Alternating backward crossovers to back outside edges – Four sets
- B. Alternating mohawk/crossover sequence (R to L and L to R)
- C. Waltz three-turns (forward outside three turn, backward outside edge glide), clockwise and counterclockwise

Spin:

- D. Advanced back spin with free foot in crossed leg position (min. three revolutions)

Jumps:

- E. Loop jump
 - F. Waltz jump-toe loop or Salchow-toe loop combination
- «Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps

Free Skate 4

Skating Skills:

- A. Forward power three-turns (R and L), 3 sets each
- B. Waltz eight, clockwise and counterclockwise

Spins:

- C. Forward upright spin to backward upright spin (3 revs., each foot)
- D. Sit spin (minimum three revolutions)

Jumps:

- E. Half loop
 - F. Flip
- «Bonus Skill: Split jump, stag jump or split falling leaf

Free Skate 5

Skating Skills:

- A. Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
- B. Five-step mohawk sequence, clockwise and counterclockwise

Spins:

- C. Camel spin (minimum three revolutions)

Jumps:

- D. Waltz jump-loop jump combination
- E. Lutz jump

«Bonus Skill: Loop-loop combination

Free Skate 6

Skating Skills:

- A. Forward power pulls (R and L)
- B. Creative step sequence, skater's choice, using a variety of three-turns, mohawks and toe steps

Spins:

- C. Camel-sit spin combination (minimum two revolutions each position)
- D. Layback or attitude spin or cross-foot spin (three revolutions)

Jumps:

- E. Waltz jump-half loop-Salchow jump sequence
- F. Axel

«Bonus Skill: Backward outside pivot, entry optional