



## CANSKATE SKILLS DESCRIPTIONS AND PERFORMANCE STANDARDS

### PRE-CANSKATE

Skill	Description	Performance Standards
fall down & get up	Stand, then bend knees and fall to ice in controlled manner. Kneel, then bring one knee up and place foot in front of body. Transfer weight onto front foot and use 1 or 2 hands to push down on front knee or ice to help rise to a balanced upright position on 2 feet.	<ul style="list-style-type: none"> <li>Rise from ice to a balanced upright position on 2 feet unassisted</li> </ul>
balance on 2 feet	Stand with feet shoulder-width apart and balance body weight evenly on 2 feet unassisted.	<ul style="list-style-type: none"> <li>Balance on 2 feet unassisted minimum 3 seconds</li> </ul>
move forward	Advance forward using march, walk or push-type motion while maintaining upright posture.	<ul style="list-style-type: none"> <li>Cover minimum ½ the width of the ice unassisted</li> </ul>
make snow	Stand with feet shoulder-width apart, perpendicular to direction of movement. Bend knees and slide one foot or both feet outward applying enough pressure to shave the ice. Bring feet back together.	<ul style="list-style-type: none"> <li>Apply enough pressure to shave ice</li> <li>Foot is skater's choice (left, right, both)</li> </ul>
move backward	Advance backward using march, walk or push-type motion while maintaining upright posture.	<ul style="list-style-type: none"> <li>Cover minimum 1/3 the width of the ice unassisted</li> </ul>
2-ft twist	Stand with knees bent and rotate shoulders and hips approx. 90° one way and then 180° the other way. Emphasis placed on the "down/up/ down" action (unweighting of the blade).	<ul style="list-style-type: none"> <li>Knee bend must be evident</li> </ul>
360° march	Alternate the transfer of weight from one foot to the other while turning full circle around the spot.	<ul style="list-style-type: none"> <li>Full 360° turn</li> <li>Maintain balanced upright posture</li> <li>Direction is skater's choice (clockwise/counterclockwise)</li> </ul>
2-ft jump	Stand with knees bent and apply pressure downwards. Using arm swing, push off the ice so that both feet leave the ice. Land on 2 feet and return to start position with knees bent. Emphasis placed on the "bend/ up/ bend" action.	<ul style="list-style-type: none"> <li>Both feet leave the ice (minimal height required)</li> <li>Balanced landing</li> </ul>



## STAGE 1

	Skill	Description	Performance Standards
Balance - 1	fall down & get up	From stationary or from moving upright position, bend knees and fall to ice in controlled manner. Kneel, then bring one knee up and place foot in front of body. Transfer weight onto front foot and use 1 or 2 hands to push down on front knee or ice to help rise to a balanced upright position on two feet.	<ul style="list-style-type: none"> <li>Rise from ice to a balanced upright position on 2 feet unassisted</li> </ul>
	fwd push/glide sequence	Forward skating with consecutive push/glide sequence (L/R/L/R/L/R) using side of blade. Emphasis on even strides to encourage rhythm.	<ul style="list-style-type: none"> <li>Alternating feet, minimum 4 pushes</li> <li>Push, 2-ft glide, push, 2-ft glide acceptable</li> </ul>
	fwd 2-ft glide	Forward skating followed by glide on 2 feet while maintaining an upright posture.	<ul style="list-style-type: none"> <li>May be on straight line or curve</li> <li>Glide held minimum 1 second</li> </ul>
	fwd 2-ft sit glide	Forward skating followed by glide on 2 feet in sit position (upper body leans forward and knees bend between 135°-90° angle to introduce the "sit" position).	<ul style="list-style-type: none"> <li>Knee bend range of 135° - 90°</li> <li>Glide held minimum 1 second</li> </ul>
Control - 1	snow slide steps	Feet shoulder-width apart, perpendicular to direction of movement. For right foot slides: both knees bend, left foot stays in place while right foot slides laterally applying enough pressure to shave ice. Once right foot has travelled as far as it can go, step left foot to right foot and repeat in same direction.	<ul style="list-style-type: none"> <li>Minimum 4 consecutive slide steps (per foot)</li> <li>Perform on both feet (left and right)</li> </ul>
	bwd 2-ft skating/walking	Introduce the feeling of skating backward with "C" pushes or teeter-totter movements in smooth motion with bent knees.	<ul style="list-style-type: none"> <li>Transfer of weight evident</li> <li>Cover minimum ½ the width of the ice</li> </ul>
	bwd 2-ft glide	Backward skating followed by a glide on 2 feet while maintaining upright posture.	<ul style="list-style-type: none"> <li>May be on straight line or curve</li> <li>Glide held minimum 1 second</li> </ul>
Agility - 1	2-ft turn	Stand with weight evenly distributed on both feet. Bend knees and rotate upper body and torso. As the knees rise up, rotate hips and feet 180° in same direction as upper body rotation. Emphasis placed on "down/up" knee action.	<ul style="list-style-type: none"> <li>Full 180° turn</li> <li>Both directions (clockwise/counterclockwise)</li> <li>Knee bend evident</li> </ul>
	2-ft jump	Stand with knees bent and apply pressure downward. Using arm swing, push off the ice so that both feet leave the ice. Land on 2 feet and return to start position with knees bent. Emphasis placed on the "bend/up/bend" action.	<ul style="list-style-type: none"> <li>Both feet leave the ice (minimal height required)</li> <li>Balanced landing</li> </ul>
	fwd skating perimeter of ice	Forward skating around perimeter of ice using both feet equally (bend/push/bend/push).	<ul style="list-style-type: none"> <li>Stride rhythm evident</li> <li>Minimum 1 full lap of ice</li> <li>Direction is skater's choice (clockwise/counterclockwise)</li> </ul>

## STAGE 2

	Skill	Description	Performance Standards
Balance - 2	fwd 2-ft sculling	From forward skating or from stationary position, bend knees and bring heels together. Toes face outward while pressure is applied downward initiating forward motion as feet move outward. At maximum, lobes of sculls are slightly wider than shoulder width. Knees rise up to close the scull and toes draw together. Emphasis placed on “down/up/down/up” rhythm.	<ul style="list-style-type: none"> <li>Demonstrate knee and ankle bend</li> <li>Minimum 6 consecutive sculls</li> </ul>
	fwd 2-ft to 1-ft glide	Forward skating followed by a glide on 2 feet to 1 foot.	<ul style="list-style-type: none"> <li>Each glide held minimum 1 second (2-ft glide, 1 second and 1-ft glide, 1 second)</li> <li>Perform on both feet (left and right)</li> <li>May be on straight line or curve</li> </ul>
	fwd push/glide sequence	Forward skating with even push/glide sequence (L/R/L/R/L/R) using side of blade. Arms used freely to increase coordination and natural rhythm.	<ul style="list-style-type: none"> <li>Cover minimum full width of ice or comparable</li> <li>Bend/push required</li> <li>Progression from stage 1: more power and speed</li> </ul>
	fwd 1-ft glide with speed	Forward skating with speed followed by a glide on 1 foot.	<ul style="list-style-type: none"> <li>Glide held minimum 2 seconds</li> <li>Perform on both feet (left and right)</li> <li>May be on straight line or curve</li> </ul>
Control - 2	fwd stop	From forward 2-ft glide, bend knees and use right, left or both feet to apply pressure to the ice in forward and out motion while turning the toe(s) inward slightly. Stopping with left, right and both feet should be trained and practiced.	<ul style="list-style-type: none"> <li>Complete stop</li> <li>Snow from stop evident</li> <li>Only one stop required (right, left or both feet)</li> </ul>
	bwd 2-ft sit glide	Backward skating followed by glide on 2 feet in sit position (upper body leans forward and knees bend between 135°-90° angle to introduce the “sit” position).	<ul style="list-style-type: none"> <li>Knee bend range of 135°-90°</li> <li>Glide held minimum 1 second</li> </ul>
	bwd 2-ft to 1-ft glide	Backward skating followed by a glide on 2 feet to 1 foot. Introduce feeling of gliding backward on 1 foot and transferring weight.	<ul style="list-style-type: none"> <li>Sustained glide not necessary</li> <li>Transfer of weight evident (2-ft to 1-ft)</li> <li>Perform on both feet (left and right)</li> </ul>
	bwd push/glide sequence	Backward skating with even push/glide sequence (L/R/L/R/L/R) using side of blade. May use 2-ft backward pushing technique or a combination of “C” pushes and 1- ft glides. Arms used freely to increase coordination and natural rhythm.	<ul style="list-style-type: none"> <li>Transfer of weight evident</li> <li>Small 1-ft or 2-ft glides may be used between pushes</li> <li>Initiate and sustain backward movement more than ½ the width of the ice or comparable</li> </ul>

Agility - 2	fwd 2-ft turn	Forward skating followed by 2-ft glide (feet hip-width apart or narrower). Bend knees and rotate upper body and torso. Knees rise up and weight moves towards front of blade as hips and feet rotate 180° in same direction as upper body rotation. Exit turn with backward 2-ft glide. Emphasis placed on “down/up/down” knee action.	<ul style="list-style-type: none"> <li>• 180° turn completed</li> <li>• Forward skating entry and backward skating exit</li> <li>• Sustained glide out of turn not necessary</li> </ul>
	bwd 2-ft turn	Backward skating followed by 2-ft glide (feet hip-width apart or narrower). Bend knees and rotate upper body and torso. Knees rise up and weight moves towards middle-back of blade as hips and feet rotate 180° in same direction as upper body rotation. Exit turn with forward 2-ft glide. Emphasis placed on “down/up/down” knee action.	<ul style="list-style-type: none"> <li>• 180° turn completed</li> <li>• Backward skating entry and forward skating exit</li> <li>• Sustained glide out of turn not necessary</li> </ul>
	fwd 180° glide turn	From forward skating, glide on 2 feet, bend knees and lean into curve to create a 180° U-turn. Exit with forward skating.	<ul style="list-style-type: none"> <li>• Good control and balance throughout glide</li> <li>• Complete U-turn</li> <li>• Both directions (clockwise/ counterclockwise)</li> <li>• Some knee bend evident</li> </ul>
	fwd 2-ft jump	From forward skating, glide on 2 feet, bend knees and apply pressure downward. Push off using arms and knees in explosive manner so that both feet leave the ice. Land on 2 feet and return to start position/glide with bent knees. Emphasis placed on “bend, up, bend” knee and ankle action.	<ul style="list-style-type: none"> <li>• Balanced 2-ft landing</li> <li>• 2-ft glide in and out of jump</li> <li>• Some knee bend evident in and out of jump</li> </ul>

## STAGE 3

	Skill	Description	Performance Standards
Balance - 3	fwd stationary blade push	Stand and place feet in T, V or L position (does not have to be precise). Apply pressure to the back foot and push off using side of blade. Shift weight to front foot and glide on that foot.	<ul style="list-style-type: none"> <li>• Glide held minimum 2 seconds</li> <li>• Perform on both feet but 2-second glide requirement only needed on 1 foot (left or right)</li> <li>• Push off from side of blade</li> <li>• May be on a straight line or curve</li> </ul>
	fwd 2-ft slalom	Set pylons in straight line. From forward skating, glide on 2 feet, apply pressure into the ice and use knee bend rhythm (down/up, down/up) to navigate through slalom course. Arms used freely to aid in upper body twist action.	<ul style="list-style-type: none"> <li>• Slalom course minimum 6 pylons</li> <li>• Demonstrate good control and knee action</li> </ul>
	fwd circle thrusts	From forward skating on circle, glide on 2 feet no wider than shoulder-width apart. Using side of blade, apply pressure to outside foot and push off while maintaining weight on the inside foot. Glide on inside foot for approx. 1 second before returning to 2-ft glide. Repeat action using knee bend on each push.	<ul style="list-style-type: none"> <li>• Push off from side of the blade</li> <li>• Full circle (size of circle should match size and strength of skater)</li> <li>• Both directions (clockwise/ counterclockwise)</li> </ul>
	walking crosscuts	Stand with feet placed perpendicular to desired direction of travel. Transfer weight onto one foot and cross other foot over. From crossed position, step the original standing foot from behind to resume start position with feet parallel to each other.	<ul style="list-style-type: none"> <li>• Perform both ways (L over R &amp; R over L)</li> <li>• Demonstrate 3 - 5 consecutive walking crosscuts in same direction</li> <li>• Feet parallel to each other and perpendicular to line of travel</li> </ul>
	fwd 2-ft to 1-ft curve glide	Forward skating on a curve followed by a glide on 2 feet. Transfer weight onto either inside or outside foot and glide on 1 foot while leaning into curve.	<ul style="list-style-type: none"> <li>• Good balance and control required</li> <li>• Minimum 1-ft glide held 3 seconds</li> <li>• Perform on both feet (left and right)</li> </ul>

<b>Control - 3</b>	fwd stop with speed	Accelerate speed from forward skating, glide on 2 feet and bend knees. Use right, left or both feet to apply pressure to the ice in a forward and out motion while turning the toe(s) inward slightly. Stopping with left, right and both feet should be trained and practiced.	<ul style="list-style-type: none"> <li>• Demonstrate 2 different complete stops with speed (right foot, left foot or 2-ft snowplow)</li> <li>• Good control and balance throughout</li> </ul>
	bwd 2-ft sculling	From backward skating or from stationary position, bend knees and bring toes together. Heels face outward while pressure is applied downward initiating backward motion as feet move outward. At maximum, lobes of sculls are slightly wider than shoulder-width. Knees rise up to close the scull and heels draw together. Emphasis placed on “down/up/down/up” rhythm.	<ul style="list-style-type: none"> <li>• Demonstrate knee and ankle bend</li> <li>• Minimum 6 consecutive sculls</li> </ul>
	bwd 2-ft to 1-ft glide	Backward gliding on 2 feet followed by a backward glide on 1 foot.	<ul style="list-style-type: none"> <li>• Each glide held minimum 1 second (2-ft glide, 1 second and 1-ft glide, 1 second)</li> <li>• Perform on both feet (left and right)</li> <li>• May be on straight line or curve</li> </ul>
	bwd push/glide sequence	Backward skating with even push/glide sequence (L/R/L/R/L/R) using side of blade. Arms used freely to increase coordination and natural rhythm.	<ul style="list-style-type: none"> <li>• Transfer of weight evident</li> <li>• Small 1-ft or 2-ft glides may be used between pushes</li> <li>• Initiate and sustain backward movement for full width of ice or comparable</li> </ul>
	bwd 1-ft glide	Backward skating with speed followed by a glide on 1 foot.	<ul style="list-style-type: none"> <li>• Glide held minimum 2 seconds</li> <li>• Perform on both feet (left and right)</li> <li>• May be on straight line or curve</li> <li>• Demonstrate good balance</li> </ul>

Agility - 3	fwd 2-ft quick turn	Forward skating followed by 2-ft glide (feet hip-width apart or narrower). Bend knees and rotate upper body and torso. Knees rise up and weight moves towards front of blade as hips and feet rotate a quick 180° in same direction as upper body rotation. Exit turn with backward 2-ft glide. Emphasis placed on “down/up/down” knee action.	<ul style="list-style-type: none"> <li>• Full 180° turn</li> <li>• Demonstrate good balance and control throughout</li> <li>• Direction is skater's choice (clockwise/ counterclockwise)</li> <li>• May be on straight line or curve</li> <li>• Small hesitation going into the turn permitted</li> </ul>
	bwd 2-ft quick turn	Backward skating followed by 2-ft glide (feet hip-width apart or narrower). Bend knees and rotate upper body and torso. Knees rise up and weight moves towards middle-back of blade as hips and feet rotate a quick 180° in same direction as upper body rotation. Exit turn with forward 2-ft glide. Emphasis placed on “down/up/down” knee action.	<ul style="list-style-type: none"> <li>• Full 180° turn</li> <li>• Demonstrate good balance and control throughout</li> <li>• Direction is skater's choice (clockwise/ counterclockwise)</li> <li>• May be on straight line or curve</li> <li>• Small hesitation going in to the turn permitted</li> </ul>
	fwd 360° step turn	Forward skating followed by full-circle turn using steps (alternating feet) exit with forward skating. Must train skill in both directions. The number of steps used will vary from skater to skater, however transfer of weight during turn must be evident.	<ul style="list-style-type: none"> <li>• Full 360° turn</li> <li>• Demonstrate balance and control throughout</li> <li>• Momentum maintained in and out of turn</li> <li>• Direction is skater's choice (clockwise/ counterclockwise)</li> </ul>
	bwd 2-ft jump	From backward skating, glide on 2 feet, bend knees and apply pressure downward. Push off using arms and knees in explosive manner so that both feet leave the ice. Land on 2 feet and return to start position/glide with bent knees. Emphasis placed on “bend/up/bend” knee and ankle action.	<ul style="list-style-type: none"> <li>• Balanced 2-ft landing position</li> <li>• Perform 2-ft glide in and out of jump</li> </ul>
	fast fwd perimeter skating	Fast forward skating around perimeter of ice using both feet equally (bend/push/bend/push). Arms used freely to encourage natural body rhythm and speed.	<ul style="list-style-type: none"> <li>• Demonstrate even rhythm using each foot equally (forward consecutive push/glide sequence)</li> <li>• Both directions (clockwise/ counterclockwise)</li> </ul>

## STAGE 4

	Skill	Description	Performance Standards
Balance - 4	fwd crosscuts	From forward circle thrust, outside foot crosses over inside foot establishing a “mini” 2-ft glide in crossed position. Inside foot pushes underneath with the side of the blade and then steps beside outside foot. Repeat action using knee bend and blade pushes.	<ul style="list-style-type: none"> <li>• Small glide in crossed-foot position demonstrated minimum 50% of the skill</li> <li>• Perform full circle (size of circle should match size and strength of skater)</li> <li>• Both directions (clockwise/ counterclockwise)</li> </ul>
	FI slalom	Set pylons in staggered line approximately 2.5 metres apart. Enter course from forward skating. At each pylon, pick up inside foot and lean towards pylon to create a 1-ft curve around. Once the curve is complete, proceed to next pylon using forward skating and pick up the opposite foot. As skater becomes proficient at this skill there will be fewer steps between pylons.	<ul style="list-style-type: none"> <li>• Demonstrate good balance and control</li> <li>• Slalom course minimum 6 pylons</li> <li>• Course should be approximately 2.5 metres wide</li> </ul>
	FO slalom	Set pylons in staggered line approximately 2.5 metres apart. Enter course from forward skating. At each pylon, pick up outside foot and lean towards pylon to create a 1-ft curve around. Once the curve is complete, proceed to next pylon using forward skating and pick up the opposite foot. As skater becomes proficient at this skill there will be fewer steps between pylons.	<ul style="list-style-type: none"> <li>• Demonstrate good balance and control</li> <li>• Slalom course minimum 6 pylons</li> <li>• Course should be approximately 2.5 metres wide</li> </ul>
	fwd drag	Generate speed from forward skating, glide on 2 feet, bend knees and step into a lunge position. Front knee bends at a 90° angle and back leg extends straight with free foot placed perpendicular to line of travel (inside of foot closest to ice) to encourage free leg turn out, flexibility, balance and strength.	<ul style="list-style-type: none"> <li>• Demonstrate proper lunge position</li> <li>• Foot is skater’s choice (left or right)</li> <li>• Lunge/drag held minimum 2 seconds</li> <li>• Position may be assisted with hands on knee</li> </ul>
	fwd spiral	Skating forward, glide on 2 feet and establish balance. Shift weight onto one foot and lift other foot up and back. Lean body forward so that torso is parallel to the ice while free leg extends up to hip level or higher (90° position).	<ul style="list-style-type: none"> <li>• Spiral position held minimum 2 seconds</li> <li>• Foot is skater’s choice (left or right)</li> </ul>
	drop-down drill	Accelerate speed while skating forward, drop to ice in safe and controlled manner, regain balance on the ice, rise and resume forward skating. Variations of skill encouraged (e.g. fall on buttocks, slide on stomach, knee spin, etc.)	<ul style="list-style-type: none"> <li>• Demonstrate good balance and control</li> <li>• Maintain forward momentum throughout</li> </ul>
	fwd “v” start	Stand with feet in V position. With short, quick steps initiate forward skating (“running” with blades still turned out in V position). Lengthen stride with each step until natural push/glide stride rhythm has been reached.	<ul style="list-style-type: none"> <li>• Execute with good rhythm and acceleration</li> <li>• Minimum 4 consecutive V steps/ runs</li> </ul>



<b>Control - 4</b>	bwd stop	From backward 2-ft glide, bend knees and use right, left or both feet to apply pressure to the ice in backward and out motion while turning the toe(s) outward slightly. Stopping with left, right and both feet should be trained and practiced.	<ul style="list-style-type: none"> <li>• Full and complete stop</li> <li>• Shave ice/make snow on stop</li> <li>• Foot is skater's choice (left, right or both)</li> </ul>
	bwd circle thrusts	From backward skating on circle, glide on 2 feet no wider than shoulder-width apart. Using side of blade, apply pressure to outside foot and push outwards and forwards while maintaining weight on inside foot. Glide on inside foot for approx. 1 second before returning to 2-ft glide. Repeat action using knee bend on each push.	<ul style="list-style-type: none"> <li>• Demonstrate C pushes/cuts</li> <li>• Full circle (size of circle should match size and strength of skater)</li> <li>• Both directions (clockwise/ counterclockwise)</li> </ul>
	bwd 2-ft slalom	Set pylons in straight line. From backward skating, glide on 2 feet, apply pressure into the ice and use knee bend rhythm (down/up, down/up) to navigate through slalom course. Arms used freely to aid in upper body twist action.	<ul style="list-style-type: none"> <li>• Slalom course minimum 6 pylons</li> <li>• Demonstrate good control and knee action</li> </ul>
	bwd 1-ft glide with speed	Backward skating with speed followed by a glide on 1 foot.	<ul style="list-style-type: none"> <li>• Glide held minimum 4 seconds</li> <li>• Perform on both feet (left and right)</li> <li>• May be on straight line or curve</li> </ul>
	fwd 1-ft glide from blue line to blue line	Skate forward starting at one end of ice and accelerate speed. Glide on 2 feet then glide on 1 foot in a straight line from one blue line to the next.	<ul style="list-style-type: none"> <li>• Generate enough speed to glide full distance with flow</li> <li>• Maintain balance throughout</li> <li>• Perform on both feet (left and right)</li> </ul>
	speed drill #1	From a stationary position, skate forward from goal line to 1st blue line in 9 seconds or less. Both feet used equally, alternating push/glide sequence. Arms are used freely while the core of the body is held still.	<ul style="list-style-type: none"> <li>• Execute skill in 9 seconds or less</li> </ul>

Agility - 4	fwd 1-ft turn	From stationary position, push off onto curve gliding on one foot. Using a combination of knee bend (“unweighting”, down/up/down action) and upper body lean, execute a 1-ft turn from forward to backward with 1-ft glide exit. Both feet and both edges must be trained.	<ul style="list-style-type: none"> <li>• Glide held minimum 1 second in or out of turn</li> <li>• Perform one inside and one outside turn</li> <li>• Foot is skater’s choice (left or right)</li> </ul>
	bwd 360° step turn	Backward skating followed by full-circle turn using steps (alternating feet), exit with backward skating. Must train skill in both directions. The number of steps will vary from skater to skater, however transfer of weight during turn must be evident.	<ul style="list-style-type: none"> <li>• Full 360° turn</li> <li>• Demonstrate balance and control throughout</li> <li>• Momentum maintained in and out of turn</li> <li>• Direction is skater’s choice (clockwise/ counterclockwise)</li> </ul>
	fwd to bwd 2-ft jump	From forward skating, glide on 2 feet and bend knees. Push off using arms and knees in explosive manner so that both feet leave the ice and rotate 180°. Land backward on 2 feet with bent knees and exit with backward skating. Emphasis placed on “bend/up/bend” knee and ankle action.	<ul style="list-style-type: none"> <li>• Demonstrate balance and control</li> <li>• Full 180° turn in air</li> <li>• Must skate in and out of jump</li> <li>• Direction is skater’s choice (clockwise/ counterclockwise)</li> <li>• May be on straight line or curve</li> </ul>
	bwd to fwd 2-ft jump	From backward skating, glide on 2 feet and bend knees. Push off using arms and knees in explosive manner so that both feet leave the ice and rotate 180°. Land forward on 2 feet with bent knees and exit with forward skating. Emphasis placed on “bend/up/bend” knee and ankle action.	<ul style="list-style-type: none"> <li>• Demonstrate balance and control</li> <li>• Full 180° turn in air</li> <li>• Must skate in and out of jump</li> <li>• Direction is skater’s choice (clockwise/counterclockwise)</li> <li>• May be on straight line or curve</li> </ul>
	2-ft spin	Begin with knees bent and arms extended laterally. Using a combination of knee action and hip and shoulder twist initiate a spin on two feet while posture remains upright and feet are maximum hip-width apart. The arms draw in to “hug” the body during rotation. May initiate spin from a stationary position or from a forward 2-ft glide.	<ul style="list-style-type: none"> <li>• Minimum 2 rotations</li> <li>• Direction is skater’s choice (clockwise/counterclockwise)</li> </ul>
	2-ft sit spin	Begin with knees bent and arms extended laterally. Using a combination of knee action and hip and shoulder twist initiate a 2-ft spin with feet maximum hip-width apart and knees bent to approximately 90° sit position. The arms may be stretched out in front for balance during rotation. May initiate spin from a stationary position or from a forward 2-ft glide.	<ul style="list-style-type: none"> <li>• Minimum 1 rotation in sit position</li> <li>• Execute sit position (approx. 90° knee bend)</li> <li>• Direction is skater’s choice (clockwise/counterclockwise)</li> </ul>

## STAGE 5

	Skill	Description	Performance Standards
Balance - 5	fwd crosscuts - figure-8	From forward circle thrust, outside foot crosses over inside foot establishing a mini 2-ft glide in crossed position. Inside foot pushes underneath with the side of the blade and then steps beside outside foot. Repeat action using knee bend and blade pushes. Skill executed in a figure-8 pattern (crosscuts in both directions).	<ul style="list-style-type: none"> <li>Demonstrate blade pushes minimum 50% of the skill in both directions</li> <li>Perform complete figure-8</li> <li>Execute good timing and rhythm, “push, cross, push, cross”</li> </ul>
	FI edges	From stationary position, push off onto curve on 1 foot, glide and hold inside edge for half circle (curve size approximately equal to skater’s height). Repeat skill on other foot. Free leg and arms held in controlled and comfortable position.	<ul style="list-style-type: none"> <li>Demonstrate reasonable balance and control</li> <li>Execute push-off with power from side of blade</li> <li>Execute minimum 4 consecutive edges, alternating feet</li> </ul>
	fwd push/glide sequence	Forward skating with even push/glide sequence (L/R/L/R/L/R) using side of blade. Knee bend used to generate power from the push and free leg extends on each glide (the nature of the extension will change depending on type of skates - figure or hockey). Arms used freely to increase coordination and natural rhythm.	<ul style="list-style-type: none"> <li>Exhibit solid pushing technique using side of blade</li> <li>Generate adequate power and speed</li> <li>Full length of ice alternating feet</li> </ul>
	fwd perimeter skating with jumps	Forward skating around perimeter using consecutive push/glide sequence with a jump of any nature over the blue, red and goal lines. A variety of jumps may be used (e.g. 2-ft jump, power jump, forward to backward, etc.).	<ul style="list-style-type: none"> <li>Use equal pushes, alternating feet</li> <li>Demonstrate balance and control</li> <li>Any manner of jump permitted</li> <li>Direction is skater’s choice (clockwise/counterclockwise)</li> </ul>
	inside spread eagle	2-ft glide on a curve. Front foot follows curve on a forward edge and back foot follows same curve on a backward edge. Body leans into the curve on an inside edge with bent or straight knees. Must train skill in both directions to encourage turn out and flexibility.	<ul style="list-style-type: none"> <li>Spread eagle position held minimum 1 second</li> <li>Direction is skater’s choice (clockwise/counterclockwise)</li> </ul>
	fwd 1-ft slalom	Set pylons in straight line. From forward skating, glide on 1 foot, apply pressure into the ice and use knee bend rhythm (down/up, down/up) to navigate through slalom course. The skater will be executing change of edges through the slalom. Arms used freely to aid in upper body twist action.	<ul style="list-style-type: none"> <li>Demonstrate good control and knee action</li> <li>Slalom course minimum 6 pylons</li> <li>1 foot for majority of skill (small step-downs permitted)</li> <li>Foot is skater’s choice (left or right)</li> </ul>
	running lateral crossovers	Start from a stationary position with feet placed perpendicular to desired direction of travel. This skill is the same as walking crosscuts from Stage 3 only each cross and step is performed with a light jump similar to running. Feet remain parallel to one another and arms are used freely to maintain balance and coordination.	<ul style="list-style-type: none"> <li>Perform 3 consecutive running crossovers</li> <li>Direction is skater’s choice (clockwise/counterclockwise)</li> </ul>

<b>Control - 5</b>	fwd 2-ft side stop	From forward skating, glide on 2 feet and bend knees. Rotate body and feet to one side (perpendicular to line of travel) while applying pressure to the blades. Feet remain parallel and must be no wider than shoulder-width apart.	<ul style="list-style-type: none"> <li>• Full and complete stop</li> <li>• Feet remain parallel throughout stop</li> <li>• Both directions (clockwise/ counterclockwise)</li> </ul>
	bwd stop with speed	Accelerate speed while backward skating then glide on 2 feet, bend knees and use right, left or both feet to apply pressure to the ice in backward and out motion while turning the toe(s) outward slightly.	<ul style="list-style-type: none"> <li>• Acceleration prior to stop</li> <li>• Full stop using side of the blade(s)</li> <li>• Produce snow</li> <li>• Demonstrate 2 different complete stops (left foot, right foot or 2-ft snowplow)</li> </ul>
	bwd crosscuts	From backward circle thrust, outside foot crosses over inside foot establishing a mini 2-ft glide in crossed position. Inside foot pushes underneath with the side of the blade and then steps beside outside foot. Repeat action using knee bend and blade pushes.	<ul style="list-style-type: none"> <li>• Demonstrate crossed-foot position minimum 50% of the skill</li> <li>• Perform full circle</li> <li>• Both directions (clockwise/ counterclockwise)</li> </ul>
	BI slalom	Set pylons in staggered line approximately 2.5 metres apart. Enter course from backward skating. At each pylon, pick up inside foot and lean towards pylon to create a 1-ft curve around. Once the curve is complete, proceed to next pylon using backward skating and pick up the opposite foot. As skater becomes proficient at this skill there will be fewer steps between each pylon.	<ul style="list-style-type: none"> <li>• Demonstrate good balance and control</li> <li>• Slalom course minimum 6 pylons</li> <li>• Slalom course should be approximately 2.5 metres wide</li> </ul>
	bwd push/glide sequence	Backward skating with even push/glide sequence (L/R/L/R/L/R) using side of blade. Knee bend used to generate power from the push and increase length of glide.	<ul style="list-style-type: none"> <li>• Demonstrate good knee action and rhythm.</li> <li>• Sustain continuous backward momentum for full length of the ice</li> </ul>
	bwd spiral	Skating backward, glide on 2 feet and establish balance. Shift weight onto one foot and lift other foot up and back. Lean body forward so that torso is parallel to the ice while free leg extends up to hip level or higher (90° position).	<ul style="list-style-type: none"> <li>• Spiral position held minimum 2 seconds</li> <li>• Foot is skater's choice (left or right)</li> </ul>
	speed drill #2	From a stationary position, skate forward from goal line to 2nd blue line in 12 seconds or less. Both feet used equally, alternating push/glide sequence. Arms are used freely while the core of the body is held still.	<ul style="list-style-type: none"> <li>• Execute skill in 12 seconds or less</li> </ul>

Agility - 5	fwd 1-ft turn	From stationary position or from small glide, push off onto curve on 1 foot. Using a combination of knee bend (“unweighting”, down/up/down action) and upper body lean, execute a turn on 1 foot from forward to backward with 1-ft glide exit.	<ul style="list-style-type: none"> <li>• Glide held 1 second into turn and 1 second out of turn</li> <li>• Perform on both feet (left and right)</li> <li>• Perform on both edges (inside and outside)</li> </ul>
	fwd 360° glide turn	From forward skating, glide on 2 feet, bend knees and lean into curve to create a tight full-circle turn (option: inside foot may be lifted to execute on 1 foot). Exit with forward skating.	<ul style="list-style-type: none"> <li>• Sustain good balance and flow</li> <li>• Some adjusting during glide turn acceptable.</li> <li>• Both directions (clockwise/ counterclockwise)</li> </ul>
	fwd to bwd 1-ft jump	From forward skating, glide on 1 foot and bend skating knee. Push off using arms and knees in explosive manner so that foot leaves ice and rotates 180°. Land backward on same foot with bent knee and exit with backward skating. Emphasis placed on “bend/up/bend” knee and ankle action.	<ul style="list-style-type: none"> <li>• Demonstrate good balance and control (take-off and landing)</li> <li>• Landing edge held minimum 2 seconds</li> <li>• Both edges (inside and outside)</li> <li>• Foot is skater’s choice (left or right)</li> </ul>
	fwd power jump	From forward skating, swing free leg forward to propel into the air off front of skating foot. Land on front of free foot and use it to push forward onto blade of original skating foot. Arms used to aid in “swing-through”. Skaters may land on the toe pick or flat of the blade before pushing onto a forward glide.	<ul style="list-style-type: none"> <li>• Achieve lift-off</li> <li>• Maintain balance</li> </ul>
	1-ft spin	From a stationary position or from a forward glide, begin with knees bent and arms extended laterally. Using a combination of knee action and hip and shoulder twist initiate a spin on 1 foot while posture remains upright. The free foot and arms swing in direction of rotation and then draw in to “hug” the body during rotation.	<ul style="list-style-type: none"> <li>• Minimum 2 rotations on 1 foot</li> <li>• Execute with balance and control</li> <li>• May be initiated from a 2-ft spin</li> </ul>
	alternating foot spin	From a stationary position or from a forward glide, initiate a 2-ft or 1-ft spin. While maintaining reasonable balance, rotate on 1 foot then change to the other and then repeat. Travelling is acceptable. Number of rotations on each foot is not important as this skill is an introduction to a back spin.	<ul style="list-style-type: none"> <li>• Maintain reasonable balance and control</li> <li>• Perform 3 changes of foot</li> <li>• Minimum 2 rotations</li> </ul>
	fwd tight glide turns	From forward skating, glide on 2 feet, bend knees and lean into turn (approximately 180°). Inside foot leads the rotation and is held slightly in front, weight shifts onto back foot. This is a short radius turn used instead of stopping and starting, performed at low and medium speeds. Allows skaters to react to changing game situations.	<ul style="list-style-type: none"> <li>• Series of minimum 6 tight glide turns</li> <li>• Alternate directions (clockwise/ counterclockwise)</li> </ul>

## STAGE 6

	Skill	Description	Performance Standards
Balance - 6	fwd power crosscuts	From forward circle thrust, outside foot crosses over inside foot, inside foot pushes underneath with the side of the blade and then steps beside outside foot. Repeat action using knee bend and power blade pushes with both feet (bend/push action). Upper body must be held strong, however arms may move freely for balance and coordination. Skill executed in figure-8 pattern or on separate circles.	<ul style="list-style-type: none"> <li>Demonstrate proficiency in both directions (clockwise/ counterclockwise)</li> <li>Execute proper technique using side of the blade</li> <li>Demonstrate reasonable lean, balance and power</li> </ul>
	fwd perimeter skating with crosscuts	Forward skating around perimeter using consecutive push/glide sequence along the sides (length) and crossovers at the ends (width). The torso and core held strong while arms used freely to maintain balance and coordination.	<ul style="list-style-type: none"> <li>Demonstrate proficiency in both directions (clockwise/ counterclockwise)</li> <li>Execute easy rhythm of pushes using side of blade on both feet equally</li> <li>1 lap of perimeter</li> </ul>
	FO edges	From stationary position, push off onto curve on 1 foot, glide and hold outside edge for half circle (curve size approximately equal to skater's height). Repeat skill on other foot. Free leg and arms held in controlled and comfortable position.	<ul style="list-style-type: none"> <li>Demonstrate reasonable balance and control</li> <li>Execute push-off with power from side of blade</li> <li>Minimum 4 consecutive edges, alternating feet</li> </ul>
	fwd 1-ft slalom	Set pylons in straight line (skill may performed without pylons as well). From forward skating, glide on 1 foot, apply pressure into the ice and use knee bend rhythm (down/up, down/up) to navigate through slalom course. Skater will execute a series of changes of edge. Arms used freely to aid in upper body twist action.	<ul style="list-style-type: none"> <li>Demonstrate good control and knee action</li> <li>Execute minimum 4 changes of edge</li> <li>Foot is skater's choice (left or right)</li> </ul>
	fwd shoot the duck	Skating forward, glide on 2 feet and establish balance. Shift weight onto one foot and extend free foot in front. Bend skating knee, lean body forward and lower into "shoot the duck" position. Rise from position using 2 feet or 1 foot and exit with forward skating.	<ul style="list-style-type: none"> <li>Demonstrate balance throughout</li> <li>Position held minimum 2 seconds (skating knee bend range of 135° - 90°)</li> <li>Foot is skater's choice (left or right)</li> <li>Exit skill in upright position (1 foot or 2 feet)</li> </ul>
	fwd perimeter skating with side stops	Forward skating around perimeter using consecutive push/glide sequence with side stops (2-ft or 1-ft) at each line (goal, blue, red). Accelerate speed between each stop and alternate direction of stops (turn CW and then turn CCW). The torso and core held strong while arms used freely to maintain balance and coordination.	<ul style="list-style-type: none"> <li>Perform minimum 3 stops , alternating direction (clockwise/ counterclockwise)</li> <li>1 lap of perimeter</li> </ul>
	fwd spiral on a curve	Skating forward, glide on 2 feet and establish balance on curve. Shift weight onto one foot and lift other foot up and back. Lean body forward so that torso is parallel to the ice while free leg extends up to hip level or higher (90° position).	<ul style="list-style-type: none"> <li>Demonstrate reasonable balance and control</li> <li>Glide held minimum 3 seconds (full spiral position held minimum 1 second)</li> <li>Foot is skater's choice (left or right)</li> <li>Edge is skater's choice (inside or outside)</li> </ul>
	fwd "crossover" acceleration	From stationary position, place feet perpendicular to desired direction of travel. If travelling to the right, pick up left foot, cross it over the right and execute a series of short, quick steps (see V start from Stage 4) before lengthening strides using a strong rhythm.	<ul style="list-style-type: none"> <li>Execute smoothly</li> <li>Direction is skater's choice (L over R/R over L)</li> <li>Acceleration should be approx. the width of the ice or comparable</li> </ul>

<b>Control - 6</b>	fwd 1-ft side stop	From forward skating, glide on 2 feet or 1 foot and bend knees. Shift weight to 1 foot, rotate body and feet to one side (perpendicular to line of travel) while applying pressure to the inside edge of the skating blade.	<ul style="list-style-type: none"> <li>• Full and complete stop</li> <li>• Foot is skater's choice (left or right)</li> </ul>
	fwd 2-ft side stop with speed	Accelerate speed from forward skating, glide on 2 feet and bend knees. Rotate body and feet to one side (perpendicular to line of travel) while applying pressure to the blades. Feet remain parallel and no wider than shoulder-width apart.	<ul style="list-style-type: none"> <li>• Acceleration prior to stop</li> <li>• Full and complete stop</li> <li>• Feet remain parallel throughout stop</li> <li>• Both directions (clockwise/ counterclockwise)</li> </ul>
	BO slalom	Set pylons in staggered line approximately 2.5 metres apart. Enter course from backward skating. At each pylon, pick up outside foot and lean towards pylon to create a 1-ft curve around. Once the curve is complete, proceed to next pylon using backward skating and pick up the opposite foot. As skater becomes proficient at this skill there will be fewer steps between each pylon.	<ul style="list-style-type: none"> <li>• Demonstrate good balance and control</li> <li>• Slalom course minimum 6 pylons</li> <li>• Slalom course should be approximately 2.5 metres wide</li> </ul>
	bwd crosscuts - figure-8	From backward circle thrust, outside foot crosses over inside foot establishing a mini 2-ft glide in crossed position. Inside foot pushes underneath with the side of the blade and then steps beside outside foot. Repeat action using knee bend and blade pushes. Skill executed in a figure-8 pattern (crosscuts in both directions).	<ul style="list-style-type: none"> <li>• Demonstrate proper cross technique minimum 50% of the skill in both directions</li> <li>• Perform complete figure-8</li> <li>• Execute good timing and rhythm, "push, cross, push, cross"</li> </ul>
	bwd perimeter skating with crosscuts	Backward skating around perimeter using consecutive push/glide sequence along the sides (length) and crossovers at the ends (width). The torso and core held strong while arms used freely to maintain balance and coordination.	<ul style="list-style-type: none"> <li>• Demonstrate proficiency in both directions (clockwise/ counterclockwise)</li> <li>• Execute easy rhythm of pushes using side of blade</li> <li>• 1 lap of perimeter</li> </ul>
	bwd 1-ft slalom	Set slaloms in straight line. From backward skating, glide on 1 foot, apply pressure into the ice and use knee bend rhythm (down/up, down/up) to navigate through slalom course. The skater will execute small changes of edge on one foot. Arms used freely to aid in upper body twist action.	<ul style="list-style-type: none"> <li>• Demonstrate good control and knee action</li> <li>• Slalom course minimum 6 edges</li> <li>• 1 foot for majority of skill (small step-downs permitted)</li> <li>• Foot is skater's choice (left or right)</li> </ul>
	bwd 1-ft spin	May be initiated from a stationary position or from a 2-ft spin. From a stationary position, begin with knees bent and arms extended laterally. Using a combination of knee action and hip and shoulder twist initiate a spin on 1 foot while posture remains upright. The free foot and arms swing in direction of rotation and then draw in to "hug" the body during rotation.	<ul style="list-style-type: none"> <li>• Minimum 1 rotation</li> <li>• Foot is skater's choice (left or right)</li> </ul>
	speed drill #3	From a stationary position, skate forward around full perimeter of ice in 35 seconds or less. Both feet used equally, alternate push/glide sequence. Arms are used freely while the core of the body is held still	<ul style="list-style-type: none"> <li>• Execute skill in 35 seconds or less</li> </ul>

Agility - 6	fwd 180° step turn (FI mohawk)	From stationary position or from 2-ft glide, step onto forward inside edge, extend free foot and then draw it towards inside of skating foot. Form a T or L position with the feet, open toe of free foot and rotate body to face backward while transferring weight onto free foot. Exit turn on opposite foot with backward inside edge (on same curve as entry edge).	<ul style="list-style-type: none"> <li>Demonstrate good control throughout</li> <li>Glide held minimum 1 second going in and out of turn</li> <li>Perform on both feet (left and right)</li> </ul>
	bwd 180° step turn (BO or BI mohawk)	From stationary position or from 2-ft glide, step onto backward inside or outside edge, open toe of free foot and rotate body to face forward while transferring weight onto free foot. Exit turn forward with opposite foot on same curve as entry edge. Must train skill on both feet and edges, BO to FO as well as BI to FI.	<ul style="list-style-type: none"> <li>Demonstrate good control throughout</li> <li>Glide held minimum 1 second going in and out of turn</li> <li>Perform on both feet (left and right)</li> <li>Edge is skater's choice (inside or outside)</li> </ul>
	2-ft multi turns	From forward 2-ft glide on straight line or curve, bend knees and initiate series of 2-ft turns similar to a "3-turn/bracket" action. Use unweighting technique (down/up/down/up) while feet remain parallel to each other. Skater's body should remain facing in one direction throughout the series of turns. Practice the series of turns with the body facing each way. Skater may then choose the direction that is most comfortable.	<ul style="list-style-type: none"> <li>Demonstrate good unweighting technique</li> <li>Execute series of minimum 6 turns</li> <li>May take occasional push to maintain flow</li> </ul>
	rotating power jump	From FO edge, push off front of blade. Use arms and free leg swing-through to rotate 180° in the air. Land on controlled BO edge of opposite foot (introduce landing position).	<ul style="list-style-type: none"> <li>Demonstrate good control throughout</li> <li>Both entry and exit edge held minimum 1 second</li> <li>Direction is skater's choice (clockwise/counterclockwise)</li> </ul>
	bwd toe-assisted jump	From backward skating, glide on straight line or curve, extend free leg back and insert toe pick firmly into ice. Pull backward, transfer weight onto toe pick and push off ice with a vertical jump. Land on a controlled BO edge or straight line. Skater may land on either foot.	<ul style="list-style-type: none"> <li>Landing edge held minimum 1 second</li> <li>Foot (L or R) for take-off and landing are skater's choice</li> </ul>
	bwd 360° 2-ft jump	From backward skating, glide on 2 feet and bend knees. Using arm swing, knee action and hip rotation push off ice and rotate 360° in the air. Land on backward 2-ft glide.	<ul style="list-style-type: none"> <li>Demonstrate good control throughout</li> <li>¼ to full rotation accepted</li> <li>Direction is skater's choice (clockwise/counterclockwise)</li> </ul>
	fwd 1-ft spin with spiraling edge	Begin with FO edge, execute a 3-turn and then spin on BI edge while rising in the skating knee. The free foot and arms swing in direction of rotation and then draw in to "hug" the body to increase speed of rotation. Step onto BO edge of free foot and execute a landing position for the exit.	<ul style="list-style-type: none"> <li>Minimum 2 rotations</li> <li>Foot is skater's choice (left or right)</li> </ul>
	fwd 2-ft reverse pivot turn	Set up a staggered pylon course approximately 3 metres wide. Skating forward, glide on 2 feet and bend knees. Body faces direction of travel while feet quickly flip/pivot onto backward glide travelling in opposite direction of entry (similar to a bracket turn). Exit with backward skating then step forward to repeat turn in opposite direction.	<ul style="list-style-type: none"> <li>Demonstrate good control and balance</li> <li>Both directions (clockwise/counterclockwise)</li> </ul>