

Speed Skating

The Learn to Speed Skate curriculum introduces skaters to the basics of speed skating and provides motivation to continue improving skating skills. The emphasis of the program is to develop confident and competent skaters of all levels and ages. The curriculum's six levels can be taught as a group or be used as goals for individual skaters. Starting from the first steps on the ice, skaters will progress through the levels at their own rate and advance once they have mastered each skill. These skills will build a foundation that will aid skaters throughout the rest of their skating careers.

Speed 1



- A. Sit and stand up on the ice
- B. March forward
- C. Forward two-foot glide
- D. Forward swizzles
- E. Dip
- F. Snowplow stop
- G. Backward marching
- H. Stationary basic position
- ★ Bonus skill: Two-foot hop in place

Speed 2



- A. Scooter pushes - R and L
- B. Forward one-foot glide - R and L
- C. Backward two-foot glide
- D. Forward two-foot glide in basic position
- E. Backward swizzles - 2 to 4 in a row
- ★ Bonus skill: Forward side extension in basic position - right and left

Speed 3



- A. Arm swing
- B. Speedskating start position
- C. Beginning speedskating start
- D. Falling and recovery
- E. Beginning speedskating track
- F. Two-foot slalom
- G. Two-foot glide around corner in basic position, clockwise and counterclockwise
- H. One-foot glide in a straight line in speed skating position - R and L
- ★ Bonus skill: Straightaway stride with recovery - R and L

Speed 4



- A. Corner side extension
- B. Corner right leg hold
- C. Right leg corner push around a circle
- D. Left leg corner push around a circle
- E. Beginning crossover
- ★ Bonus skill: Backward two-foot glide in basic position

Speed 5



- A. Skulling - 2 laps
- B. Two-foot 180 degree turn - R and L
- C. Four laps in position
- D. Start acceleration plus one lap
- E. Three lap time trial
- F. Beginning relay push
- ★ Bonus skill: Backward one-foot glide in basic position

Speed 6



- A. One-foot slalom - R and L
- B. One leg up-downs
- C. Corner up-downs - R and L
- D. 180 degree turn - right leg
- E. 180 degree turn - left leg
- F. 777 - seven lap time trial
- ★ Bonus skill: Relay race