

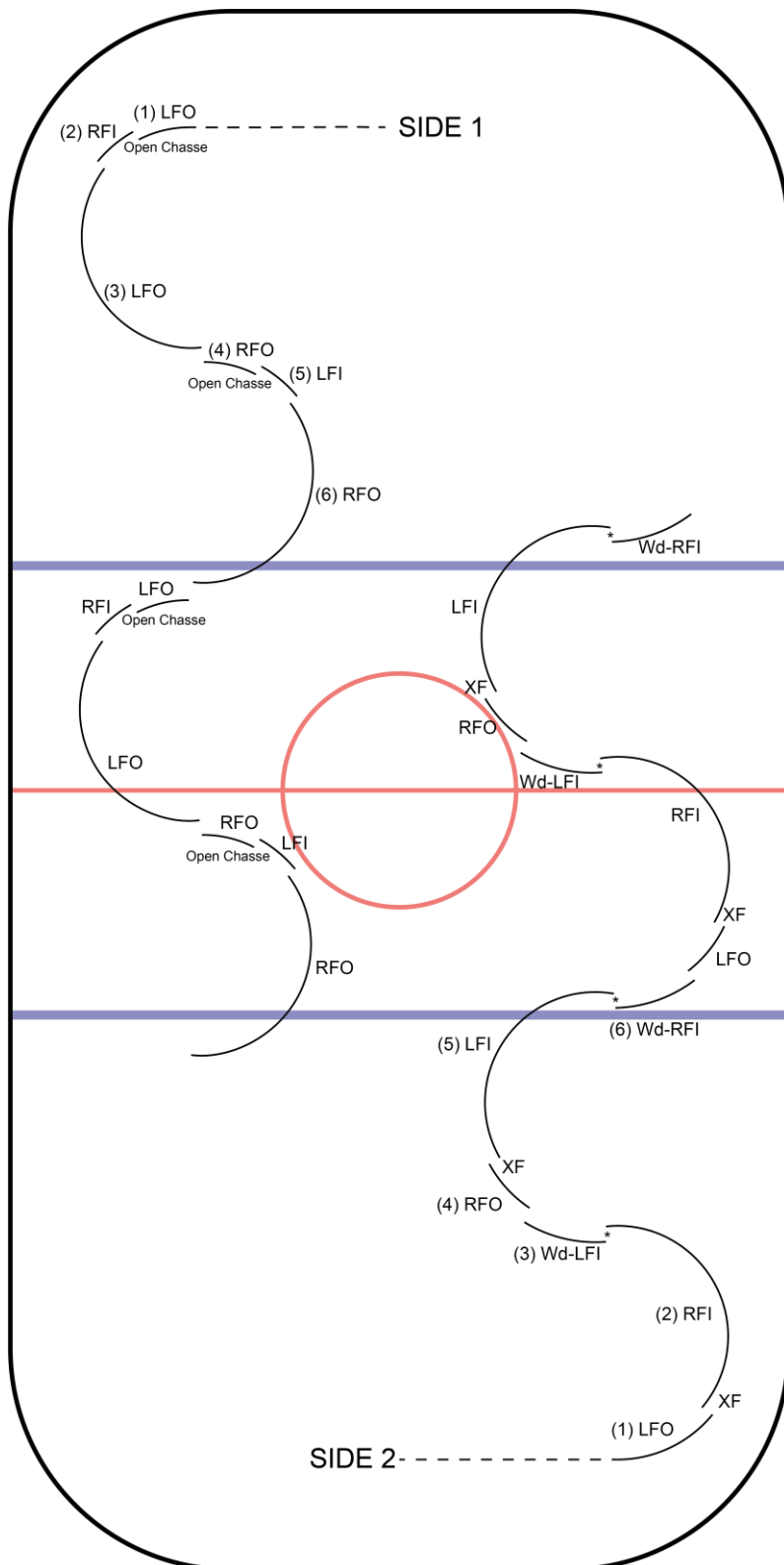
SKILLS TEST 1

The candidate must skate all 4 of the Skills exercises listed below:

- ***FORWARD EDGES***
- ***BACKWARD OUTSIDE EXTENDED POSITION***
- ***FORWARD & BACKWARD CROSSOVERS***
 - ***SLALOM***

SKILLS 1

EXERCISE 1 - FORWARD EDGES



LEARNING OBJECTIVES:

- Understanding the long axis.
- Controlling forward outside and inside edges.
- Good clean pushes and steps.

OUTCOME:

Demonstrate consistent speed and flow throughout.

From a moving start the skater will begin the exercise with:

SIDE 1 (1)LFO open chasse (2)RFI (3)LFO sustained edge (free leg optional) until the skater reaches the long axis (4)RFO open chasse (5)LFI (6)RFO sustained edge (free leg optional) until the skater reaches the long axis. Then repeat the sequence.

- A minimum of four and a maximum of six continuous curves

From a moving start the skater will begin the exercise with:

SIDE 2 (1)LFO (2)XF-RFI sustained edge (free leg optional) (3)LFI step wide (4)RFO (5)XF-LFI sustained edge (free leg optional) (6)RFI step wide. Then repeat the sequence.

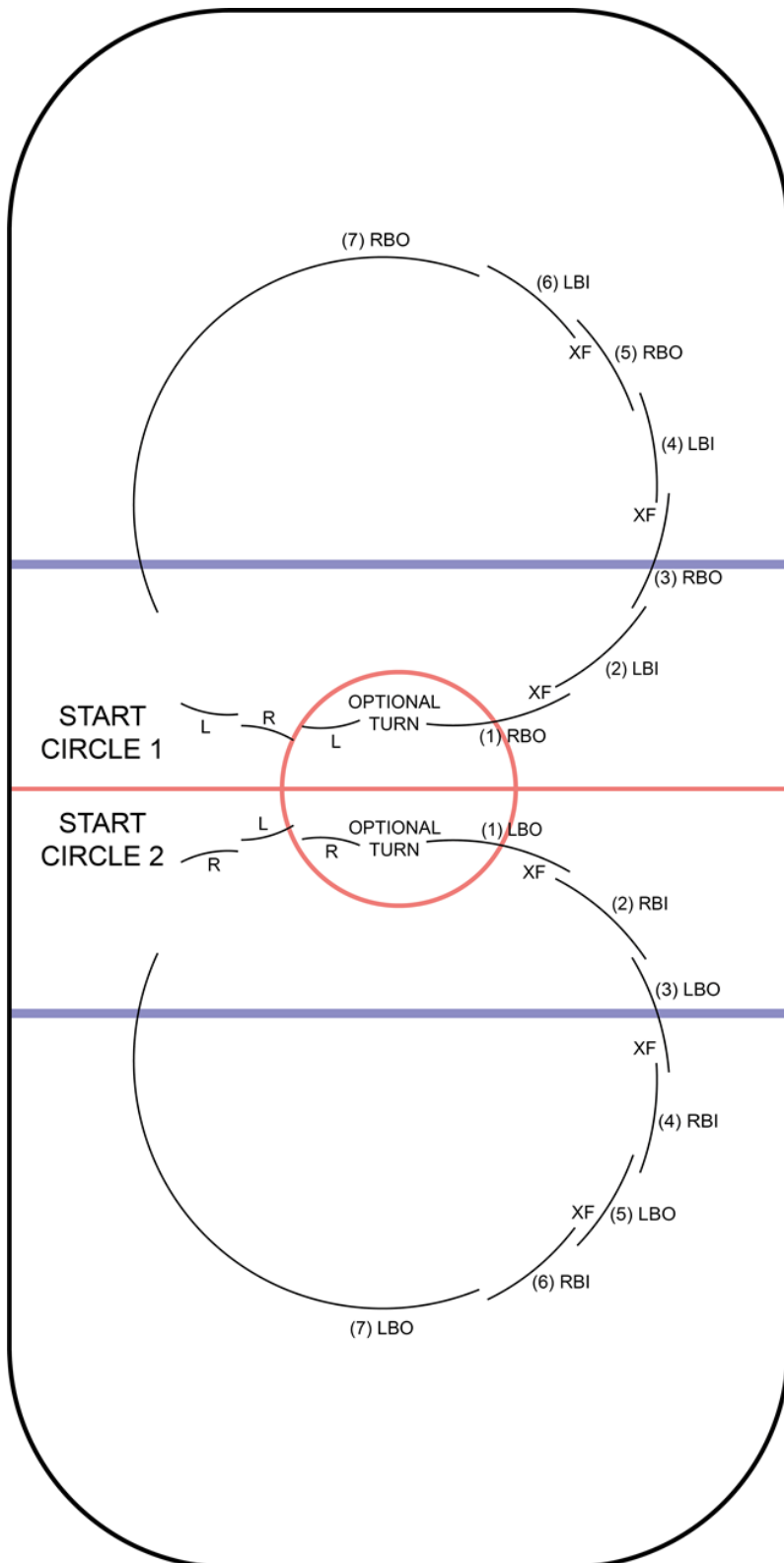
- A minimum of four and a maximum of six continuous curves

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes:

SKILLS 1

EXERCISE 2 - BACKWARD OUTSIDE EXTENDED POSITION



LEARNING OBJECTIVES:

- To build speed on backward crossovers.
- To control the backward outside edge.
- To demonstrate good extension of the free leg.

OUTCOME:

Demonstrate well balanced control of the extended edge in both directions.

From a stationary start the skater will begin with a maximum of 4 introductory steps followed by either a 3 turn or mohawk:

CIRCLE 1 (1)RBO (2)XF-LBI (3)RBO (4)XF-LBI (5)RBO (6)XF-LBI (7)RBO sustained edge with an extended position and free foot turned out, held for a minimum of 1/3 of a circle or 3 seconds.

- Optional shape (figure of eight or circular)

From a stationary start the skater will begin with a maximum of 4 introductory steps followed by either a 3 turn or mohawk:

CIRCLE 2 (1)LBO (2)XF-RBI (3)LBO (4)XF-RBI (5)LBO (6)XF-RBI (7)LBO sustained edge with an extended position and free foot turned out, held for a minimum of 1/3 of a circle or 3 seconds.

This completes the exercise.

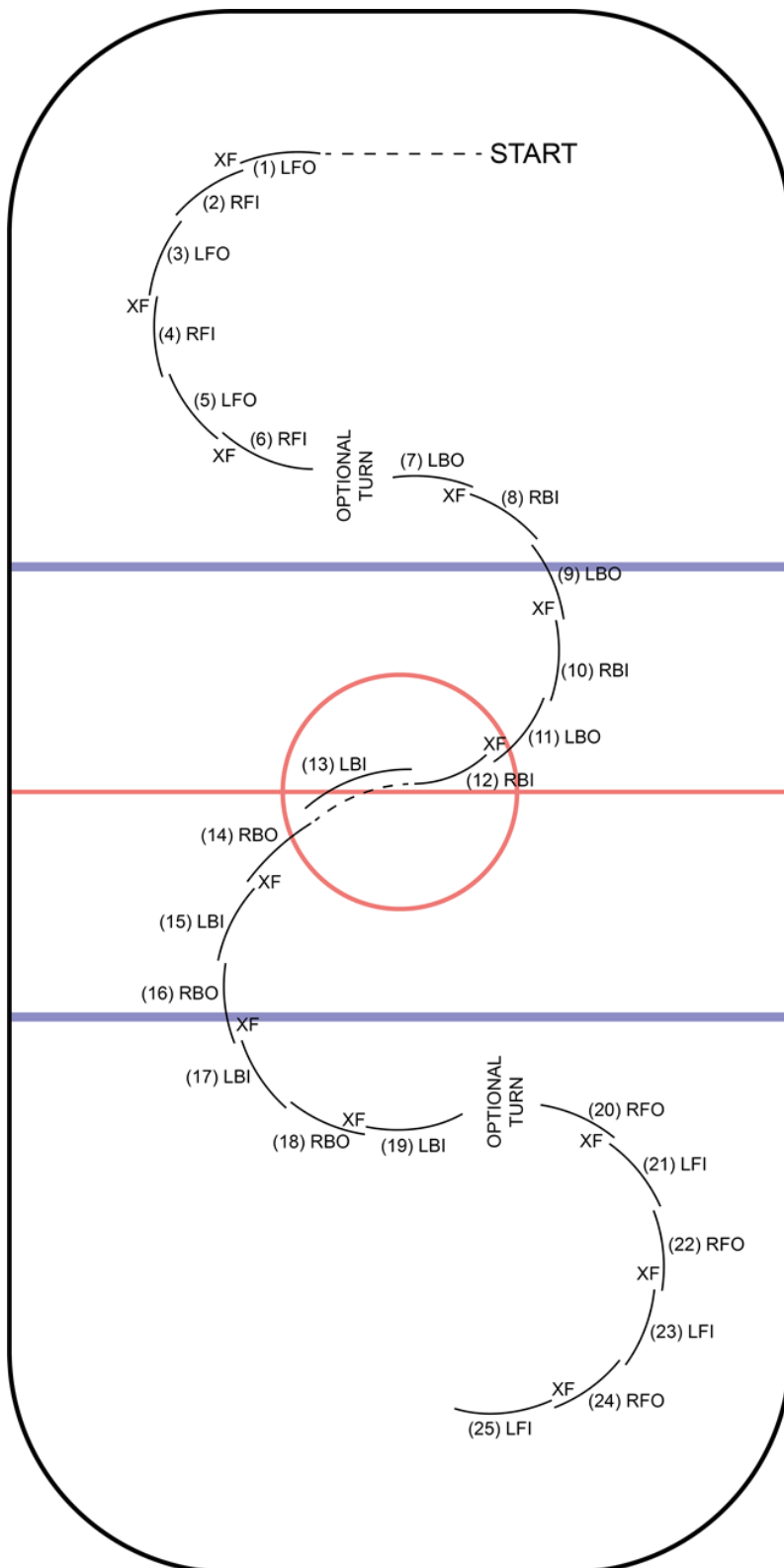
- Optional shape (figure of eight or circular)

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes:

SKILLS 1

EXERCISE 3 – FORWARD & BACKWARD CROSSOVERS



LEARNING OBJECTIVES:

- To achieve smooth forward and backward crossovers.
- Smooth transitional turns and steps.
- Maintaining consistent speed and flow throughout.

OUTCOME:

Demonstrate equal quality on multi directional forward and backward crossovers.

From a moving start the skater will begin the exercise with:

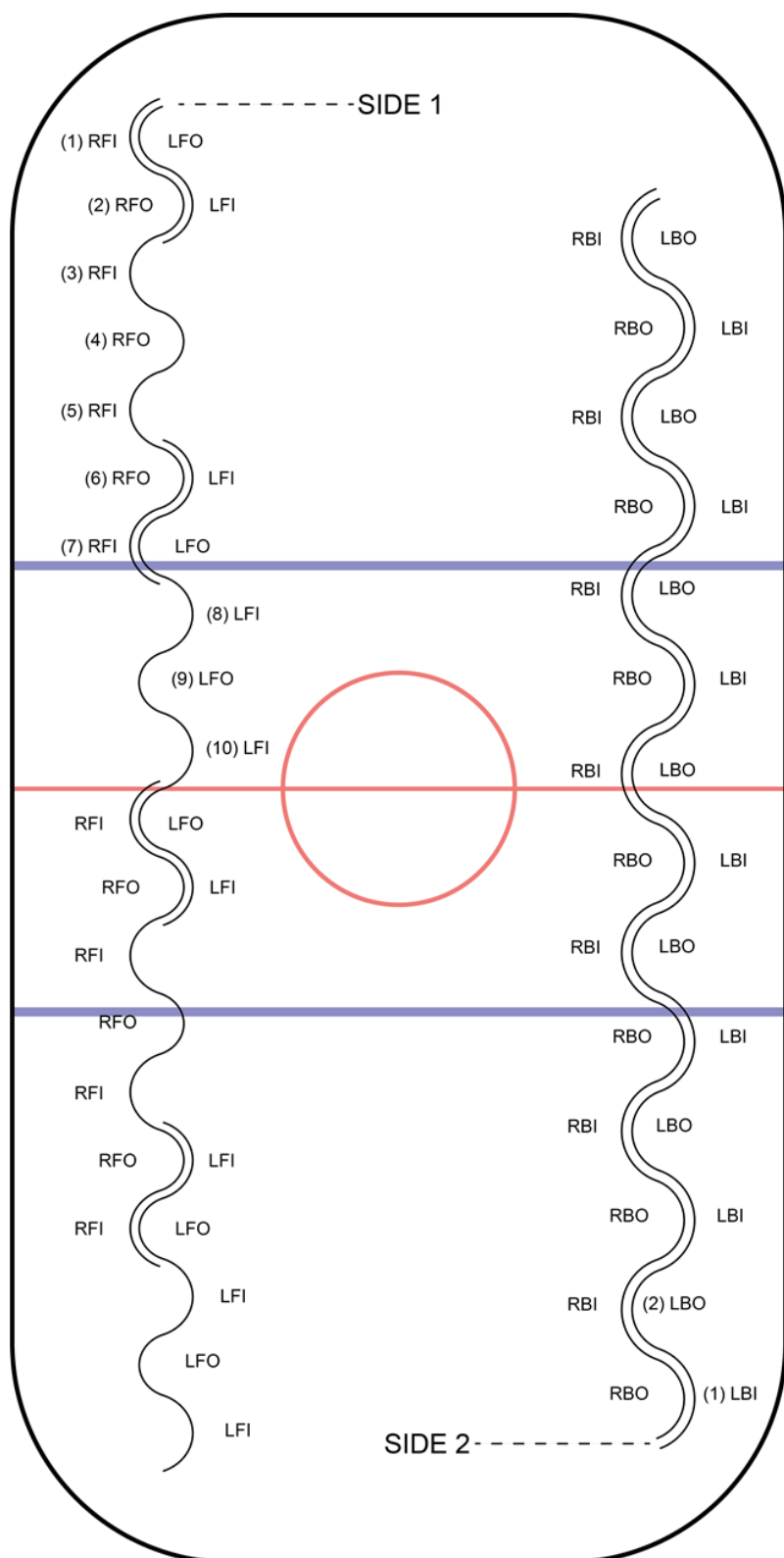
START (1)LFO (2)XF-RFI (3)LFO (4)XF-RFI (5)LFO (6)XF-RFI then an optional turn to backwards (3 turn or Mohawk) (7)LBO (8)XF-RBI (9)LBO (10)XF-RBI (11)LBO (12)XF-RBI whilst staying on the right foot step wide to the (13)LBI then transfer your weight back to the (14)RBO (15)XF-LBI (16)RBO (17)XF-LBI (18)RBO (19)XF-LBI then an optional step to forward (20)RFO (21)XF-LFI (22)RFO (23)XF-LFI (24)RFO (25)XF-LFI. This completes the exercise.

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes:

SKILLS 1

EXERCISE 4 - SLALOM



LEARNING OBJECTIVES:

- Understanding correct edges.
- Use of rhythmic knee action.
- Maintaining speed throughout.

OUTCOME:

Demonstrate a good rhythm and flow both forward and backward.

From a moving start the skater will begin the exercise with:

SIDE 1 (1)RFI & LFO two-foot power change of edge (2)RFO & LFI two-foot power change of edge. However, as the skater moves through this change of edge, they lift the left foot to perform (3)RFI power change of edge (4) RFO power change of edge (5)RFI power change of edge. However, as the skater moves through this change of edge, they place the left foot down to perform (6)RFO & LFI two-foot power change of edge (7)RFI & LFO two-foot power change of edge. However, as the skater moves through this change of edge, they lift the right foot to perform (8)LFI power change of edge (9)LFO power change of edge (10)LFI power change of edge. However, as the skater moves through this change of edge, they place the right foot down. Then repeat the sequence.

- A minimum of two repetitions on each foot

From a moving start the skater will begin the exercise with:

SIDE 2 (1)LBI & RBO two-foot power change of edge (2)LBO & RBI two-foot power change of edge. Then repeat the sequence.

- Utilise the full length of ice surface

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes: