



## SKATING SKILL GUIDELINES



<i><b>SKATING SKILL</b></i>	<i><b>KEY ELEMENTS</b></i>	<i><b>COMMON ERRORS</b></i>
Forward V-Start	<ul style="list-style-type: none"> <li>• Heel to heel posture</li> <li>• Three fast and powerful strides using inside edges</li> <li>• Body stays close to the ice</li> <li>• Exaggerated knee bend</li> <li>• Assume normal forward stride after start</li> <li>• Head up, shoulders level</li> <li>• Front to back arm swing</li> </ul>	<ul style="list-style-type: none"> <li>• Bend at the waist</li> <li>• Inadequate knee bend</li> <li>• Continue fast strides instead of switching to more efficient forward stride</li> <li>• Head is down</li> <li>• Side to side arm swing</li> </ul>
Acceleration	<ul style="list-style-type: none"> <li>• Quick start</li> <li>• Fast and powerful strides</li> <li>• Has reasonable speed</li> </ul>	<ul style="list-style-type: none"> <li>• Off balance</li> <li>• No power</li> <li>• Slow foot speed and stride</li> </ul>
Balance	<ul style="list-style-type: none"> <li>• Knee bend</li> <li>• Shoulder-hips-ball of the foot are in alignment</li> <li>• Knees are out over the toes of the skates</li> <li>• Head up</li> <li>• Weight on inside edges</li> </ul>	<ul style="list-style-type: none"> <li>• Legs are straight</li> <li>• Feet too close together or too far apart</li> <li>• Head down</li> <li>• Bend at the waist</li> </ul>
Forward Stride	<ul style="list-style-type: none"> <li>• Knee bend on the glide leg (over the toe of the glide skate)</li> <li>• Full extension of the thrust leg</li> <li>• Upper body discipline (straight alignment of the trunk and thrust leg at full extension)</li> <li>• Thrust and glide legs alternate</li> <li>• Glide skate points in the desired direction</li> <li>• Full recovery of the thrust leg</li> <li>• Head is up and shoulders are level</li> <li>• Transfer of weight from the thrust leg to the glide leg</li> </ul>	<ul style="list-style-type: none"> <li>• Failing to place weight on the glide leg</li> <li>• Not bending the knees</li> <li>• Thrusting backward off the toe instead of outward toward the side (walking)</li> <li>• High kick to start the recovery phase</li> <li>• Straighten the glide leg after each stride (bobbing up and down)</li> <li>• Not extending the thrusting leg fully and snapping with the toe</li> <li>• Not returning thrusting leg to full recovery (rail-roading)</li> </ul>

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Control Stop	<ul style="list-style-type: none"> <li>• Inside edges of both skates are utilized</li> <li>• Bending at the knee (shoulder-toe-knee alignment)</li> <li>• Skates shoulder width apart</li> <li>• Head and chest are up</li> <li>• Majority of weight transferred to lead skate</li> <li>• Official is in ready position when stop completed</li> </ul>	<ul style="list-style-type: none"> <li>• Skates more than shoulder width apart (limits mobility)</li> <li>• Skates too close together (reduces mobility and stability)</li> <li>• Head is down</li> <li>• Legs are straight, no knee bend</li> </ul>
Forward T-Start	<ul style="list-style-type: none"> <li>• Full extension of the thrust leg</li> <li>• Rapid recovery</li> <li>• Exaggerated knee bend</li> <li>• Use of inside edges</li> <li>• Upper body discipline, head up</li> <li>• Glide skate pointed in desired direction</li> </ul>	<ul style="list-style-type: none"> <li>• Bending at the waist and not at the knees</li> <li>• Failure to reach full extension</li> <li>• Failure to reach full recovery</li> </ul>
Hockey Stop	<ul style="list-style-type: none"> <li>• Knee bend</li> <li>• Body rotation – 90 degrees</li> <li>• Skates shoulder width apart</li> <li>• Slight backward body lean</li> <li>• Finish in ready position</li> </ul>	<ul style="list-style-type: none"> <li>• Lack of knee bend (loss of balance)</li> <li>• Skates too close or too far apart</li> <li>• Head down</li> </ul>
Backward Start	<ul style="list-style-type: none"> <li>• Ready position</li> <li>• Knee bend</li> <li>• Thrust down and through ice with heel-in/toe-out arc</li> <li>• Weight on ball of foot on glide leg</li> <li>• Glide leg heel points in desired direction</li> <li>• Head and chest is up</li> </ul>	<ul style="list-style-type: none"> <li>• Do not turn body ¼ turn</li> <li>• Lack of knee bend</li> <li>• Failure to achieve full extension and recovery</li> <li>• Bend at the waist (head down)</li> </ul>

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Backward Stride	<ul style="list-style-type: none"> <li>• Thrust of the inside edge with the skate in a heel-out/toe-in arc</li> <li>• Full transfer of weight to the glide leg upon completion of the thrust</li> <li>• Exaggerated knee bend</li> <li>• Full extension and full recovery</li> <li>• Proper weight distribution</li> </ul>	<ul style="list-style-type: none"> <li>• Wiggling hips which limits the potential power of the thrust</li> <li>• Bending at the waist or leaning forward (reduces balance, knee bend and thrust)</li> <li>• Skates too close together or too far apart (stability and mobility reduced)</li> <li>• Failure to reach full extension or full recovery</li> <li>• Thrusting sideways or back instead of heel-out/toe-in arc</li> <li>• Head down</li> </ul>
Backward T-Stop	<ul style="list-style-type: none"> <li>• Knees bent</li> <li>• Non-glide skate in a heel to heel position (hip rotation – ¼ turn)</li> <li>• Transfer weight to inside edge on the center of the blade</li> <li>• Head up, stop facing center ice</li> <li>• Assume ready position when completed (or use forward “T” start to go opposite direction)</li> </ul>	<ul style="list-style-type: none"> <li>• Lack of knee bend</li> <li>• Non-glide leg rotated too far</li> <li>• Improper weight transfer</li> <li>• Skates too far apart</li> </ul>
Backward V-Stop	<ul style="list-style-type: none"> <li>• Knees bent (toe-knee-shoulder alignment)</li> <li>• Toes out, heels in</li> <li>• Weight is on inside edges and on center of blade</li> <li>• Slight forward lean</li> <li>• Head is up</li> <li>• Ready position upon completion (or forward “V” start if desired to go in opposite direction)</li> </ul>	<ul style="list-style-type: none"> <li>• Lack of knee bend</li> <li>• Not turning each skate equally</li> <li>• Insufficient weight on inside edges</li> <li>• Leaning too far forward</li> </ul>

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Pivot Turns	<ul style="list-style-type: none"> <li>• Proper weight transfer</li> <li>• Turn heel of skate so toe is pointing in opposite direction</li> <li>• Rotate hips and shoulders while transferring weight</li> <li>• Head is up, always turning towards center ice</li> </ul>	<ul style="list-style-type: none"> <li>• Not transferring weight to one skate</li> <li>• Skates are too far apart</li> <li>• Over or under rotating hips and shoulders</li> <li>• Head is down watching skates</li> </ul>
Control Turn	<ul style="list-style-type: none"> <li>• Skates shoulder width apart</li> <li>• Pivot knee has exaggerated knee bend (over the toe of the skate)</li> <li>• Thrust out with non-glide skate</li> <li>• Turn shoulders and hips (steering wheel) in the direction of the turn</li> <li>• Weight on the outside edge of the lead skate and inside edge of the trailing skate</li> <li>• One crossunder to establish momentum in the other direction</li> <li>• Continue forward stride</li> <li>• Head up, always turn towards center of ice</li> </ul>	<ul style="list-style-type: none"> <li>• Lack of knee bend</li> <li>• Failure to thrust with non-glide leg</li> <li>• Improper weight transfer</li> <li>• Failure to crossunder and thrust with glide skate</li> <li>• Head is down looking at skates</li> </ul>
Forward Crossunder Turn	<ul style="list-style-type: none"> <li>• Turn of shoulders and hips in the intended direction</li> <li>• Weight alternates between inside edge of outside skate and outside edge of inside skate</li> <li>• Alternating full extension of the inside and outside legs during the thrust phase</li> <li>• Knee bend</li> <li>• Recover to ready position with outside skate never leaving the ice</li> <li>• Head up</li> </ul>	<ul style="list-style-type: none"> <li>• Failure to fully extend crossunder leg</li> <li>• Improper knee bend</li> <li>• Head down watching skates</li> <li>• Failure to use hips and shoulders as a steering wheel</li> </ul>

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Backward Crossunder Turn	<ul style="list-style-type: none"> <li>• Knee bend</li> <li>• Shoulders level and head up</li> <li>• Strong thrusts to full extension from both inside and outside edges</li> <li>• Efficient recovery to the ready position with skates barely leaving the ice</li> <li>• Reach to center with inside skate prior to start of crossunder</li> </ul>	<ul style="list-style-type: none"> <li>• Excessive leaning, making shoulders not level</li> <li>• Bend at the waist instead of the knees</li> <li>• Failure to reach full extension and recover to ready position</li> <li>• Lifting skates off of ice during recovery</li> <li>• Head is down watching skates</li> </ul>