

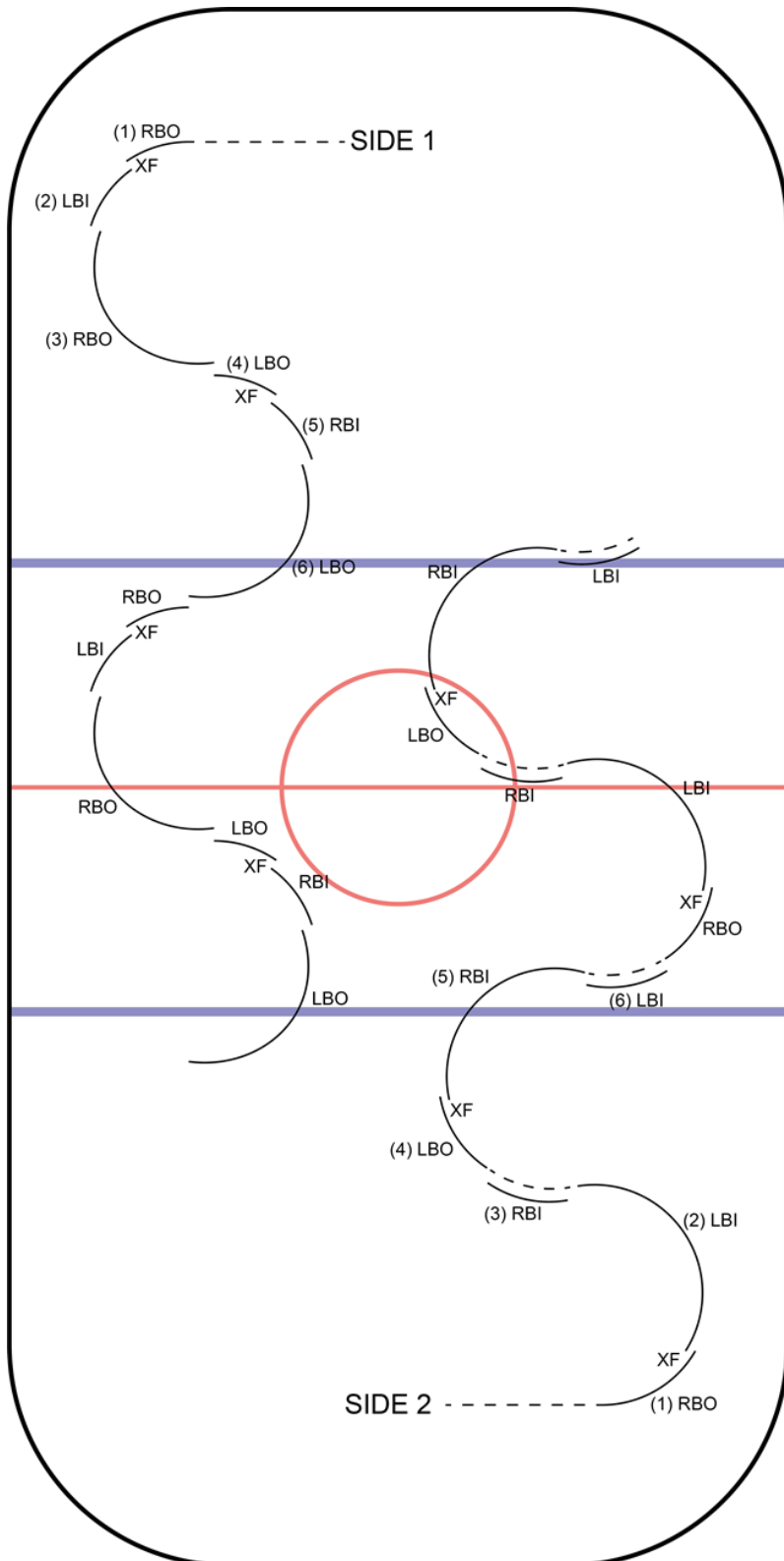
# ***SKILLS TEST 2***

*The candidate must skate 4 of the 5 Skills exercises listed below:*

- ***BACKWARD OUTSIDE & INSIDE EDGES***
  - ***ONE FOOT SLALOM***
  - ***FORWARD 3-TURNS***
- ***FORWARD CROSS ROLLS***
  - ***SKATING EXERCISE***

## SKILLS 2

### EXERCISE 1 - BACKWARD OUTSIDE & INSIDE EDGES



#### LEARNING OBJECTIVES:

- Understanding the long axis.
- Controlling backward outside and inside edges.
- Smooth backward crossovers.

#### OUTCOME:

Demonstrate consistent speed and flow throughout.

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

**SIDE 1** (1)RBO (2)XF-LBI (3)RBO sustained edge (optional free leg position) until the skater reaches the long axis (4)LBO (5)XF-RBI (6)LBO sustained edge (optional free leg position) until the skater reaches the long axis.

Then repeat the sequence.

- A minimum of four and maximum of six continuous curves

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

**SIDE 2** (1)RBO (2)XF-LBI sustained edge (optional free leg position) until the skater reaches the long axis, whilst staying on the left foot, step wide to a (3)RBI then transfer your weight back to (4)LBO (5)XF-RBI sustained edge (optional free leg position) until the skater reaches the long axis, whilst staying on the right foot step wide to a (6)LBI.

Then repeat the sequence.

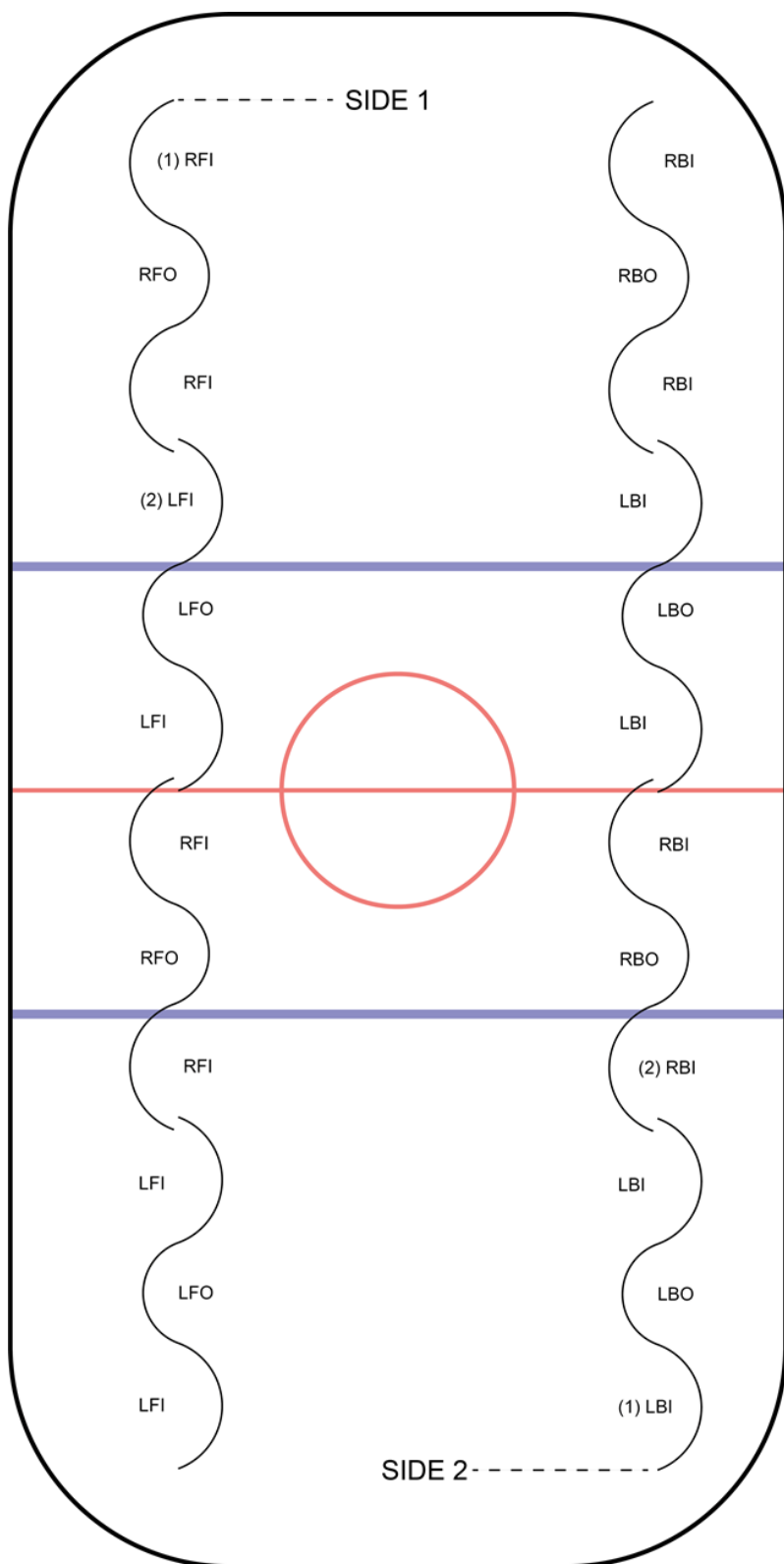
- A minimum of four and maximum of six continuous curves

**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 2

## EXERCISE 2 - ONE FOOT SLALOM



### LEARNING OBJECTIVES:

- Understanding correct edges.
- Use of rhythmic knee action.
- Maintaining speed and flow 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/O/I one foot power change of edge.

(2)LFI/O/I power change of edge. 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/O/I one foot power change of edge.

(2)RBI/O/I one foot power change of edge.

Then repeat the sequence.

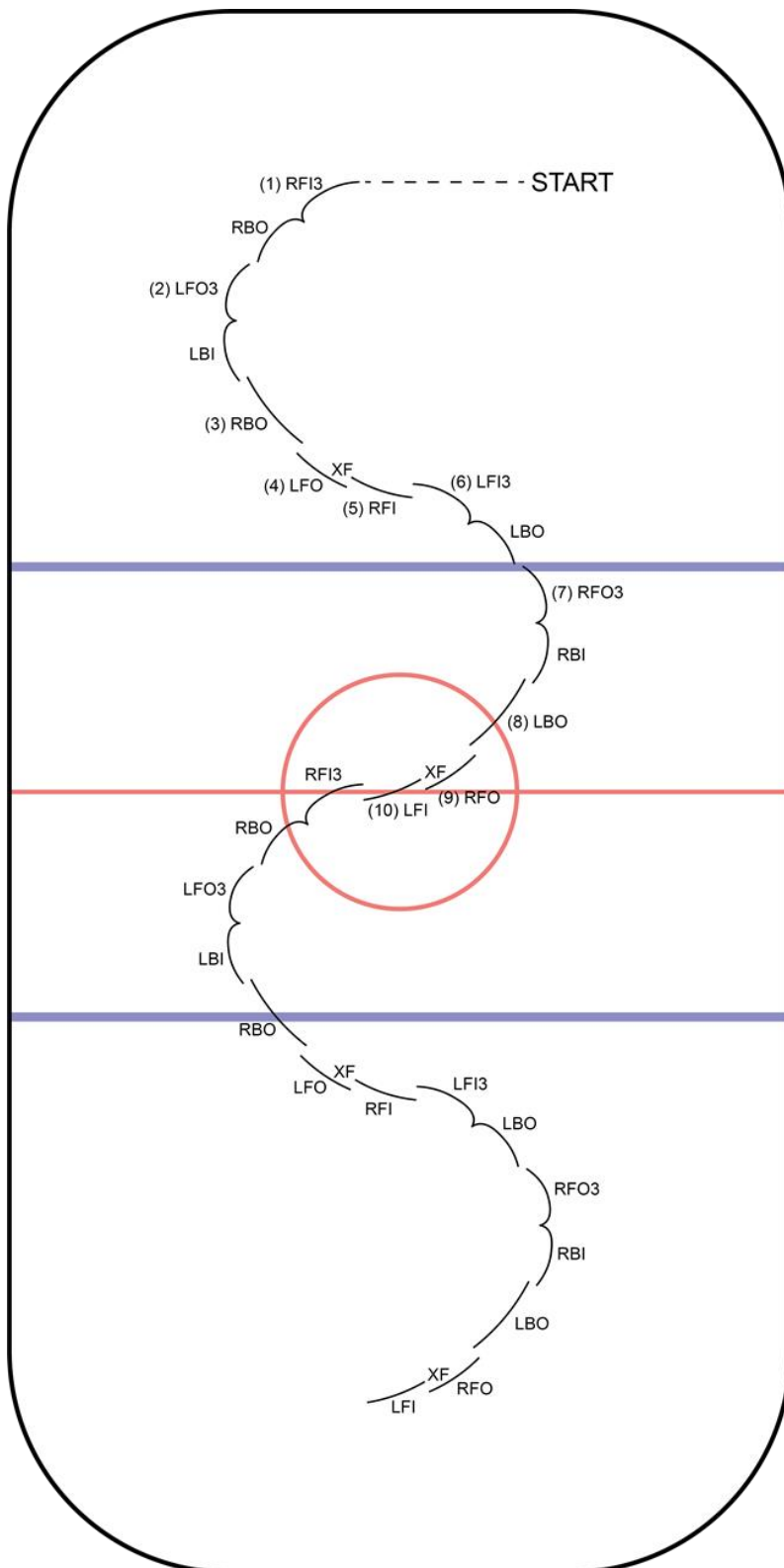
- A minimum of two repetitions on each foot

**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 2

### EXERCISE 3 - FORWARD 3-TURNS



#### LEARNING OBJECTIVES:

- Understanding the rise and fall of the skating knee on the turns and steps.
- Control of bodyweight throughout.
- Understanding of the shape.

#### OUTCOME:

Demonstrate multi directional turns on correct edges with consistent speed and flow.

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

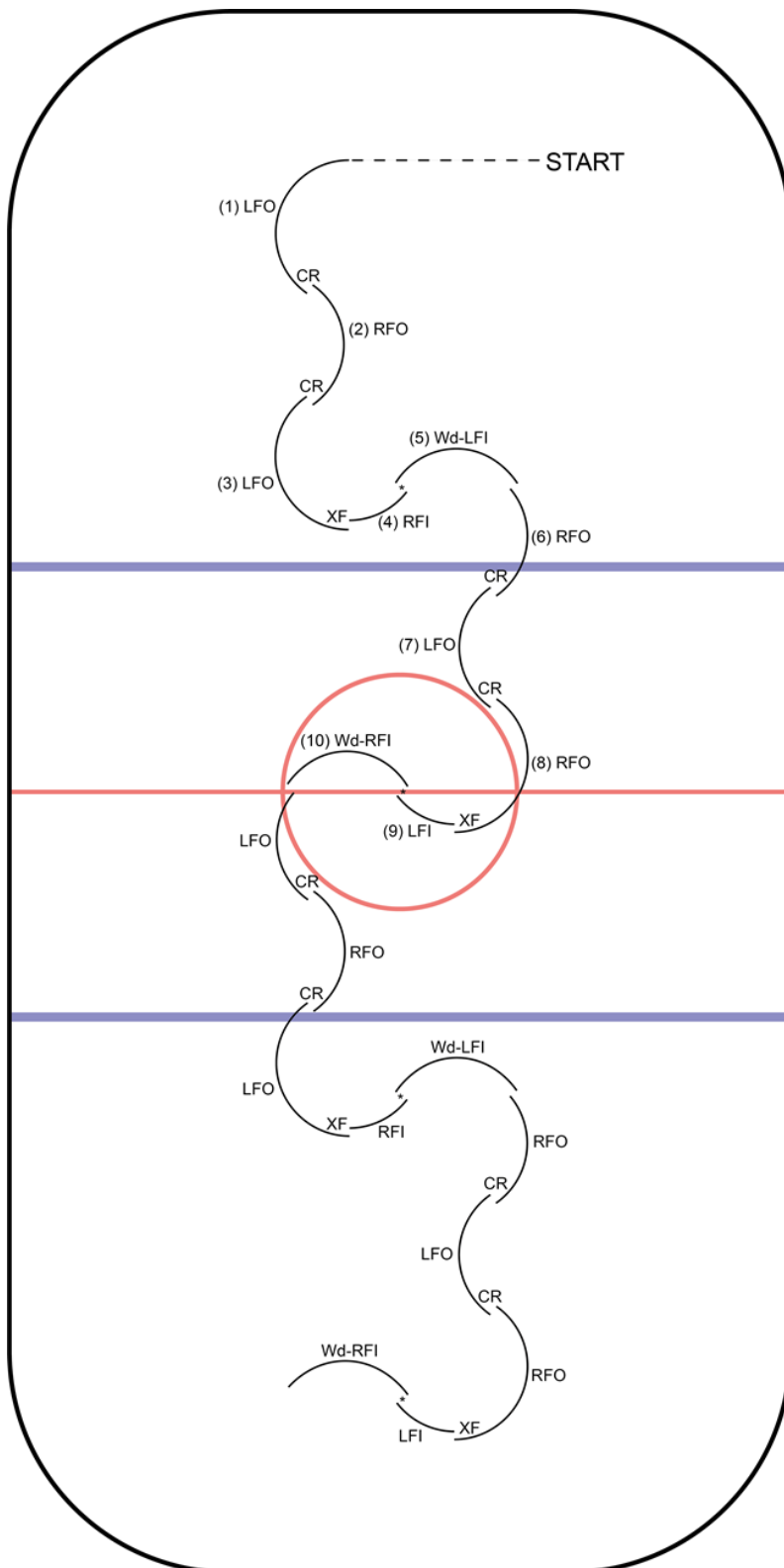
(1)RFI 3 turn (2)LFO 3 turn (3)RBO (free leg position optional) (4)LFO (5)XF-RFI (6)LFI 3 turn (7)RFO 3 turn (8)LBO (free leg position optional) (9)RFO (10)XF-LFI. Then repeat the sequence.

**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 2

### EXERCISE 4 – FORWARD CROSS ROLLS



#### LEARNING OBJECTIVES:

- Correct edges and foot placement.
- Rhythmic knee action.
- Control and transfer of bodyweight.

#### OUTCOME:

Demonstrate a smooth, flowing exercise with correct foot placement on the cross rolls.

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

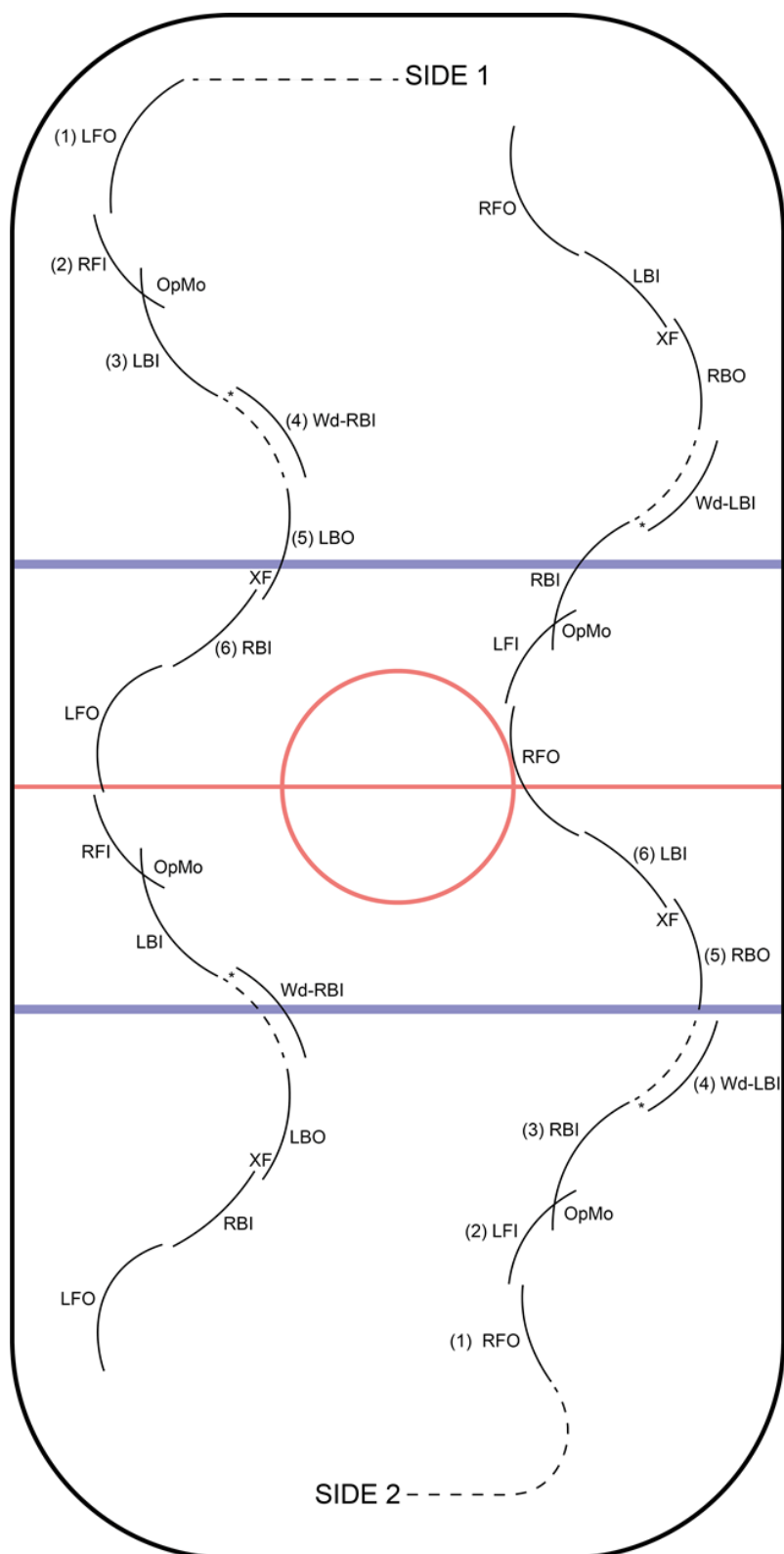
(1)LFO cross roll (2)RFO cross roll (3)LFO (4)XF-RFI step wide to (5)LFI (6)RFO cross roll (7)LFO cross roll (8)RFO (9)XF-LFI step wide to (10)RFI. Then repeat the sequence.

**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 2

## EXERCISE 5 - SKATING EXERCISE



### LEARNING OBJECTIVES:

- Correct foot placement.
- Multi directional turns executed with speed and flow.
- Correct edges and shape.

### OUTCOME:

Demonstrate the skating exercise with smooth transitions and controlled speed.

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

**SIDE 1** (1)LFO (2)RFI open mohawk (3)LBI whilst staying on the left foot step wide to the (4)RBI then transfer your weight back to (5)LBO (6)XF-RBI. Then repeat the sequence.

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

**SIDE 2** (1)RFO (2)LFI open mohawk (3)RBI whilst staying on the right foot step wide to the (4)LBI then transfer your weight back to (5)RBO (6)XF-LBI. Then repeat the sequence.

- Complete a full circuit of the 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: