

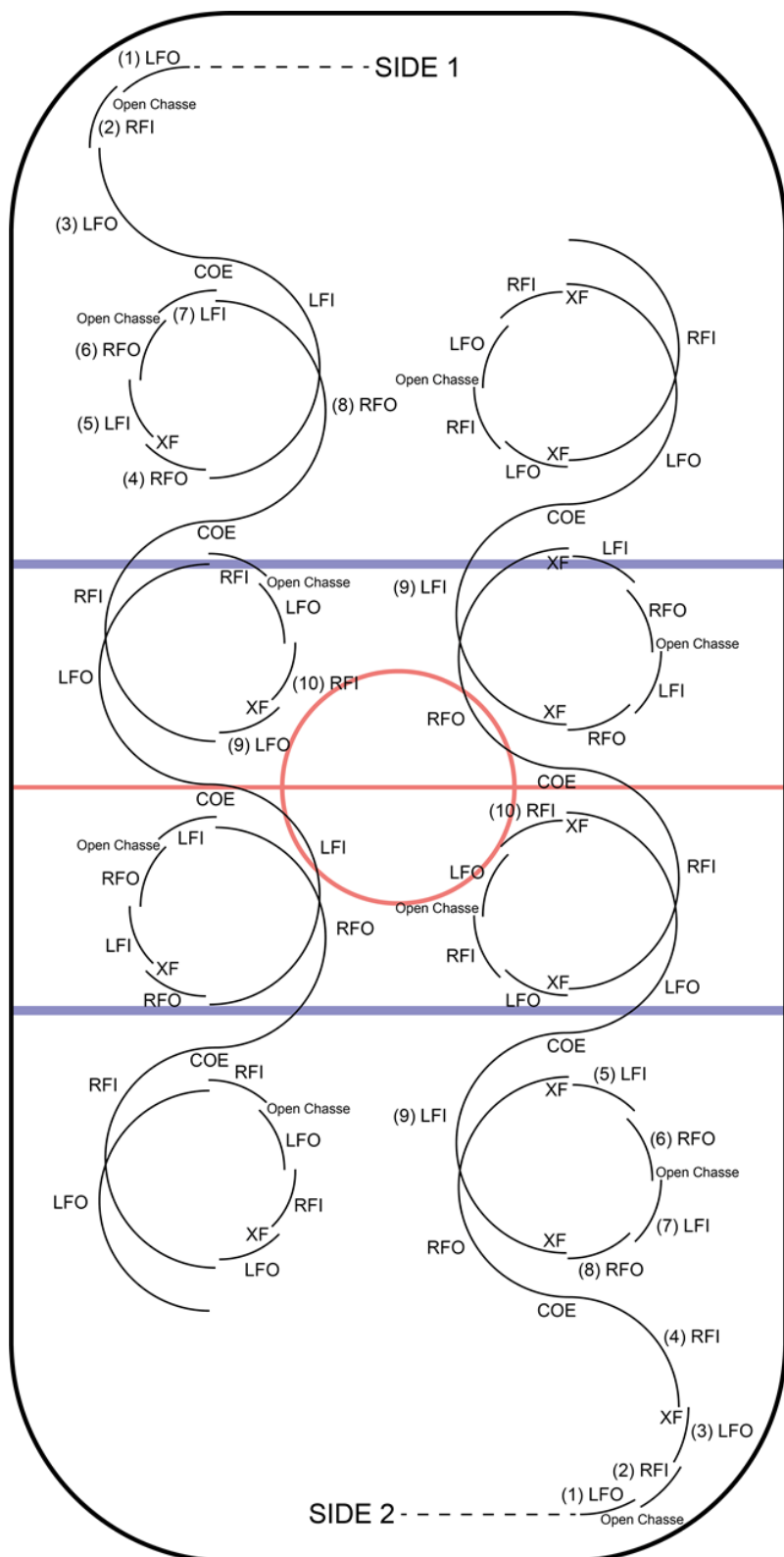
# ***SKILLS TEST 3***

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

- FORWARD CHANGES OF EDGE
- MULTI-DIRECTIONAL 3-TURNS
  - BACKWARD CROSS ROLLS
- FORWARD INSIDE TWIZZLES
  - FORWARD SPIRALS

# SKILLS 3

## EXERCISE 1 - FORWARD CHANGES OF EDGE



### LEARNING OBJECTIVES:

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

### OUTCOME:

Demonstrate fluid, controlled changes of edge.

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

**SIDE 1** (1)LFO open chasse (2)RFI (3)LFO/l change of edge (hold for ½ circle) (4)RFO (5)XF-LFI (6)RFO open chasse (7)LFI (8)RFO/l Change of edge (hold for ½ circle) (9)LFO (10)XF-RFI. Then repeat the sequence.

- Minimum of four maximum of six

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

**SIDE 2** (1)LFO open chasse (2)RFI (3)LFO (4)XF-RFI/O Change of edge (hold for ½ circle) (5)XF-LFI (6)RFO open chasse (7)LFI (8)RFO (9)XF-LFI/O Change of edge (hold for ½ circle) (10)XF-RFI. Then repeat the sequence.

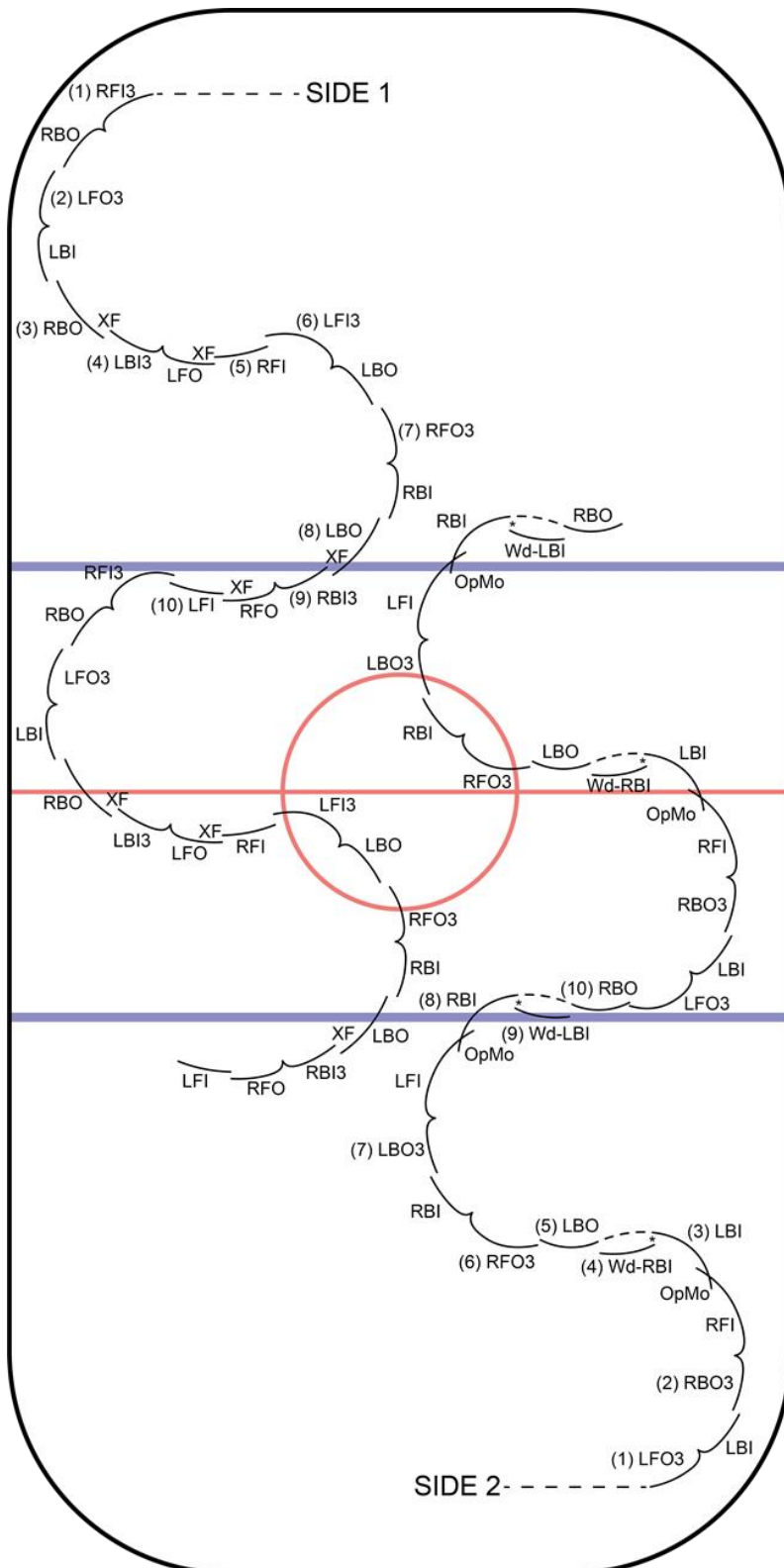
- Minimum of four maximum of six

**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 3

## EXERCISE 2 – MULTI DIRECTIONAL 3-TURNS



### LEARNING OBJECTIVES:

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

**SIDE 1** (1)RFI 3 turn (2)LFO 3 turn (3)RBO (4)XF-LBI 3 turn (5)XF-RFI (6)LFI 3 turn (7)RFO 3 turn (8)LBO (9)XF-RBI 3-turn (10)XF-LFI.

Then repeat the sequence.

- A minimum of four lobes

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

**SIDE 2** (1)LFO 3 turn (2)RBO 3 turn-open mohawk (3)LBI whilst staying on the left foot step wide to the (4)RBI then push back to (5)LBO (6)RFO 3 turn (7)LBO 3 turn-open mohawk (8)RBI whilst staying on the right foot step wide to the (9)LBI then push back to (10)RBO.

Then repeat the sequence.

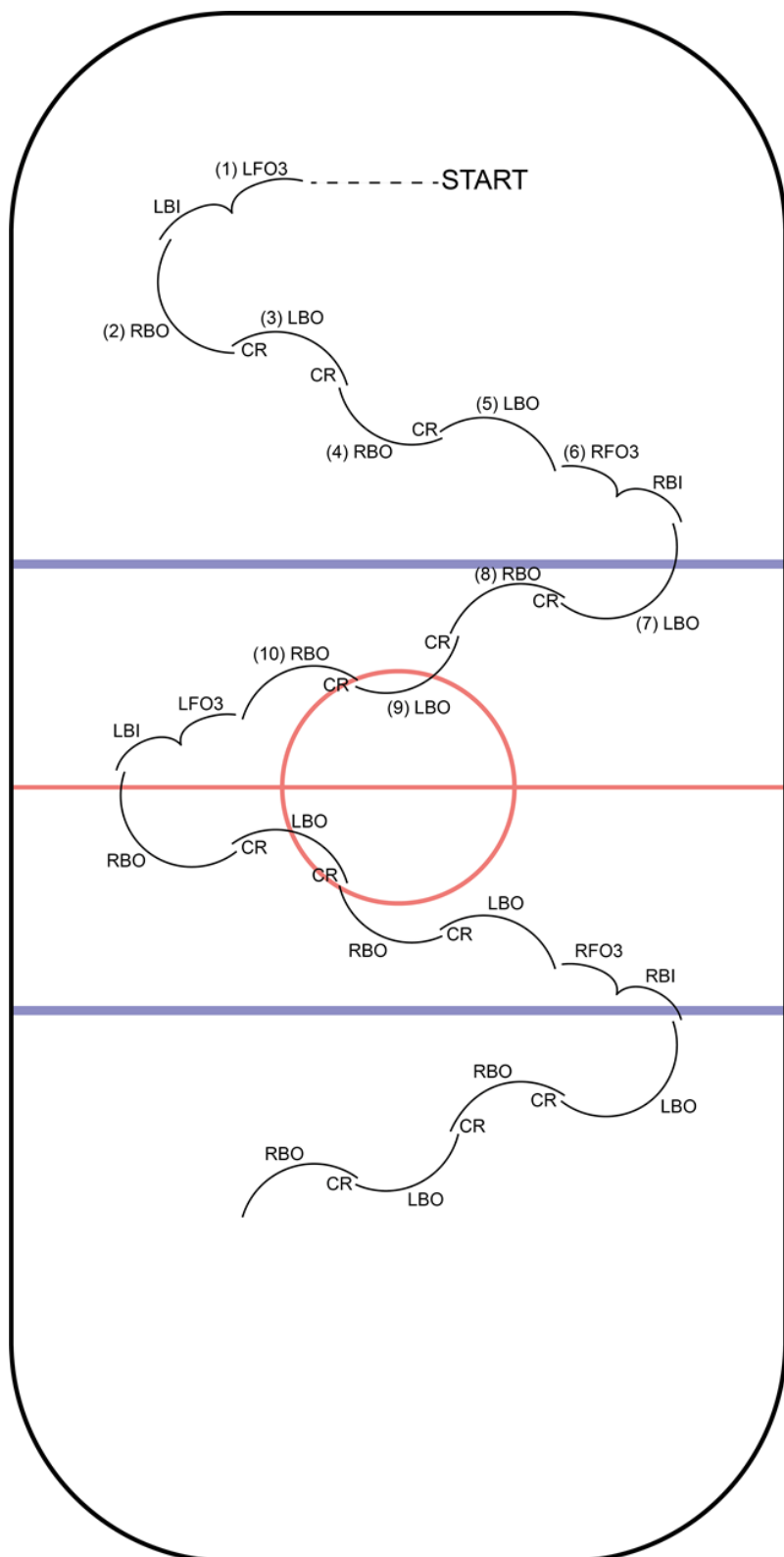
- A minimum of four lobes

**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 3

### EXERCISE 3 – BACKWARD 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 3 turn (2)RBO extended edge with free leg position optional, into cross roll (3)LBO cross roll (4)RBO cross roll (5)LBO (6)RFO 3 turn (7)LBO extended edge with free leg position optional, into cross roll (8)RBO cross roll (9)LBO cross roll (10)RBO. Then repeat the sequence.

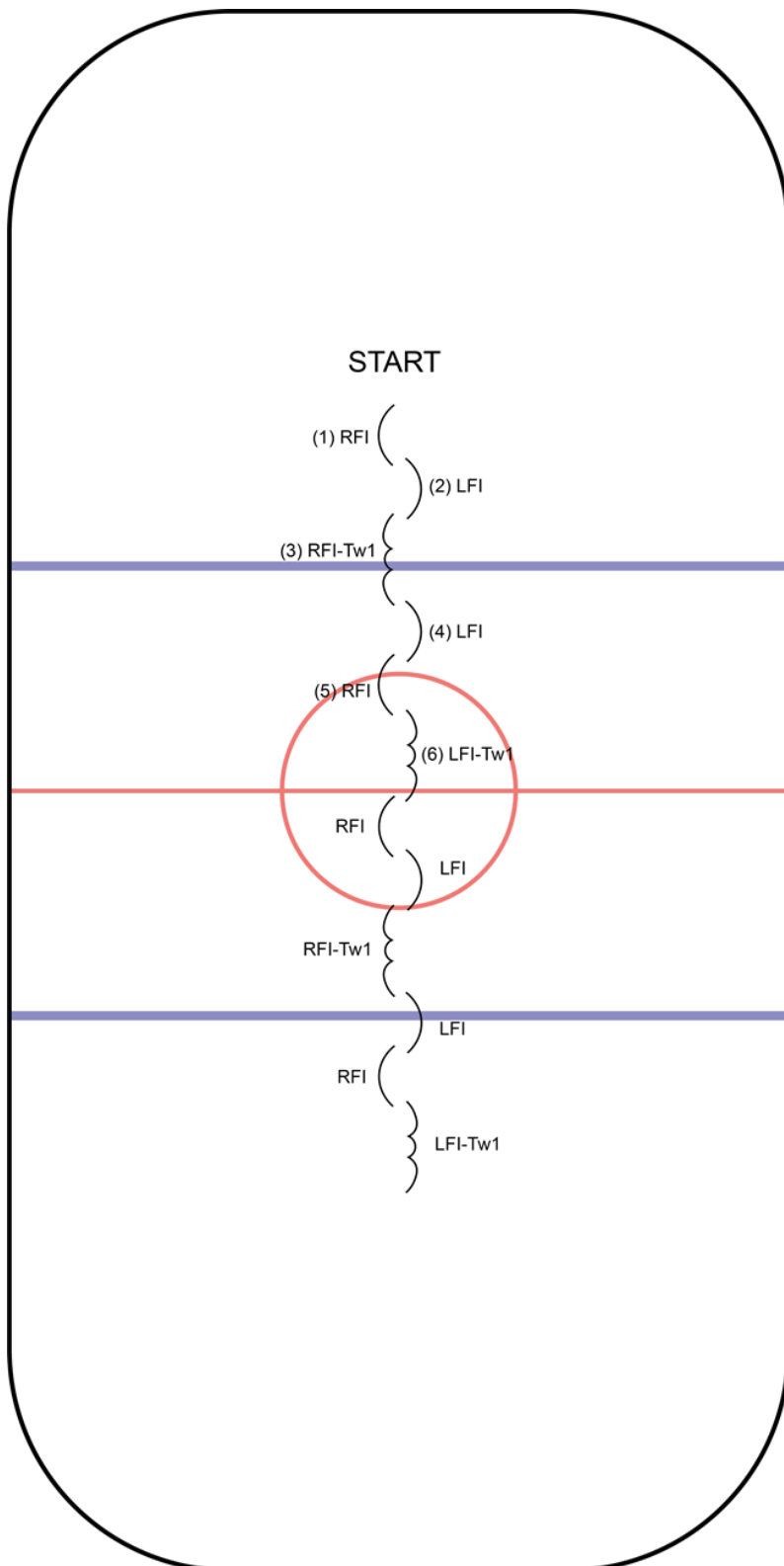
- **A minimum of twice on each foot**

**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 3

### EXERCISE 4 – FORWARD INSIDE TWIZZLE



#### LEARNING OBJECTIVES:

- Understanding the correct use of body weight on the twizzle.
- Introduction to single twizzles.
- Control of the exit of the twizzle.

#### OUTCOME:

Demonstrate an understanding of the twizzle.

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

**SIDE 1** (1)RFI (2)LFI (3)RFI Twizzle 1

(4)LFI (5)RFI (6)LFI Twizzle 1.

Then repeat the sequence.

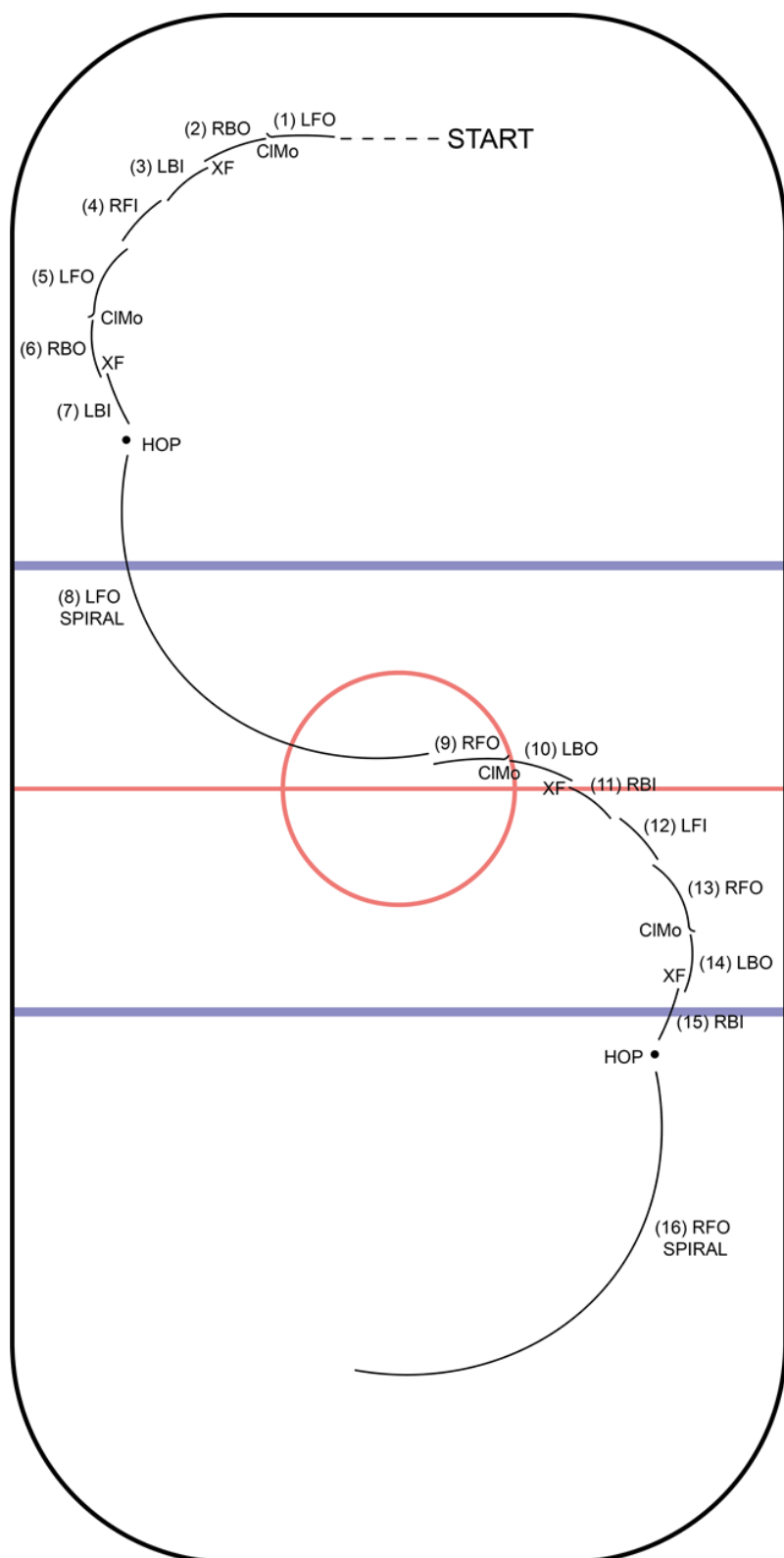
- Minimum two twizzles on each foot
- Axis optional

**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 3

### EXERCISE 5 - FORWARD SPIRALS



#### LEARNING OBJECTIVES:

- Flexibility on spirals.
- Agility on steps.
- Control and transfer of bodyweight.

#### OUTCOME:

Demonstrate a basic level of agility, to achieve a correct spiral position (equal on both feet) and utilise the majority of the ice surface.

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

(1)LFO closed mohawk (2)RBO (3)XF-LBI (4)RFI (5)LFO closed mohawk (6)RBO (7)XF-LBI using the right toe-pick as assistance (rotating into the circle) hop to (8)LFO spiral (9)RFO closed mohawk (10)LBO (11)XF-RBI (12)LFI (13)RFO closed mohawk (14)LBO (15)XF-RBI using the left toe-pick as assistance (rotating into the circle) hop to (16)RFO spiral.

- Serpentine shape
- Spirals must be held for a minimum of three seconds

**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: