


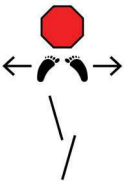



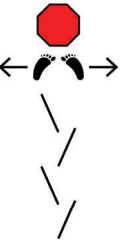




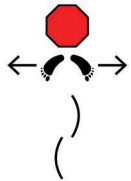


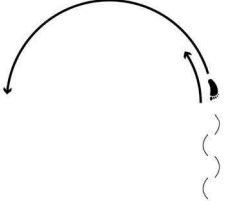

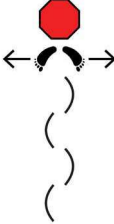



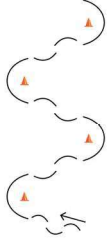
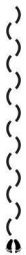
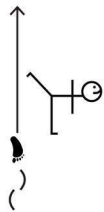


## CONTROL

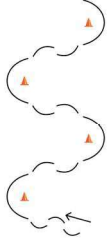
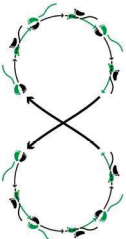
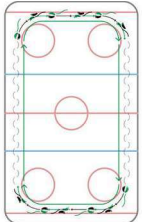


	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 1 - CONTROL	<b>SNOW SLIDE STEPS</b> 	Placing the feet shoulder-width apart, perpendicular to direction of movement, the skater will move sideways by making snow with the advancing foot. The skater bends their knees/ankles to start. One foot remains in place (stationary) while the advancing foot slides laterally applying enough downward pressure to shave the ice. Once the advancing foot has travelled as far as it can go, the weight is transferred to this foot to allow the skater to pick up the stationary foot and return to the starting position. Repeat.	<ul style="list-style-type: none"> <li>Perform a minimum of 4 consecutive snow slide steps per foot.</li> </ul>
	<b>BACKWARD SKATING</b> 	The skater advances backward unassisted using a consecutive push/glide sequence (L/R/L/R/L/R) consisting of the introduction of "c" pushes or a definite weight transfer action. Skaters may demonstrate rocking side to side. Skaters must perform this skill with bent knees/ankles.	<ul style="list-style-type: none"> <li>Skate backward approx. 13 metres (1/2 of the width)</li> </ul>
	<b>BACKWARD TWO-FOOT GLIDE</b> 	From backward skating, the skater initiates a glide on two feet in an upright position by bringing their feet to a resting position approximately hip-width apart while continuing to move backward. The glide may be performed on a straight line or curve.	<ul style="list-style-type: none"> <li>Perform the glide for a minimum of 1 second</li> </ul>
STAGE 2 - CONTROL	<b>FORWARD STOP</b> 	From forwards skating, the skater performs a forward two-foot stop, bends their knees/ankles, and uses the right, left or both feet to apply pressure to the ice in a forward and outward motion, while turning the toe(s) inward slightly. Stopping with the left, right and both feet must be trained.	<ul style="list-style-type: none"> <li>Complete 1 full stop of choice</li> <li>Must make snow during the stopping</li> </ul>
	<b>BACKWARD TWO-FOOT SIT GLIDE</b> 	From backward skating, the skater initiates a glide on two feet and moves into a sit position. The upper body leans forward, and the knees/ankles bend to lower the upper leg to a 135°-90° angle to introduce the "sit" position.	<ul style="list-style-type: none"> <li>Perform the glide for a minimum 1 second</li> <li>Demonstrate a sit position within a 135°-90° angle range</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 2 - CONTROL	<b>BACKWARD TWO-FOOT TO ONE-FOOT GLIDE</b> 	<p>From backward skating, the skater initiates a glide on two feet and then transfers their weight to one foot and continues the glide. The glide may be performed on a straight line or curve. As this is an introduction skill, the glides are expected to be initiated and not sustained. This skill must be performed on both feet.</p> <p>Example: Backward skating, two-foot glide into at right backward glide, backward skating, two-foot glide into a left backward glide.</p> <p>Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform on each foot</li> </ul>
	<b>BACKWARD PUSH/GLIDE SEQUENCE</b> 	<p>The skater skates backward using a push/glide sequence (L/R/L/R/L/R) consisting of c-pushes to perform backward skating. The skater may keep both feet on the ice or lift off one foot from time to time. One-foot or two-foot glides between pushes is acceptable and expected. Arms may be used freely to increase coordination and rhythm.</p>	<ul style="list-style-type: none"> <li>Perform the skill for approx. 13 metres (1/2 of the width of the ice)</li> </ul>
STAGE 3 - CONTROL	<b>FORWARD STOP WITH SPEED</b> 	<p>From fast forward skating, the skater initiates a glide on two feet and bends their knees/ankles. Using the right, left or both feet, the skater applies pressure to the ice with a force that produces a quick stop. Stopping with the left, right and both feet must be trained.</p>	<ul style="list-style-type: none"> <li>Perform 2 different complete stops</li> </ul>
	<b>BACKWARD SCULLING</b> 	<p>From backward skating or a stationary position, the skater bends their knees/ankles and bring their toes together. Their heels face outward while pressure is applied downward initiating a backward motion as the feet move outward. The feet glide outwards to create lobes/curves. At a maximum, the lobes of the sculls are slightly wider than the shoulder width of the skater. Maintaining the backward momentum, the knees/ankles rise as the skaters pulls their heels together to close the scull and repeat the action. Emphasis should be placed on “down/up/down/up” rhythm.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 6 consecutive sculls</li> </ul>
	<b>BACKWARD TWO-FOOT TO ONE-FOOT GLIDE</b> 	<p>From backward skating, the skater initiates a glide on two feet for a minimum of one second and then transfers their weight to one foot and continues to maintain the glide for a minimum of one second. The glide may be performed on a straight line or curve. This skill must be performed on both feet.</p> <p>Example: Backward skating, two-foot glide into at right backward glide, backward skating, two-foot glide into a left backward glide.</p> <p>Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform on each foot</li> <li>Perform each glide for a minimum of 1 second</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 3 - CONTROL	<b>BACKWARD PUSH/ GLIDE SEQUENCE</b> 	<p>Following the same description as outlined in Stage 2, the skater is expected to perform this skill with more power and speed.</p>	<ul style="list-style-type: none"> <li>Perform these sequences for the full width of the ice</li> </ul>
	<b>BACKWARD ONE-FOOT GLIDE WITH SPEED</b> 	<p>From backward skating, the skater gains as much speed as they can and initiate a glide on one foot. This skill must be trained on both feet. The glide may be performed on a straight line or curve. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform on the skater's foot of choice</li> <li>Sustain the glide for a minimum of 2 seconds</li> </ul>
STAGE 4 - CONTROL	<b>BACKWARD STOP</b> 	<p>From backward skating, the skater initiates a backward two-foot glide, bend their knees/ankles, and uses the right, left or both feet to apply pressure to the ice in backward and outward motion while turning the toe(s) outward slightly. Stopping with the left, right and both feet must be trained.</p>	<ul style="list-style-type: none"> <li>Complete 1 full stop of choice</li> <li>Must make snow during the stopping action</li> </ul>
	<b>BACKWARD CIRCLE THRUSTS OR PUMPS</b> 	<p><b>Thrusts:</b> From backward skating on a circle, the skater initiates a glide on two feet no wider than shoulder-width apart. Using the side of the blade, the skater applies pressure to the inside edge of the outside foot and pushes outwards and forwards, maintaining weight on inside foot, and lifts the foot off the ice. The skater holds this glide for approximately one second before returning to a two-foot glide position. Repeat. Emphasis is on the “bend/push” action.</p> <p><b>Pumps:</b> Using the description above, the skater performs the push keeping both feet on the ice. Instead of holding the one foot glide, the skater will continue to repeat. Emphasis is on the “bend/push” action.</p> <p>Both the backward circle thrust, and pump are initiated from a backward “c” push.</p> <p>Coaches have the option to teach one or both methods as both are considered progressions for backward crosscuts.</p>	<ul style="list-style-type: none"> <li>Perform 1 full circle in each direction</li> </ul>
	<b>BACKWARD TWO- FOOT SLALOM</b> 	<p>From backward skating, the skater initiates a glide on two feet, applies pressure into the ice and uses a knee bend rhythm (down/up, down/up) along with twisting/leaning of the upper body to navigate through a slalom course of pylons set in a straight line. Arms are used freely to aid in upper body twist action.</p>	<ul style="list-style-type: none"> <li>Perform the skill through a minimum of 6 pylons</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 4 - CONTROL	<b>BACKWARD ONE-FOOT GLIDE WITH CURVE</b> 	From backward skating on a circle or curve, the skater gains as much speed as they can and initiate a glide on one foot. This skill must be trained on both feet. This skill must be trained on both feet in each direction, clockwise and counterclockwise, to introduce all four backward edges. Ideally, the free foot should be held close to the skating leg for increased balance.	<ul style="list-style-type: none"> <li>Perform 1 glide on each foot</li> <li>Sustain the glide for a minimum of 4 seconds</li> </ul>
	<b>SUSTAINED FORWARD ONE-FOOT GLIDE</b>	From forward skating, the skater gains as much speed as possible as they approach the blue line. At the blue line the skater glides on one foot and maintains their glide to the next blue line. This skill must be trained on both feet. Ideally, the free foot should be held close to the skating leg for increased balance.	<ul style="list-style-type: none"> <li>Perform the skill on the skater's foot of choice</li> </ul>
	<b>SPEED DRILL #1</b>	From a stationary position, the skater skates forward from the goal line to the first blue line in 9 seconds or less. Both feet must be used equally in an alternating push/glide sequence. Arms may be used freely while maintaining control of the core.	<ul style="list-style-type: none"> <li>Perform skill once</li> </ul>
STAGE 5 - CONTROL	<b>FORWARD TWO-FOOT SIDE STOP</b> 	From forward skating, the skater glides on two feet and bend their knees/ankles. The skater rotates their body and feet to one side (perpendicular to line of travel) while applying pressure to the blades to create a stopping action. The skater's feet remain parallel and must be no wider than shoulder-width apart. This skill must be trained in both directions.	<ul style="list-style-type: none"> <li>Perform 1 complete stop in each direction</li> </ul>
	<b>BACKWARD STOP WITH SPEED</b> 	Using the description identified in Stage 4, the skater will perform this skill with as much speed as possible.	<ul style="list-style-type: none"> <li>Perform a minimum of 2 different stops (right foot, left foot and/or both feet)</li> </ul>
	<b>BACKWARD CROSSCUTS</b> 	From a backward circle thrust or pump, the skater will cross the foot on the outside of the circle over the inside foot. The foot underneath pushes outside the circle and returns to the starting position on the circle. Repeat. The skater may lift the foot off the ice during the cross over action or keep it on the ice. This skill must be trained in both directions.	<ul style="list-style-type: none"> <li>Perform 1 full circle in both directions</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 5 - CONTROL	<b>BACKWARD INSIDE GIANT SLALOM</b> 	<p>From backward skating, the skater enters a course of pylons set in a staggered line with the pylons approximately 2.5 metres apart. As the skater approaches each pylon, they will pick up their inside foot and lean towards pylon to create a one-foot curve. Once the curve is complete, they proceed to the next pylon using backward skating and repeat on the opposite foot. As skater becomes proficient at this skill there will be fewer steps between the pylons. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform the skill with a minimum 6 pylons or defined curves</li> </ul>
	<b>BACKWARD PUSH/ GLIDE SEQUENCE</b> 	<p>Following the same description as outlined in Stage 2, the skater is expected to perform this skill with more speed and control. Evidence of power generation must be present.</p>	<ul style="list-style-type: none"> <li>Perform skill for the full length of the ice</li> </ul>
	<b>BACKWARD SPIRAL</b> 	<p>Using the identified description in Stage 4 for Forward spiral, the skater will perform this skill backwards.</p>	<ul style="list-style-type: none"> <li>Perform the skill on the skater's foot of choice</li> <li>Hold the position for a minimum of 1 second</li> </ul>
	<b>SPEED DRILL #2</b>	<p>From a stationary or skating start, the skater skates forward from goal line to the 2nd blue line in 12 seconds or less. Both feet must be used equally demonstrating an alternating push/glide sequence. Arms may be used freely. Train in both directions.</p>	<ul style="list-style-type: none"> <li>Perform the skill in the skater's choice of direction</li> </ul>
STAGE 6 - CONTROL	<b>FORWARD ONE-FOOT SIDE STOP</b> 	<p>Using the description from Stage 5 Two-foot parallel stop, the skater performs this skill with one foot by picking up the foot closes to the direction of rotation.</p> <p>Example: If the skater is stopping to the left, the left foot comes off the ice producing a right foot stop with the inside edge.</p> <p>Train in each direction.</p> <p>Stopping with the outside edge is acceptable but not expected.</p>	<ul style="list-style-type: none"> <li>Perform 1 complete stop in direction of choice</li> </ul>
	<b>FORWARD TWO-FOOT SIDE STOP WITH SPEED</b> 	<p>Using the description from Stage 5, the skater performs this skill with more power and speed producing a quicker stop.</p>	<ul style="list-style-type: none"> <li>Perform 1 complete stop in direction of choice</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
<b>STAGE 6 - CONTROL</b>	<b>BACKWARD OUTSIDE GIANT SLALOM</b> 	<p>From backward skating, the skater enters a course of pylons set in a staggered line with the pylons approximately 2.5 metres apart. As the skater approaches each pylon, they will pick up their inside foot and lean towards pylon to create a one-foot curve. Once the curve is complete, they proceed to the next pylon using backward skating and repeat on the opposite foot. As skater becomes proficient at this skill there will be fewer steps between the pylons. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform the skill with a minimum 6 pylons or defined curves</li> </ul>
	<b>BACKWARD CROSSCUTS FIGURE-8</b> 	<p>Using the description identified in Stage 5, the skater performs this skill on a figure-8 pattern. Emphasis is placed on a consistent “push, cross, push, cross” rhythm. Power generation must be evident.</p>	<ul style="list-style-type: none"> <li>Perform 1 complete figure-8</li> </ul>
	<b>*BACKWARD PERIMETER SKATING WITH CROSSCUTS</b> 	<p>The skater skates around the perimeter of the ice demonstrating a push/glide sequence along the length of the ice and backward crosscuts across the width. Skater must demonstrate power generation and control throughout. Pushes must be equal and consistent. This skill must be trained in both directions.</p>	<ul style="list-style-type: none"> <li>Perform 1 full lap in the skater’s direction of choice</li> </ul>
	<b>BACKWARD ONE-FOOT SLALOM</b> 	<p>Using the description identified in Stage 5, the skater performs this skill backwards. Small step downs are permitted.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 4 change of edges/lobes/curves</li> </ul>
	<b>BACKWARD ONE-FOOT SPIN</b> 	<p>From a stationary position or two-foot spin, the skater initiates a spin in their direction of choice on a back outside edge (back spin). The edge does not need to be sustained throughout the spin.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 1 revolution in the direction of choice for the skater</li> </ul>
	<b>SPEED DRILL #3</b>	<p>From stationary or moving start, the skater skates forward around the full perimeter of ice in 35 seconds or less. The skater must demonstrate equal pushes and may use arms freely. Train both directions.</p>	<ul style="list-style-type: none"> <li>Perform once in the direction of choice</li> </ul>

**NOTE:** All Speed drills contained within the CanSkate Elements may be timed by a Program Assistant.