

	PRECANSKATE	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
<b>BALANCE</b>	<ul style="list-style-type: none"> <li>○ Balance on 2 feet</li> <li>○ Fall down and get up</li> <li>○ Move forward</li> </ul>	<b>SKATE FORWARD</b> <ul style="list-style-type: none"> <li>○ Fall down &amp; get up</li> <li>○ Fwd push/glide sequence</li> <li>○ Fwd 2-foot glide</li> <li>○ Fwd 2-foot sit glide</li> </ul>	<b>SKATE FORWARD</b> <ul style="list-style-type: none"> <li>○ Fwd 2-foot sculling</li> <li>○ Fwd 2-foot to 1-foot glide</li> <li>○ Fwd push/glide sequence</li> <li>○ Fwd 1-foot glide with speed</li> </ul>	<b>SKATE FORWARD</b> <ul style="list-style-type: none"> <li>○ Fwd stationary blade push</li> <li>○ Fwd 2-foot slalom</li> <li>○ Fwd circle thrusts</li> <li>○ Walking crosscuts</li> <li>○ Fwd 2-foot to 1-foot curve glide</li> </ul>	<b>SKATE FORWARD</b> <ul style="list-style-type: none"> <li>○ Fwd crosscuts</li> <li>○ Fwd inside slalom</li> <li>○ Fwd outside slalom</li> <li>○ Fwd drag</li> </ul> <b>SPINS &amp; SPIRALS</b> <ul style="list-style-type: none"> <li>○ Fwd spiral</li> </ul> <b>HOCKEY &amp; RINGETTE</b> <ul style="list-style-type: none"> <li>○ Drop down drill</li> <li>○ Fwd "V" start</li> </ul>	<b>SKATE FORWARD</b> <ul style="list-style-type: none"> <li>○ Fwd crosscuts - figure 8</li> <li>○ Fwd inside edges</li> <li>○ Fwd push/glide sequence</li> <li>○ Fwd perimeter skating with jumps</li> <li>○ Inside spread eagle</li> <li>○ Fwd 1-foot slalom</li> </ul> <b>HOCKEY &amp; RINGETTE</b> <ul style="list-style-type: none"> <li>○ Running lateral crossovers</li> </ul>	<b>SKATE FORWARD</b> <ul style="list-style-type: none"> <li>○ Fwd power crosscuts</li> <li>○ Fwd perimeter skating with crosscuts</li> <li>○ Fwd outside edges</li> <li>○ Fwd 1-foot slalom</li> <li>○ Fwd shoot the duck</li> <li>○ Fwd perimeter skating with side stops</li> </ul> <b>SPINS &amp; SPIRALS</b> <ul style="list-style-type: none"> <li>○ Fwd spiral on a curve</li> </ul> <b>HOCKEY &amp; RINGETTE</b> <ul style="list-style-type: none"> <li>○ Fwd "crossover" acceleration</li> </ul>
<b>CONTROL</b>	<ul style="list-style-type: none"> <li>○ Make snow</li> <li>○ Move backward</li> </ul>	<b>STOP</b> <ul style="list-style-type: none"> <li>○ Snow slide steps</li> </ul> <b>SKATE BACKWARD</b> <ul style="list-style-type: none"> <li>○ Bwd 2-foot skating/walking</li> <li>○ Bwd 2-foot glide</li> </ul>	<b>STOP</b> <ul style="list-style-type: none"> <li>○ Fwd stop</li> </ul> <b>SKATE BACKWARD</b> <ul style="list-style-type: none"> <li>○ Bwd 2-foot sit glide</li> <li>○ Bwd 2-foot to 1-foot glide</li> <li>○ Bwd push/glide sequence</li> </ul>	<b>STOP</b> <ul style="list-style-type: none"> <li>○ Fwd stop with speed</li> </ul> <b>SKATE BACKWARD</b> <ul style="list-style-type: none"> <li>○ Bwd 2-foot sculling</li> <li>○ Bwd 2-foot to 1-foot glide</li> <li>○ Bwd push/glide sequence</li> <li>○ Bwd 1-foot glide</li> </ul>	<b>STOP</b> <ul style="list-style-type: none"> <li>○ Bwd stop</li> </ul> <b>SKATE BACKWARD</b> <ul style="list-style-type: none"> <li>○ Bwd circle thrusts</li> <li>○ Bwd 2-foot slalom</li> <li>○ Bwd 1-foot glide with speed</li> <li>○ Fwd 1-foot glide from blue line to blue line</li> </ul> <b>SPEED</b> <ul style="list-style-type: none"> <li>○ Skate goal line to 1st blue line in 9 seconds or less</li> </ul>	<b>STOP</b> <ul style="list-style-type: none"> <li>○ Fwd 2-foot side stop</li> <li>○ Bwd stop with speed</li> </ul> <b>SKATE BACKWARD</b> <ul style="list-style-type: none"> <li>○ Bwd crosscuts</li> <li>○ Bwd inside slalom</li> <li>○ Bwd push/glide sequence</li> </ul> <b>SPINS &amp; SPIRALS</b> <ul style="list-style-type: none"> <li>○ Bwd spiral</li> </ul> <b>SPEED</b> <ul style="list-style-type: none"> <li>○ Skate goal line to 2nd blue line in 12 seconds or less</li> </ul>	<b>STOP</b> <ul style="list-style-type: none"> <li>○ Fwd 1-foot side stop</li> <li>○ Fwd 2-foot side stop with speed</li> </ul> <b>SKATE BACKWARD</b> <ul style="list-style-type: none"> <li>○ Bwd outside slalom</li> <li>○ Bwd crosscuts – figure 8</li> <li>○ Bwd perimeter skating with crosscuts</li> <li>○ Bwd 1-foot slalom</li> </ul> <b>SPIN &amp; SPIRALS</b> <ul style="list-style-type: none"> <li>○ Bwd 1-foot spin</li> </ul> <b>SPEED</b> <ul style="list-style-type: none"> <li>○ Skate perimeter of ice in 35 seconds or less</li> </ul>
<b>AGILITY</b>	<ul style="list-style-type: none"> <li>○ March around the spot</li> <li>○ 2-foot twist on the spot</li> <li>○ Jump on the spot</li> </ul>	<b>TURN</b> <ul style="list-style-type: none"> <li>○ 2-foot turn</li> </ul> <b>JUMP</b> <ul style="list-style-type: none"> <li>○ 2-foot jump</li> <li>○ Fwd skating perimeter of ice</li> </ul>	<b>TURN</b> <ul style="list-style-type: none"> <li>○ Fwd 2-foot turn</li> <li>○ Bwd 2-foot turn</li> <li>○ Fwd 180° glide turn</li> </ul> <b>JUMP</b> <ul style="list-style-type: none"> <li>○ Fwd 2-foot jump</li> </ul>	<b>TURN</b> <ul style="list-style-type: none"> <li>○ Fwd 2-foot quick turn</li> <li>○ Bwd 2-foot quick turn</li> <li>○ Fwd 360° step turn</li> </ul> <b>JUMP</b> <ul style="list-style-type: none"> <li>○ Bwd 2-foot jump</li> </ul> <b>SPEED</b> <ul style="list-style-type: none"> <li>○ Fast fwd perimeter skating</li> </ul>	<b>TURN</b> <ul style="list-style-type: none"> <li>○ Fwd 1-foot turn (small curve)</li> <li>○ Bwd 360° step turn</li> </ul> <b>JUMP</b> <ul style="list-style-type: none"> <li>○ Fwd to bwd 2-foot jump</li> <li>○ Bwd to fwd 2-foot jump</li> </ul> <b>SPINS &amp; SPIRALS</b> <ul style="list-style-type: none"> <li>○ 2-foot spin</li> <li>○ 2-foot sit spin</li> </ul>	<b>TURN</b> <ul style="list-style-type: none"> <li>○ Fwd 1-foot turn (large curve)</li> <li>○ Fwd 360° glide turn</li> </ul> <b>JUMP</b> <ul style="list-style-type: none"> <li>○ Fwd to bwd 1-foot jump</li> <li>○ Fwd power jump</li> </ul> <b>SPINS &amp; SPIRALS</b> <ul style="list-style-type: none"> <li>○ 1-foot spin</li> <li>○ Alternating foot spin</li> </ul> <b>HOCKEY &amp; RINGETTE</b> <ul style="list-style-type: none"> <li>○ Fwd tight glide turns</li> </ul>	<b>TURN</b> <ul style="list-style-type: none"> <li>○ Fwd 180° step turn (mohawk)</li> <li>○ Bwd 180° step turn (mohawk)</li> <li>○ 2-foot multi-turns</li> </ul> <b>JUMP</b> <ul style="list-style-type: none"> <li>○ Rotating power jump</li> <li>○ Bwd toe-assisted jump</li> <li>○ Bwd 360° 2-foot jump</li> </ul> <b>SPIN &amp; SPIRALS</b> <ul style="list-style-type: none"> <li>○ Fwd 1-foot spin with spiraling edge</li> </ul> <b>HOCKEY &amp; RINGETTE</b> <ul style="list-style-type: none"> <li>○ Fwd 2-foot reverse pivot turn</li> </ul>