



Elementary Pattern #1

ALTERNATING FORWARD & BACKWARD THREE-TURNS

DESCRIPTION: Elementary Pattern #1

The skater will perform forward outside three-turns to a balance position followed by a backward inside three-turn. After two sets, the skater will change to a forward inside three-turn followed by a backward outside three-turn.

Skaters may begin this pattern with either right or left foot three-turns.

Forward crossovers around the end of the arena are optional.

Three to four sets of three-turns each side of the rink will be skated depending on the length of the ice surface.

FOCUS: Power

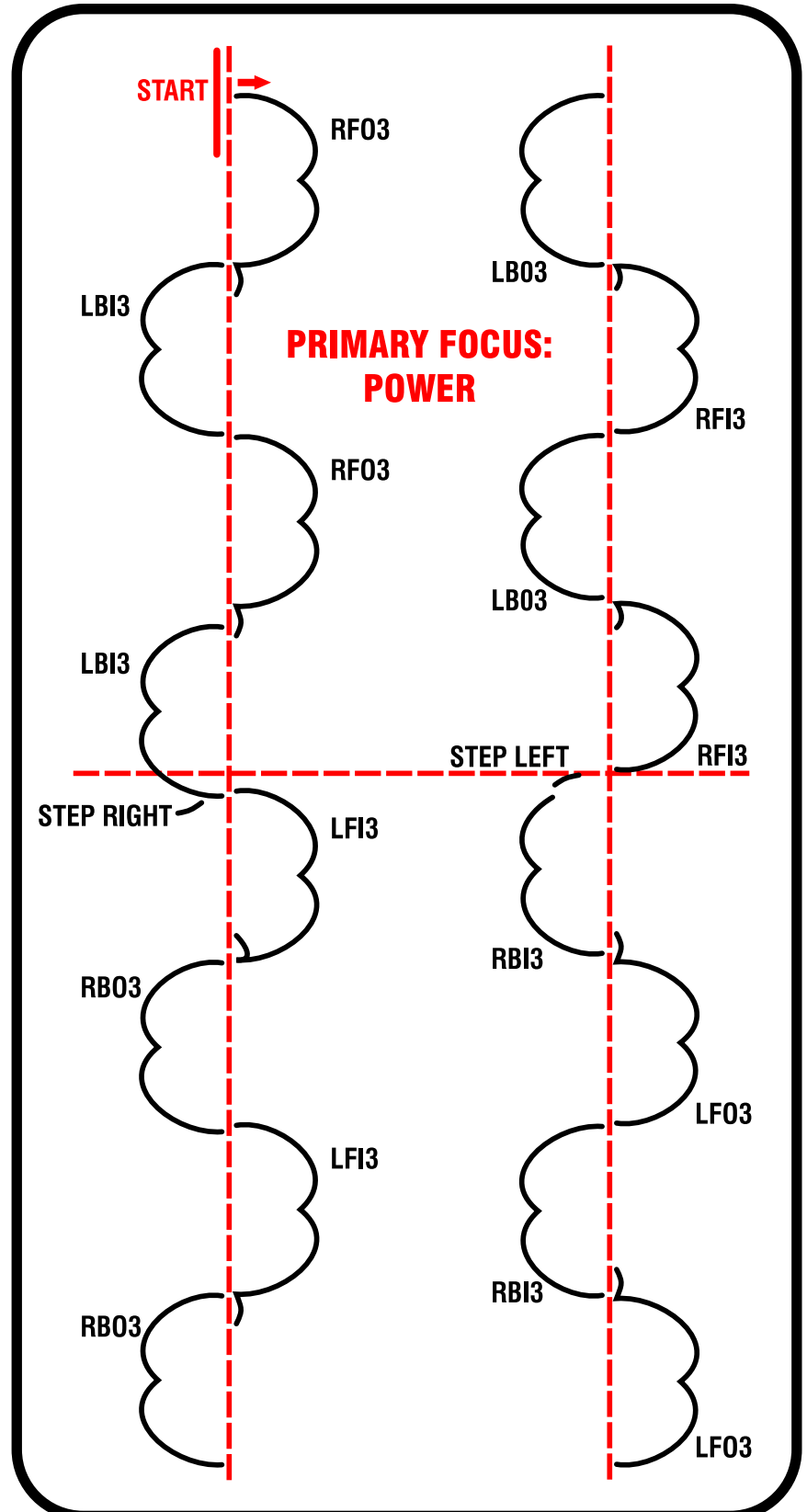
Ability to control turns and skate on flowing edges.

Test Standards/Expectations:

- Proper edge
- Ability to maintain control of body
- Controlled flowing edges
- Control into and out of 3-turns
- **Skate a common, continuous axis**

Common Errors:

- Toe pushing
- Early three-turns
- Lack of control after three-turns
- Uneven lobes
- Difficulty maintaining flow





Elementary Pattern #2

DESCRIPTION: Elementary Pattern #2

The skater performs two alternating forward crossovers separated by strong FI edge transitions. End pattern consists of two forward crossovers followed by RFI open mohawk. Second side of the pattern resumes with two backward crossovers separated by two-foot transitions, known as a power push. **Backward crossovers continue on end of rink to connect with Elementary Pattern #3 as an option.** Otherwise, exit after finishing backward side of pattern.

Five lobes will be skated on each side depending on the length of the ice surface.

FOCUS: Forward - Power & Extension
FOCUS: Backward - Power, Edge Quality
 Ability to sustain glide and control edges with proper transitions, depth of lobe.

Test Standards/Expectations:

- All crossovers of same quality
- Good ice coverage with solid edge pushing
- ***Stepping close to axis as possible***
- Extension step must be inside edge

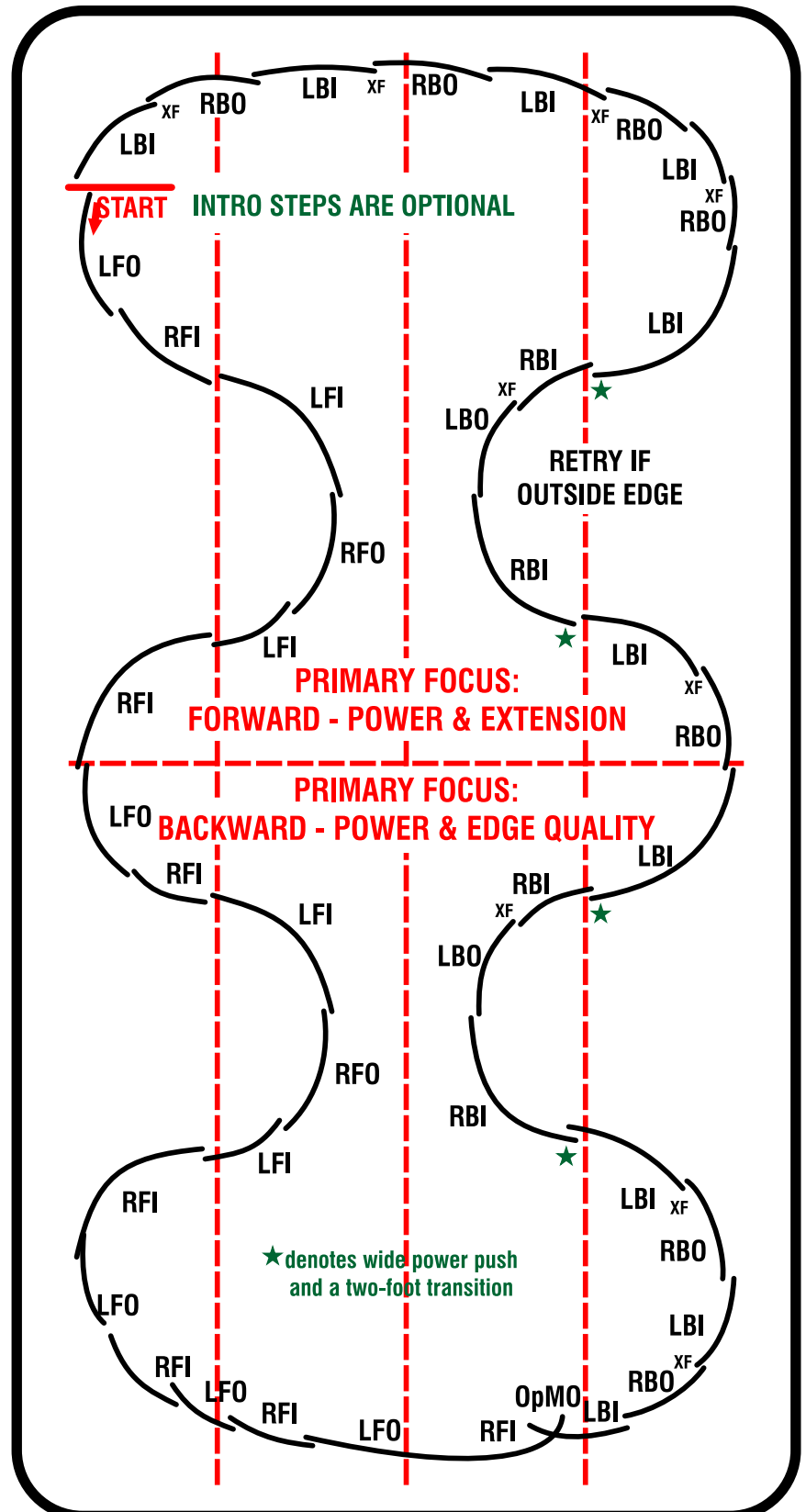
Common Errors:

- Incomplete second stroke during crossovers
- FI edge lacks power and extension
- Backwards - uneven shift of weight on proper edges
- Stepping diagonally on axis
- Use of toe picks
- Poor posture and ice coverage
- Not skating correct pattern and lack of power

Note: Approximately 3 lobes each side of rink if smaller than Olympic size.

****see index for sizing of rinks.**

FORWARD AND BACKWARD PERIMETER POWER STROKING





Elementary Pattern #3

ALTERNATING BACKWARD CROSSOVERS TO BACKWARD OUTSIDE EDGES

DESCRIPTION: Elementary Pattern #3

The skater will perform alternating backward crossovers to backward outside edges in consecutive half circles for one length of the ice.

Elementary Patterns #2 and #3 can be performed together without stopping in between. #2 followed by #3 with an optional transition backwards to start the #3 Pattern.

Four or five lobes should be skated depending on the length of the ice surface.

FOCUS: Power and Extension

Ability to accelerate with proper skating technique with evidence of the development of good form.

Test Standards/Expectations:

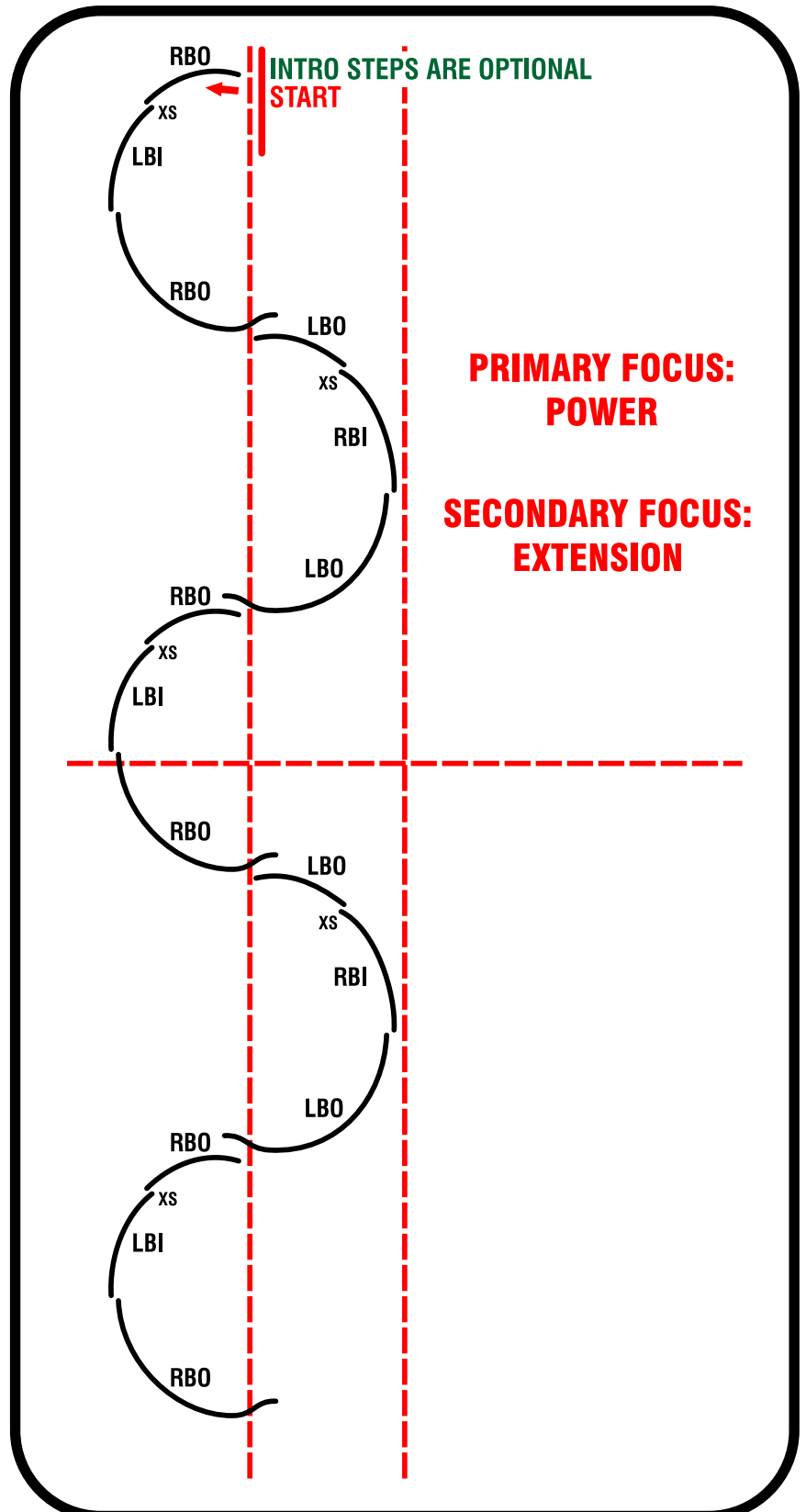
- Good speed, posture and ice coverage
- Control during sustained extension

Common Errors:

- Poor flow and extension
- Unequal lobes
- Poor posture
- Inability to extend equally on both legs

Note: Three to four lobes to be skated if ice surface is smaller than Olympic size. **see index for sizing of rinks.

Pattern will not usually cross the centre of the rink. Pattern size may depend on the size of the skater.





Elementary Pattern #4

FORWARD AND BACKWARD CROSS STROKES

DESCRIPTION: Elementary Pattern #4

The skater will perform free skating cross strokes the length of the ice surface. Forward cross strokes will be skated one length of the arena and backward cross strokes skated second length of the arena. Intro steps and end patterns optional.

Forward crossovers around the end of the arena are optional.

Five to six cross strokes will be skated depending on the length of the ice surface.

FOCUS: Power

Ability to increase speed with solid control

Test Standards/Expectations:

- Need to push off an outside edge
- Hear ripple of edge
- Cross strokes not cross steps

Common Errors:

- Toe pushing
- Weak posture
- Poor use of knees, sloppy free leg
- Inability to create power
- Problems stroking from outside edge
- Shallow edges

>> Quickness does not mean power

*Note: Three to four sets of cross strokes in total if rink is smaller than Olympic size. **see index for sizing of rinks.*

