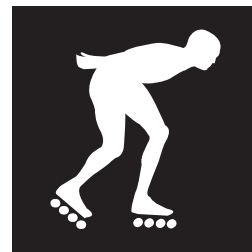

LEVEL '0'

Coaching Sessions



artistic - speed - precision

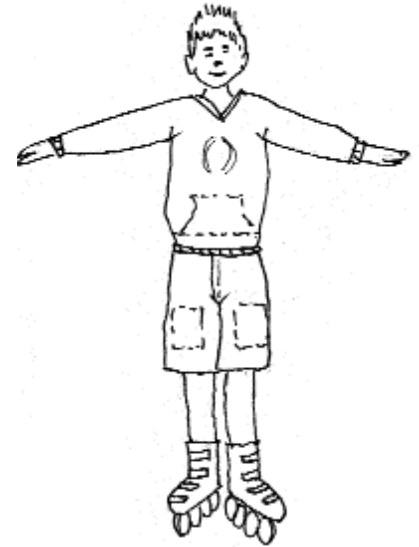
R E C O V E R Y

OBJECTIVE

Assume the **READY** position on the skating surface.

TASK ANALYSIS

- Walk onto skating floor
- Position shoulders over hips
- Keep feet turned out at a 45... angle under the knees
- Raise arms out to the sides for balance, bend elbows slightly and place hand parallel to the floor at about hip level.
- Hold head erect at all times
- Bend knees and hold ankles firm



TEACHING SUGGESTIONS

- Use the touch system to make the skaters **READY** position correct.
- Teach the skaters to be relaxed and comfortable in their **READY** position.

OBJECTIVE

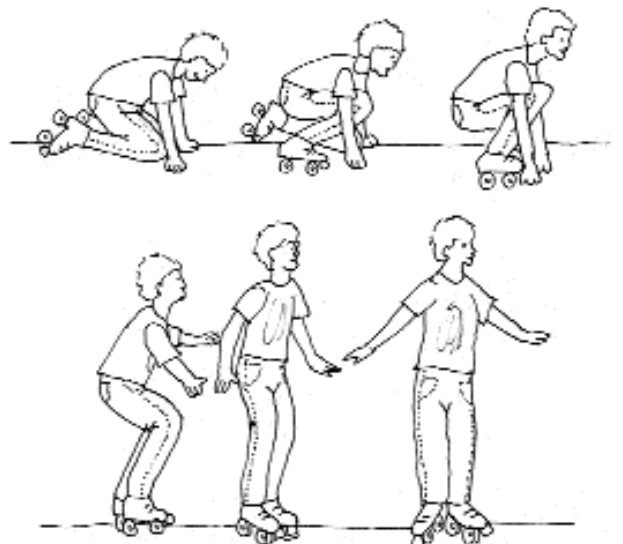
Correctly stand up after falling.

TASK ANALYSIS

- Recover from fall and assume a hands and knees position
- Clench hands into fists
- Rock weight forward onto fists
- Bring one knee up towards chest, firmly setting the wheels flat on floor
- Raise body up high enough to bring other skate next to first skate
- Maintain balanced crouch position, with fists still on floor
- Rise up slowly, straightening the knees and keeping balance over the skates
- Allow arms to hang loosely
- Resume skating only when **READY** position is assumed

TEACHING SUGGESTIONS

- Stress the importance of sitting down or rolling to the side when falling. Also, never use hands or elbows to break a fall. These suggestions will go a long way to preventing serious injuries.
- Demonstrate getting onto hands and knees before standing. Put foot against athlete's skate if he/she is slipping while attempting to stand. Instruct the skater to push outward on inside wheels when rising.
- Have skaters practice standing up manoeuvres on a carpeted or padded surface.
- Practice knee bends while rolling forward on skates. This exercise will improve the skater's recovery skills. Be sure the wheels stay flat on the floor, and heels do not raise up from the floor.



W A L K I N G

OBJECTIVE

Discover the balance point on skates.

TASK ANALYSIS

- Stand on skating floor
- Roll skates back and forth (no further than 30 cm)
- Determine balance point on skates
- Become comfortable with and adjusted to skating floor

TEACHING SUGGESTIONS

- Stand with skaters and help them to adjust to the skating surface. Spot, and if necessary, help support the skater.
- Allow the skaters to sit or kneel on the skating floor. Set up obstacles for the athletes to crawl under or step over in order to give them a feel for the skating surface.
- Put tape on the floor to give the skaters lines of reference



OBJECTIVE

Walk on the skating surface.

TASK ANALYSIS

- Stand on skating floor
- Maintain a centre of balance directly over skates
- Stand with skates in a V position, as in **READY** position
- Lift one skate off the floor
- Keep wheels parallel to the floor
- Step forward and keep toes pointed out
- Let skate down and transfer weight to this leg
- Step forward with the other skate in the same manner
- Repeat sequence several times and take slow, small steps

TEACHING SUGGESTIONS

- Initially, support the skater from in front and hold their hands in a waist-high position. Instruct skater to walk forward while you walk backwards.
- Gradually reduce support to one hand and finally offer support only when needed. (Allow skater to grab your hand if he/she is losing balance).
- Give support from the side as skater's ability increases. Standing at the side, use your stronger arm to hold skater's arm and let them grip your other hand.
- Instruct the skaters to exaggerate the walking motion. Ask them to march as in a parade.



S K A T I N G

OBJECTIVE

Roll forward on two skates.

TASK ANALYSIS

- Assume **READY** position
- Walk forward, taking small steps
- Stop walking and roll forward on both skates
- Roll forward with skates parallel to each other, knees bent slightly, arms bent at the elbow and held out to the sides, and head held up and facing forwards.



TEACHING SUGGESTIONS

- Assist the skater from the side by holding his/her arm and hand.
- Let the skaters use a skate-aid in order to practice by themselves.
- Ask the skaters to try closing their eyes while rolling forward to better understand the balance and directionality in this skill.
- Increase the length of the steps and thus the speed of the roll as the skaters progress.

OBJECTIVE

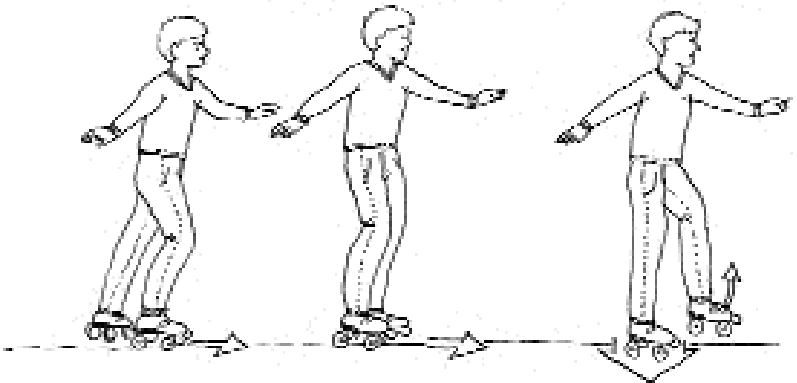
Roll forward on one skate (Chair position)

TASK ANALYSIS

- Assume **READY** position
- Walk forward, taking small steps
- Stop walking and roll forward on both skates
- Shift weight to the right skate
- Lift left skate off the floor by bending and raising the knee
- Roll forward on right leg mostly straight, body upright, arms out to the sides and head up
- Repeat several times on the right skate then again on the left

TEACHING SUGGESTIONS

- Assist the skaters from the skating side
- Practice balancing on one skate by holding onto the railing and lifting the skate that is away from the railing. Slowly release the grip on the railing.
- Instruct the skaters to keep a straight line while rolling forward on one skate.
- Have the skaters follow a straight line which is chalked on the floor.



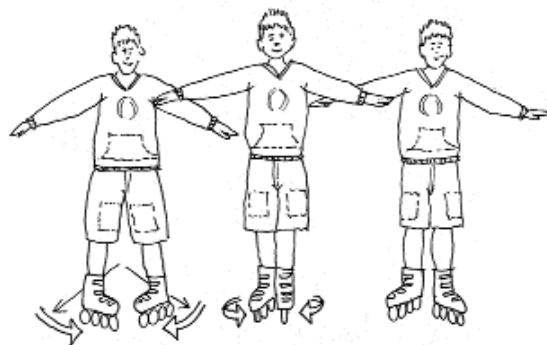
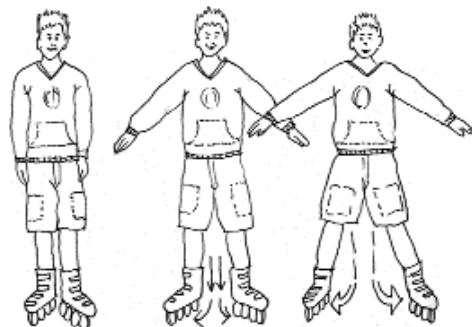
S K A T I N G

OBJECTIVE

Perform forward scissors.

TASK ANALYSIS

- Assume **READY** position
- Position feet parallel to each other
- Turn skates to the side slightly with the toes pointed outward & place weight on the inside edges
- Bend knees to lower the hips, creating more pressure on inside edges
- Keep upper body straight and arms out to the sides
- Let the skates roll forward in an outward direction until slightly more than hip-width apart
- Turn feet slightly toward each other and straighten knees, lifting the upper body and pulling feet back together
- Continue rolling forward while moving skates in and out with a scissor-like motion



TEACHING SUGGESTIONS

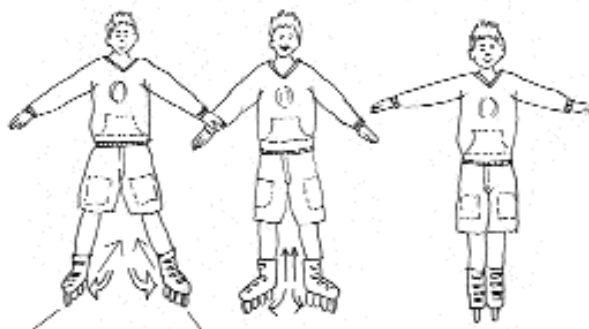
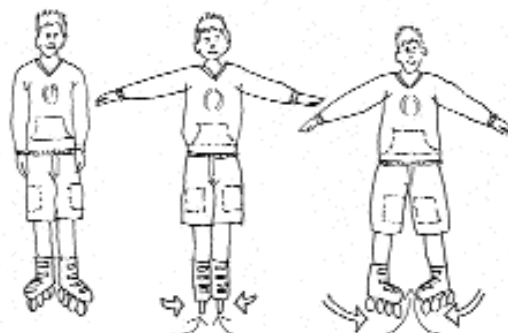
- Assist skater by standing in front of them, supporting him/her by the hands. As the skater begins to bring feet back together, exert pressure upwards on hands to initiate lift of skater's body, resulting in feet returning to under the hips.
- Have skaters place hands on knees for stability and in order to feel the knees bend and extend.
- Emphasise the push out - pull in motion of this skill.

OBJECTIVE

Perform backward scissors.

TASK ANALYSIS

- Assume **READY** position
- Position feet parallel to each other
- Turn toes together and heels apart and place weight on inside edges
- Bend knees to lower the hips, creating more pressure on inside edges
- Keep upper body straight and arms out to the sides
- Let the skates roll backwards in an outward direction until slightly more than hip-width apart
- Turn heels towards each other and straighten knees, lifting upper body and pulling the feet back together
- Continue rolling backward while moving skates in and out with a scissor-like motion



TEACHING SUGGESTIONS

- Diagram scissors pattern on skating floor or on a blackboard
- Have skaters follow scissors track on skating floor
- Emphasise the down-up-down motion of this skill

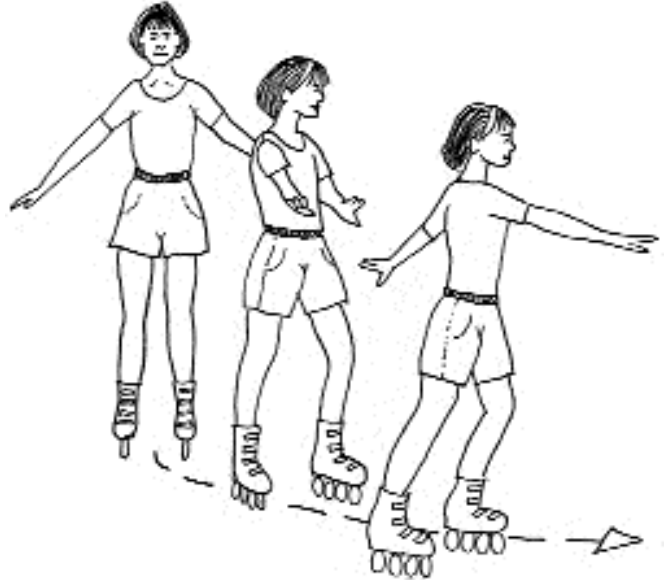
T U R N I N G

OBJECTIVE

Perform a steering turn while skating forward.

TASK ANALYSIS

- Assume **READY** position
- Skate forward
- Turn head, shoulders and arm in direction of turn
- Keep arms out to the sides and keep knees bent
- Distribute weight to the inside skate (left skate if turning left), rotate body slightly in direction of turn and roll through the turn
- Make at least a half-circle turn
- Repeat the skill, turning in the other direction



TEACHING SUGGESTIONS

- Have skaters follow lines on the skating surface, or a course with cones on the floor.
- Emphasise placement of weight on the inside skate for proper turning. Suggest putting hand on inside knee to emphasise weight distribution

OBJECTIVE

Perform a steering turn while skating backward.

TASK ANALYSIS

- Assume **READY** position
- Skate backward
- Keep arm out to the the sides and knees bent
- Distribute weight to the inside skate (right skate if turning right), turn head to look to the inside and roll through the turn
- Make at least a half-circle turn
- Repeat the skill, turning in the other direction

TEACHING SUGGESTIONS

- Advise skaters to build up enough speed to roll through the whole turn.
- Instruct skaters to make wide turn so as not to stop short.
- Demonstrate how just a slight body lean will effect a turn in that direction.



T U R N I N G

OBJECTIVE

Perform a slalom manoeuvre.

TASK ANALYSIS

- Assume **READY** position
- Skate forward
- While rolling forward on the skates parallel to each other, lean to the right
- Without stopping or slowing down, change lean to the left
- Repeat the skills several times to complete a zig-zag pattern

TEACHING SUGGESTIONS

- Place a row of cones, several metres apart, along a straight-away. Have skaters skate through cones in a slalom pattern.
- Trace a slalom course on the skating surface with chalk and have skaters follow the line.
- Instruct skaters to use pushing strokes while outside the cone and not when between the cones, in order to maintain skating momentum.

