

PRE-CANSKATE ELEMENTS

- Fall down & get up
- Balance on two feet
- Move forward
- Make snow
- Move backwards
- Two-foot twist
- 360° march
- Two-foot jump

CANSKATE CONTENT OVERVIEW

	BALANCE	CONTROL	AGILITY
STAGE 1	Fall down & get up Forward skating Forward two-foot glide Forward two-foot sit glide	Snow slide steps Backward skating Backward two-foot glide	Stationary 180° turn Stationary two-foot jump Forward skating perimeter of ice surface
STAGE 2	Forward sculling Forward two-foot to one-foot glide Forward push/glide sequence Forward one-foot glide with speed	Forward stop Backward two-foot sit glide Backward two-foot to one-foot glide Backward push/glide sequence	Forward two-foot turn Backward two-foot turn Forward two-foot jump Forward 180° glide turn
STAGE 3	Forward stationary blade push Forward two-foot slalom Forward circle thrusts Walking crosscuts Forward two-foot to one-foot curve glide	Forward stop with speed Backward sculling Backward two-foot to one-foot glide Backward push/glide sequence Backward one-foot glide	Forward two-foot quick turn Backward two-foot quick turn Forward 360° step turn Backward two-foot jump Fast forward perimeter skating
STAGE 4	Forward crosscuts Forward inside giant slalom Forward outside giant slalom Forward lunge Forward spiral Drop-down drill Forward V start	Backward stop Backward circle thrusts or pumps Backward two-foot slalom Backward one-foot glide with speed Sustained forward one-foot glide Speed drill #1	Forward one-foot turn Backward 360° step turn Forward to backward two-foot jump Backward to forward two-foot jump Two-foot spin Two-foot sit spin
STAGE 5	Forward crosscuts – figure 8 Forward inside edges Forward push/glide sequence Inside spread eagle Forward one-foot slalom Running lateral crossovers Forward perimeter skating with jumps	Forward two-foot side stop Backward stop with speed Backward crosscuts Backward inside giant slalom Backward push/glide sequence Backward spiral Speed drill #2	Forward one-foot turn Forward 360° glide turn Forward to backward one-foot jump Forward power jump One-foot spin Alternating foot spin Forward tight glide turns
STAGE 6	Forward power crosscuts Forward outside edges Forward one-foot slalom Forward one-foot sit glide Forward spiral (curve or straight line) Forward crossover acceleration Forward perimeter skating with crosscuts Forward perimeter skating with side stops	Forward one-foot side stop Forward two-foot side stop with speed Backward outside giant slalom Backward crosscuts – figure 8 Backward perimeter skating with crosscuts Backward one-foot slalom Backward one-foot spin Speed drill #3	Forward C Step Backward C Step Two-foot multi turns Rotating power jump Backward toe-assisted jump Backward 360° two-foot jump Forward one-foot spin with spiraling entry Forward two-foot reverse pivot turn