



US FIGURE SKATING BASIC SKILLS PROGRAM

US SPEEDSKATING TRACK

The entire Basic Skills program, from beginning to more advanced, is designed to be the best beginning ice skating program. The program has nine related yet separate sets of curriculum, including programs that focus on figure skating, speedskating, choreography, synchronized skating and hockey. If you're looking to learn how to skate, the U.S. Figure Skating Basic Skills Program is your first step! The program described below, with a listing of sample elements for each level, is the Speedskating track and can be used by all developmental Speedskating programs.

BASIC SKILLS LEVELS 1 – 4 – US Figure Skating Basic Skills Program

These skill levels should be used by all skaters, regardless of which track a skater chooses. These are the basics of ice skating.



BASIC 1

- A. Sit on ice and stand up
- B. March forward across the ice
- C. Forward two-foot glide
- D. Dip
- E. Forward swizzles: 6-8 in a row
- F. Backward wiggles: 6-8 in a row
- G. Snowplow stop
- H. Rocking horse: 2-3
- I. Two-foot hop in place (optional)



BASIC 2

- A. Forward one-foot glide: R & L
- B. Backward two-foot glide
- C. Backward swizzles: 6-8 in a row
- D. Two-foot turn from forward to backward in place
- E. Moving snowplow stop
- F. Forward alternating 1/2 swizzle pumps in a straight line (slalom-like pattern)

The logo for Basic 3 features the text "BASIC 3" in a bold, sans-serif font. The number "3" is significantly larger than the word "BASIC". Below the text is a stylized white outline of a figure skater in a crouched position, facing right. The entire logo is set against a solid yellow rectangular background.

BASIC 3

- A. Forward stroking showing correct use of blade
- B. Forward 1/2 swizzle pumps on a circle: 6-8 consecutive (clockwise & counter clockwise)
- C. Moving forward to backward two-foot turn: clockwise & counter clockwise
- D. Backward one-foot glides: R & L
- E. Forward slalom
- F. Two-foot spin: up to 2 revolutions

The logo for Basic 4 features the text "BASIC 4" in a bold, sans-serif font. The number "4" is significantly larger than the word "BASIC". Below the text is a stylized white outline of a figure skater in a crouched position, facing right. The entire logo is set against a solid green rectangular background.

BASIC 4

- A. Forward outside edge on a circle: R & L
- B. Forward inside edge on a circle: R & L
- C. Forward crossovers: clockwise & counter clockwise
- D. Forward outside three-turn from a stand still position: R & L
- E. Backward 1/2 swizzle pumps on a circle: clockwise & counter clockwise
- F. Backward stroking
- G. Backward snowplow stop: R & L

BASIC SKILLS LEVELS 5 - 6 – Once having achieved the Basic 4 level, skaters may continue with the US Figure Skating Basic Skills Program. This is the ideal level, however, to bridge over to the Speed Levels 1 – 6.

The logo for Basic 5 features the text "BASIC 5" in a bold, sans-serif font. The number "5" is significantly larger than the word "BASIC". Below the text is a stylized white outline of a figure skater in a crouched position, facing right. The entire logo is set against a solid dark blue rectangular background.

BASIC 5

- A. Backward outside edge on a circle: R & L
- B. Backward inside edge on a circle: R & L
- C. Backward crossovers: clockwise & counter clockwise
- D. Beginning one-foot spin: up to 3 revolutions
- E. Hockey stop
- F. Side toe hop: both directions

The logo for Basic 6 features the text "BASIC 6" in a bold, sans-serif font. The number "6" is significantly larger than the word "BASIC". Below the text is a stylized white outline of a figure skater in a crouched position, facing right. The entire logo is set against a solid purple rectangular background.

BASIC 6

- A. Forward inside three-turn, R & L from a standstill.
- B. Moving backward to forward two-foot turn on a circle: clockwise & counter clockwise
- C. T-stop: R or L
- D. Bunny hop
- E. Forward arabesque/spiral on a straight line: R or L
- F. Forward lunge: R or L

SPEED LEVELS 1 - 6 – Skaters will learn all basics in the US Figure Skating Basic Skills Program Levels 1 – 4. Then they can easily bridge over to the Speed Levels 1 – 6. Skaters may skate in any type of skates (figure, hockey or speed) to earn Speedskating Badges. Particular attention must be given to those in figure skates not using toe picks for any maneuvers.



SPEED 1

- A. Demonstrate Basic Speedskating Position
- B. Two Foot Glides, Straight Line – 20 feet
- C. Two Foot Glides – Straight Line – 10 feet in speedskating position
- D. One Foot Glides - Straight Line, Right and Left – 10 feet each
- E. Demonstrate Speedskating Start Position
- F. Demonstrate Speedskating basic skating position
- G. Demonstrate knowledge of the size of speedskating track (111 meters)
- H. Execute Basic Speedskating Stroke
- I. Skate 3 laps around hockey circles in basic speedskating position



SPEED 2

- A. Two Foot Glide on Curve – 20 feet on proper edges (left foot outside edge and right foot inside edge)
- B. One Foot Glides on Curve, Right and Left, Inside and Outside edges – 10 feet
- C. Forward Crossovers on hockey circle, both directions
- D. Demonstrate Proper Start
- E. Skate one lap around track in basic speedskating position
- F. Skate one lap in 11 seconds around hockey circles
- G. One Foot Glides – straight line, right and left foot – 10 feet in speedskating position
- H. Demonstrate Understanding of Start Command



SPEED 3

- A. Forward Crossovers with edge pushes – 2 consecutive hockey circles to left in speedskating position
- B. Demonstrate Basic Arm Swing for straight-aways
- C. Demonstrate Basic Arm Swing around end of track (curves)
- D. Demonstrate Proper Start Acceleration
- E. Skulling for one lap around track in speedskating position
- F. Skate 5 laps in speedskating position around hockey circles
- G. Skate 2 laps in 20 seconds around hockey circles
- H. Backward two foot glides in speedskating position – 10 feet



SPEED 4

- A. Execute Basic Arm Swing for One Lap around track
- B. Execute proper straightaway speedskating stride
- C. Demonstrate proper foot placement while skating the track
- D. One foot turn to the left balancing on right foot – strong inside edge on track
- E. Skate 4 laps in proper speedskating position around full track
- F. Skate 3 laps in 36 seconds around hockey circles Adam's testing



SPEED 5

- A. Execute Basic Arm Swing – 5 Laps around track
- B. Tight 180 turns on one foot – Medium Speed – Right Foot Inside Edge
- C. Tight 180 turns on one foot – Medium Speed – Left Foot Outside Edge
- D. Backward Crossovers – Both Directions in a Figure Eight
- E. Skate 333 meters (3 laps around track) in 1:30.
- F. Backward one foot glides (right and left foot) in speedskating position – 10 feet



SPEED 6

- A. Slalom Course – Two Feet Maneuver in speedskating position
- B. Slalom Course – One Foot, shifting from Inside to Outside Edges, Right and Left foot in speedskating position
- C. Tight 180 turns on one foot – Full Speed – Right Foot Inside Edge
- D. Tight 180 turns on one foot – Full Speed – Left Foot Outside Edge
- E. Skate 333 meters (3 laps around track) in 1:20.
- F. Skate 777 meters (7 laps around track) in 3:00.

After completing Speed Badge 6, skaters are ready to join local speedskating club and participate in racing events.