



Skating Skills

KEY THOUGHT: BALANCE

DEFINITION: Overall skating quality. Edge control and flow over the ice surface demonstrated by a command of the skating vocabulary – Edges, steps, turns, etc., the clarity of technique, and the use of effortless power to accelerate and vary speed.

CRITERIA:

1. **Balance, rhythmic knee action and precision of foot placement:**
2. **Flow and effortless glide:** Rhythm, strength, clean strokes and efficient use of lean create a steady run to the blade and an ease of transfer of weight resulting in seemingly effortless power and acceleration.
3. **Cleanliness and sureness of deep edges, steps and turns:** The skater should demonstrate clean and controlled curves, deep edges and steps.
4. **Varied use of power / energy, speed and acceleration:** Variety is the gradation, some of which may be subtle.
5. **Multi directional skating:** Includes all directions of skating – forward and backward, clockwise and counterclockwise, including rotation in both directions.
6. **Mastery of one foot skating:** No over use of skating on two feet. The movement from foot-to-foot, the balance necessary to make the shift happen effortlessly.

* For pairs and dance: Equal mastery of technique by both partners shown in unison.