

Canskate Skills Chart

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
BALANCE	<p>SKATE FORWARD</p> <ul style="list-style-type: none"> ○ Fall down & get up ○ Fwd push/glide sequence ○ Fwd 2-foot glide ○ Fwd 2-foot sit glide 	<p>SKATE FORWARD</p> <ul style="list-style-type: none"> ○ Fwd 2-foot sculling ○ Fwd 2-foot to 1-foot glide ○ R.O.L ○ Fwd push/glide sequence <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd 1-foot glide with speed ○ R.O.L 	<p>SKATE FORWARD</p> <ul style="list-style-type: none"> ○ Fwd stationary blade push (T, V or L) ○ R.O.L ○ Fwd 2-foot skalom ○ Fwd circle thrusts ○ CW ○ CCW ○ Walking crosscuts ○ R.O.L <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd 2-foot to 1-foot curve glide ○ R.O.L 	<p>SKATE FORWARD</p> <ul style="list-style-type: none"> ○ Fwd crosscuts ○ CW ○ CCW ○ Fwd inside edges ○ Fwd outside skalom <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd drag ○ SPIN & SPIRALS ○ Fwd spiral <p>HOCKEY & RINGETTE</p> <ul style="list-style-type: none"> ○ Drop down drill ○ Fwd "V" start 	<p>SKATE FORWARD</p> <ul style="list-style-type: none"> ○ Fwd crosscuts - figure 8 ○ Fwd inside edges ○ Fwd push/glide sequence <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd perimeter stroking with jumps ○ Inside spread eagle ○ Fwd 1-foot skalom <p>HOCKEY & RINGETTE</p> <ul style="list-style-type: none"> ○ Running lateral crossovers 	<p>SKATE FORWARD</p> <ul style="list-style-type: none"> ○ Fwd power crosscuts ○ CW ○ CCW ○ Fwd perimeter skating with crosscuts ○ CW ○ CCW ○ Fwd outside edges ○ Fwd 1-foot skalom <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd shoot the duck <p>SPIN & SPIRALS</p> <ul style="list-style-type: none"> ○ Fwd perimeter skating with side stops <p>HOCKEY & RINGETTE</p> <ul style="list-style-type: none"> ○ Fwd spiral on a curve ○ Fwd "crossover" acceleration
CONTROL	<p>4/4 check marks required</p> <p>Date:</p>	<p>4/4 check marks required</p> <p>Date:</p>	<p>5/5 check marks required</p> <p>Date:</p>	<p>5/7 check marks required</p> <p>Date:</p>	<p>5/7 check marks required</p> <p>Date:</p>	<p>6/8 check marks required</p> <p>Date:</p>
	<p>STOP</p> <ul style="list-style-type: none"> ○ Snow sledge steps ○ R.O.L <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd 2-foot skating/wedding ○ Bwd 2-foot glide 	<p>STOP</p> <ul style="list-style-type: none"> ○ Fwd stop <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd 2-foot sit glide ○ Bwd 2-foot to 1-foot glide ○ R.O.L <p>EXTREME</p> <ul style="list-style-type: none"> ○ Bwd push/glide sequence 	<p>STOP</p> <ul style="list-style-type: none"> ○ Bwd stop with speed ○ R.O.L ○ Both <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd circle thrusts ○ CW ○ CCW ○ R.O.L ○ Both ○ Bwd 2-foot skalom <p>EXTREME</p> <ul style="list-style-type: none"> ○ Bwd 1-foot glide with speed ○ Bwd 1-foot glide from blue line to blue line <p>SPEED</p> <ul style="list-style-type: none"> ○ Skate goal line to 1st blue line in 9 seconds or less 	<p>STOP</p> <ul style="list-style-type: none"> ○ Fwd 2-foot side stop ○ CW ○ CCW ○ Bwd stop with speed ○ R.O.L ○ Both <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd crosscuts ○ CW ○ CCW ○ Bwd inside skalom ○ Bwd push/glide sequence <p>SPIN & SPIRALS</p> <ul style="list-style-type: none"> ○ Bwd spiral <p>SPEED</p> <ul style="list-style-type: none"> ○ Skate goal line to 2nd blue line in 12 seconds or less 	<p>STOP</p> <ul style="list-style-type: none"> ○ Fwd 1-foot side stop ○ Fwd 2-foot side stop with speed ○ CW ○ CCW <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd outside skalom ○ Bwd crosscuts - figure 8 ○ Bwd perimeter skating with crosscuts ○ CW ○ CCW <p>EXTREME</p> <ul style="list-style-type: none"> ○ Bwd 1-foot skalom <p>SPIN & SPIRALS</p> <ul style="list-style-type: none"> ○ Bwd 1-foot spin <p>SPEED</p> <ul style="list-style-type: none"> ○ Skate perimeter of ice in 35 seconds or less 	
	<p>3/3 check marks required</p> <p>Date:</p>	<p>3/4 check marks required</p> <p>Date:</p>	<p>5/5 check marks required</p> <p>Date:</p>	<p>5/6 check marks required</p> <p>Date:</p>	<p>6/7 check marks required</p> <p>Date:</p>	<p>6/8 check marks required</p> <p>Date:</p>
AGILITY	<p>TURN</p> <ul style="list-style-type: none"> ○ 2-foot turn ○ CW ○ CCW <p>JUMP</p> <ul style="list-style-type: none"> ○ 2-foot jump <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd skating perimeter of ice 	<p>TURN</p> <ul style="list-style-type: none"> ○ Fwd 2-foot turn ○ Bwd 2-foot turn ○ Fwd 180° glide turn ○ CW ○ CCW <p>JUMP</p> <ul style="list-style-type: none"> ○ Fwd 2-foot jump 	<p>TURN</p> <ul style="list-style-type: none"> ○ Fwd 2-foot quick turn ○ Bwd 2-foot quick turn ○ Fwd 360° step turn <p>JUMP</p> <ul style="list-style-type: none"> ○ Bwd 2-foot jump <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd fwd perimeter skating ○ CW ○ CCW 	<p>TURN</p> <ul style="list-style-type: none"> ○ Fwd 1-foot turn (small curve) ○ F.O.F.O ○ Bwd 360° step turn <p>JUMP</p> <ul style="list-style-type: none"> ○ Fwd to bwd 2-foot jump ○ Bwd to fwd 2-foot jump <p>SPIN & SPIRALS</p> <ul style="list-style-type: none"> ○ 2-foot spin ○ 2-foot sit spin 	<p>TURN</p> <ul style="list-style-type: none"> ○ Fwd 1-foot turn (large curve) ○ L.F.O ○ F.F.O ○ P.F.O ○ Fwd 360° glide turn ○ CW ○ CCW <p>JUMP</p> <ul style="list-style-type: none"> ○ Fwd to bwd 1-foot jump ○ F.O.F.O ○ Fwd power jump <p>SPIN & SPIRALS</p> <ul style="list-style-type: none"> ○ Fwd toe-assisted jump ○ Bwd 360° 2-foot jump ○ 1-foot spin ○ Alterating foot spin <p>HOCKEY & RINGETTE</p> <ul style="list-style-type: none"> ○ Fwd tight glide turns 	<p>TURN</p> <ul style="list-style-type: none"> ○ Fwd 180° step turn (no hawk) ○ R.O.L ○ Bwd 180° step turn (no hawk) ○ R.O.L ○ 2-foot multi-turns <p>JUMP</p> <ul style="list-style-type: none"> ○ Floating power jump ○ Bwd toe-assisted jump ○ Bwd 360° 2-foot jump <p>SPIN & SPIRALS</p> <ul style="list-style-type: none"> ○ Fwd 1-foot spin with spiraling edge <p>HOCKEY & RINGETTE</p> <ul style="list-style-type: none"> ○ Fwd 2-foot reverse pivot turn ○ CW ○ CCW
	<p>3/3 check marks required</p> <p>Date:</p>	<p>4/4 check marks required</p> <p>Date:</p>	<p>5/5 check marks required</p> <p>Date:</p>	<p>5/6 check marks required</p> <p>Date:</p>	<p>6/7 check marks required</p> <p>Date:</p>	<p>6/8 check marks required</p> <p>Date:</p>