

CANSKATE LESSON PLAN TEMPLATES

HOW TO READ THE LESSON PLANS

INTRODUCTION:

Coaches should always welcome their groups to their stations in fun and enthusiastic voices. Create excitement about what the skaters are going to learn that day. Coaches should remember to introduce themselves during the first few weeks of the session, until the skaters can remember their names.

LESSON TOPIC:

Skills should be listed by stage. Coaches should concentrate on the technique for 2-4 skills per lesson depending on how closely related they are. The other skills incorporated into the lesson can be used for challenge or review.

PROGRESSIONS:

Progressions for the skills to be taught should be listed here. Progressions may be skills from a stage(s) below the current level or skills unique to helping break down that particular skill. For example, for the “forward crosscuts” skill coaches may choose to use a fwd 2-ft glide with the feet crossed as a way to teach the skaters to be comfortable with the transfer of weight from the outside push to the undercut. For other lessons, the skills may be review and, therefore, may not need many progressions.

TEACHING POINTS:

Listed here will be the main points that the coaches should be encouraging about the skill to be taught. It is important that the PAs know what the points are as well, so that they can reinforce them during the circuit and practice. For example, when teaching turns from fwd to bwd on 1 or 2 feet, the emphasis on the “unweighting action” during the turn should be a teaching point. It may be described as a “down, up, down” action.

NOTES:

Any special notes that the coach needs to know about the lesson plan should be listed here. Coaches can make notes about how to keep the energy in the lesson, make it fun or challenging or note any teaching tips that may come in handy for these skills.

Note: The sample lesson plans include some notes about standards for the skills. For a complete listing of all standards for each skill refer to the CanSkate Skills Descriptions and Standards of Performance document.

TEACHING AIDS/PROPS:

A list of suggested teaching aids/props should be provided here. Coaches are encouraged to add visuals as much as possible to their stations. This is a great section for the PAs to be familiar with so that all necessary items can be at the station when the coaches need them.

Note: For ideas, see Teaching Aids and Props in the Off-Ice Planning and Preparation section.

SUMMARY:

Coaches need to take a few seconds at the end of every lesson to show appreciation to the skaters for their efforts throughout the lesson and remind them about the key points of the skills they learned.





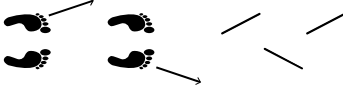

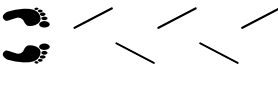



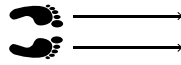
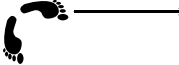
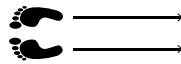

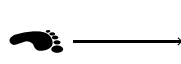

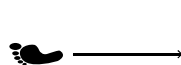
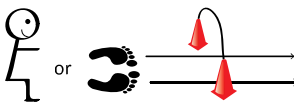

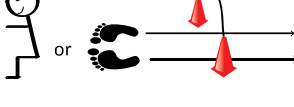


SELF-EVALUATION:

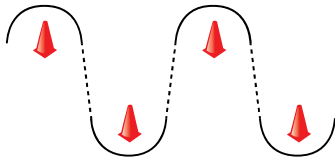
At the end of every lesson, coaches should take a moment to assess their effectiveness. Make notes on things to improve delivery, add challenge or motivation.

CIRCUITS:

See accompanying circuit template for each lesson plan. A legend of symbols and diagrams is also included.

LEGEND

 Start of circuit	 Fwd sculling
 Fall down & get up OR drop-down drill	 Bwd sculling
 Fwd push/glide sequence (beginner - emphasize Bend, Push)	 Stationary 2-ft turn (twist on the spot)
 Fwd push/glide sequence (developing - lengthen strides as skaters advance)	 Fwd 2-ft slalom
 Bwd push/glide sequence	 Bwd 2-ft slalom
 Fwd 2-ft glide	 Fwd stationary blade push
 Bwd 2-ft glide	 Walking crosscuts
 Fwd 1-ft glide	 Spiral (arrow will indicate fwd or bwd)
 Bwd 1-ft glide	 Fwd 2-ft sit glide
 Blue box indicates "Stationary" skill (skill progression)	 Bwd 2-ft sit glide
 Stationary sculling	 Fwd shoot the duck



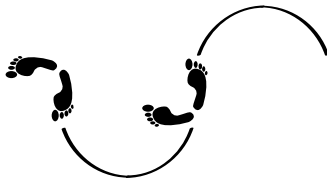
Slalom
(FI, FO, BI, BO)



1-ft slalom
(fwd/bwd)



Fwd inside edges



Fwd outside edges



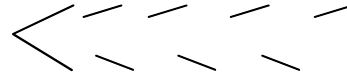
Side steps
(progressions for
walking crosscuts)



Fwd drag



Stationary "V"
position



Fwd "V" start



Inside spread eagle



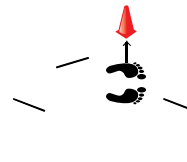
Snow slide steps



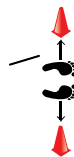
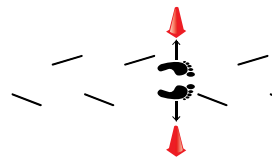
Stationary stop
(make snow)



Stop of any nature



Fwd ½ snowplow
stops

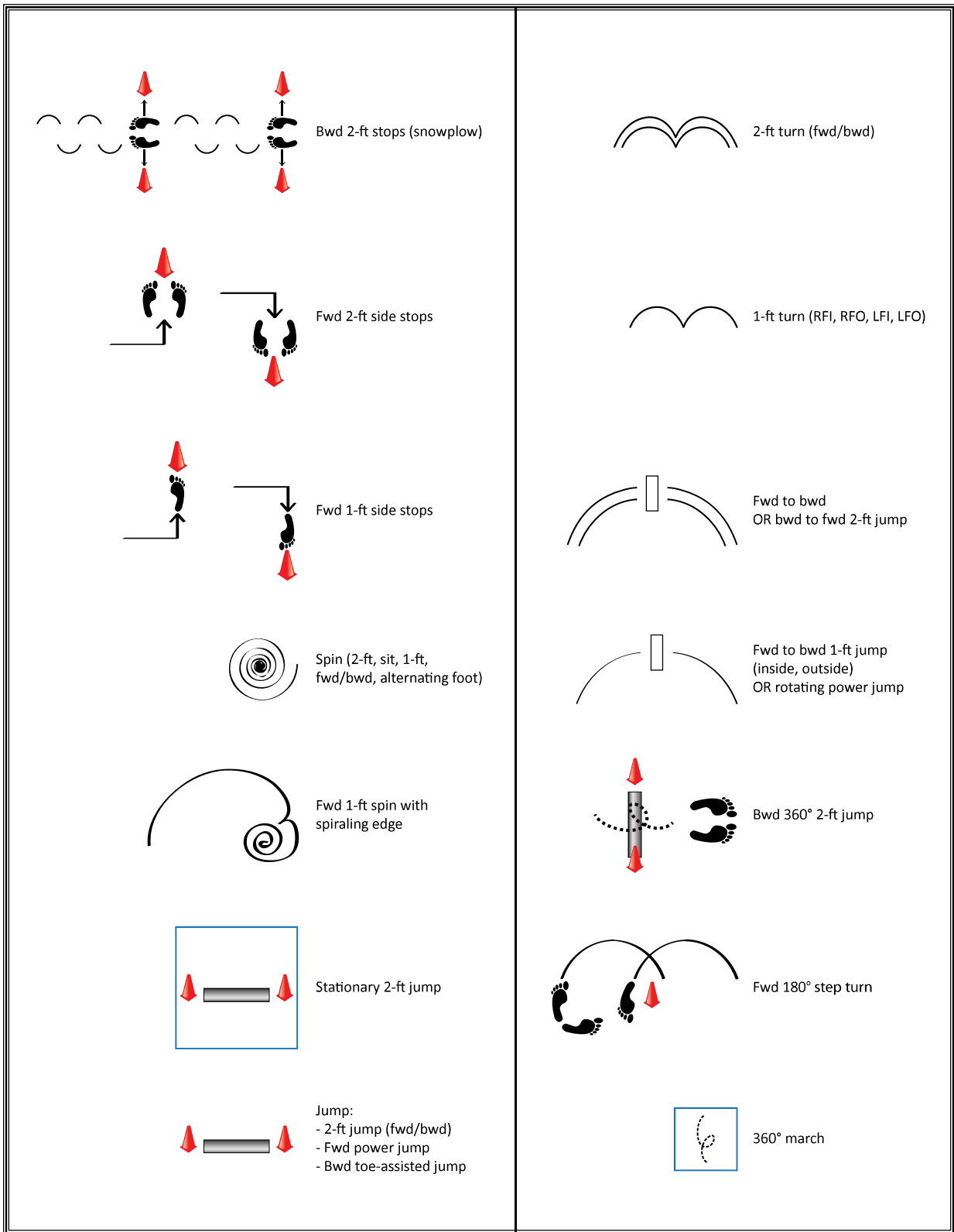


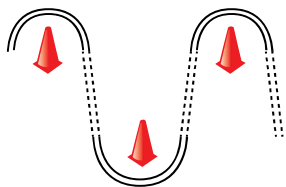
Fwd 2-ft stops
(snowplow)



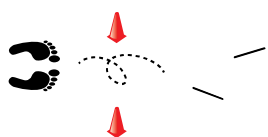
Bwd ½ snowplow stops



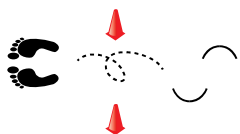




Fwd 180° glide turn



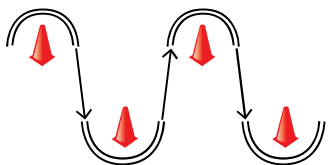
Fwd 360° step turn



Bwd 360° step turn



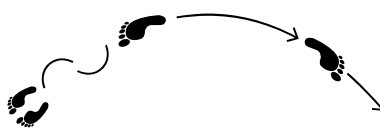
Fwd 360° glide turn



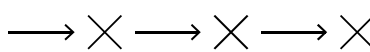
Fwd tight glide turns



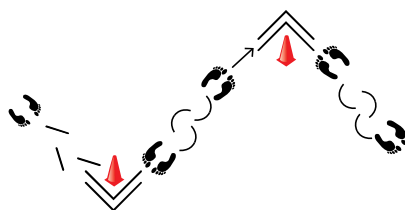
Star position
(progression for 1-ft
spin with spiralling
edge)



Bwd 180° step turn
(BO to FO/BI to FI)



Walk through power
jumps (toe on "X's")



Fwd 2-ft reverse
pivot turns



2-ft multi-turns



CanSkate Lesson Plan #1: **BALANCE** (B1 1-2)

Stages 1 & 2

Group: _____ Date: _____

Introduction: *Hi Everyone! My name is _____. Welcome to our first day of skating. Let's all have some fun while we learn how to fall down and get up. Are you ready? Follow me...*

Lesson Topic:

STAGE 1	STAGE 2
<ul style="list-style-type: none"> Fall down & get up Fwd 2-ft glide 	<ul style="list-style-type: none"> Fwd 2-ft sculling Fwd 2-ft to 1-ft glide

Progressions to be Used:

<ul style="list-style-type: none"> Assisted fall down & get up if necessary Assisted 2-ft glide 	<ul style="list-style-type: none"> Scull on the spot Slow sculls Fwd 2-ft glide Assisted 2-ft to 1-ft glide
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Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Protect head and joints on the fall Balance Eyes, head up 	<ul style="list-style-type: none"> Knee bend on the sculls - feet no further than shoulder-width apart Balance Eyes, head up
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Notes:

<ul style="list-style-type: none"> Skaters can get up using any method (unassisted) Fwd 2-ft glide - min 1 second Use PAs to help assist where needed 	<ul style="list-style-type: none"> Min 6 consecutive sculls, emphasize knee bend (similar to a yo-yo), repeated demonstration Fwd 2-ft (min 1 sec) to 1-ft (min 1 sec) glide Put a PA on 1st circle for assistance
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Teaching Aids/Props Needed:

Pylons, plush toys for sculling, marker, signs for stationary skills

Summary to Group:

Praise: *Great effort today! Did you have fun?*

Remember to: *Always bend your knees when you are skating!*

Next Lesson: *We are going to work on pushing and gliding.*

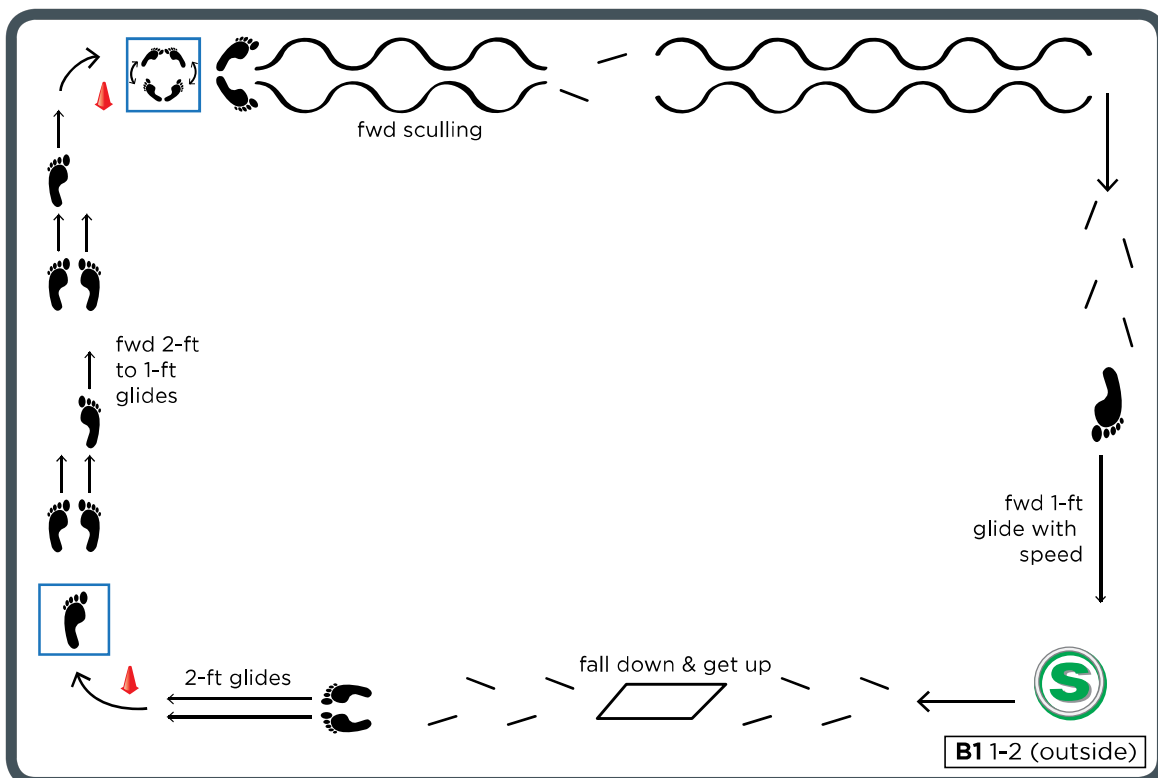
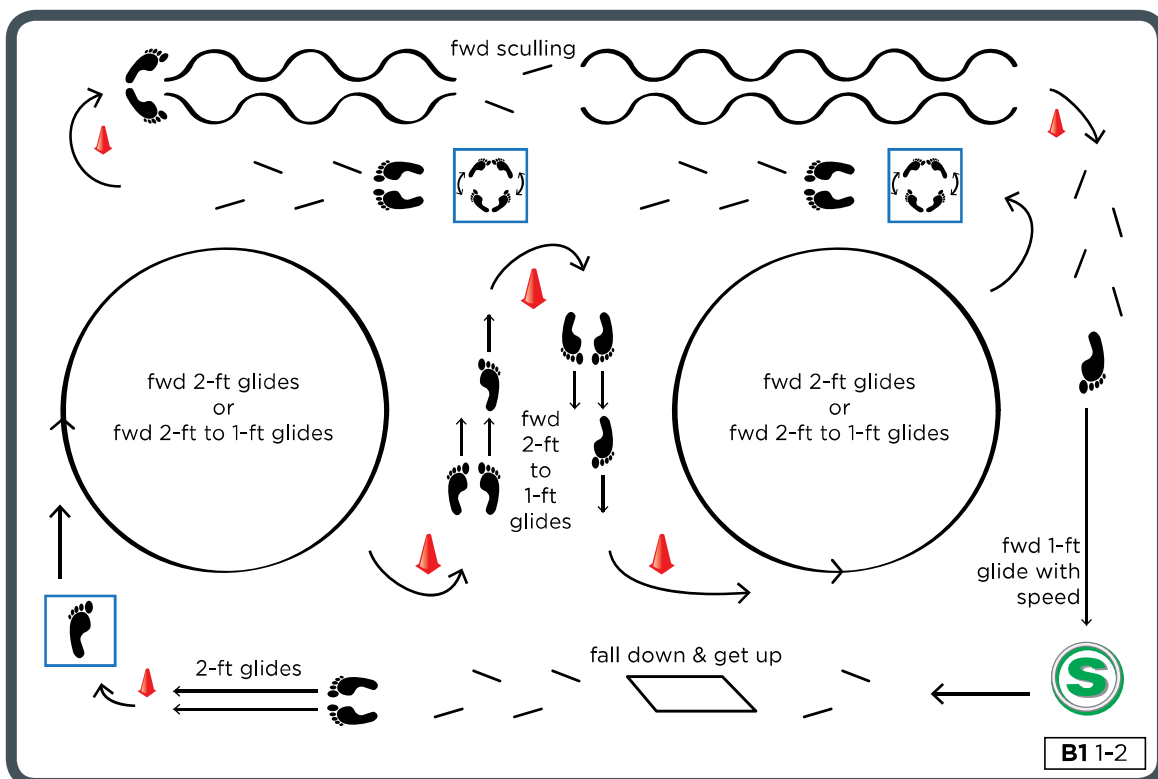
Self-Evaluation Notes:

Things I liked: *The flow - lots of time to practice.*

Things I can improve: *Need a few more PAs if possible for the younger skaters.*

BALANCE

(B1 1-2)





CanSkate Lesson Plan #1: **BALANCE** (B1 2-3)

Stages 2 & 3

Group: _____ Date: _____

Introduction: *Hi Everyone! My name is _____. Welcome to our first day of skating. Let's all have some fun, while we learn how to use your knees. Are you ready?*

Lesson Topic:

STAGE 2	STAGE 3
<ul style="list-style-type: none"> Fwd 2-ft sculling Fwd 2-ft to 1-ft glide 	<ul style="list-style-type: none"> Fwd 2-ft slalom Fwd 2-ft to 1-ft curve glide Fwd circle thrusts

Progressions to be Used:

<ul style="list-style-type: none"> Scull on the spot Slow sculls Fwd 2-ft glide Assisted 2-ft to 1-ft glide 	<ul style="list-style-type: none"> Twist on the spot Assisted slalom Assisted thrusts
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Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Knee bend on the sculls Balance Eyes, head up 	<ul style="list-style-type: none"> Down/up/down/up knee bend (slalom) Balance Bend, push (side of blade) - thrusts
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Notes:

<ul style="list-style-type: none"> Min 6 consecutive sculls Fwd 2-ft (min 1 sec) to 1-ft (min 1 sec), both feet Put a PA on 1st circle for assistance 	<ul style="list-style-type: none"> Min 6 pylons for slalom 2-ft to 1-ft glide - min 3 sec 1 foot (both feet) Full circle for thrusts - can relate this to a skateboard or scooter to help skater visualize pushing with one foot
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Teaching Aids/Props Needed:

Pylons, plush toys for sculling, marker, signs for stationary skills

Summary to Group:

Praise: *Great effort today! Did you have fun?*

Remember to: *Always bend your knees when you are skating!*

Next Lesson: *We are going to work on pushing and gliding.*

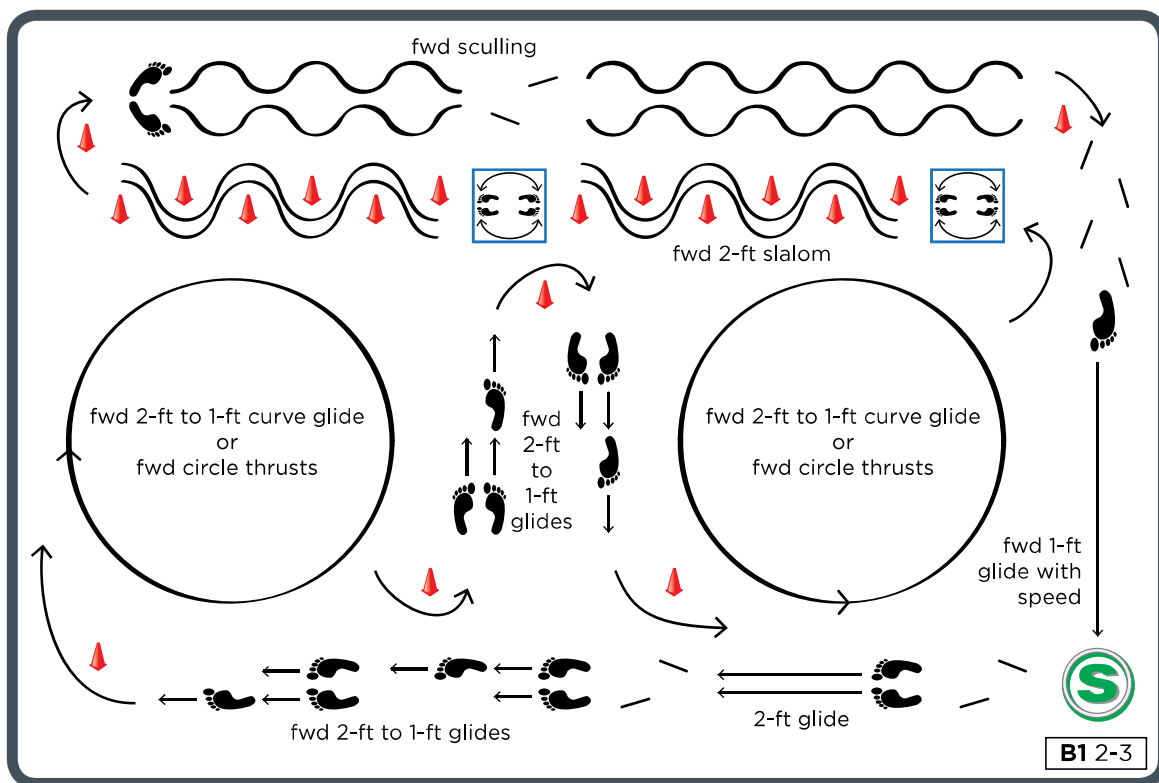
Self-Evaluation Notes:

Things I liked: *The flow - lots of time to practice.*

Things I can improve: *Need a few more PAs if possible for the younger skaters.*

BALANCE

(B1 2-3)



B1 2-3



CanSkate Lesson Plan #1: **BALANCE** (B1 3-4)

Stages 3 & 4

Group: _____ Date: _____

Introduction: *Hi Everyone! My name is _____. Welcome to our first day of skating. Let's all have some fun while we learn how to fall down and get up while moving. Are you ready?*

Lesson Topic:

STAGE 3	STAGE 4
<ul style="list-style-type: none"> Fwd 2-ft slalom Fwd 2-ft to 1-ft curve glide Fwd circle thrusts 	<ul style="list-style-type: none"> Drop-down drill Fwd crosscuts

Progressions to be Used:

<ul style="list-style-type: none"> Twist on the spot Assisted slalom Assisted thrusts 	<ul style="list-style-type: none"> Slow then add speed Walking crosscuts Circle thrusts
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Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Down/up/down/up knee bend (slalom) Balance Bend, push (side of blade) - thrusts 	<ul style="list-style-type: none"> Balance Blade pushes Lean into circle
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Notes:

<ul style="list-style-type: none"> Min 6 pylons for slalom 2-ft to 1-ft glide - min 3 sec 1 foot (both feet) Full circle for thrusts 	<ul style="list-style-type: none"> Fall down & get up, maintain forward momentum 50% of crosses should be crossed - help skater with feeling comfortable transferring their weight during the cross by using a hockey stick or coach to help support their weight Full circle of crosscuts
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Teaching Aids/Props Needed:

Pylons, marker, signs for stationary skills

Summary to Group:

Praise: *Great job today skaters!*

Remember to: *Keep working on your knee bend on your pushes - side of the blades.*

Next Lesson: *We are going to work on our gliding and edges.*

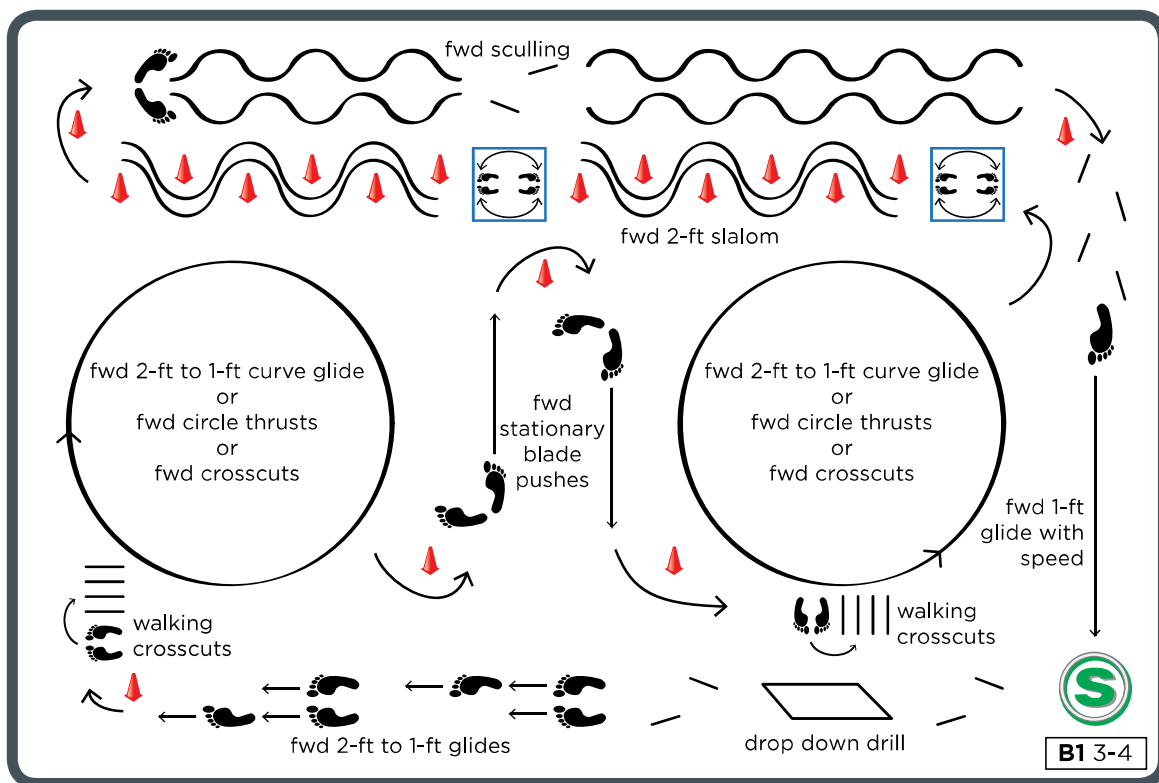
Self-Evaluation Notes:

Things I liked: *Kept group moving - allowed me to work individually within the crosscut circles.*

Things I can improve: *I need to emphasize the under push of the blade a little more, keep it on the ice a little longer before the push.*

BALANCE

(B1 3-4)





CanSkate Lesson Plan #1: **BALANCE** (B1 4-5)

Stages 4 & 5

Group: _____ Date: _____

Introduction: *Hi Everyone! Welcome to our first day of skating. Let's all have some fun while we learn how to fall down and get up while moving. Are you ready?*

Lesson Topic:

STAGE 4	STAGE 5
<ul style="list-style-type: none"> Drop-down drill Fwd crosscuts 	<ul style="list-style-type: none"> Fwd crosscuts - figure-8 Fwd push/glide sequence

Progressions to be Used:

<ul style="list-style-type: none"> Slow then add speed Walking crosscuts Circle thrusts 	<ul style="list-style-type: none"> Walking crosscuts Circle thrusts Slow then add speed
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Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Blade pushes Lean into circle 	<ul style="list-style-type: none"> Bend/push/bend/push/bend/push Side of the blade Good rhythm of knees
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Notes:

<ul style="list-style-type: none"> Fall down & get up, maintain forward momentum 50% of crosses should be crossed - allowing them to glide on 2 feet while in the crossed position will help them feel confident with the skill Full circle of crosscuts 	<ul style="list-style-type: none"> 50% of all pushes for crosscuts must be side of the blade Full length of ice for push/glide sequence Have PA available on the Fast Track for direction/encouragement
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Teaching Aids/Props Needed:

Pylons, marker, signs for stationary skills

Summary to Group:

Praise: *Great job today skaters!*

Remember to: *Keep working on your knee bend on your pushes - side of the blades.*

Next Lesson: *We are going to work on our edges.*

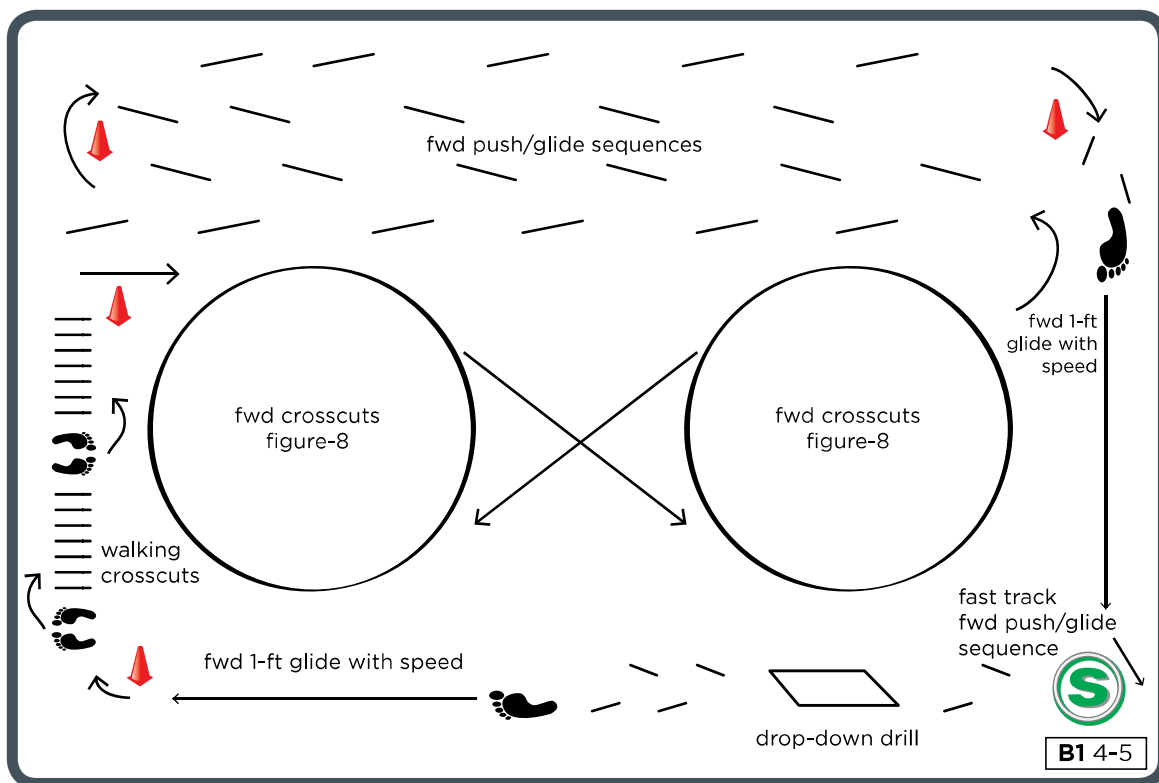
Self-Evaluation Notes:

Things I liked: *Kept group moving - allowed me to work individually within the crosscut circles*

Things I can improve: *I need to emphasize the under push of the blade a little more, keep it on the ice a little longer before the push.*

BALANCE

(B1 4-5)





CanSkate Lesson Plan #1: **BALANCE** (B1 5-6)

Stages 5 & 6

Group: _____ Date: _____

Introduction: *Hi Everyone! Welcome to our first day of skating. Let's all have some fun while we learn how to improve our crosscuts. Are you ready?*

Lesson Topic:

STAGE 5	STAGE 6
<ul style="list-style-type: none"> Fwd crosscuts – figure-8 Fwd push/glide sequence 	<ul style="list-style-type: none"> Fwd power crosscuts Fwd spiral on a curve Fwd perimeter skating with crosscuts

Progressions to be Used:

<ul style="list-style-type: none"> Walking crosscuts Circle thrusts Slow then add speed 	<ul style="list-style-type: none"> Slow then add speed Fwd push/glide sequence Stationary and straight line spiral
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Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Bend/push Side of the blade Good rhythm of knees 	<ul style="list-style-type: none"> Knee bend through push Even strokes/strides Power/acceleration Balance
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Notes:

<ul style="list-style-type: none"> 50% of all pushes for crosscuts must be from side of the blade Full length of ice for push/glide sequence Have PA available on the Fast Track for direction/encouragement 	<ul style="list-style-type: none"> Crosscuts – good technique, blade pushes Perimeter – good rhythm, blade pushes Perimeter – one lap each way, use PA to help direct traffic, alternate after each circuit rep. Spiral – hold for min 3 sec (min 1 sec in proper position)
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Teaching Aids/Props Needed:

Pylons, marker, signs for stationary skills

Summary to Group:

Praise: *Great job today skaters!*

Remember to: *Keep working on your knee bend on your pushes – side of the blades.*

Next Lesson: *We are going to work on our edges.*

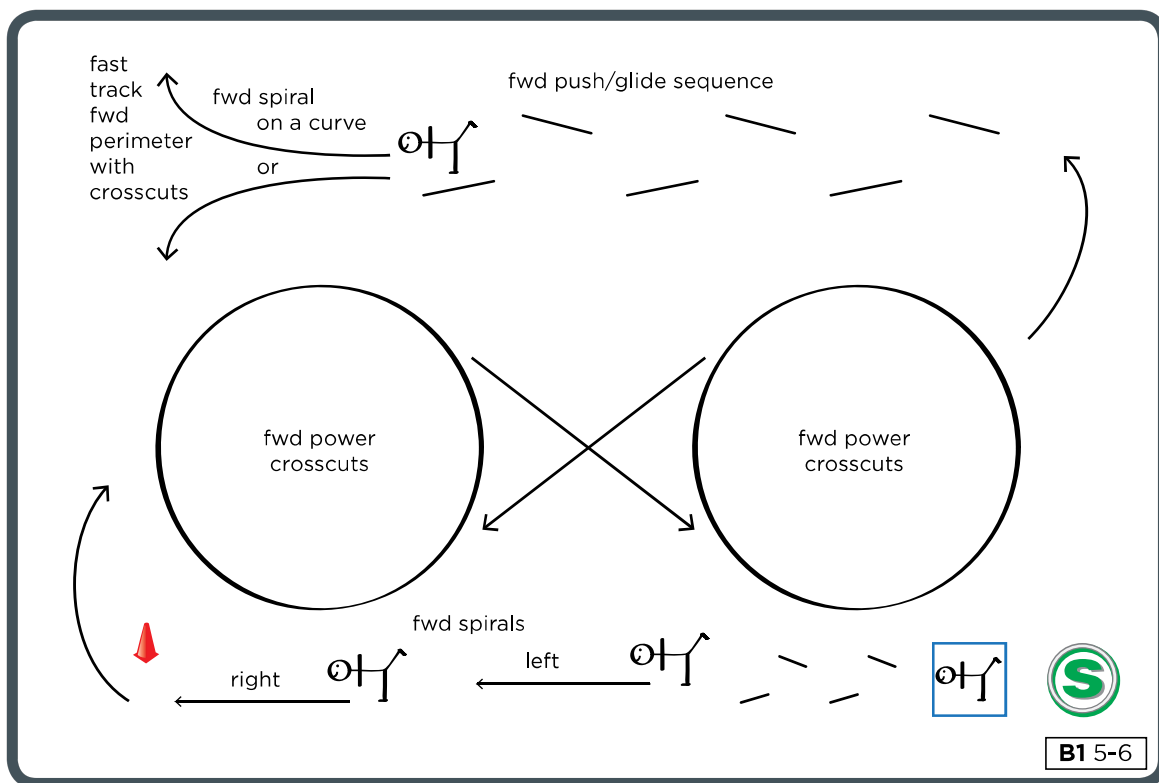
Self-Evaluation Notes:

Things I liked: *Kept group moving – allowed me to work individually within the crosscut circles.*

Things I can improve: *I need to emphasize the under push of the blade a little more, keep it on the ice a little longer before the push.*

BALANCE

(B1 5-6)





CanSkate Lesson Plan #2: **BALANCE** (B2 1-2)

Stages 1 & 2

Group: _____ Date: _____

Introduction: *Welcome skaters! Let's get ready to have some fun at the Balance station. Today we are going to work on pushing and gliding. You will start with a little glide and then it will get longer and longer!*

Lesson Topic:

STAGE 1	STAGE 2
<ul style="list-style-type: none"> Fwd 2-ft sit glide Fwd push/glide sequence 	<ul style="list-style-type: none"> Fwd 2-ft sculling Fwd push/glide sequence

Progressions to be Used:

<ul style="list-style-type: none"> Stationary sit position Slow push/glides, emphasizing the bend before the push (2-ft glide, push, 2-ft glide, push) 	<ul style="list-style-type: none"> Scull on the spot - blades not further than shoulder-width apart Slow then add speed to each scull
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Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Bend knees and ankles Side of the blade 	<ul style="list-style-type: none"> Bend knees Toes out then in for sculls (down, up) Side of the blade pushes with knee bend
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Notes:

<ul style="list-style-type: none"> Skaters must bend 135° to 90° or more for sit position – coaches can use a pool noodle for skaters to put between their knees and hang onto, while they pull them to get the feeling of the sit glide Min 4 consecutive pushes for push/glide sequence 	<ul style="list-style-type: none"> Min 6 consecutive sculls Full width of ice, or comparable for push/glide sequence Give skaters key words to repeat (in-out, down-up, heels-toes, etc.)
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Teaching Aids/Props Needed:

Pylons, marker, signs for stationary skills, plush toys for sculls, archways for sit glide

Summary to Group:

Praise: *Wow – You did amazing today!*

Remember to: *Keep your chin up and show me your smiles.*

Next Lesson: *We are going to work on gliding as long as we can.*

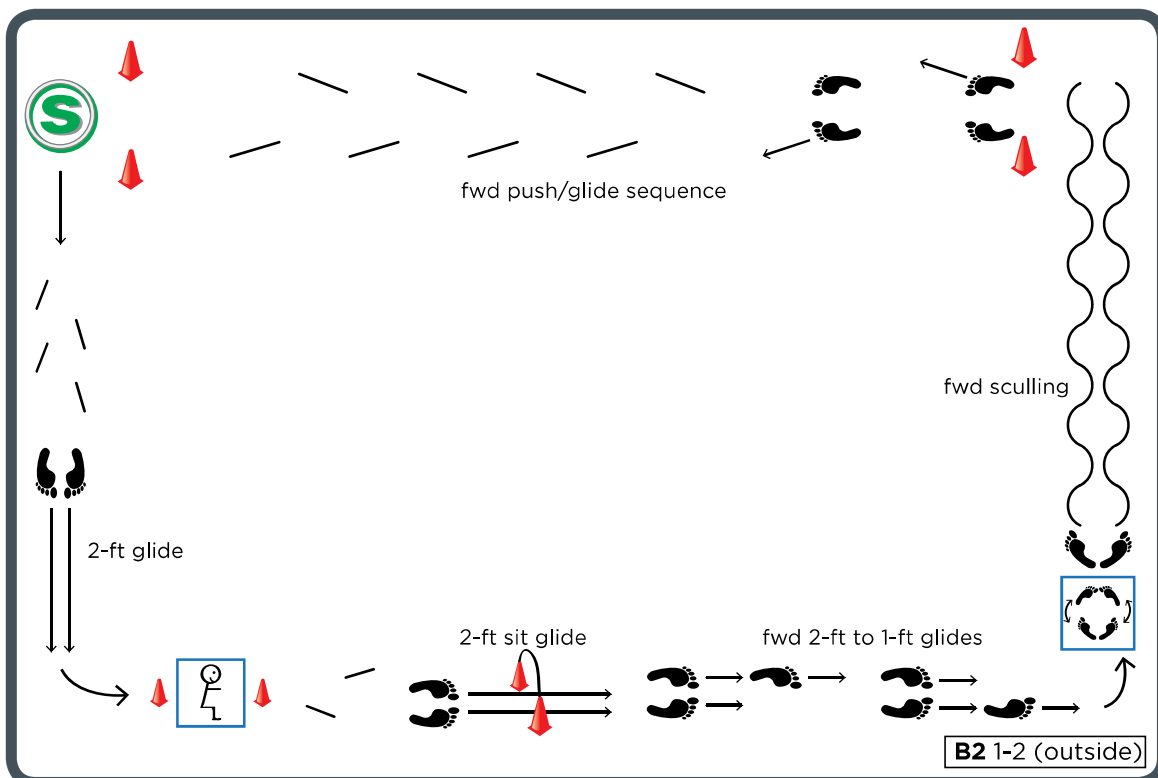
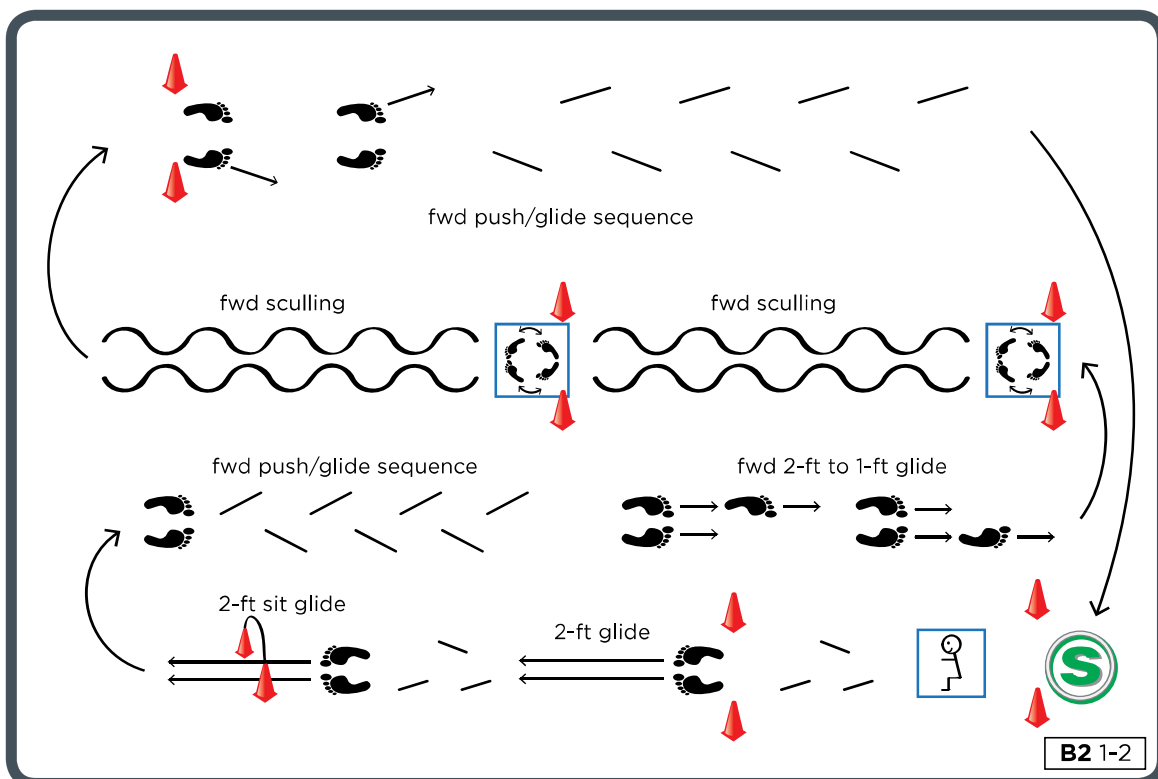
Self-Evaluation Notes:

Things I liked: *Using the arch for the sit glide.*

Things I can improve: *Make sure my circuit is clearly marked with arrows and directions.*

BALANCE

(B2 1-2)





CanSkate Lesson Plan #2: **BALANCE** (B2 2-3)

Stages 2 & 3

Group: _____ Date: _____

Introduction: *Welcome skaters! Let's get ready to have some fun at the Balance Station. Today we are going to work on pushing and gliding. You will start with a little glide and then it will get longer and longer!*

Lesson Topic:

STAGE 2	STAGE 3
<ul style="list-style-type: none"> Fwd 2-ft sculling Fwd push/glide sequence 	<ul style="list-style-type: none"> Fwd 2-ft slalom Fwd stationary blade push

Progressions to be Used:

<ul style="list-style-type: none"> Scull on the spot Slow then add speed to the scull 	<ul style="list-style-type: none"> Twist on the spot Fwd 1-ft glides 1-ft balance on the spot Assisted stationary blade pushes
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Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Bend knees Toes out then in for sculls Side of the blade pushes with knee bend 	<ul style="list-style-type: none"> Down/up/down/up knee bend rhythm Side of the blade push
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Notes:

<ul style="list-style-type: none"> Min 6 consecutive sculls Full width of ice, or comparable for push/glide sequence 	<ul style="list-style-type: none"> Min 2-second glide on 1 blade push (both feet must be executed) Min 6 pylons for slalom
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Teaching Aids/Props Needed:

Pylons, marker, signs for stationary skills, plush toys for sculls, archways for sit glide

Summary to Group:

Praise: *Wow – You did amazing today!*

Remember to: *Keep your chin up and show me your smiles.*

Next Lesson: *We are going to work on walking crosscuts and gliding as long as we can.*

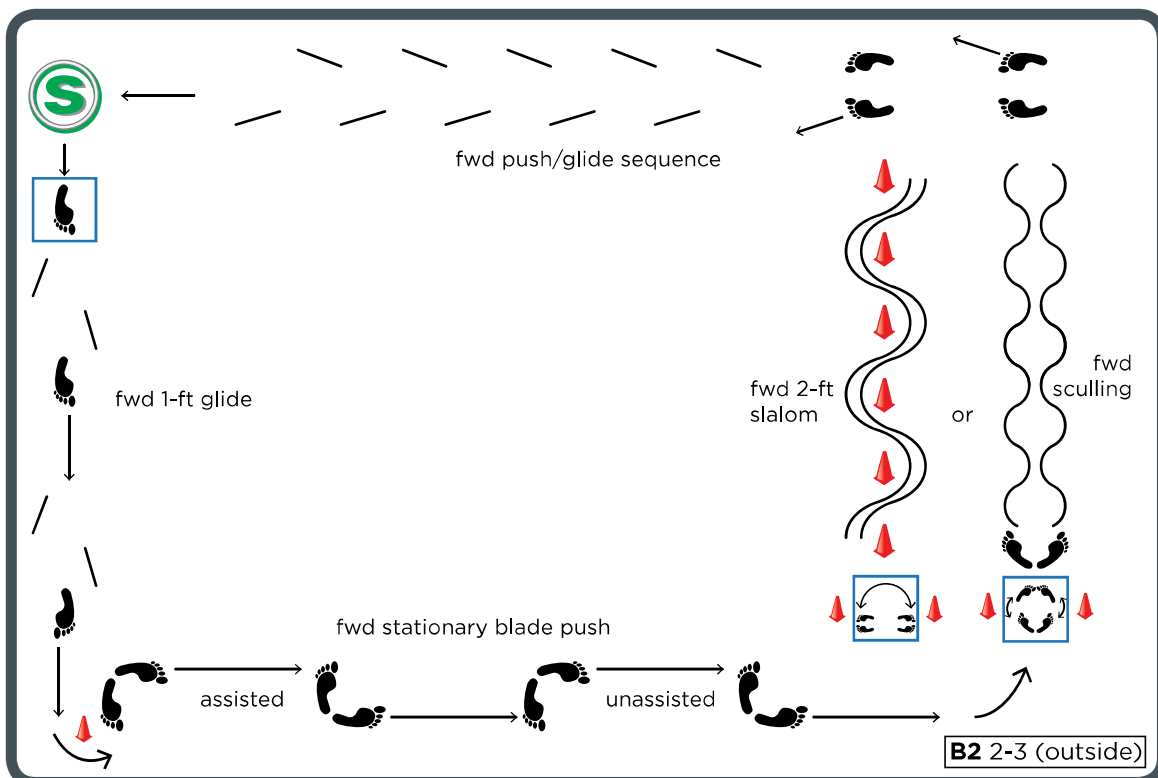
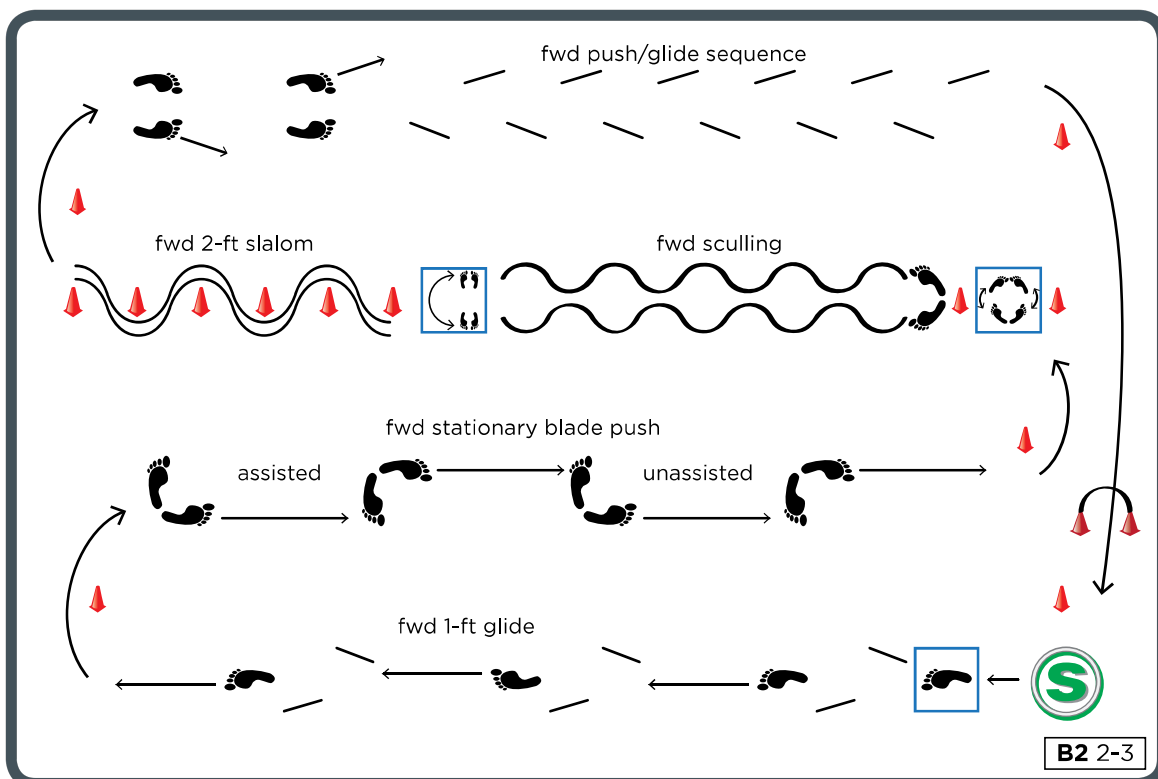
Self-Evaluation Notes:

Things I liked: *Being able to spend lots of time on stationary pushes...made a big difference.*

Things I can improve: *Make sure my circuit is clearly marked with arrows and directions.*

BALANCE

(B2 2-3)





CanSkate Lesson Plan #2: **BALANCE** (B2 3-4)

Stages 3 & 4

Group: _____ Date: _____

Introduction: *Welcome skaters! Let's get ready to have some fun at the Balance station. Today we are going to work on pushing and gliding. You will start with a little glide and then it will get longer and longer!*

Lesson Topic:

STAGE 3	STAGE 4
<ul style="list-style-type: none"> Fwd 2-ft slalom Fwd stationary blade push 	<ul style="list-style-type: none"> Fwd spiral FI slalom FO slalom

Progressions to be Used:

<ul style="list-style-type: none"> Twist on the spot Fwd 1-ft glide 1-ft balance on the spot Assisted stationary blade pushes 	<ul style="list-style-type: none"> Stationary assisted spiral Fwd 1-ft glide Assisted slalom
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Down/up/down/up knee bend rhythm Side of the blade push 	<ul style="list-style-type: none"> Balance Pick up inside foot for inside edge, outside foot for outside edge
--	---

Notes:

<ul style="list-style-type: none"> Min 2-second glide on 1 blade push (both feet must be executed) Min 6 pylons for slalom 	<ul style="list-style-type: none"> Min 6 pylons for slalom Work FI first, then progress to FO Hold spiral for 2 seconds
--	--

Teaching Aids/Props Needed:

Pylons, marker, signs for stationary skills

Summary to Group:

Praise: *Wow – You did amazing today!*

Remember to: *Keep your chin up and show me your smiles.*

Next Lesson: *We are going to work on walking crosscuts.*

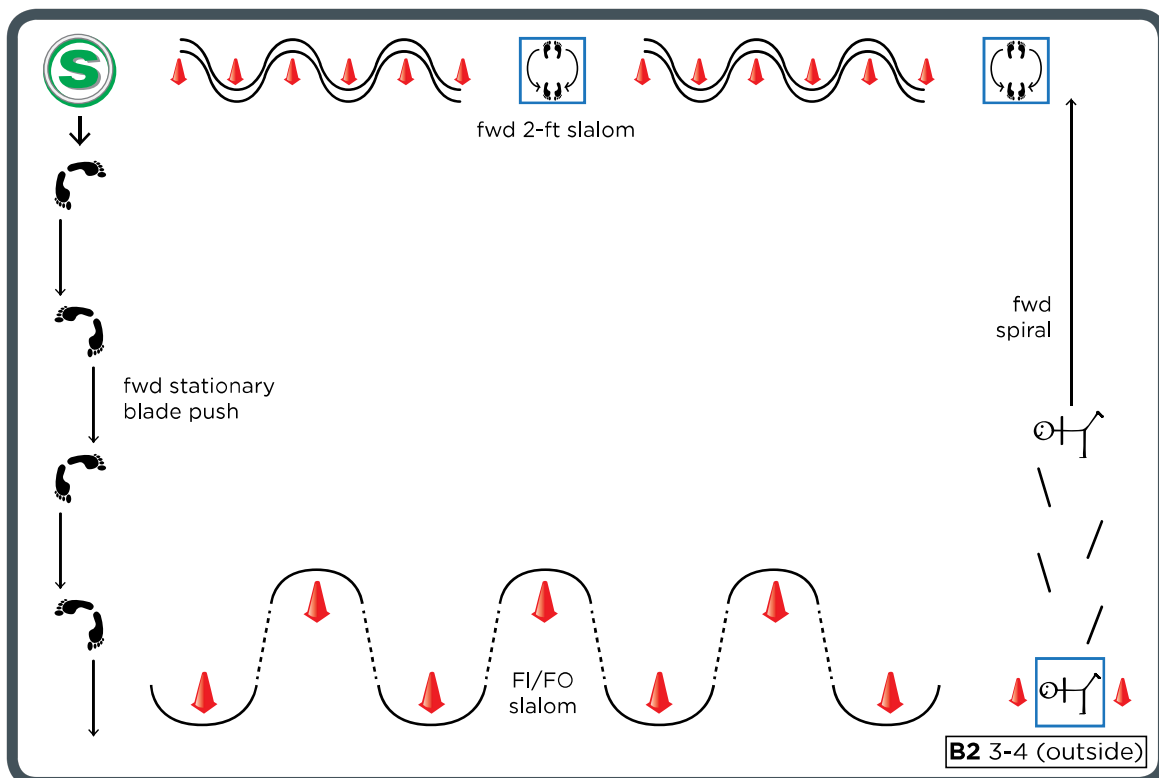
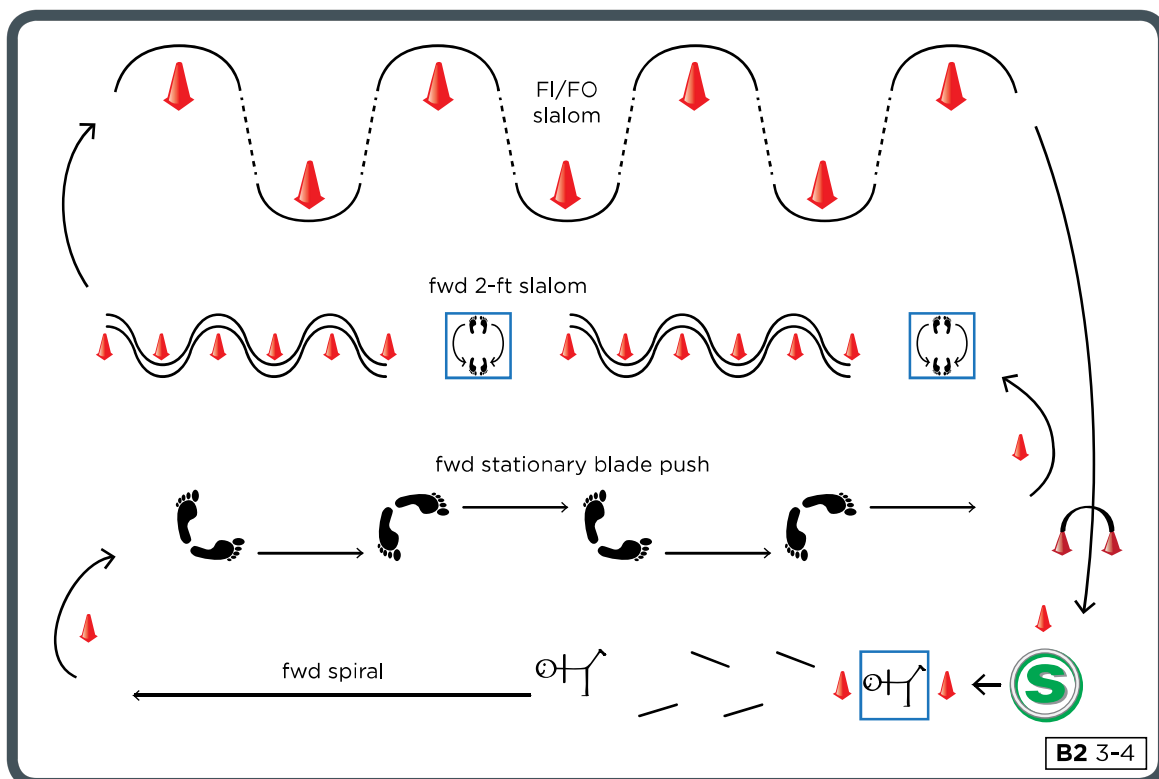
Self-Evaluation Notes:

Things I liked: *The large slalom, skaters were able to establish speed before their curves.*

Things I can improve: *Make sure my circuit is clearly marked with arrows and directions.*

BALANCE

(B2 3-4)





CanSkate Lesson Plan #2: **BALANCE** (B2 4-5)

Stages 4 & 5

Group: _____ Date: _____

Introduction: *Welcome skaters! Let's get ready to have some fun at the Balance station. Today we are going to work on more gliding and learn about edges.*

Lesson Topic:

STAGE 4	STAGE 5
<ul style="list-style-type: none"> Fwd spiral FI slalom FO slalom 	<ul style="list-style-type: none"> FI edges Fwd 1-ft slalom

Progressions to be Used:

<ul style="list-style-type: none"> Stationary assisted spiral Fwd 1-ft glide Assisted slalom 	<ul style="list-style-type: none"> Fwd 2-ft slalom
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Pick up inside foot for inside edge, outside foot for outside edge 	<ul style="list-style-type: none"> Balance Eyes, head up Knee bend rhythm on slalom (down/up/down/up)
---	--

Notes:

<ul style="list-style-type: none"> Min 6 pylons for slalom Work FI first, then progress to FO Hold spiral for 2 seconds 	<ul style="list-style-type: none"> 4 consecutive edges 6 pylons, majority on 1 foot Ensure skaters are pushing with the sides of their blades
--	--

Teaching Aids/Props Needed:

Pylons, marker, signs for stationary skills

Summary to Group:

Praise: *Wow - You did amazing today!*

Remember to: *Keep your chin up and show me your smiles.*

Next Lesson: *We are going to work on gliding as long as we can.*

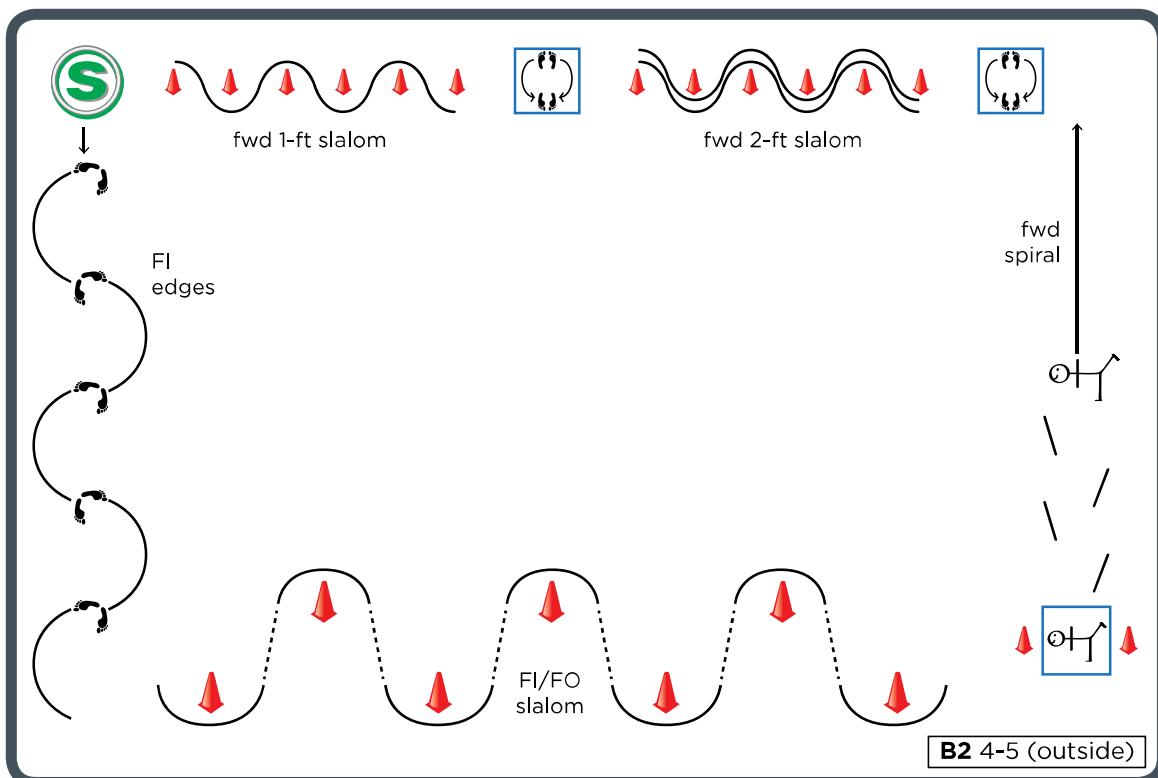
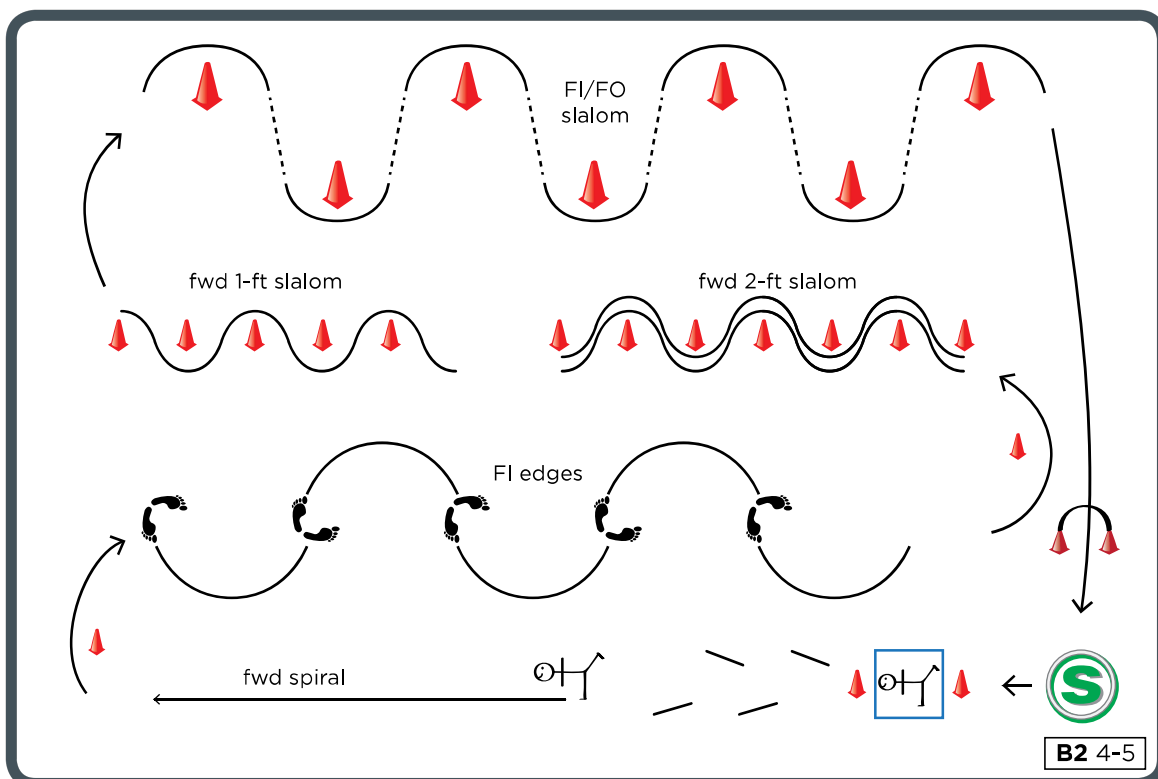
Self-Evaluation Notes:

Things I liked: *The large slalom, skaters were able to establish speed before their curves.*

Things I can improve: *Make sure my circuit is clearly marked with arrows and directions.*

BALANCE

(B2 4-5)





CanSkate Lesson Plan #2: **BALANCE** (B2 5-6)

Stages 5 & 6

Group: _____ Date: _____

Introduction: *Welcome skaters! Let's get ready to have some fun at the Balance station. Today we are going to work on more gliding and learn about edges.*

Lesson Topic:

STAGE 5	STAGE 6
<ul style="list-style-type: none"> FI edges Fwd 1-ft slalom 	<ul style="list-style-type: none"> FO edges Fwd 1-ft slalom Fwd shoot the duck

Progressions to be Used:

<ul style="list-style-type: none"> Fwd 2-ft slalom (if needed) 	<ul style="list-style-type: none"> Assisted shoot the duck - tuck and 'drive a car' on two feet - focus on getting down Assisted edges
---	--

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Eyes, head up Knee bend rhythm on slalom (down, up, down, up) 	<ul style="list-style-type: none"> Balance Eyes, head up
---	--

Notes:

<ul style="list-style-type: none"> 4 consecutive edges, blade pushes 6 pylons, majority on 1 foot Skate beside skaters while holding their hands when doing 1-ft slalom - this will help them mimic the knee action 	<ul style="list-style-type: none"> 4 consecutive edges, blade pushes Execute 4 changes of edge on 1 foot Hold shoot the duck for min 2 seconds Skate beside skaters while holding their hands when doing 1-ft slalom - this will help them mimic the knee action
--	--

Teaching Aids/Props Needed:

Pylons, marker, signs for stationary skills

Summary to Group:

Praise: *Wow - You did amazing today!*

Remember to: *Keep your chin up and show me your smiles.*

Next Lesson: *We are going to work on walking crosscuts.*

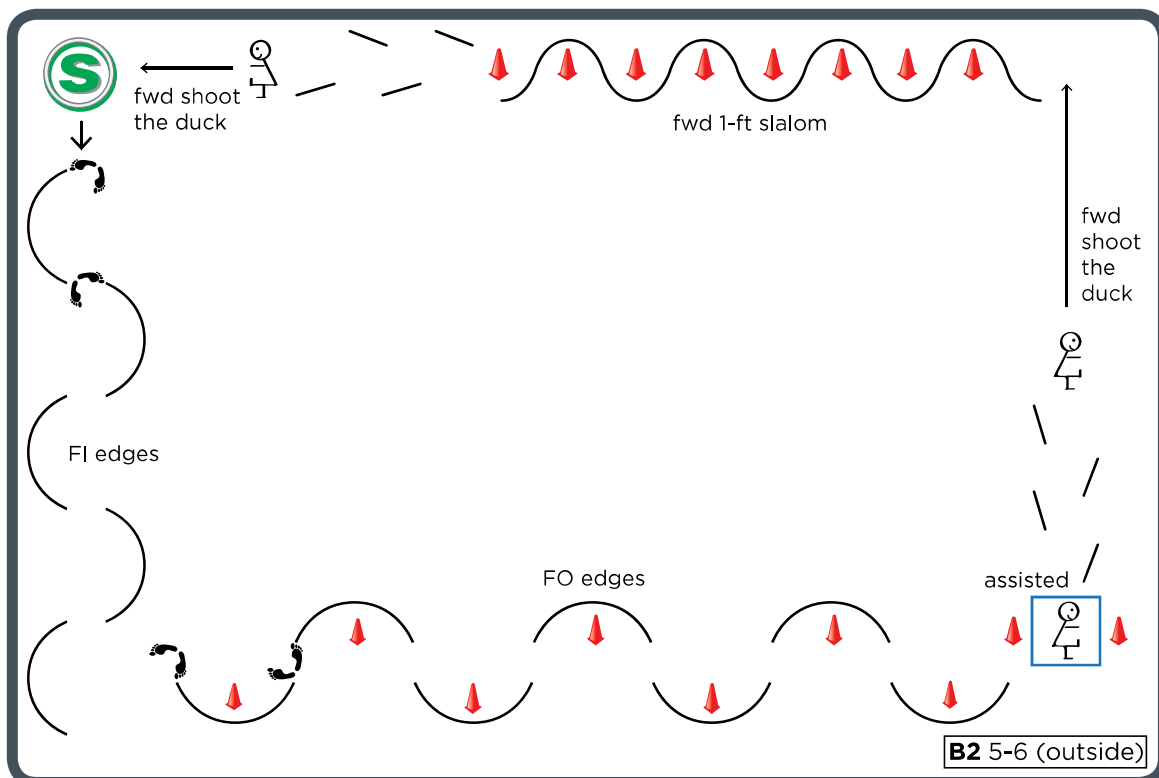
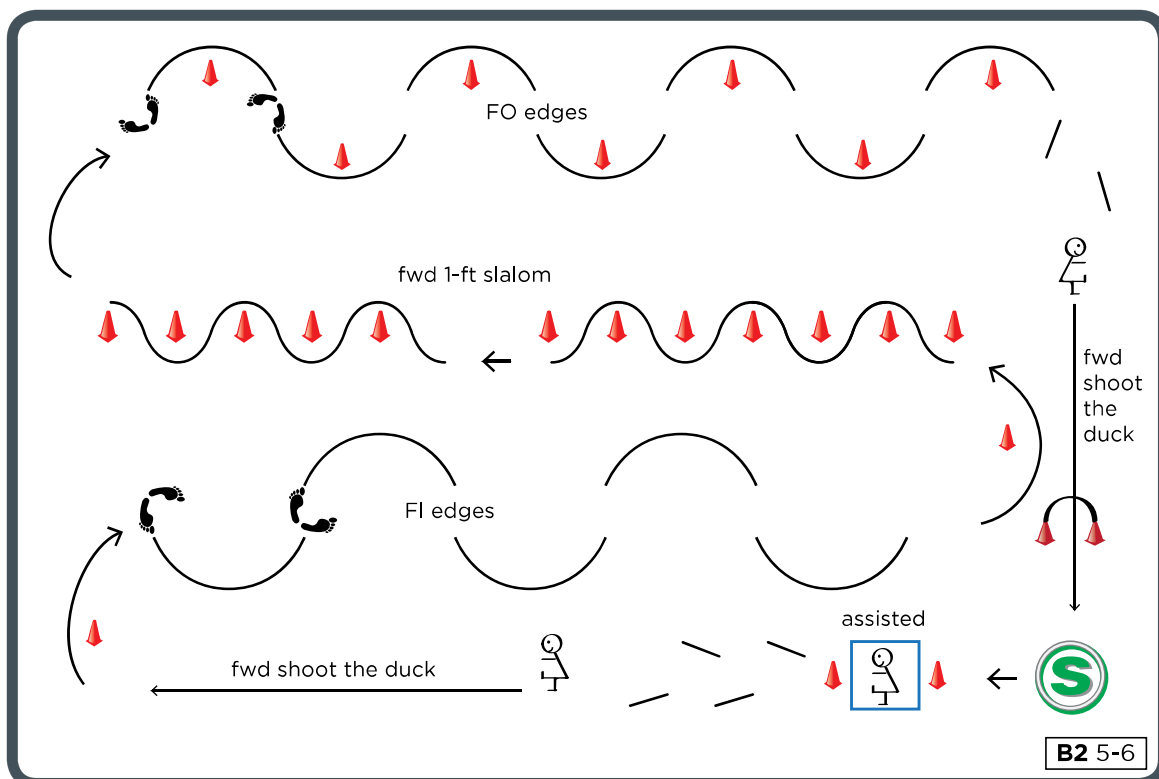
Self-Evaluation Notes:

Things I liked: *Was able to take my time during the edges and ensure skaters really understood.*

Things I can improve: *Make sure my circuit is clearly marked with arrows and directions.*

BALANCE

(B2 5-6)





CanSkate Lesson Plan #3: **BALANCE** (B3 1-2)

Stages 1 & 2

Group: _____ Date: _____

Introduction: *Welcome to the Balance station. Today we are going to work on our gliding.*

Lesson Topic:

STAGE 1 - Review	STAGE 2
<ul style="list-style-type: none"> Fwd 2-ft glide Fwd push/glide sequence 	<ul style="list-style-type: none"> Fwd 1-ft glide with speed

Progressions to be Used:

<ul style="list-style-type: none"> Skateboarding one skate along ice for several pushes and switch to other foot Assisted - holding a hula hoop PA pulls skater along the ice to practice 2-ft glide 	<ul style="list-style-type: none"> Fwd 2-ft glide Fwd 2-ft to 1-ft glide
--	--

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Bend knees and ankles Side of the blade 	<ul style="list-style-type: none"> Balance Eyes, head up
---	--

Notes:

<ul style="list-style-type: none"> Encourage speed and length of glide Can help skaters get the feel of the glide by assisting them (providing a little bit of speed and flow) 	<ul style="list-style-type: none"> To be held for min 2 seconds (both feet) High energy to encourage speed (offer plenty of high fives too!)
--	--

Teaching Aids/Props Needed:

Add some fun during this lesson - drawings, steering wheels for focus on skating fast.

Summary to Group:

Praise: *Wow - You did amazing today!*

Remember to: *Keep your head up and arms out for balance.*

Next Lesson: *We are going to work on these skills without someone helping us balance.*

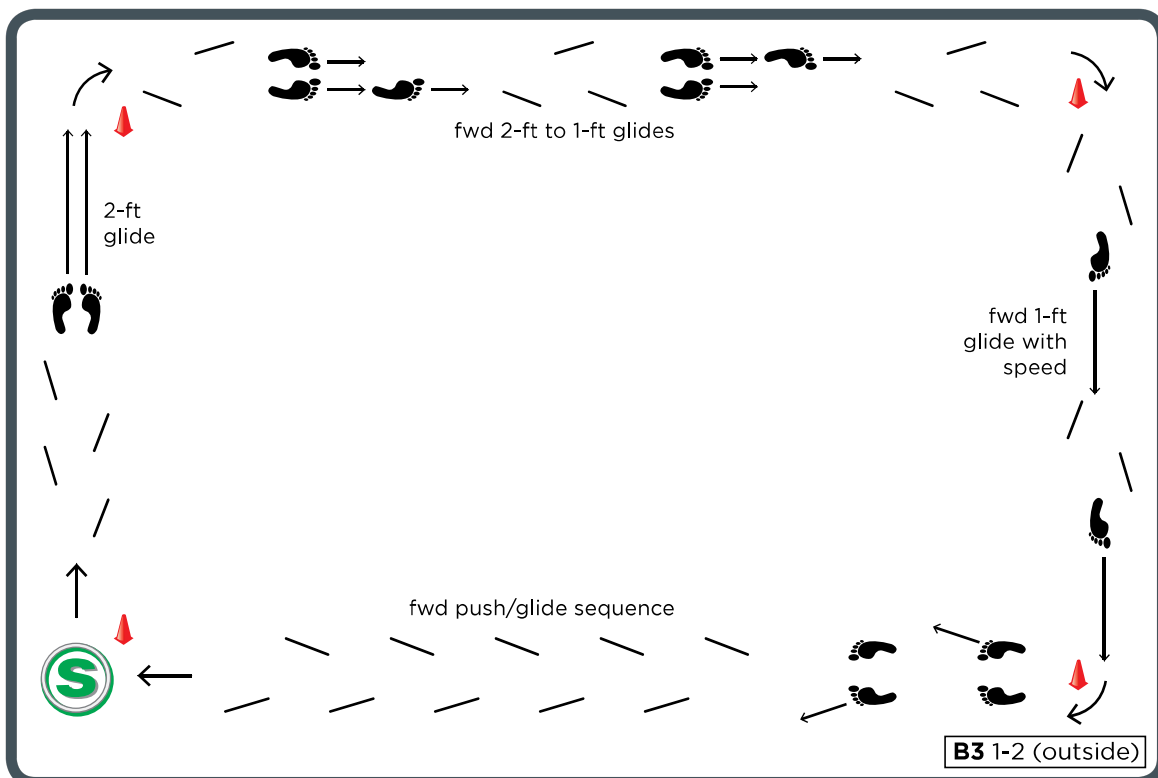
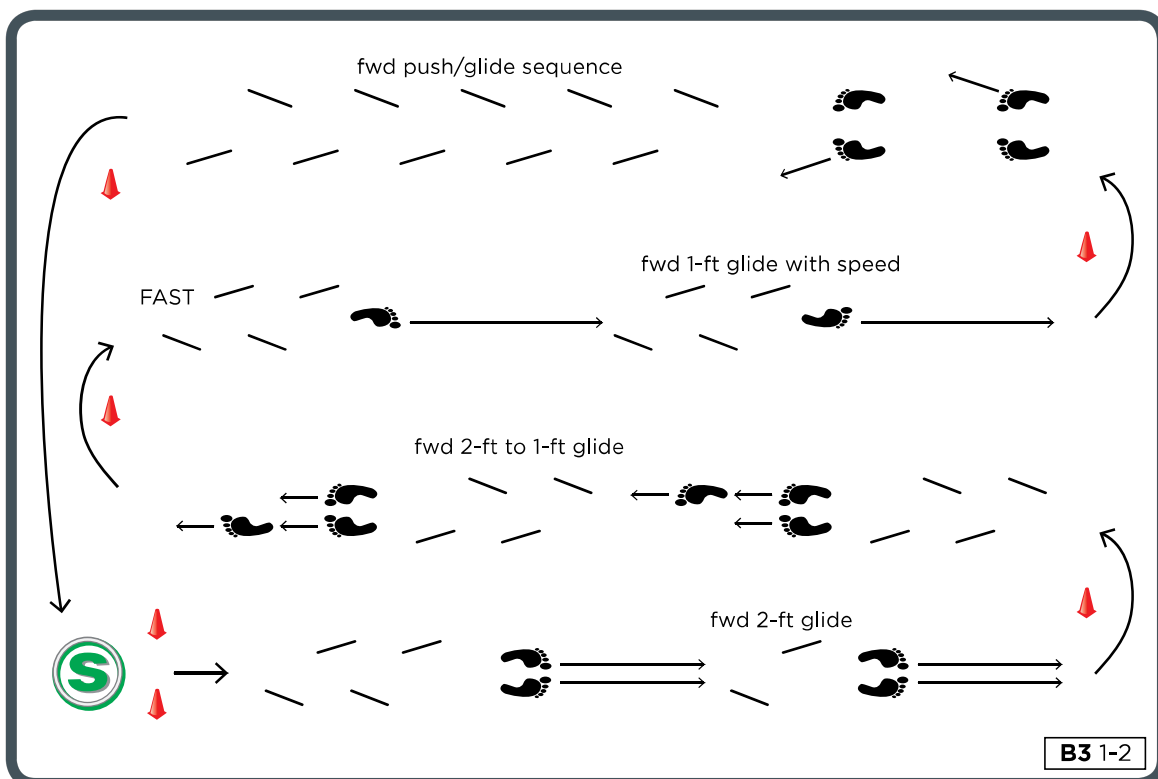
Self-Evaluation Notes:

Things I liked: *Opportunities to focus on control and balance - lots of time to correct skaters.*

Things I can improve: *Encouraging the skaters to do the skills without my assistance.*

BALANCE

(B3 1-2)





CanSkate Lesson Plan #3: **BALANCE** (B3 2-3)

Stages 2 & 3

Group: _____ Date: _____

Introduction: *Welcome to the Balance station. Today we are going to work on our 1-ft glides and walking crosscuts.*

Lesson Topic:

STAGE 2	STAGE 3
<ul style="list-style-type: none"> Fwd 1-ft glide with speed 	<ul style="list-style-type: none"> Fwd stationary blade push Walking crosscuts

Progressions to be Used:

<ul style="list-style-type: none"> Fwd 2-ft glide Fwd 2-ft to 1-ft glide 	<ul style="list-style-type: none"> Side steps Assisted walking crosscuts 1-ft glides Assisted stationary pushes
--	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Eyes, head up 	<ul style="list-style-type: none"> Parallel feet, walking crosscuts Blade pushes, stationary push Balance and knee bend on push
--	--

Notes:

<ul style="list-style-type: none"> To be held for min 2 seconds (both feet) Offer encouragement and praise throughout 	<ul style="list-style-type: none"> 3-5 consecutive walking crosscuts - allow them to stay on 2 feet in the crossed position to feel comfortable while learning that both blades need to be parallel Min 2-second glide on stationary push, bend, push - use the blade (coach may need to get on his/her knees to assist the skater ensuring that the whole blade stays on the ice for the push)
---	---

Teaching Aids/Props Needed:

Add some fun during this lesson - drawings, signs on plungers, plush toys for visual or archway for return to start.

Summary to Group:

Praise: *Wow - great job today!*

Remember to: *Keep your head up and use your arms for balance.*

Next Lesson: *We are going to work on these skills without someone helping us balance!*

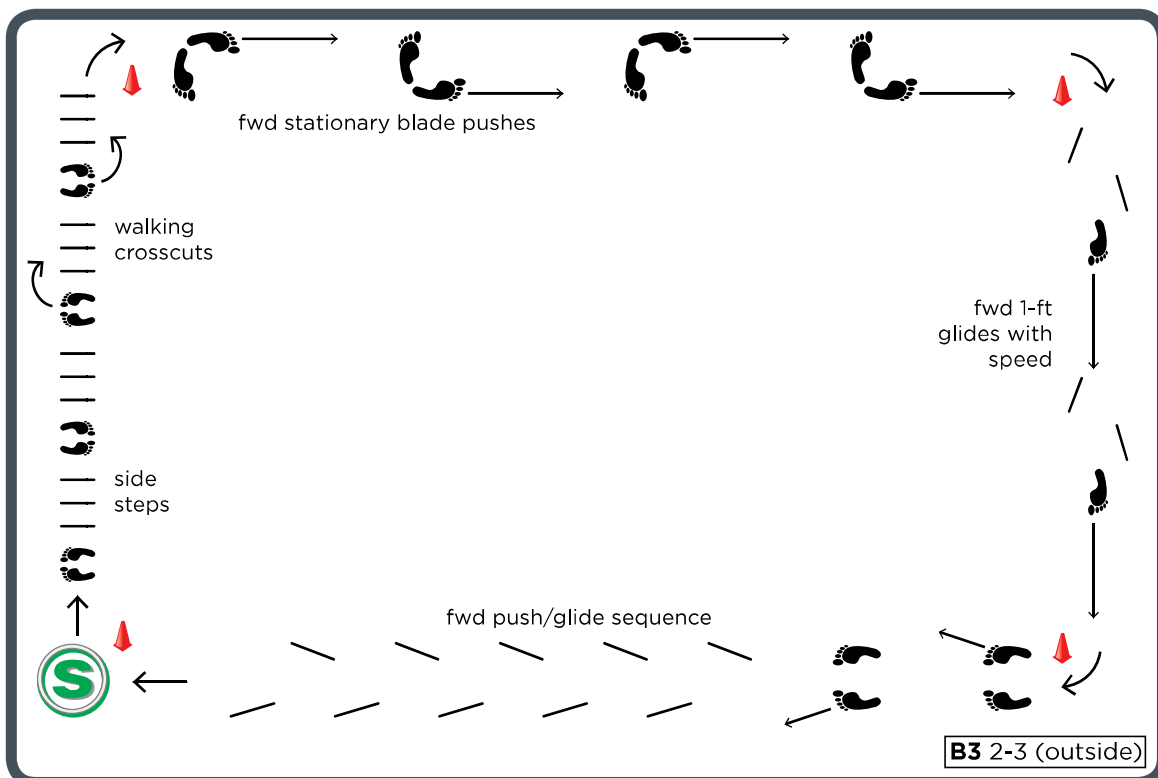
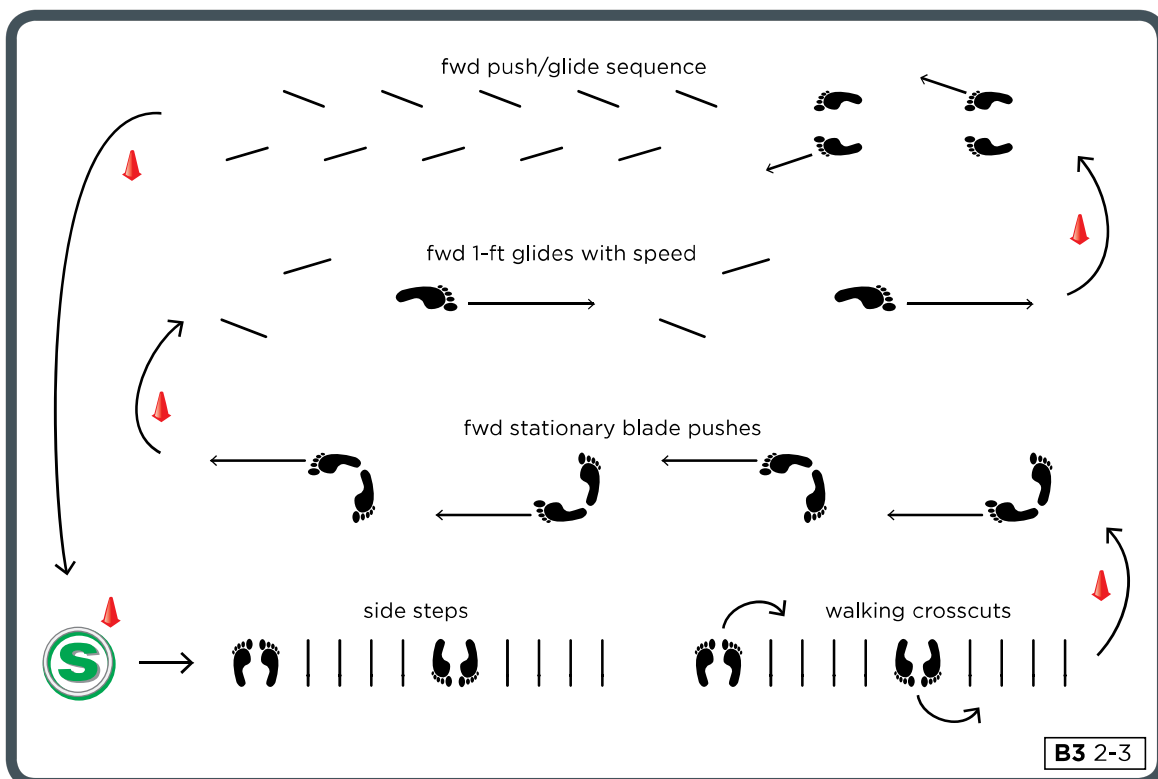
Self-Evaluation Notes:

Things I liked: *Lots of time to make corrections and help technique.*

Things I can improve: *Encouraging the skaters to do the skills without my assistance.*

BALANCE

(B3 2-3)





CanSkate Lesson Plan #3: **BALANCE** (B3 3-4)

Stages 3 & 4

Group: _____ Date: _____

Introduction: *Welcome to the Balance station. Today we are going to work on our walking crosscuts.*

Lesson Topic:

STAGE 3	STAGE 4
<ul style="list-style-type: none"> Fwd stationary blade push Walking crosscuts 	<ul style="list-style-type: none"> Fwd drag Fwd V start

Progressions to be Used:

<ul style="list-style-type: none"> Side steps Assisted walking crosscuts 1-ft glides Assisted stationary pushes 	<ul style="list-style-type: none"> Stationary drag Stationary V position
---	--

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Parallel feet, walking crosscuts Blade pushes, stationary push Balance and knee bend on push 	<ul style="list-style-type: none"> Balance Side of the blade power
--	--

Notes:

<ul style="list-style-type: none"> 3-5 consecutive walking crosscuts – can use hockey stick to help keep body level during this skill Min 2-second glide on stationary push 	<ul style="list-style-type: none"> Hold drag for min 2 seconds – have fun if skater falls; encourage deep knee bends – reassure that falling just means they are pushing themselves (high five!) Perform 4 consecutive V steps before glides
---	--

Teaching Aids/Props Needed:

Add some fun during this lesson – drawings, signs on plungers, plush toys for visual, archway for drag.

Summary to Group:

Praise: *Wow - awesome job! I love the drags!*

Remember to: *Keep your eyes and head up.*

Next Lesson: *We are going to work on our speed.*

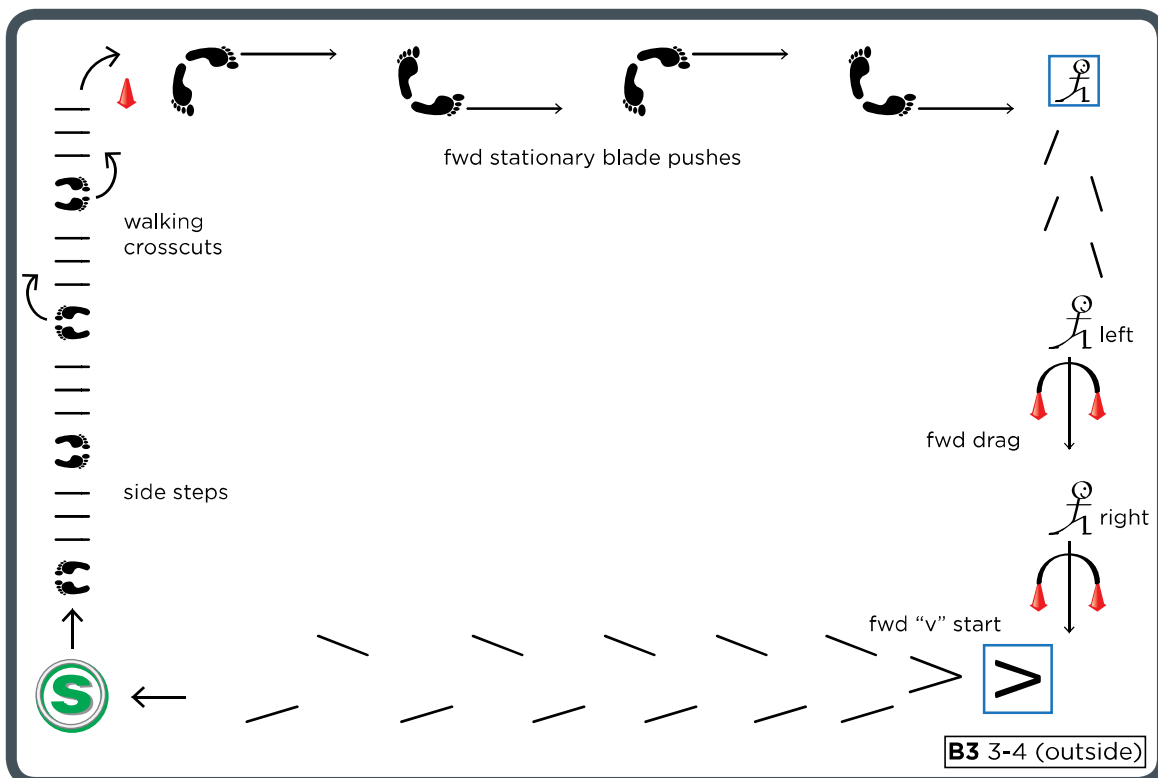
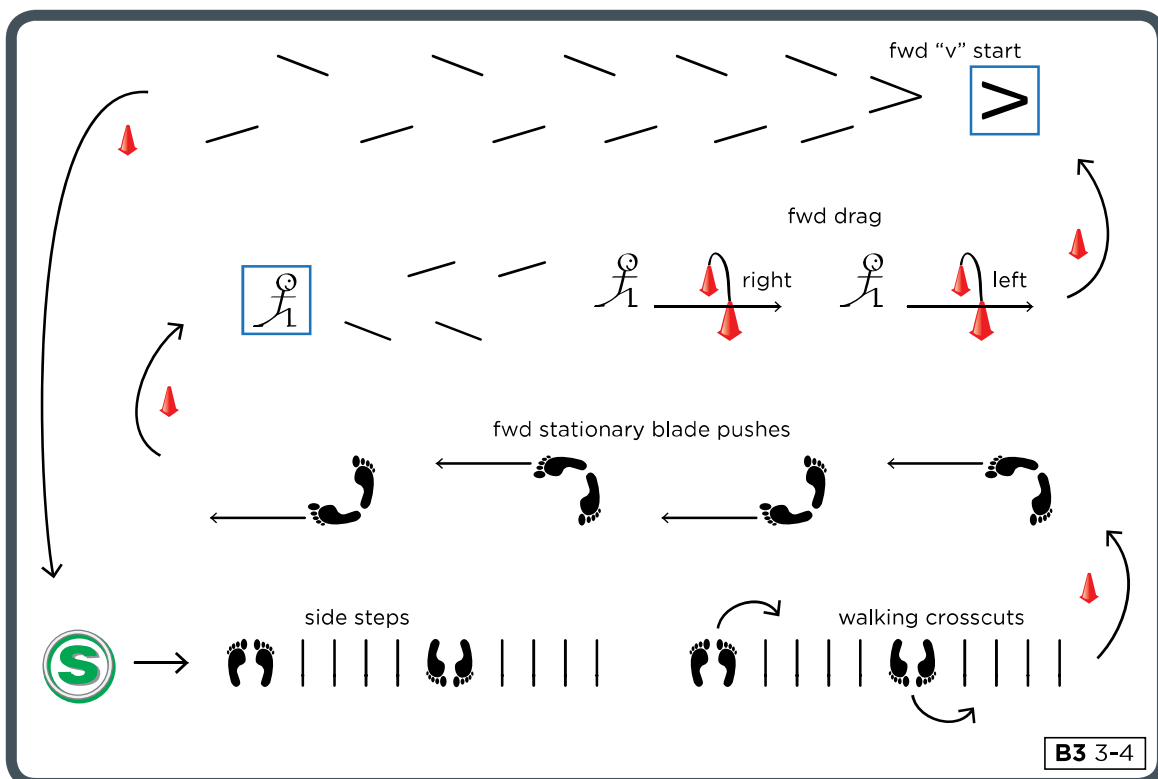
Self-Evaluation Notes:

Things I liked: *The challenge in this lesson.*

Things I can improve: *Add more visual aids.*

BALANCE

(B3 3-4)





CanSkate Lesson Plan #3: **BALANCE** (B3 4-5)

Stages 4 & 5

Group: _____ Date: _____

Introduction: *Welcome to the Balance station. Today we are going to work on our drags and walking crosscuts.*

Lesson Topic:

STAGE 4	STAGE 5
<ul style="list-style-type: none"> Fwd drag Fwd V start 	<ul style="list-style-type: none"> Inside spread eagle Running lateral crossovers Fwd perimeter skating with jumps

Progressions to be Used:

<ul style="list-style-type: none"> Stationary drag Stationary V position 	<ul style="list-style-type: none"> Assisted inside spread eagles Run on the spot Walking crosscuts
--	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Side of the blade power 	<ul style="list-style-type: none"> Balance Good knee bend/rhythm Control on jumps
--	--

Notes:

<ul style="list-style-type: none"> Hold drag for min 2 seconds Perform 4 consecutive V steps before glides 	<ul style="list-style-type: none"> Hold inside spread eagle for min 1 second - offer assistance at beginning Perform min 3 running crossovers Perimeter skating with jumps at every line, any jump permitted
--	---

Teaching Aids/Props Needed:

Add some fun during this lesson - drawings, signs on plungers, plush toys for visual, archway for drag.

Summary to Group:

Praise: *Wow - awesome job! I love the drags!*

Remember to: *Keep your head up and use your arms for speed.*

Next Lesson: *We are going to work more on our speed.*

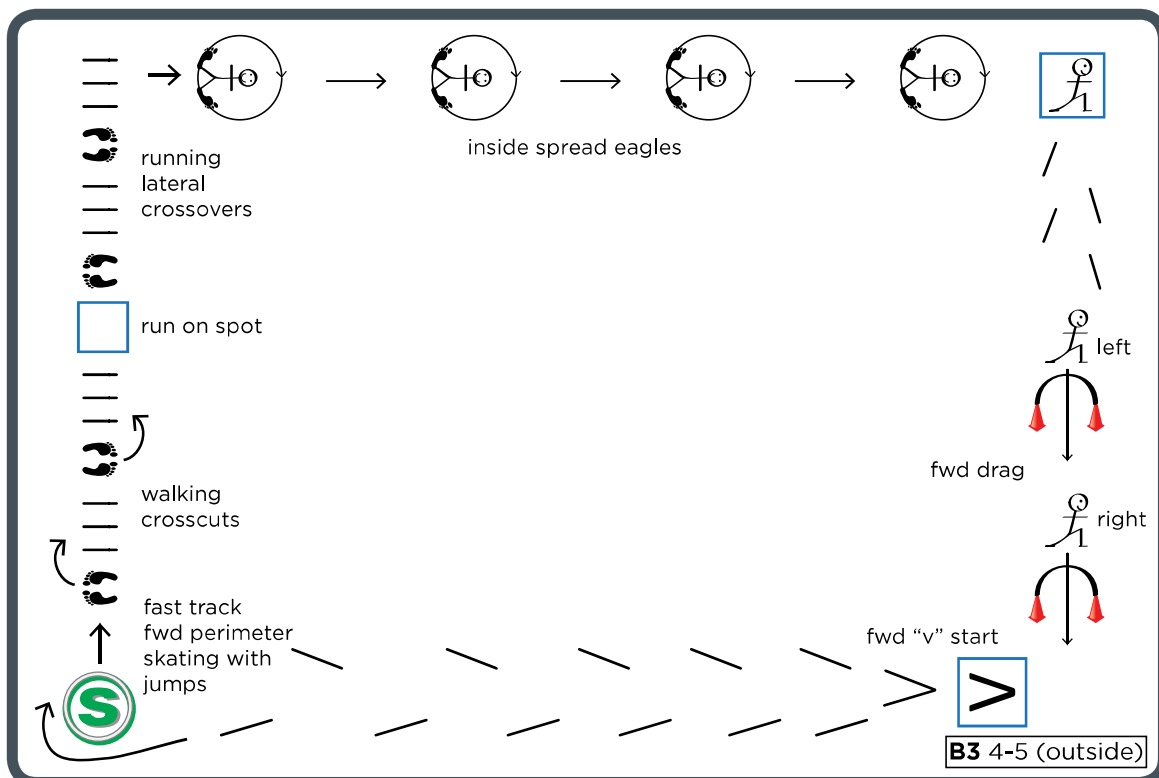
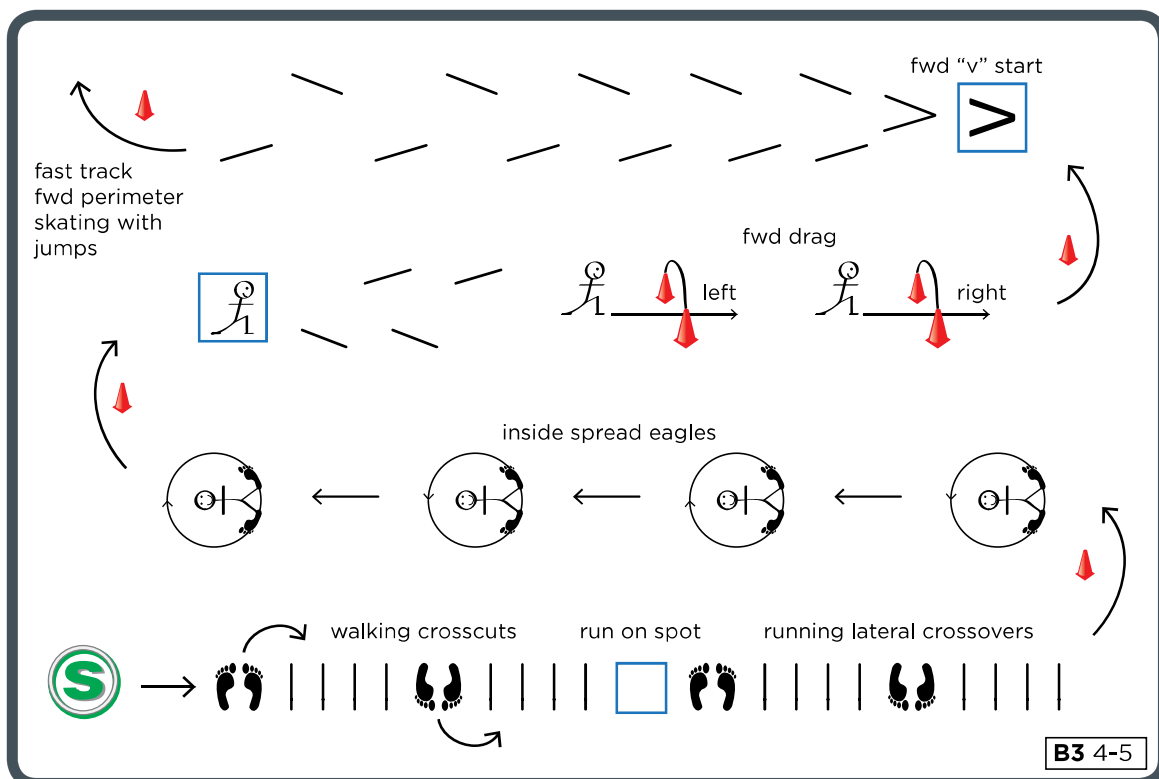
Self-Evaluation Notes:

Things I liked: *The challenge in this lesson.*

Things I can improve: *Add more visual aids.*

BALANCE

(B3 4-5)





CanSkate Lesson Plan #3: **BALANCE** (B3 5-6)

Stages 5 & 6

Group: _____ Date: _____

Introduction: *Welcome to the Balance station. Today we are going to work on walking crosscuts and crossovers.*

Lesson Topic:

STAGE 5	STAGE 6
<ul style="list-style-type: none"> • Inside spread eagle • Running lateral crossovers • Fwd perimeter skating with jumps 	<ul style="list-style-type: none"> • Fwd crossover acceleration • Fwd perimeter skating with side stops

Progressions to be Used:

<ul style="list-style-type: none"> • Assisted inside spread eagles • Run on the spot • Walking crosscuts 	<ul style="list-style-type: none"> • Running lateral crossovers • Slow and then add speed
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> • Balance • Good knee bend/rhythm • Control on jumps 	<ul style="list-style-type: none"> • Good knee action • Balance • Speed for perimeter
--	--

Notes:

<ul style="list-style-type: none"> • Hold inside spread eagle for min 1 second • Perform min 3 running crossovers • Perimeter skating with jumps at every line, any jump permitted 	<ul style="list-style-type: none"> • Perform a min of 3 side stops alternating direction • Crossover start must accelerate - high energy - GO, GO, GO!
---	--

Teaching Aids/Props Needed:

Add some fun during this lesson - drawings, signs on plungers.

Summary to Group:

Praise: *Wow, awesome job! I love the speed!*

Remember to: *Keep your head up and use your arms for speed.*

Next Lesson: *We are going to work on our power.*

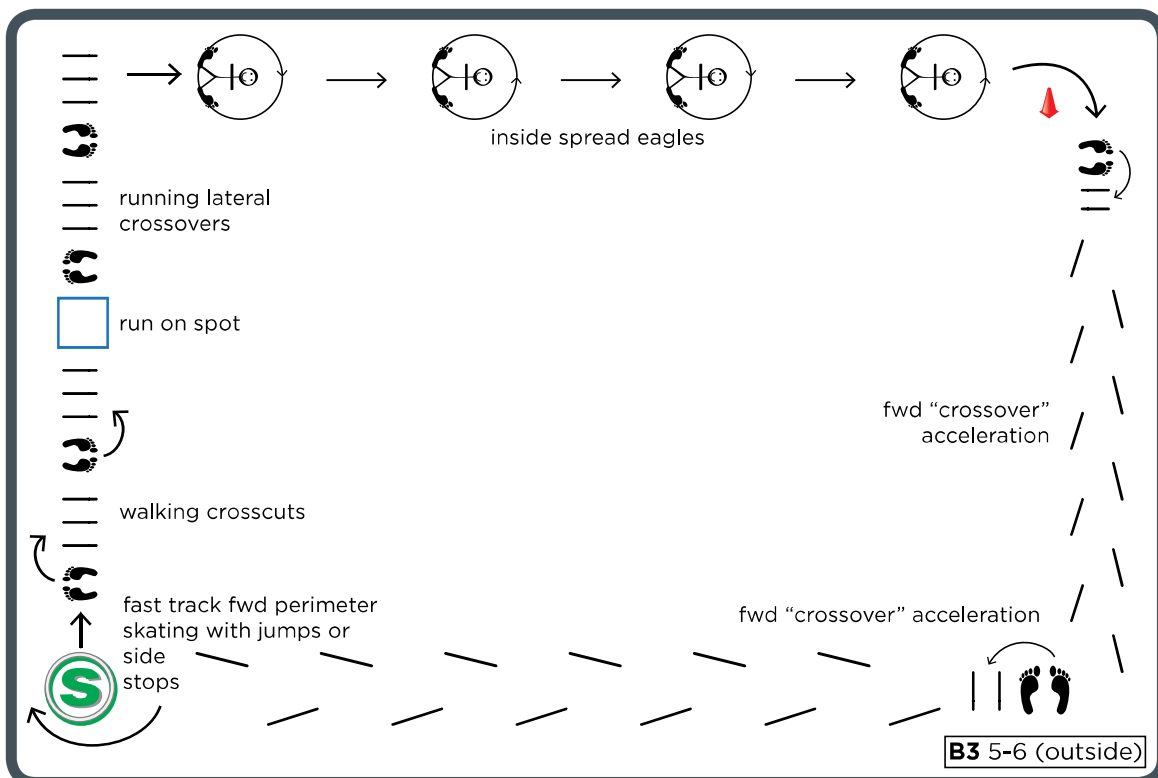
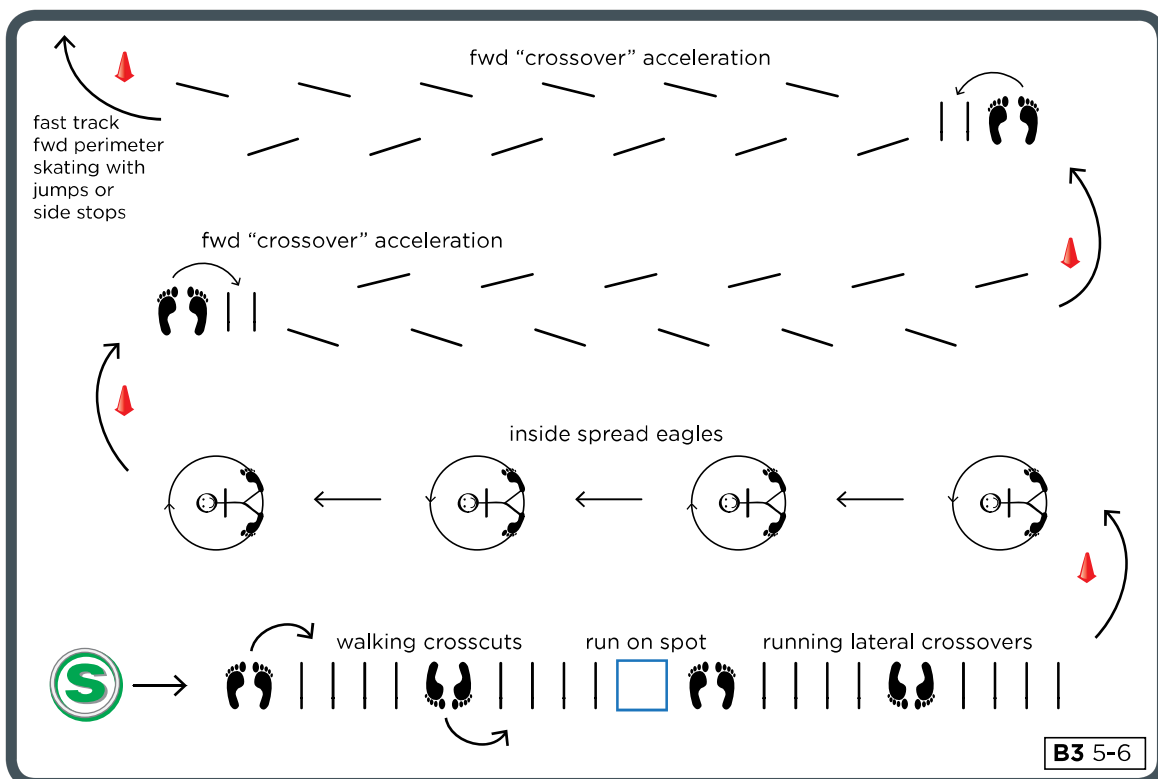
Self-Evaluation Notes:

Things I liked: *The challenge in this lesson.*

Things I can improve: *Add more visual aids.*

BALANCE

(B3 5-6)





CanSkate Lesson Plan #1: **CONTROL** (C1 1-2)

Stages 1 & 2

Group: _____ Date: _____

Introduction: *Hi everyone! Today we are going to work on our stopping while you are here at the Control station.*

Lesson Topic:

STAGE 1	STAGE 2
<ul style="list-style-type: none"> Snow slide steps Bwd 2-ft skating/walking 	<ul style="list-style-type: none"> Fwd stop Bwd push/glide sequence

Progressions to be Used:

<ul style="list-style-type: none"> Assist the foot with making snow Assisted bwd skating Fwd skating 	<ul style="list-style-type: none"> Slow then add speed Snow slide steps Stationary stops Assisted bwd skating
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Bend knees and ankles Side of the blade 	<ul style="list-style-type: none"> Balance Apply pressure to shave the ice Eyes, head up Bend knees for backward skating
---	--

Notes:

<ul style="list-style-type: none"> 4 consecutive slide steps per foot Bwd skating/walking to cover approx. ½ the width of the ice 	<ul style="list-style-type: none"> Any stop (R, L or both) acceptable
---	--

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *Great job today skaters! Wow – you really worked hard!*

Remember to: *Use your knees for your stops – bend and shave the ice.*

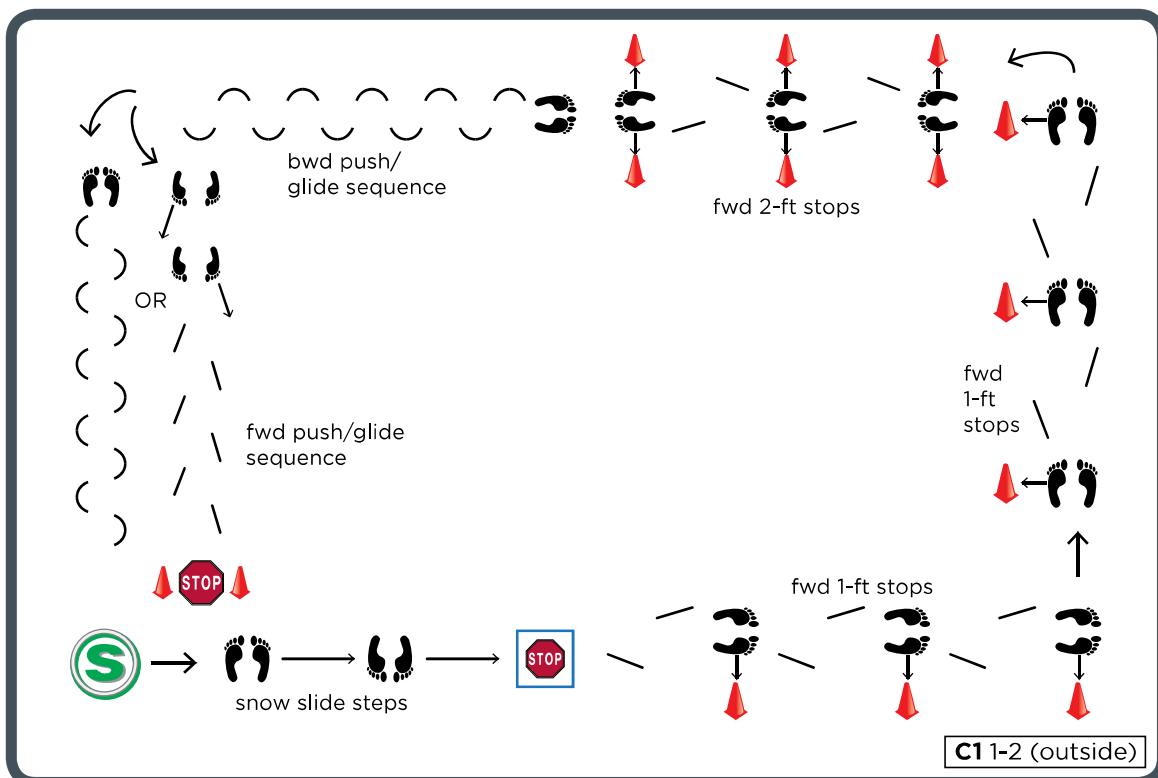
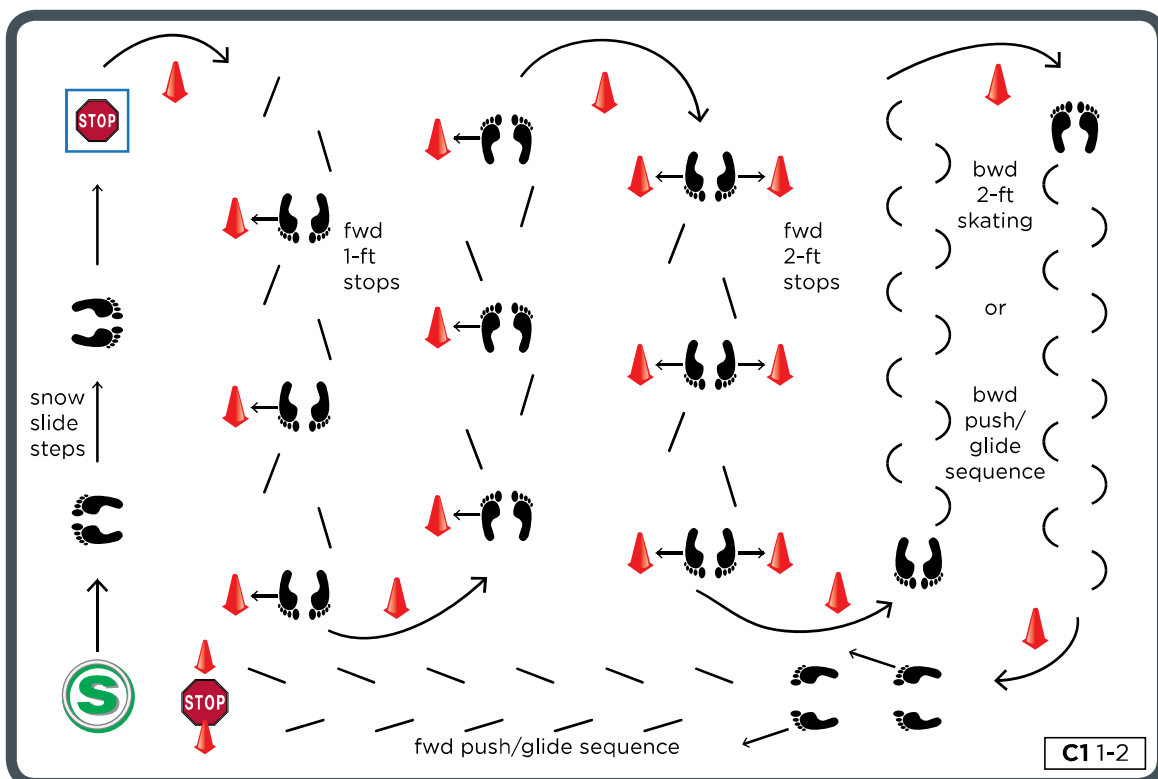
Next Lesson: *We are going to work your gliding and power.*

Self-Evaluation Notes:

Things I liked: *Lots of time to work the stop technique.*

Things I can improve: *Need to assign a PA to keep the stopping section of the circuit neat and tidy and to re-draw.*

CONTROL (C1 1-2)





CanSkate Lesson Plan #1: **CONTROL** (C1 2-3)

Stages 2 & 3

Group: _____ Date: _____

Introduction: *Hi everyone! Today we are going to work on our stopping while you are here at the Control station.*

Lesson Topic:

STAGE 2	STAGE 3
<ul style="list-style-type: none"> Fwd stop Bwd push/glide sequence 	<ul style="list-style-type: none"> Fwd stop with speed Bwd push/glide sequence

Progressions to be Used:

<ul style="list-style-type: none"> Slow then add speed Snow slide steps Stationary stops Assisted bwd skating 	<ul style="list-style-type: none"> Slow then add speed Snow slide steps Stationary stops Assisted bwd skating
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Apply pressure to shave the ice Eyes, head up Bend knees for bwd skating 	<ul style="list-style-type: none"> Balance Apply pressure to shave the ice Eyes, head up Bend knees for bwd skating
---	---

Notes:

<ul style="list-style-type: none"> Any stop (R, L or both) acceptable Bwd skating must cover more than ½ width Encourage skaters to spray snow on the pylon they are stopping towards! 	<ul style="list-style-type: none"> Must perform all stops, right, left and both More power on bwd skating (knee bend) Encourage skaters to spray snow on the pylon they are stopping towards!
---	--

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *Great job today skaters! Wow – you really worked hard!*

Remember to: *Use your knees for your stops – bend and shave the ice.*

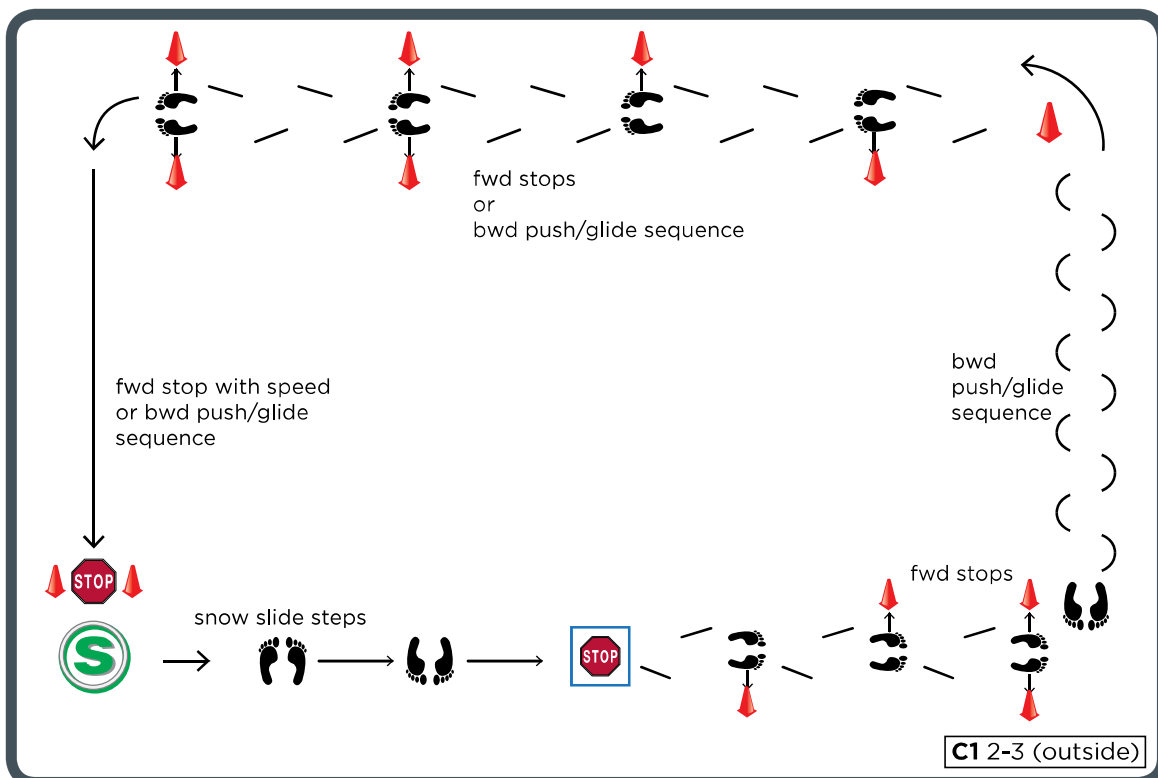
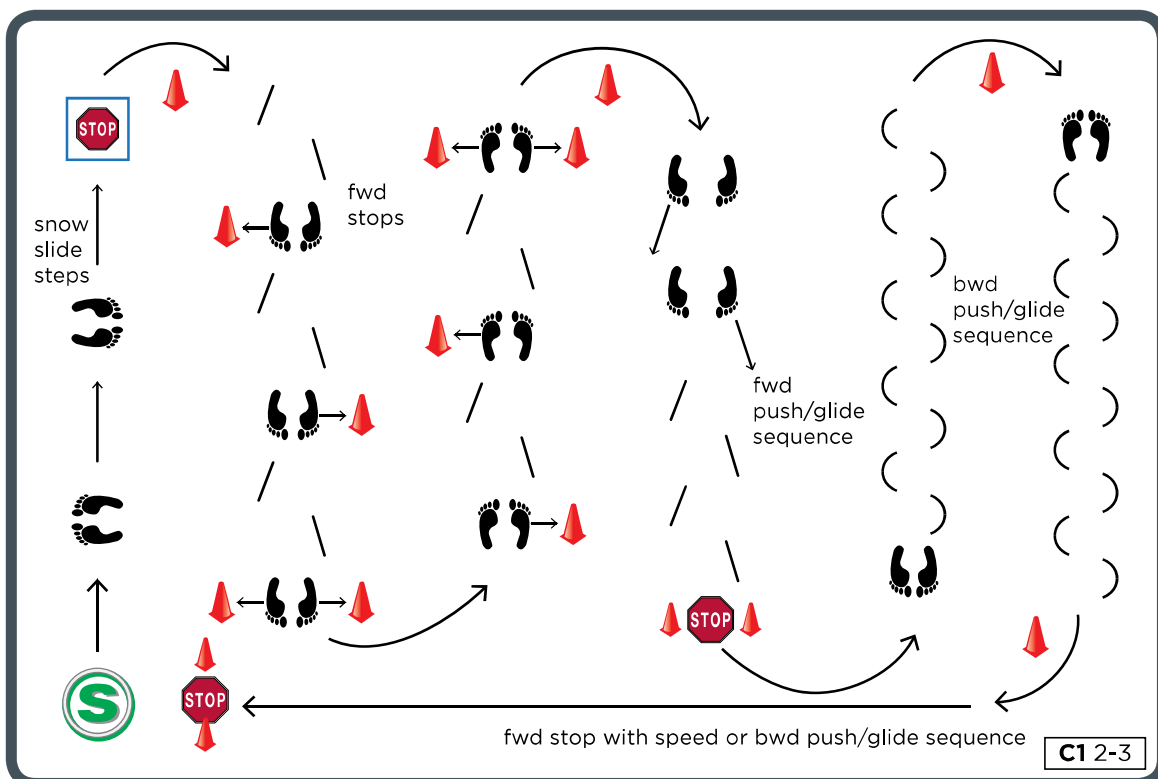
Next Lesson: *We are going to work on your gliding and power.*

Self-Evaluation Notes:

Things I liked: *Lots of time to work on stopping technique.*

Things I can improve: *Need to assign a PA to keep the stopping section of the circuit neat and tidy and to re-draw.*

CONTROL (C1 2-3)





CanSkate Lesson Plan #1: **CONTROL** (C1 3-4)

Stages 3 & 4

Group: _____ Date: _____

Introduction: *Hi everyone! Today we are going to work on our stopping while you are here at the Control station.*

Lesson Topic:

STAGE 3	STAGE 4
<ul style="list-style-type: none"> Fwd stop with speed Bwd push/glide sequence 	<ul style="list-style-type: none"> Bwd stop Speed drill #1 (skate from goal line to 1st blue line in 9 seconds or less)

Progressions to be Used:

<ul style="list-style-type: none"> Slow then add speed to both stop and push glide Snow slide steps Stationary stops Assisted bwd skating 	<ul style="list-style-type: none"> Stationary stops Fwd stops Fast fwd skating
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Apply pressure to shave the ice Eyes, head up Bend knees for bwd skating 	<ul style="list-style-type: none"> Push foot behind and out for bwd stops Use natural body rhythm to help speed Free movement of arms
---	--

Notes:

<ul style="list-style-type: none"> Must perform all stops, right, left and both More power on bwd skating (knee bend) – full width of ice 	<ul style="list-style-type: none"> Any bwd stop acceptable A PA may time the speed drill and record time
---	--

Teaching Aids/Props Needed:

Pylons, markers, signs, stop watch

Summary to Group:

Praise: *Great job today skaters! Wow – you really worked hard!*

Remember to: *Use your knees for your stops – bend and shave the ice.*

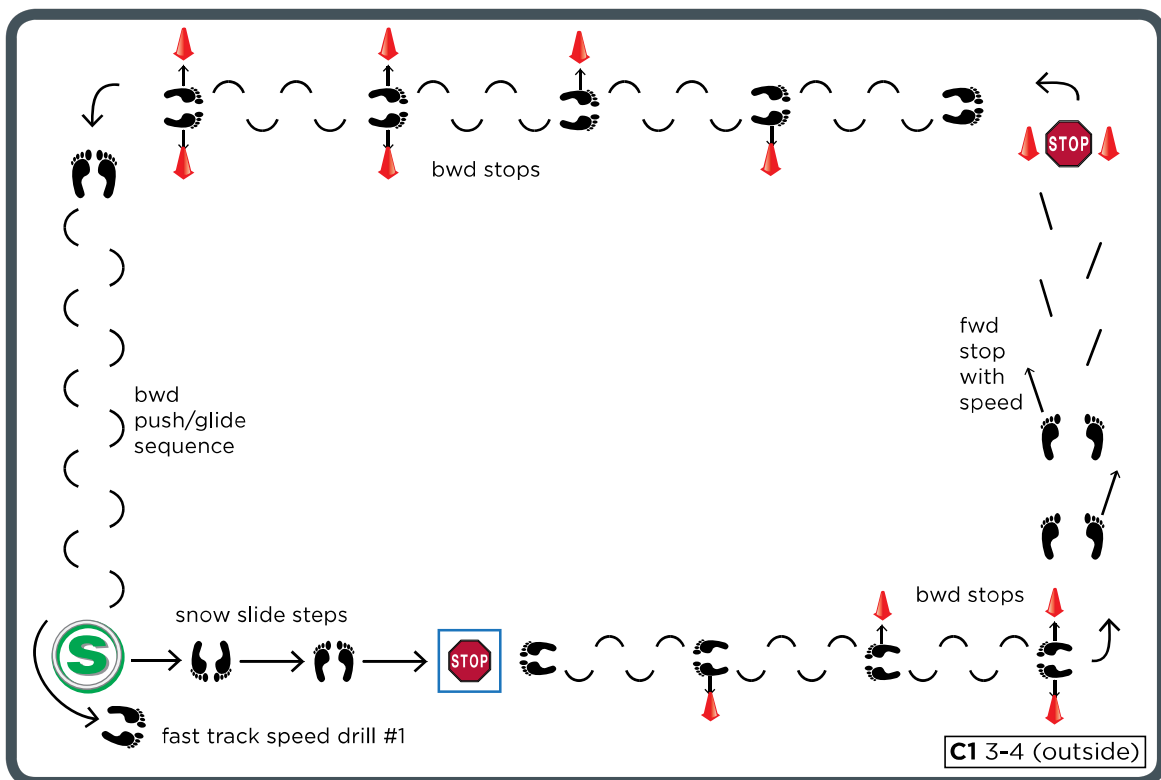
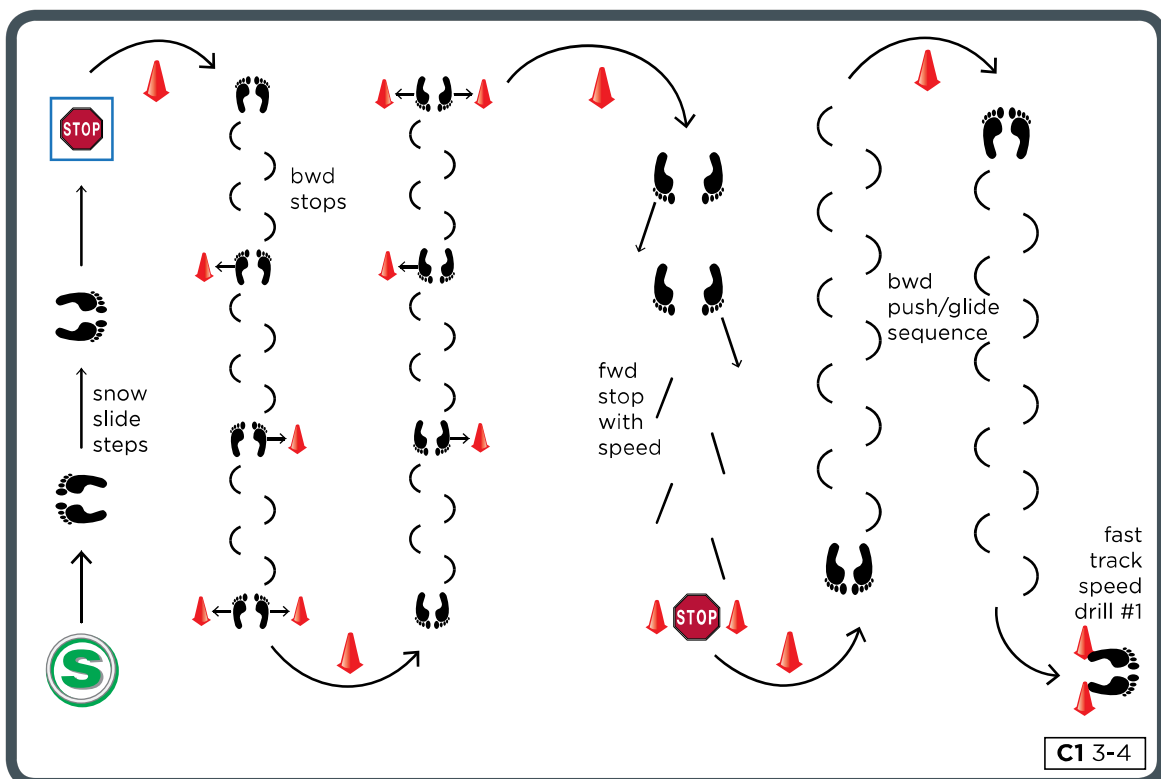
Next Lesson: *We are going to work on your gliding and power.*

Self-Evaluation Notes:

Things I liked: *Lots of time to work on stopping technique.*

Things I can improve: *Need to assign a PA to keep the stopping section of the circuit neat and tidy and to re-draw.*

CONTROL (C1 3-4)





CanSkate Lesson Plan #1: **CONTROL** (C1 4-5)

Stages 4 & 5

Group: _____ Date: _____

Introduction: *Hi everyone! Today we are going to work on our stopping while you are here at the Control station.*

Lesson Topic:

STAGE 4	STAGE 5
<ul style="list-style-type: none"> Bwd stop Speed drill #1 (skate from goal line to 1st blue line in 9 seconds or less) 	<ul style="list-style-type: none"> Bwd stop with speed Fwd 2-ft side stop Speed drill #2 (skate goal line to 2nd blue line in 12 seconds or less)

Progressions to be Used:

<ul style="list-style-type: none"> Stationary stops Fwd stops Fast fwd skating 	<ul style="list-style-type: none"> Twist on the spot to practice unweighting Snow slide steps Slow then add speed
---	--

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Push foot behind and out for backward stops Use natural body rhythm to help speed Free movement of arms 	<ul style="list-style-type: none"> Down, up, down rhythm for side stop Parallel feet Natural body rhythm for speed drill
---	---

Notes:

<ul style="list-style-type: none"> Any bwd stop acceptable Use a PA to record speed drill times 	<ul style="list-style-type: none"> Remind skaters to keep their heads up Use a PA to record speed drill times
---	---

Teaching Aids/Props Needed:

Pylons, markers, signs, stop watch

Summary to Group:

Praise: *Great job today skaters! Wow - you really worked hard!*

Remember to: *Use your knees for your stops - bend and shave the ice.*

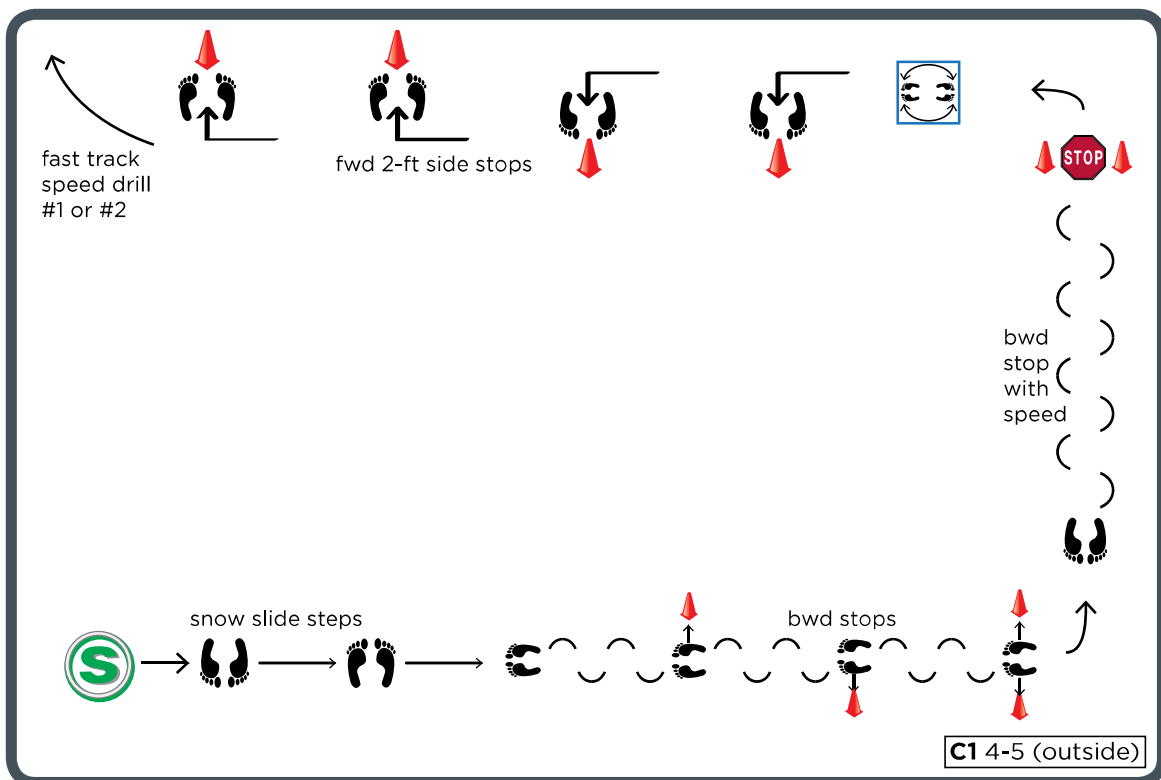
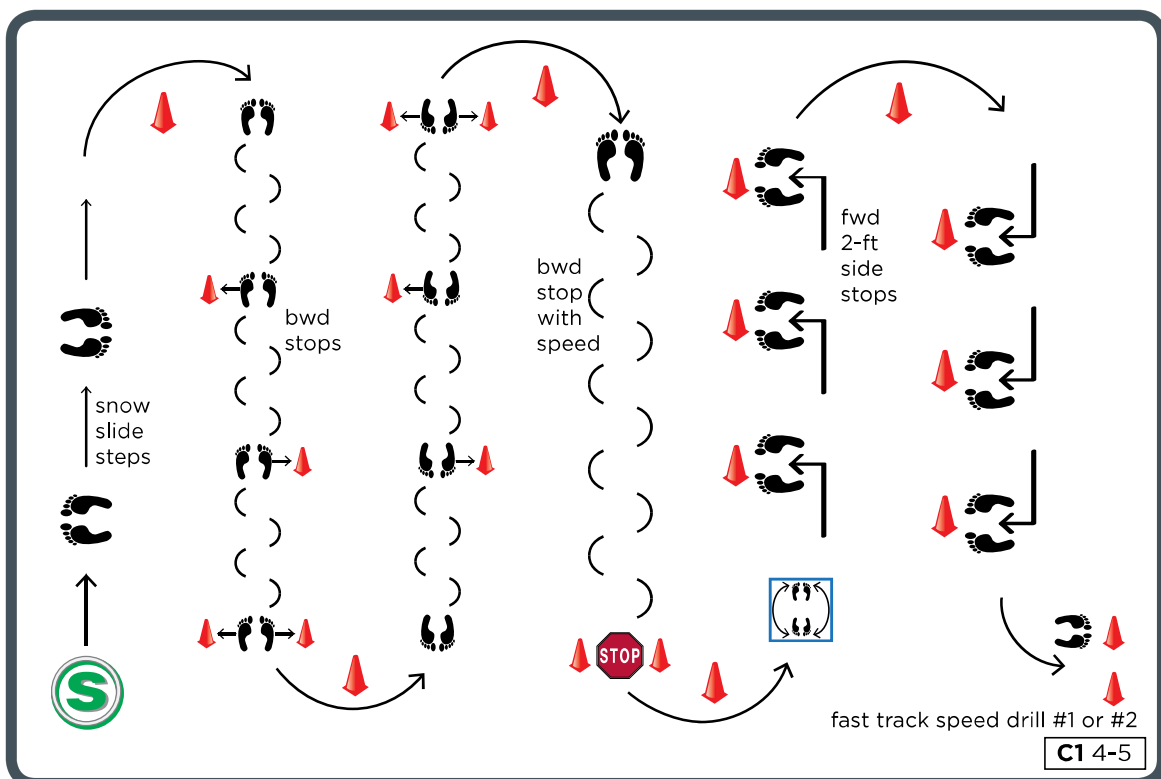
Next Lesson: *We are going to work on your gliding and power.*

Self-Evaluation Notes:

Things I liked: *Lots of time to work stop technique.*

Things I can improve: *Need to assign a PA to keep the stopping section of the circuit neat and tidy and to re-draw.*

CONTROL (C1 4-5)





CanSkate Lesson Plan #1: **CONTROL** (C1 5-6)

Stages 5 & 6

Group: _____ Date: _____

Introduction: *Hi everyone! Today we are going to work on our stopping while you are here at the Control station.*

Lesson Topic:

STAGE 5	STAGE 6
<ul style="list-style-type: none"> Bwd stop Fwd 2-ft side stop Speed drill #2 (skate goal line to 2nd blue line in 12 seconds or less) 	<ul style="list-style-type: none"> Fwd 2-ft side stop with speed Fwd 1-ft side stop Speed drill #3 (perimeter skating of full ice in 35 seconds or less)

Progressions to be Used:

<ul style="list-style-type: none"> Twist on the spot Snow slide steps Slow then add speed 	<ul style="list-style-type: none"> Slow then add speed
--	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Down, up, down rhythm for side stop Parallel feet Natural body rhythm for speed drill 	<ul style="list-style-type: none"> Down, up, down on stops Natural body rhythm for speed drill
---	--

Notes:

<ul style="list-style-type: none"> Remind skaters to keep their heads up Use a PA to record speed drill times 	<ul style="list-style-type: none"> Use PA for speed drill Remind skaters to always pick up the inside foot for fwd 1-ft side stops
---	--

Teaching Aids/Props Needed:

Pylons, markers, signs, stop watch

Summary to Group:

Praise: *Great job today skaters! Wow - you really worked hard!*

Remember to: *Use your knees for your stops - bend and shave the ice.*

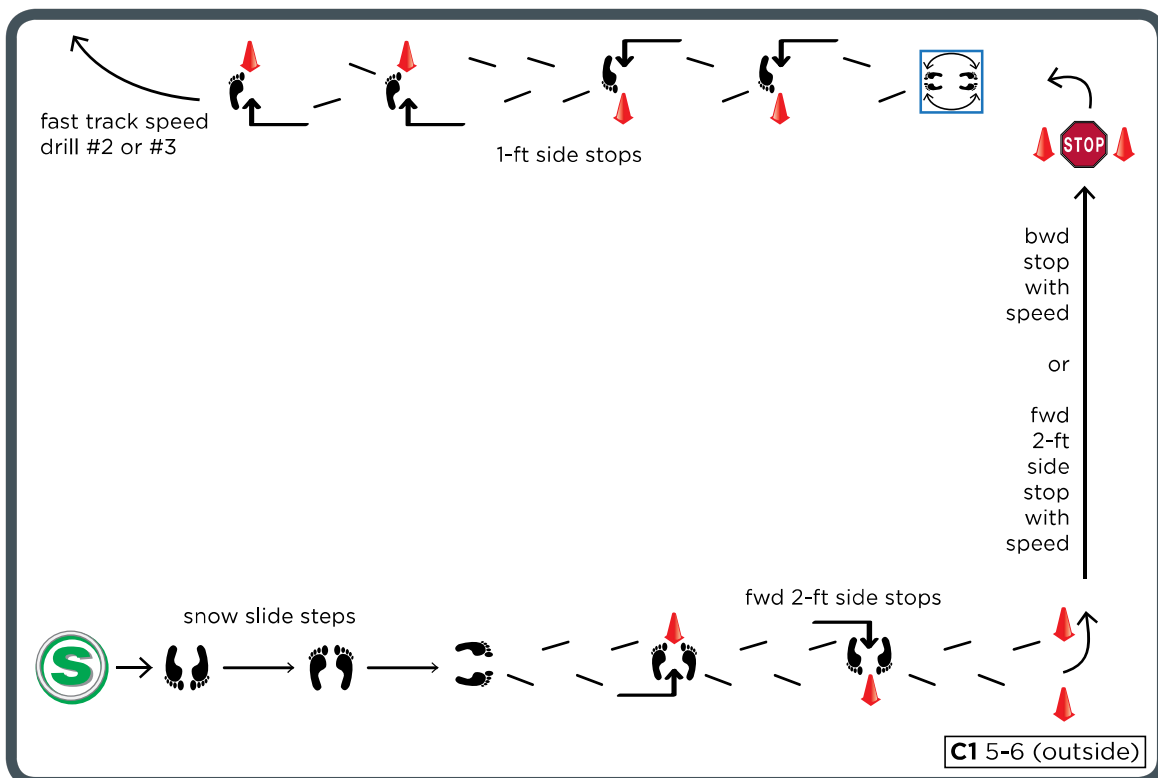
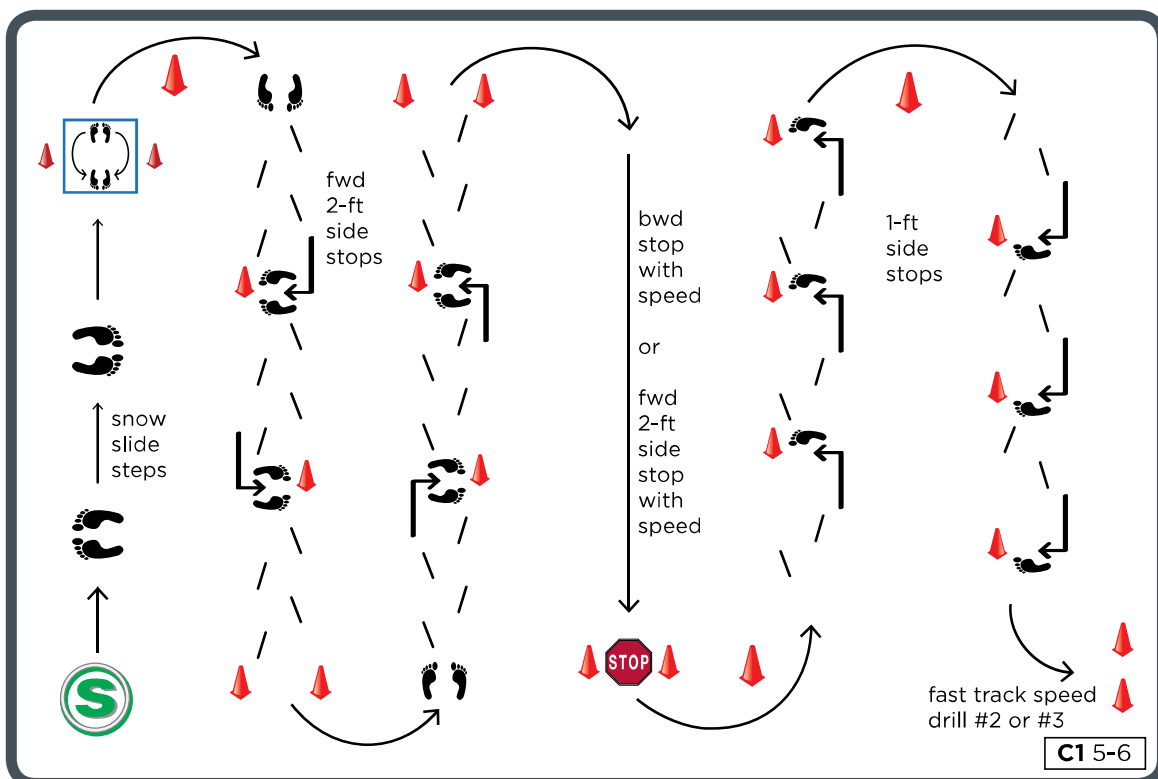
Next Lesson: *We are going to work on your gliding and power.*

Self-Evaluation Notes:

Things I liked: *Lots of time to work stop technique.*

Things I can improve: *Need to assign a PA to keep the stopping section of the circuit neat and tidy and to re-draw.*

CONTROL (C1 5-6)





CanSkate Lesson Plan #2: **CONTROL** (C2 1-2)

Stages 1 & 2

Group: _____ Date: _____

Introduction: *Welcome skaters! Let's get ready to have some fun at the Balance station. Today we are going to work on more gliding and learn about edges.*

Lesson Topic:

STAGE 1	STAGE 2
<ul style="list-style-type: none"> Bwd 2-ft skating/walking Bwd 2-ft glide 	<ul style="list-style-type: none"> Bwd push/glide sequence Bwd 2-ft sit glide Bwd 2-ft to 1-ft glide

Progressions to be Used:

<ul style="list-style-type: none"> Fwd skating Fwd 2-ft glide Assisted bwd 2-ft skating/walking Assisted bwd 2-ft glide 	<ul style="list-style-type: none"> Assisted bwd skating Fwd 2-ft sit glide Fwd 2-ft to 1-ft glides
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Knee bend Head, eyes up 	<ul style="list-style-type: none"> Even pushes, transfer of weight Knee bend on sit glide (135° - 90°) Introduction to 1-ft balance bwd
--	--

Notes:

<ul style="list-style-type: none"> Use archways to add interest and challenge for sit glide Encourage speed throughout Circles may be too much for skaters who are just starting, so may use outside circuit if better suited 	<ul style="list-style-type: none"> Circles a great challenge for skaters, encourage lean Option for bwd push/glide using width if needed (outside circuit)
--	--

Teaching Aids/Props Needed:

Pylons, markers, signs, archway

Summary to Group:

Praise: *What a great effort skating backwards today. It was excellent!*

Remember to: *Bend your knees and balance properly on your blade when going backwards.*

Next Lesson: *We will work on more gliding.*

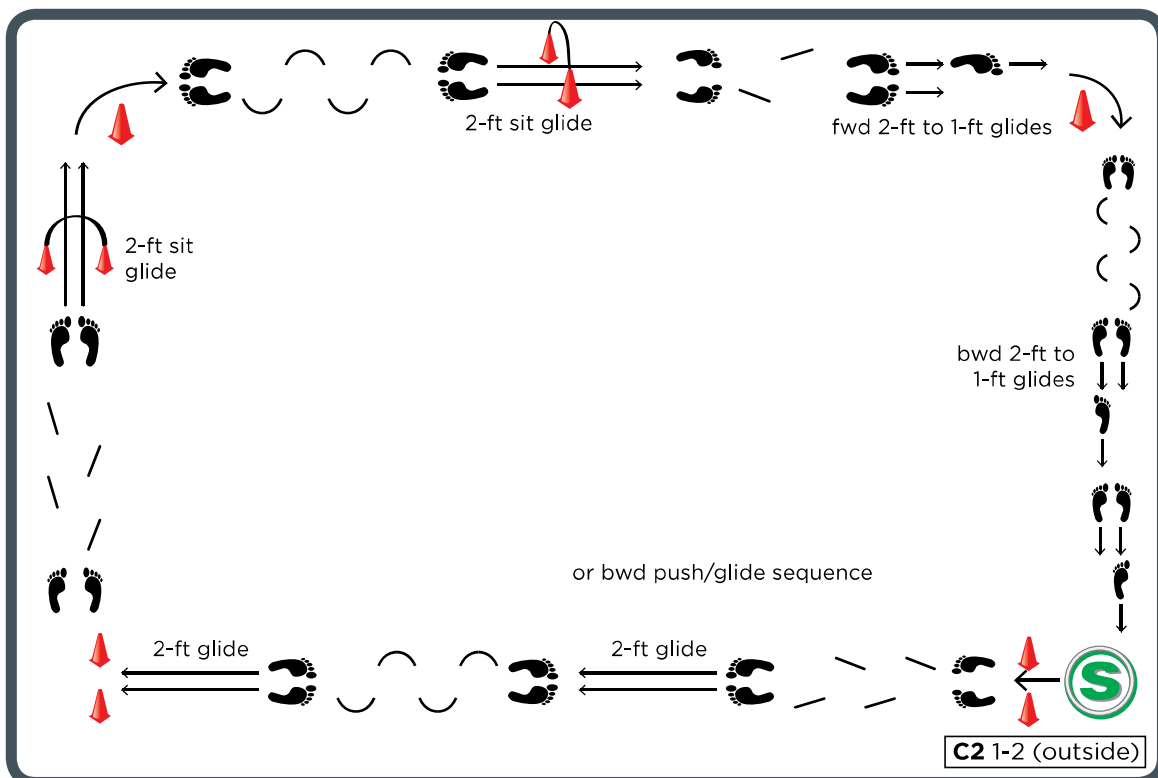
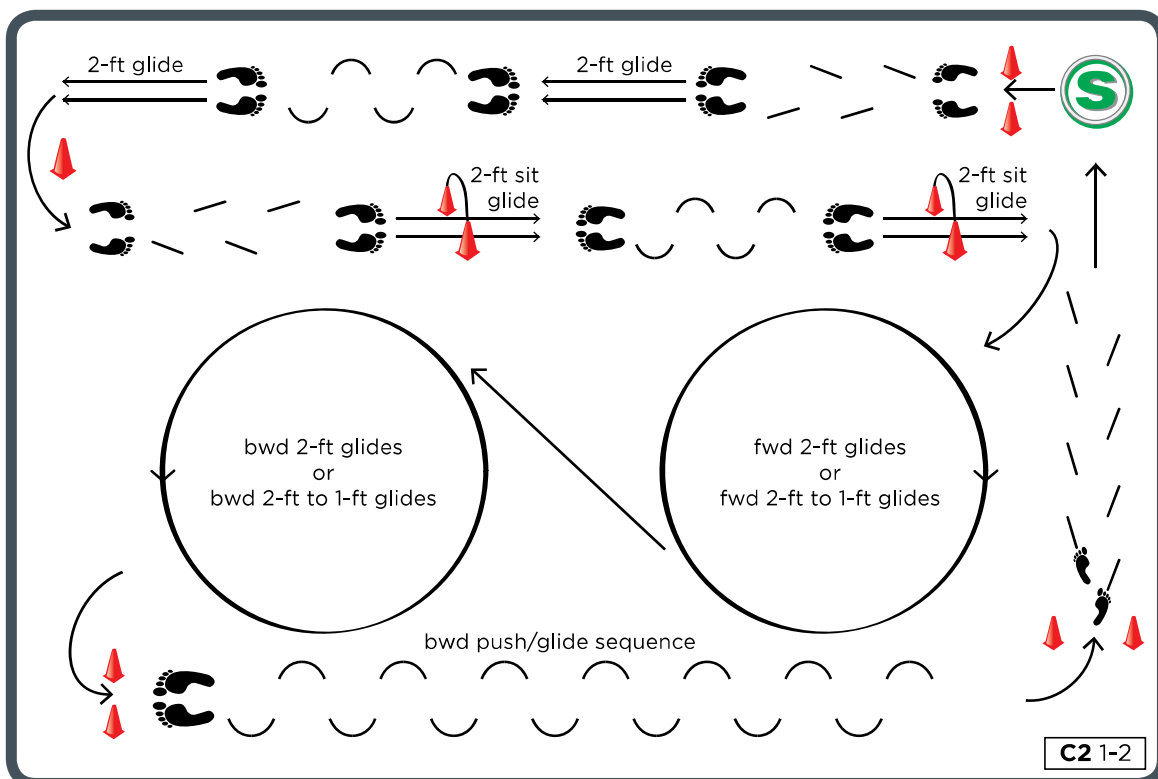
Self-Evaluation Notes:

Things I liked: *Using the circles and curves.*

Also liked going fwd then bwd, fwd, bwd - good way to break it up.

Things I can improve: *Need to keep the energy level up for the whole lesson - smile more.*

CONTROL (C2 1-2)





CanSkate Lesson Plan #2: **CONTROL** (C2 2-3)

Stages 2 & 3

Group: _____ Date: _____

Introduction: *Welcome to the Control station. Today we are going to improve our backward gliding. Let's get ready to work hard!*

Lesson Topic:

STAGE 2	STAGE 3
<ul style="list-style-type: none"> Bwd push/glide sequence Bwd 2-ft sit glide Bwd 2-ft to 1-ft glide 	<ul style="list-style-type: none"> Bwd push/glide sequence Bwd 2-ft to 1-ft glide Bwd 1-ft glide

Progressions to be Used:

<ul style="list-style-type: none"> Assisted bwd skating Fwd 2-ft sit glide Fwd 2-ft to 1-ft glides 	<ul style="list-style-type: none"> Assisted bwd skating Fwd 2-ft sit glide Fwd 2-ft to 1-ft glides Add more power and speed
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Even pushes, transfer of weight Knee bend on sit glide (135° - 90°) Introduction to 1-ft balance bwd 	<ul style="list-style-type: none"> Good knee bend Balance More sustained glide
--	---

Notes:

<ul style="list-style-type: none"> Use archways to add interest and challenge for sit glide Encourage speed throughout Circles may be too much for skaters who are just starting, so may use outside circuit if better suited 	<ul style="list-style-type: none"> Bwd 2-ft (min 1 second) to 1-ft (min 1 second) Width of ice for push/glide sequence
--	--

Teaching Aids/Props Needed:

Pylons, markers, signs, archway

Summary to Group:

Praise: *What a great effort skating backwards today. It was excellent!*

Remember to: *Bend your knees and balance properly on your blade when going backwards.*

Next Lesson: *We will work on bwd sculling.*

Self-Evaluation Notes:

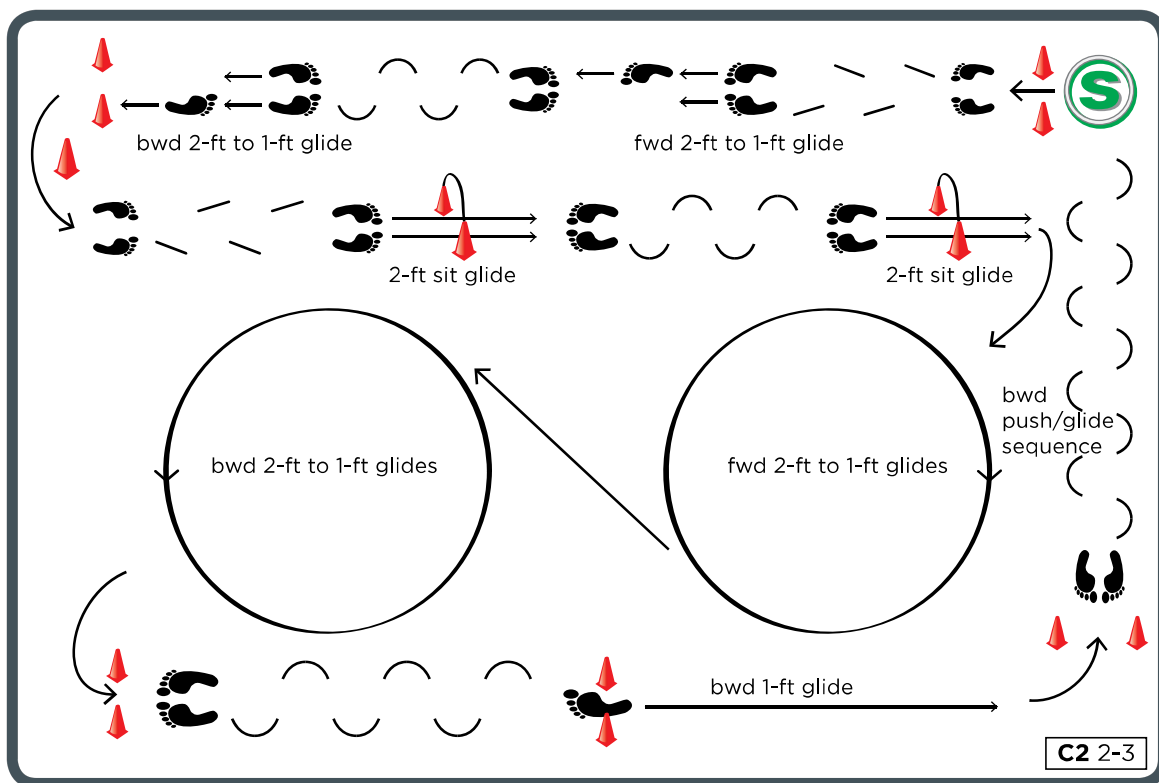
Things I liked: *Using the circles and curves.*

Also liked going fwd then bwd, fwd, bwd - good way to break it up.

Things I can improve: *Need to keep the energy level up for the whole lesson - smile more.*

CONTROL

(C2 2-3)





CanSkate Lesson Plan #2: **CONTROL** (C2 3-4)

Stages 3 & 4

Group: _____ Date: _____

Introduction: *Welcome to the Control station. Today we are going to improve our backward gliding. Let's get ready to work hard!*

Lesson Topic:

STAGE 3	STAGE 4
<ul style="list-style-type: none"> Bwd push/glide sequence Bwd 2-ft to 1-ft glide Bwd 1-ft glide 	<ul style="list-style-type: none"> Bwd circle thrusts Bwd 1-ft glide with speed

Progressions to be Used:

<ul style="list-style-type: none"> Bwd 2-ft sit glide Fwd 2-ft to 1-ft glides (if needed) 	<ul style="list-style-type: none"> Bwd 1-ft glides Assisted if needed
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Even pushes, transfer of weight Good balance on glides Bent knees 	<ul style="list-style-type: none"> Bend before the push Good rhythm
---	---

Notes:

<ul style="list-style-type: none"> Bwd 2-ft (min 1 second) to 1-ft (min 1 second) Width of ice for push/glide sequence 	<ul style="list-style-type: none"> Add a long fwd 1-ft glide in preparation for the extreme skill of 1-ft glide from blue line to blue line Can relate the thrust to skateboarding (bwd) to make it more fun
--	--

Teaching Aids/Props Needed:

Pylons, markers, signs, archway

Summary to Group:

Praise: *What a great effort skating backwards today. It was excellent!*

Remember to: *Bend your knees and balance properly on your blade when going backwards.*

Next Lesson: *We will work on bwd sculling.*

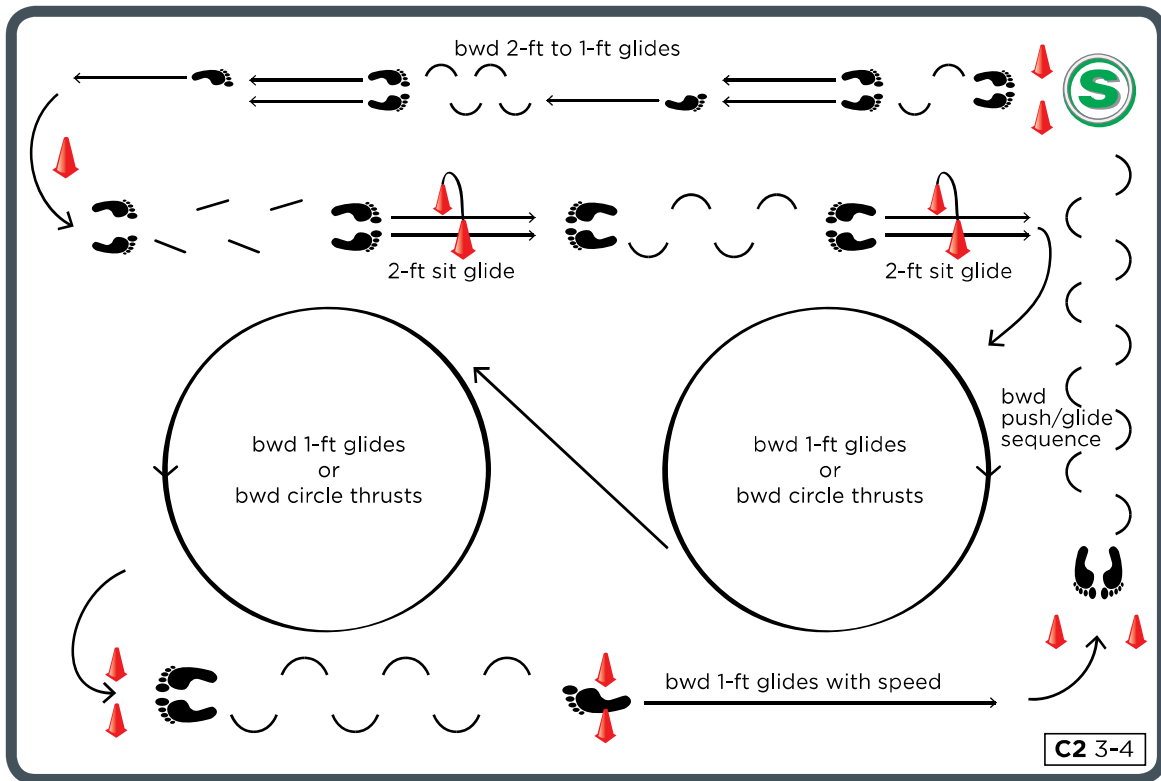
Self-Evaluation Notes:

Things I liked: *The long 1-ft glide - a real challenge.*

Things I can improve: *Need to keep the energy level up for the whole lesson - smile more.*

CONTROL

(C2 3-4)





CanSkate Lesson Plan #2: **CONTROL** (C2 4-5)

Stages 4 & 5

Group: _____ Date: _____

Introduction: *Welcome to the Control station. Today we are going to improve our backward gliding. Let's get ready to work hard!*

Lesson Topic:

STAGE 4	STAGE 5
<ul style="list-style-type: none"> Bwd circle thrusts Bwd 1-ft glide with speed 	<ul style="list-style-type: none"> Bwd crosscuts Bwd push/glide sequence

Progressions to be Used:

<ul style="list-style-type: none"> Bwd 1-ft glides Assisted if needed 	<ul style="list-style-type: none"> Walking crosscuts Bwd circle thrusts Assisted if needed
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Bend before the push Good rhythm 	<ul style="list-style-type: none"> Bend/push/bend/push Head, eyes up Weight transfer in crossed position
---	---

Notes:

<ul style="list-style-type: none"> Add a long fwd 1-ft glide in preparation for the extreme skill of 1-ft glide from blue line to blue line Can relate the thrust to skateboarding (bwd) to make it more fun 	<ul style="list-style-type: none"> Can use hockey stick, or self to have skater hold onto while doing crosses. Allows skater to get comfortable with weight transfer. Use PA to help direct traffic for push/glide sequence
--	---

Teaching Aids/Props Needed:

Pylons, markers, signs, archway

Summary to Group:

Praise: *What a great job on your crosscuts today!*

Remember to: *Keep your knees bent when skating backwards.*

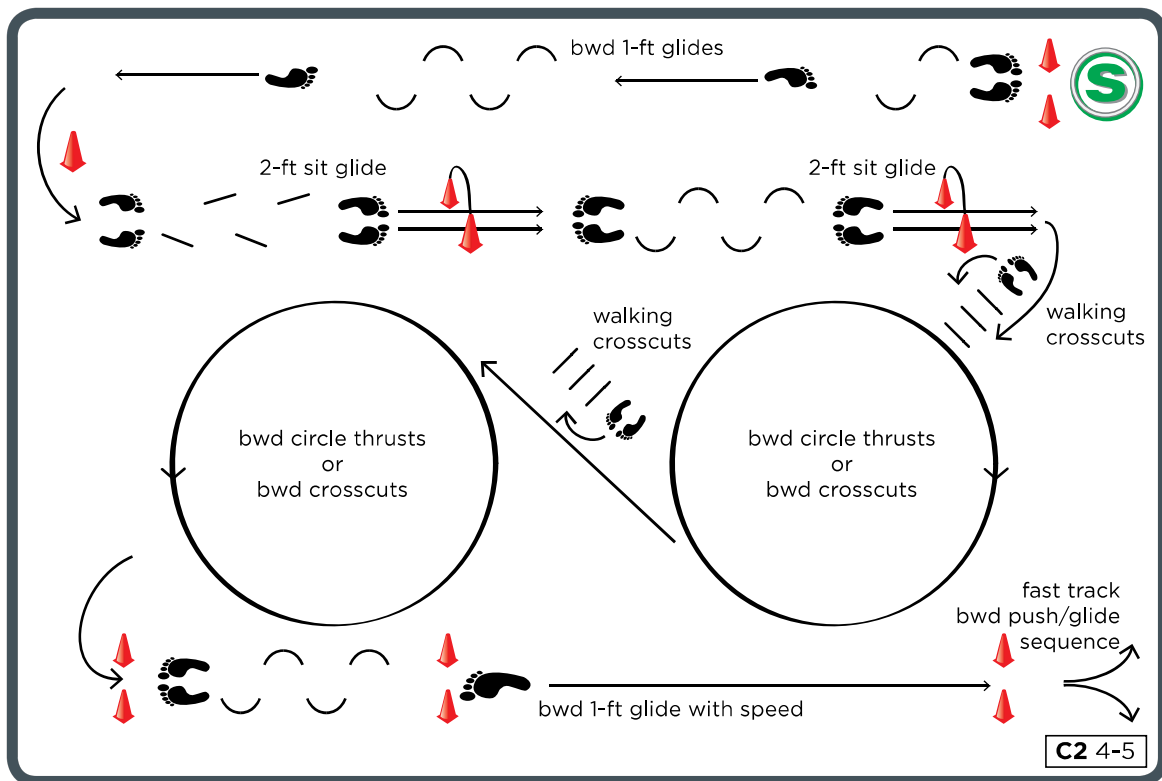
Next Lesson: *We will work on bwd spirals.*

Self-Evaluation Notes:

Things I liked: *That this lesson was not too busy with skills, allowed me to really help skaters on crosscuts.*

Things I can improve: *Need to keep the energy level up for the whole lesson – smile more.*

CONTROL (C2 4-5)





CanSkate Lesson Plan #2: **CONTROL** (C2 5-6)

Stages 5 & 6

Group: _____ Date: _____

Introduction: *Welcome to the Control Station. Today we are going to work on our backward crosscuts.*

Lesson Topic:

STAGE 5	STAGE 6
<ul style="list-style-type: none"> Bwd crosscuts Bwd push/glide sequence 	<ul style="list-style-type: none"> Bwd crosscuts - figure-8 Bwd perimeter skating with crosscuts

Progressions to be Used:

<ul style="list-style-type: none"> Walking crosscuts Bwd circle thrusts Assisted 	<ul style="list-style-type: none"> Walking crosscuts Bwd circle thrusts Assisted
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Bend/push/bend/push Head, eyes up Weight transfer in crossed position 	<ul style="list-style-type: none"> Bend/push/bend/push Head, eyes up Weight transfer in crossed position More power and speed
---	---

Notes:

<ul style="list-style-type: none"> Can use hockey stick, or self to have skater hold onto while doing crosses. Allows skater to get comfortable with weight transfer. Use PA to help direct traffic for push/glide sequence 	<ul style="list-style-type: none"> Remind skater, outside foot always crosses Use PA to help manage Fast Track skills
---	---

Teaching Aids/Props Needed:

Pylons, markers, signs, archway

Summary to Group:

Praise: *What a great job on your crosscuts today!*

Remember to: *Keep your knees bent when skating backward.*

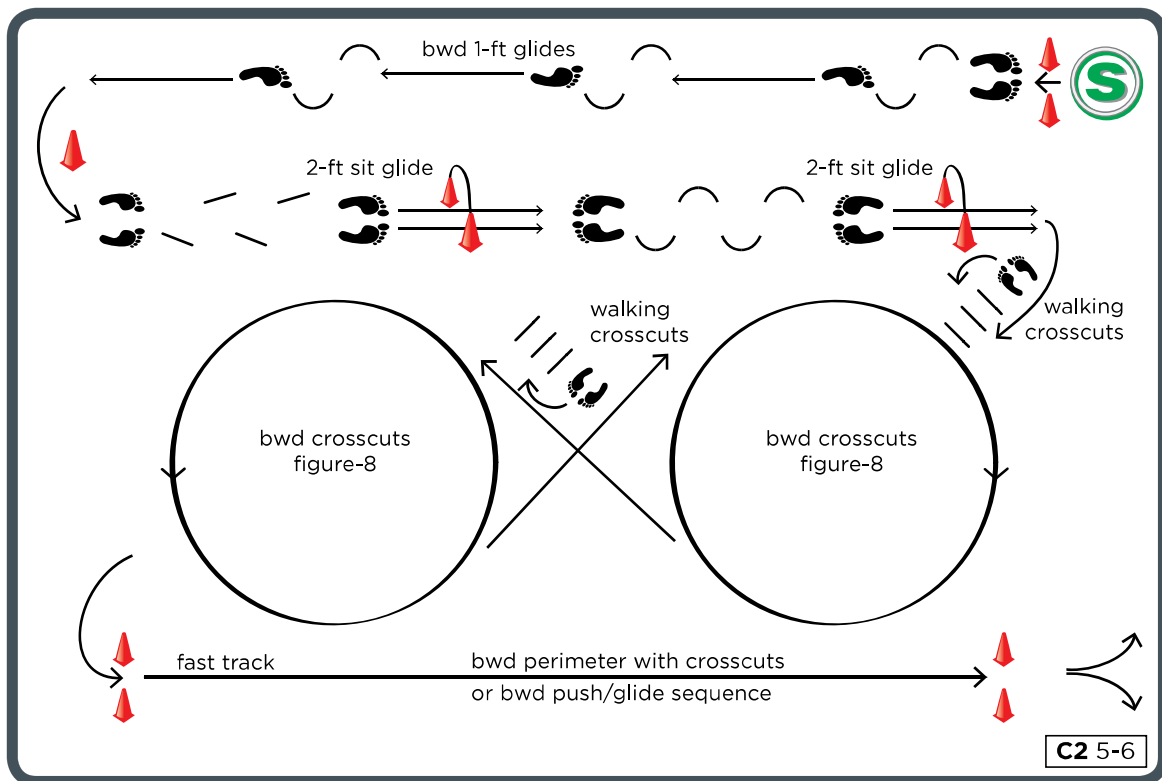
Next Lesson: *We will work on bwd edges.*

Self-Evaluation Notes:

Things I liked: *That this lesson was not too busy with skills, allowed me to really help skaters on crosscuts.*

Things I can improve: *Need to keep the energy level up for the whole lesson – smile more.*

CONTROL (C2 5-6)





CanSkate Lesson Plan #3: **CONTROL** (C3 1-2)

Stages 1 & 2

Group: _____ Date: _____

Introduction: *Welcome to the Control station. We are going to work hard at gliding backwards on one foot!*

Lesson Topic:

STAGE 1	STAGE 2
<ul style="list-style-type: none"> Bwd 2-ft glide 	<ul style="list-style-type: none"> Bwd 2-ft to 1-ft glide Fwd stop

Progressions to be Used:

<ul style="list-style-type: none"> Assisted - use a hula hoop to have skaters feel the glide 	<ul style="list-style-type: none"> Fwd 2-ft to 1-ft glides Fwd glides on two feet - assisted Snow slides- alternating using both feet
---	--

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance 	<ul style="list-style-type: none"> Balance Head, eyes up Apply pressure to ice on stops
---	--

Notes:

<ul style="list-style-type: none"> This is a review/practice lesson Encourage length of glide. Skaters to count (1 - one thousand, 2 - one thousand) to see how high they can go). Station a PA at the beginning of the fast section to encourage speed (GO, GO, GO!) 	<ul style="list-style-type: none"> This is a review/practice lesson Encourage the power on the stops (see if they can spray snow with their blades) Encourage length of glide. Ask skaters to count (1 - one thousand, 2 - one thousand) to see how high they can go).
--	---

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *That was lots of fun today - I can't believe how quickly you are improving!*

Remember to: *Keep your eyes up.*

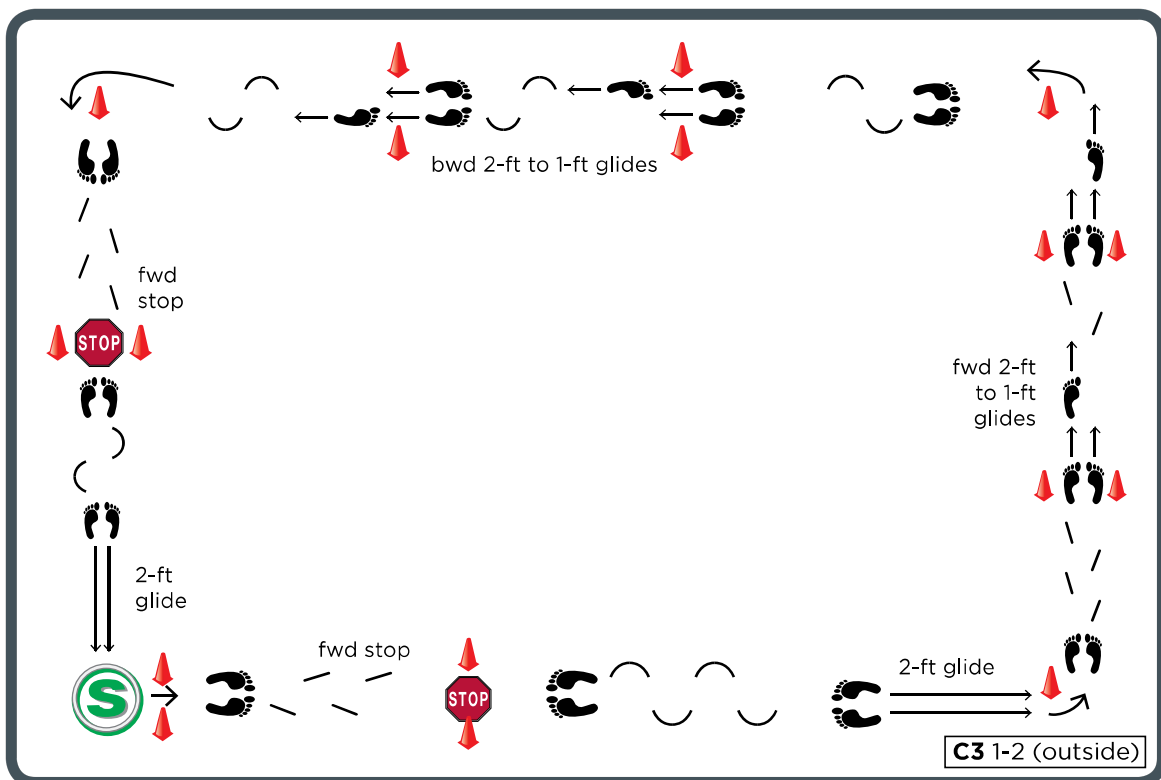
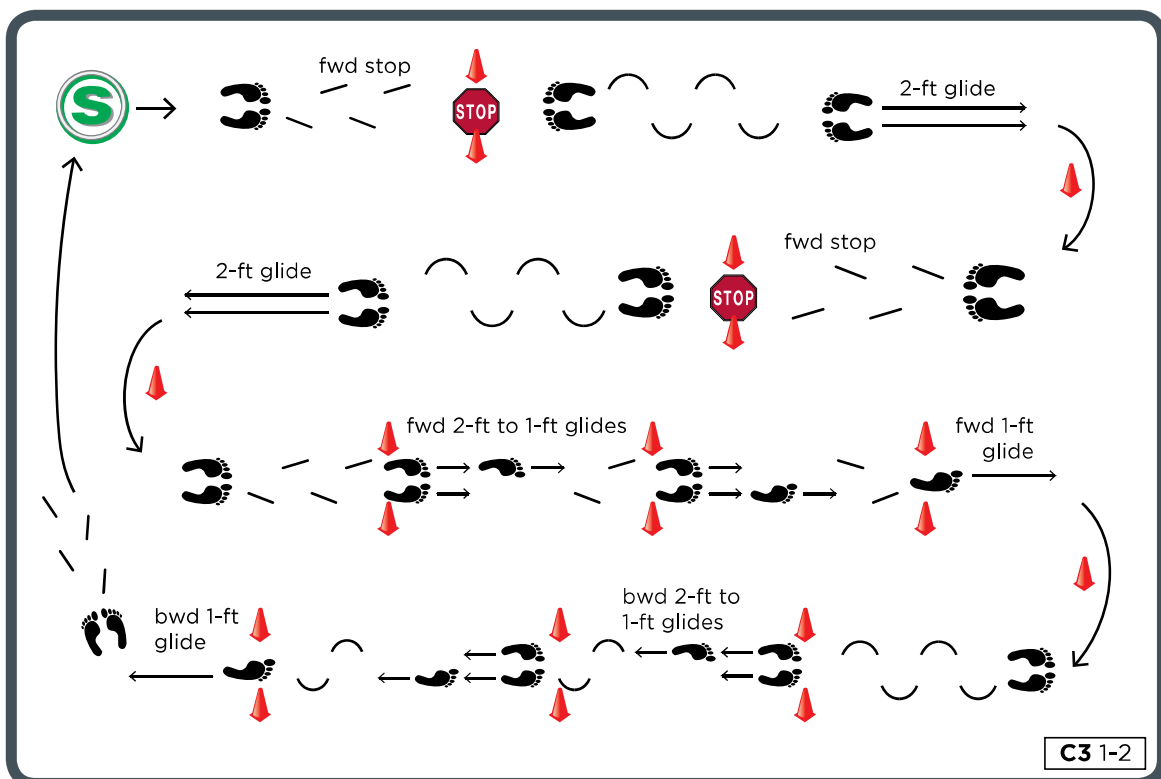
Next Lesson: *We are going to practice our stops again.*

Self-Evaluation Notes:

Things I liked: *This was a great lesson to encourage development and speed.*

Things I can improve: *Add more visual aids to the circuit for more interest and motivation.*

CONTROL (C3 1-2)





CanSkate Lesson Plan #3: **CONTROL** (C3 2-3)

Stages 2 & 3

Group: _____ Date: _____

Introduction: *Welcome to the Control station. We are going to work hard at gliding bwd on one foot and bwd sculling.*

Lesson Topic:

STAGE 2	STAGE 3
<ul style="list-style-type: none"> Bwd 2-ft to 1-ft glide Fwd stop 	<ul style="list-style-type: none"> Bwd 2-ft to 1-ft glide Bwd 2-ft sculling

Progressions to be Used:

<ul style="list-style-type: none"> Assisted if needed Snow slides - alternating feet Bwd skating - transfer of weight 	<ul style="list-style-type: none"> Fwd sculling Assisted bwd sculling Scull on the spot - fwd to bwd around a cone or dome
--	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Head, eyes up Apply pressure to ice on stops 	<ul style="list-style-type: none"> Balance Head, eyes up Apply pressure to ice on stops
--	--

Notes:

<ul style="list-style-type: none"> This is a review/practice lesson Encourage the power on the stops (see if they can spray snow with their blades) Station a PA at the beginning of the fast section to encourage speed (GO, GO, GO!) 	<ul style="list-style-type: none"> Encourage length of glide. Ask skaters to count (1 - One Thousand, 2 - One Thousand) to see how high they can go) - looking for 1 second and 1 second min Min 6 sculls - must have knee bend Repeated demonstration, exaggerating knee bend
---	---

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *That was lots of fun today - I can't believe how quickly you are improving!*

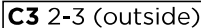
Remember to: *Keep your eyes up at all times.*

Next Lesson: *We are going to practice our stops again.*

Self-Evaluation Notes:

Things I liked: *This was a great lesson to encourage development of knee bend and balance.*

Things I can improve: *Add more visual aids to the circuit for more interest and motivation.*





CanSkate Lesson Plan #3: **CONTROL** (C3 3-4)

Stages 3 & 4

Group: _____ Date: _____

Introduction: *Welcome to the Control station. Today we are going to work on some new skills and challenge you on a few skills that you already can do.*

Lesson Topic:

STAGE 3	STAGE 4
<ul style="list-style-type: none"> Bwd 2-ft to 1-ft glide Bwd 2-ft sculling 	<ul style="list-style-type: none"> Fwd 1-ft glide from blue line to blue line Bwd 2-ft slalom

Progressions to be Used:

<ul style="list-style-type: none"> Fwd sculling Assisted bwd sculling Scull on the spot - fwd to bwd around a cone or dome 	<ul style="list-style-type: none"> Fwd 2-ft slalom Fwd 1-ft glide Assisted if needed
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Head, eyes up Apply pressure to ice on stops 	<ul style="list-style-type: none"> Down, up, down, up on slalom Natural body movement Balance on glide
--	---

Notes:

<ul style="list-style-type: none"> Encourage length of glide. Ask skaters to count (1 - One Thousand, 2 - One Thousand) to see how high they can go) - looking for 1 sec and 1 sec min Min 6 sculls - must have knee bend Repeated demonstration, exaggerating knee bend 	<ul style="list-style-type: none"> Use PA to help direct traffic on Fast Track PA may record results of fwd 1-ft glide from blue line to blue line Shadow skaters through slalom so they can mimic action
---	--

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *Super job today!*

Remember to: *Keep still when you are gliding bwd - and use your knees on the slaloms.*

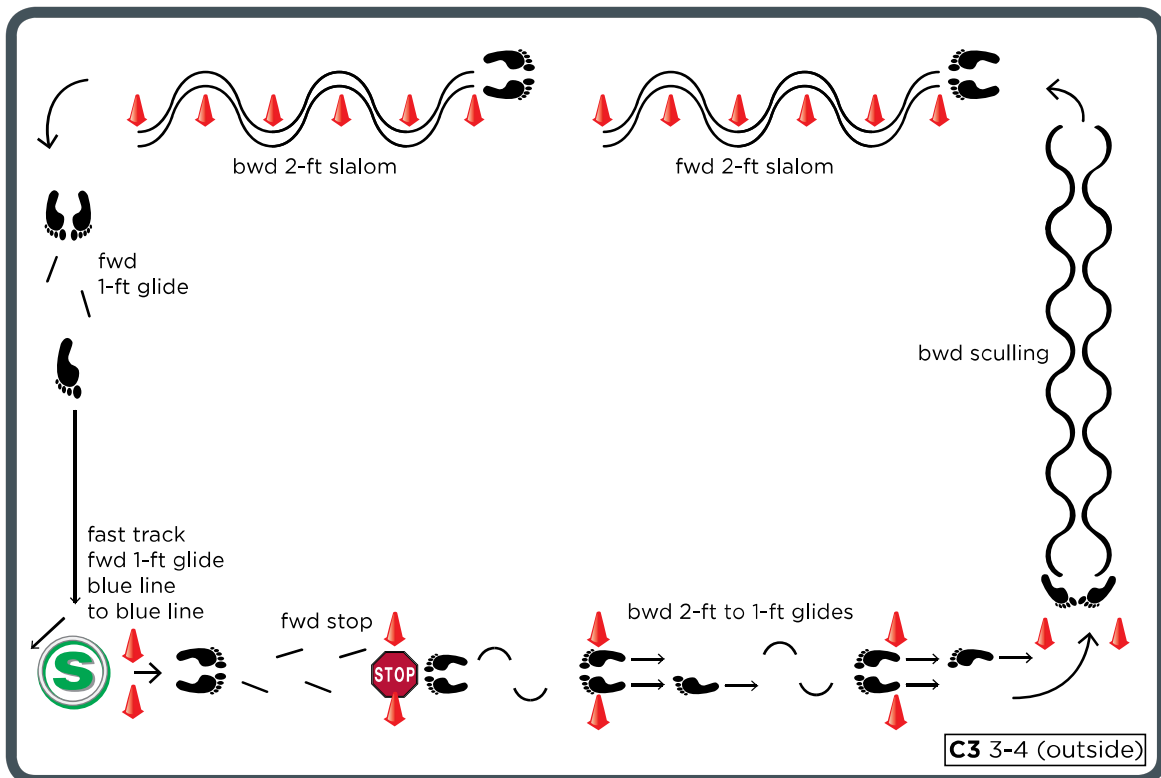
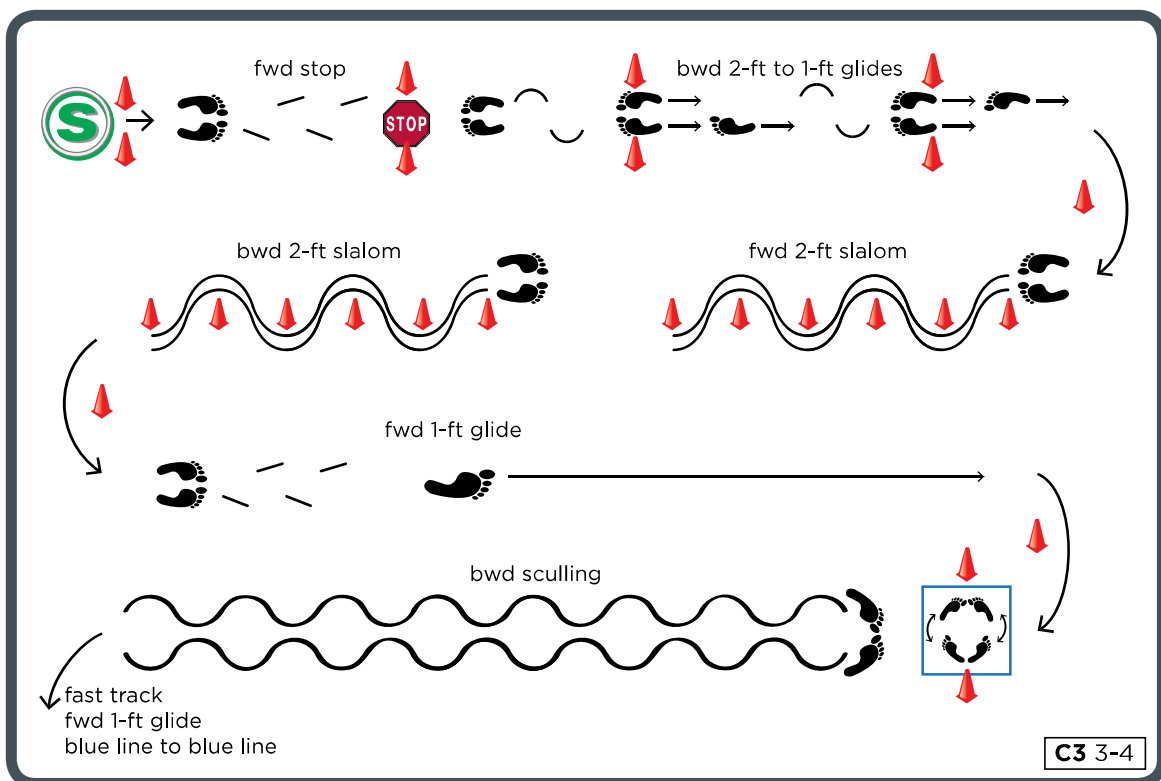
Next Lesson: *We are going to work on bwd crosscuts again.*

Self-Evaluation Notes:

Things I liked: *This was a great lesson to encourage development of knee bend and balance, really helped their power.*

Things I can improve: *Try to incorporate some fun teaching aids to keep it visual and interesting.*

CONTROL (C3 3-4)





CanSkate Lesson Plan #3: **CONTROL** (C3 4-5)

Stages 4 & 5

Group: _____ Date: _____

Introduction: *Welcome to the Control station. We are going to work hard at our edges and backward spirals.*

Lesson Topic:

STAGE 4	STAGE 5
<ul style="list-style-type: none"> Fwd 1-ft glide from blue line to blue line Bwd 2-ft slalom 	<ul style="list-style-type: none"> Bwd spiral BI slalom

Progressions to be Used:

<ul style="list-style-type: none"> Fwd 2-ft slalom Fwd 1-ft glide Assisted if needed 	<ul style="list-style-type: none"> Fwd spirals Bwd 1-ft glides Assisted if needed
---	--

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Down, up, down, up on slalom Natural body movement Balance on glide 	<ul style="list-style-type: none"> Head, eyes up BI edge is under big toe, pick up inside foot Lean on edges
---	---

Notes:

<ul style="list-style-type: none"> Use PA to help direct traffic on Fast Track PA may record results of fwd 1-ft glide from blue line to blue line Shadow skaters through slalom so they can mimic action Repeated demonstration, exaggerating knee bend 	<ul style="list-style-type: none"> Make sure slalom pylons are min 2.5 metres apart Min 6 pylons Offer plenty of assistance while skaters are learning skill Skaters must look behind them before performing a backward spiral
--	--

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *That was lots of fun today – I can't believe how quickly you are improving!*

Remember to: *Keep your eyes up at all times.*

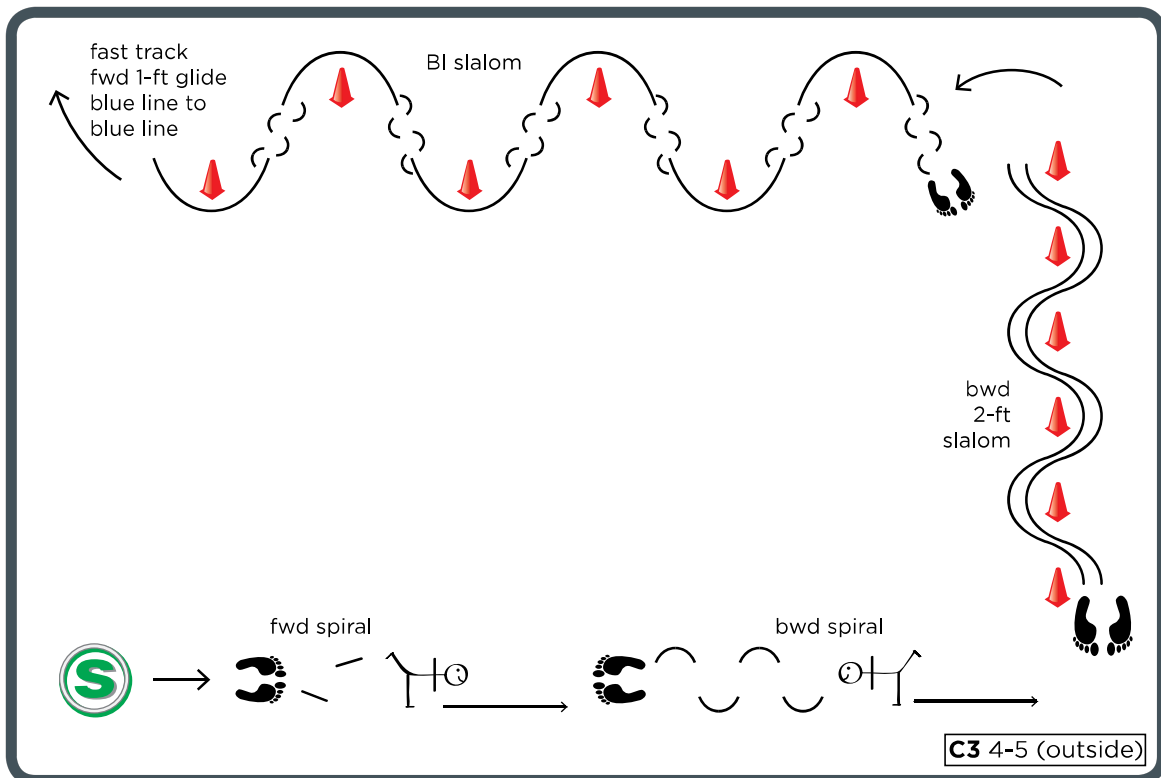
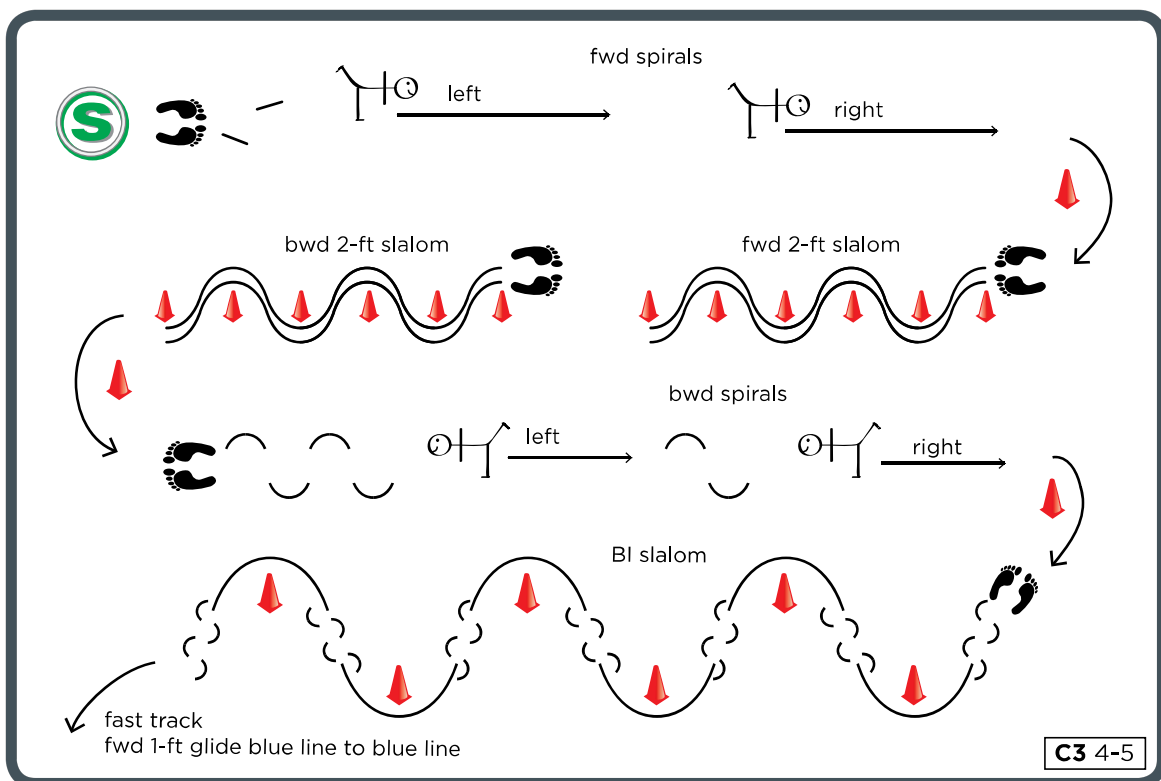
Next Lesson: *We are going to practice our stops again.*

Self-Evaluation Notes:

Things I liked: *Being able to spend time on BI edges really helped their balance and control.*

Things I can improve: *Add more visual aids to the circuit for more interest and motivation.*

CONTROL (C3 4-5)





CanSkate Lesson Plan #3: **CONTROL** (C3 5-6)

Stages 5 & 6

Group: _____ Date: _____

Introduction: *Welcome to the Control station. We are going to work hard at our backward edges today.*

Lesson Topic:

STAGE 5	STAGE 6
<ul style="list-style-type: none"> Bwd spiral BI slalom 	<ul style="list-style-type: none"> Bwd 1-ft spin BO slalom Bwd 1-ft slalom

Progressions to be Used:

<ul style="list-style-type: none"> Fwd spirals Bwd 1-ft glides Assisted 	<ul style="list-style-type: none"> Fwd 1-ft slalom BI slalom Fwd 1-ft spin, alternating foot spin
--	--

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Head, eyes up BI edge is under big toe, pick up inside foot Lean on edges 	<ul style="list-style-type: none"> Down, up, down - slalom Balance BO edge is under the baby toe, pick up outside foot
---	---

Notes:

<ul style="list-style-type: none"> Make sure slalom pylons are min 2.5 metres apart Min 6 pylons Offer plenty of assistance while skaters are learning skill Skaters must look behind them before performing a backward spiral 	<ul style="list-style-type: none"> 6 pylons for 1-ft slalom - keep foot up for majority Keep an eye on BO, BI slalom to ensure that skaters are working each foot, each edge PA can assist with spin section
--	---

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *That was lots of fun today - I can't believe how quickly you are improving!*

Remember to: *Keep your eyes up at all times.*

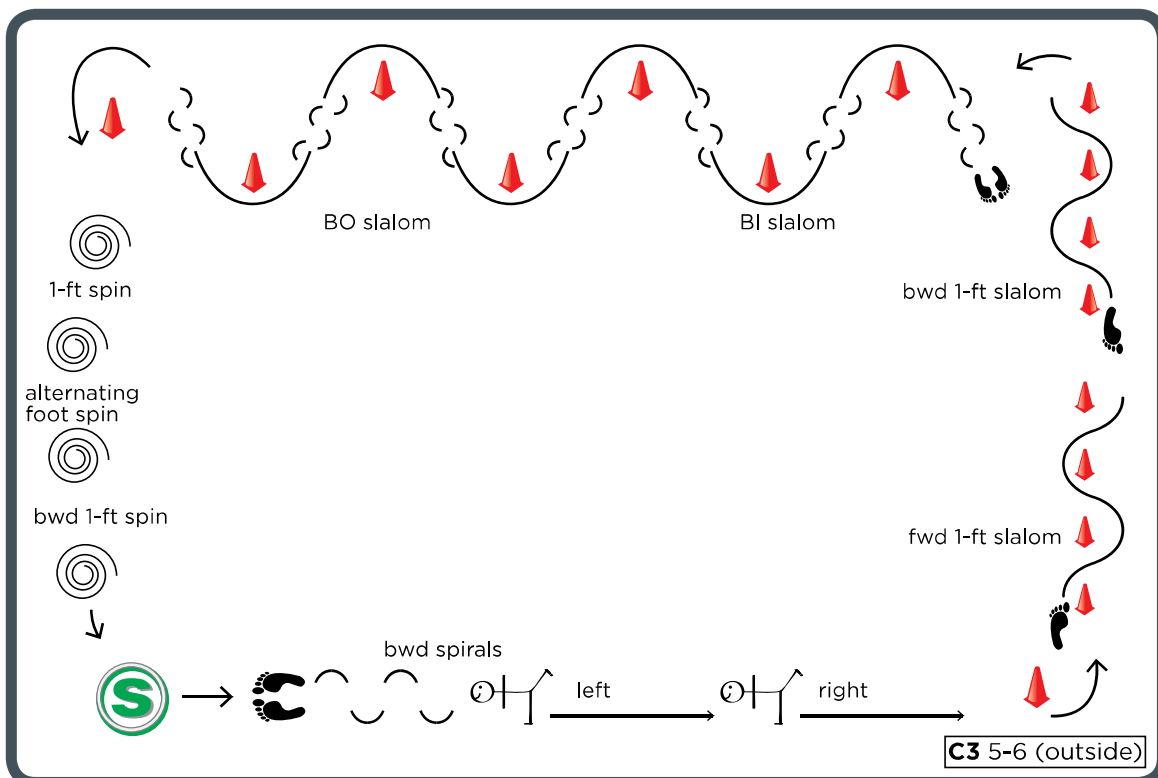
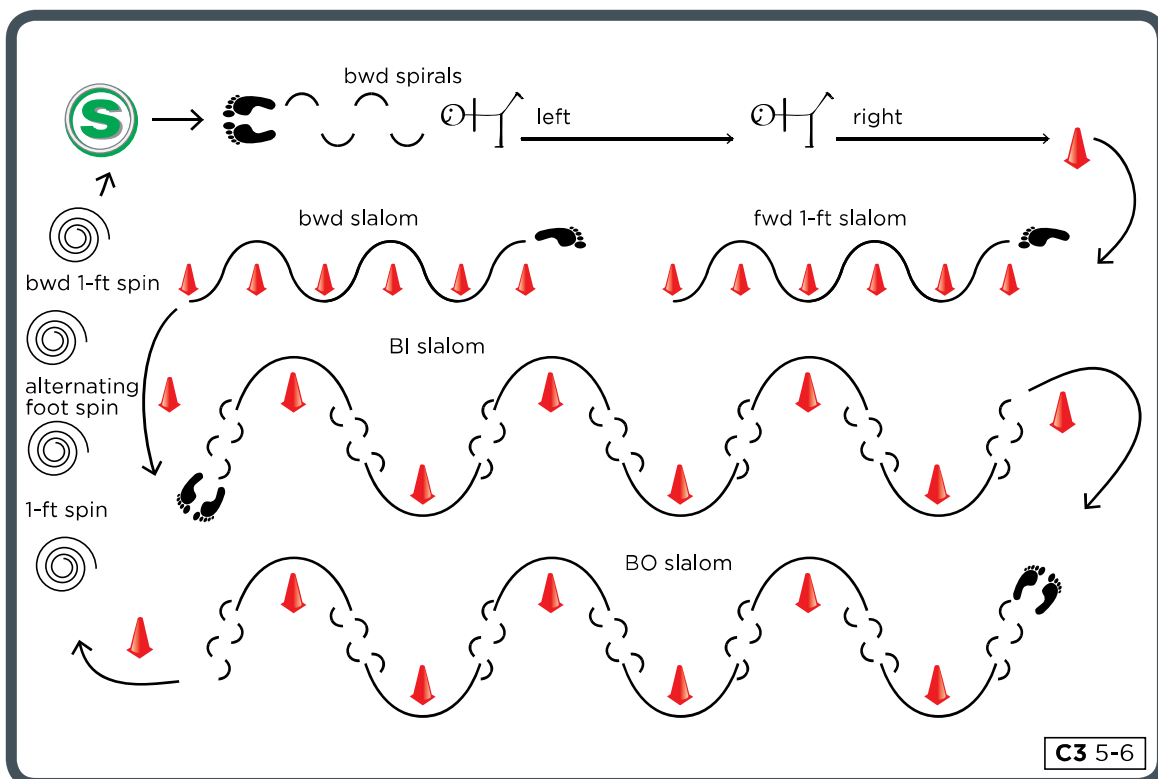
Next Lesson: *We are going to practice our speed.*

Self-Evaluation Notes:

Things I liked: *Being able to spend time on BI & BO edges really helped their balance and control.*

Things I can improve: *Add more visual aids to the circuit for more interest and motivation.*

CONTROL (C3 5-6)





CanSkate Lesson Plan #1: **AGILITY** (A1 1-2)

Stages 1 & 2

Group: _____ Date: _____

Introduction: *Welcome everyone! We are going to have a great time today at our Agility station. Today we are going to learn some turns and jumps. Ready?*

Lesson Topic:

STAGE 1	STAGE 2
<ul style="list-style-type: none"> • 2-ft turn • 2-ft jump 	<ul style="list-style-type: none"> • Fwd 2-ft turn • Bwd 2-ft turn • Fwd 2-ft jump

Progressions to be Used:

<ul style="list-style-type: none"> • Assisted turn on spot • Assisted jump on spot 	<ul style="list-style-type: none"> • Fwd 2-ft glides • Assisted turns • Fwd 2-ft sit glide • Jump on spot
--	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> • Bend/up/bend • Head, eyes up 	<ul style="list-style-type: none"> • Down/up/down • Balance on landing
---	--

Notes:

<ul style="list-style-type: none"> • Offer plenty of hands-on help while skaters gain balance and confidence • PAs can provide assistance throughout circuit 	<ul style="list-style-type: none"> • Hold hands and do turn with skater (mirror actions) • Emphasize knee action • Encourage glide before and after jump for balance
--	---

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *Wow – Great job today!*

Remember to: *Use your knees on your jumps and turns.*

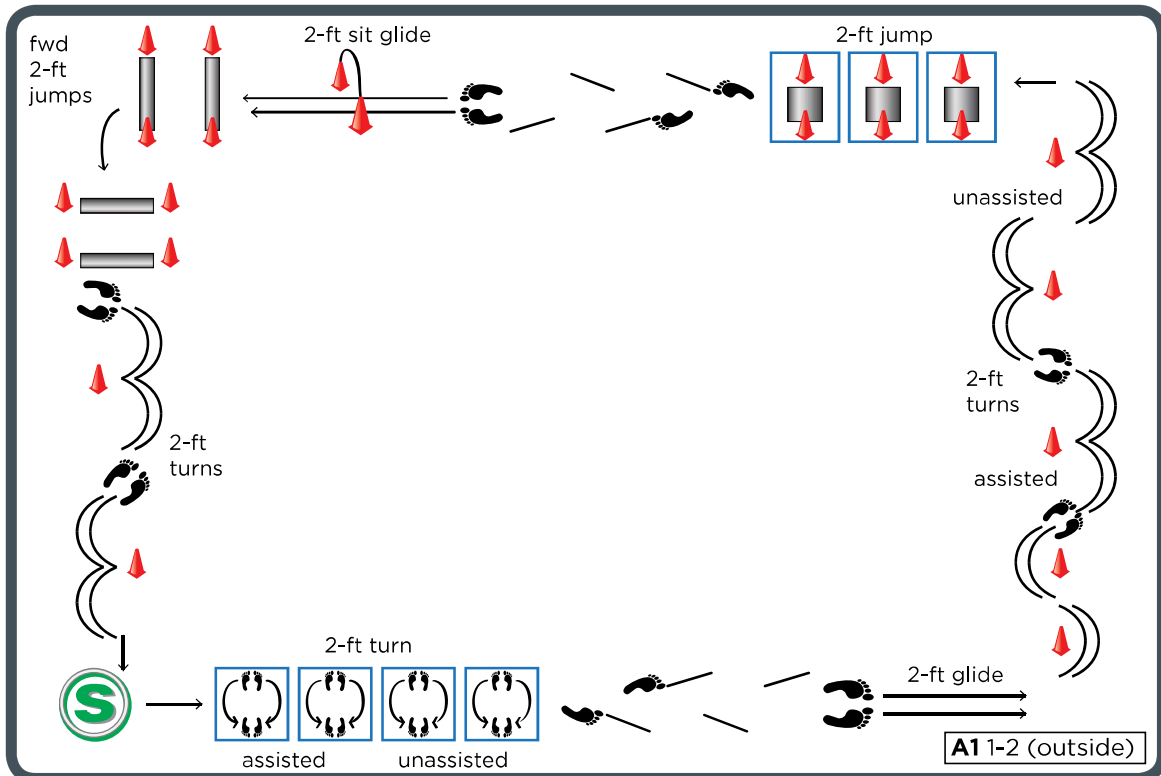
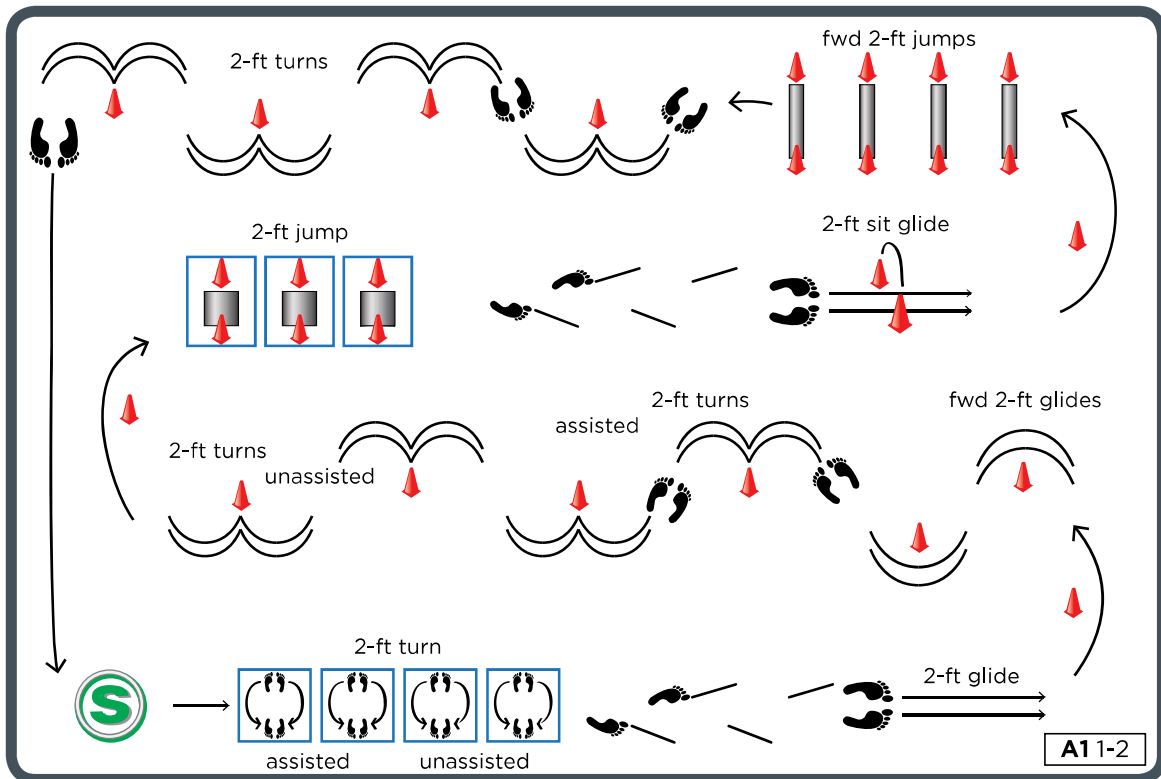
Next Lesson: *We are going to work on some basic skating.*

Self-Evaluation Notes:

Things I liked: *Was able to really get into the technique of the skills – good repetition.*

Things I can improve: *Add some more fun! (especially for this level)*

AGILITY (A1 1-2)





CanSkate Lesson Plan #1: **AGILITY** (A1 2-3)

Stages 2 & 3

Group: _____ Date: _____

Introduction: *Welcome everyone! We are going to have a great time today at our Agility station. Today we are going to learn some turns and jumps! Ready?*

Lesson Topic:

STAGE 2	STAGE 3
<ul style="list-style-type: none"> Fwd 2-ft turn Bwd 2-ft turn Fwd 2-ft jump 	<ul style="list-style-type: none"> Fwd 2-ft quick turn Bwd 2-ft quick turn Bwd 2-ft jump

Progressions to be Used:

<ul style="list-style-type: none"> Fwd 2-ft glides Assisted turns Fwd 2-ft sit glide Jump on spot 	<ul style="list-style-type: none"> 2-ft turns Assisted turns Fwd 2-ft jumps Stationary twist and jumps
---	--

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Down/up/down Balance on landing 	<ul style="list-style-type: none"> Fast hips on turns Down/up/down Balance on landings Head, eyes up
--	--

Notes:

<ul style="list-style-type: none"> Hold hands and do turn with skater (mirror actions) Emphasize knee action Encourage glide before and after jump for balance 	<ul style="list-style-type: none"> To maximize use of space, draw turns both ways using different colour markers; skaters can choose path (green path or blue path) each time Archway great for sit glide
---	---

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *Wow – Great job today!*

Remember to: *Use your knees on your jumps and turns.*

Next Lesson: *We are going to work on basic skating and turns.*

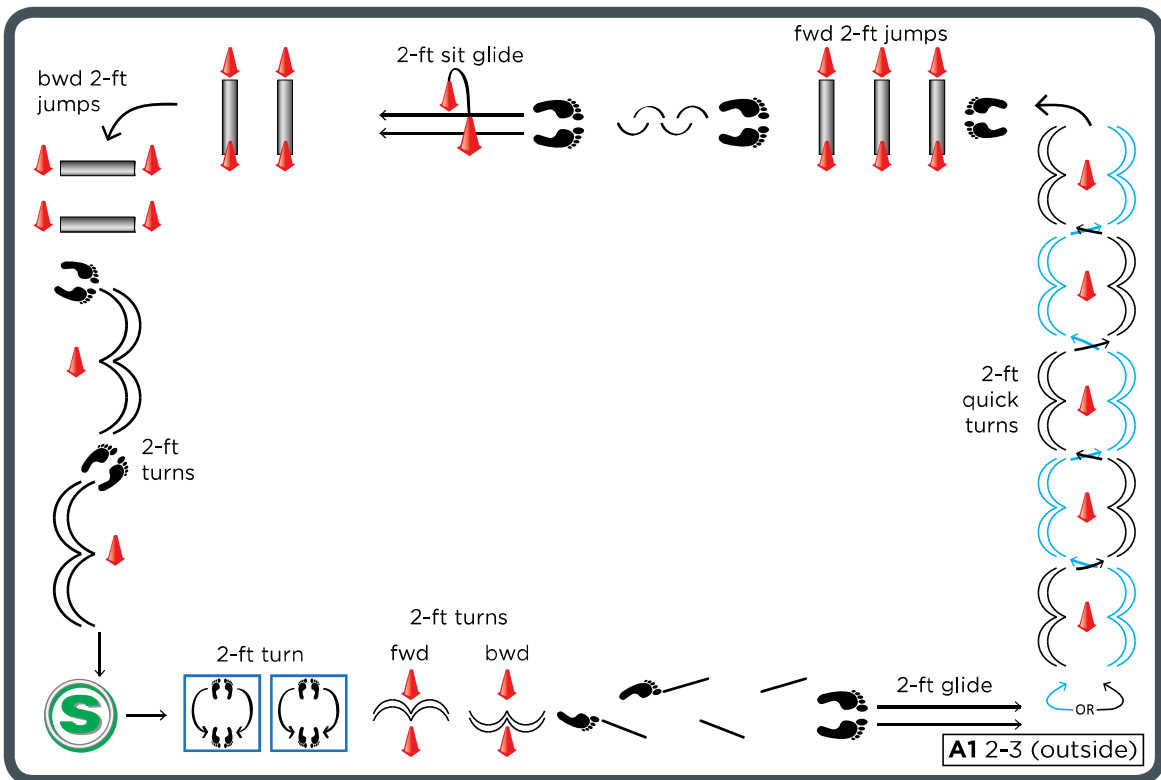
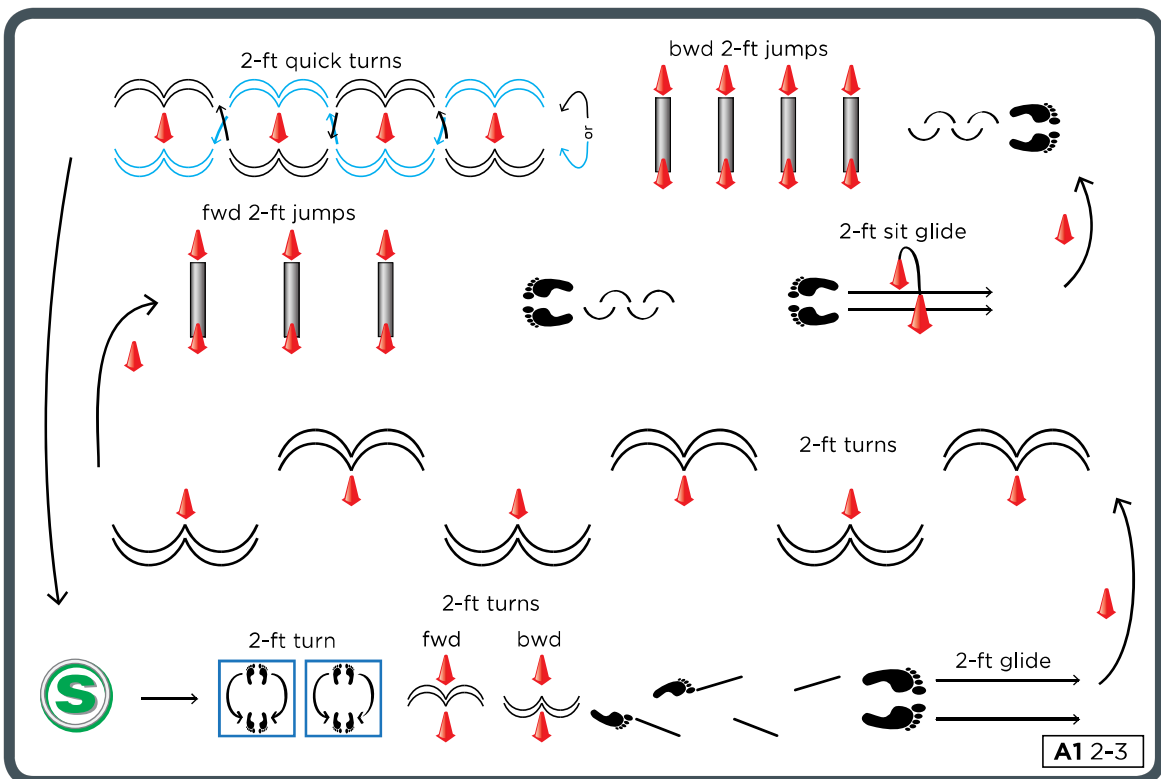
Self-Evaluation Notes:

Things I liked: *Was able to really get into the technique of the skills – good repetition.*

Things I can improve: *Add some more fun! (especially for this level)*

AGILITY

(A1 2-3)





CanSkate Lesson Plan #1: **AGILITY** (A1 3-4)

Stages 3 & 4

Group: _____ Date: _____

Introduction: *Welcome everyone! We are going to have a great time today at our Agility station. Today we are going to learn some turns and jumps. Ready?*

Lesson Topic:

STAGE 3	STAGE 4
<ul style="list-style-type: none"> Fwd 2-ft quick turn Bwd 2-ft quick turn Bwd 2-ft jump 	<ul style="list-style-type: none"> Fwd 1-ft turn Fwd to bwd 2-ft jump Bwd to fwd 2-ft jump

Progressions to be Used:

<ul style="list-style-type: none"> 2-ft turns Assisted Fwd 2-ft jumps Stationary twist and jumps 	<ul style="list-style-type: none"> Slow then add speed Assisted 2-ft turns 1-ft glides
--	--

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Fast hips on turns Down/up/down Balance on landings Head, eyes up 	<ul style="list-style-type: none"> Quick hips on turns and jumps Down/up/down Good knee action
--	---

Notes:

<ul style="list-style-type: none"> To maximize use of space, draw turns both ways using different colour markers; skaters can choose path (green path or blue path) each time Archway great for sit glide 	<ul style="list-style-type: none"> Drawing turns both ways on same area will allow for better traffic flow, and encourage skaters to try both ways Use a visual aid to remind skaters where to look and lean during turns
---	---

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *Wow – Great job today!*

Remember to: *Use your knees on your jumps and turns.*

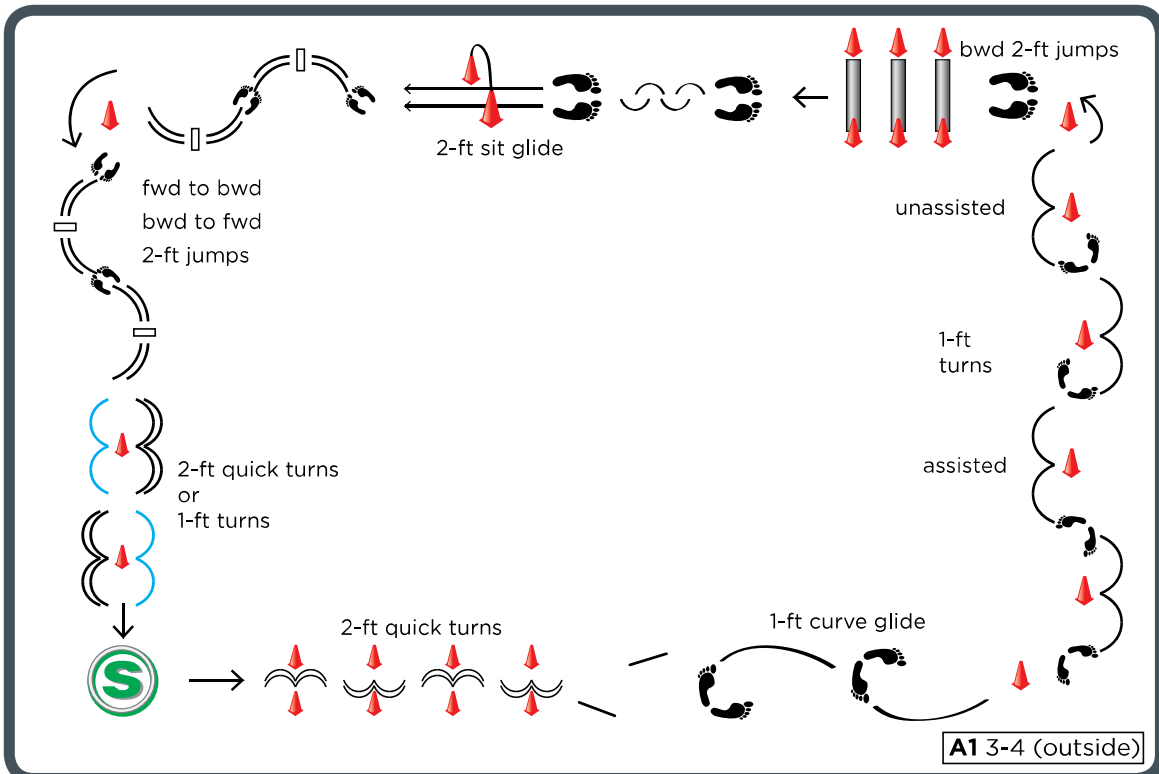
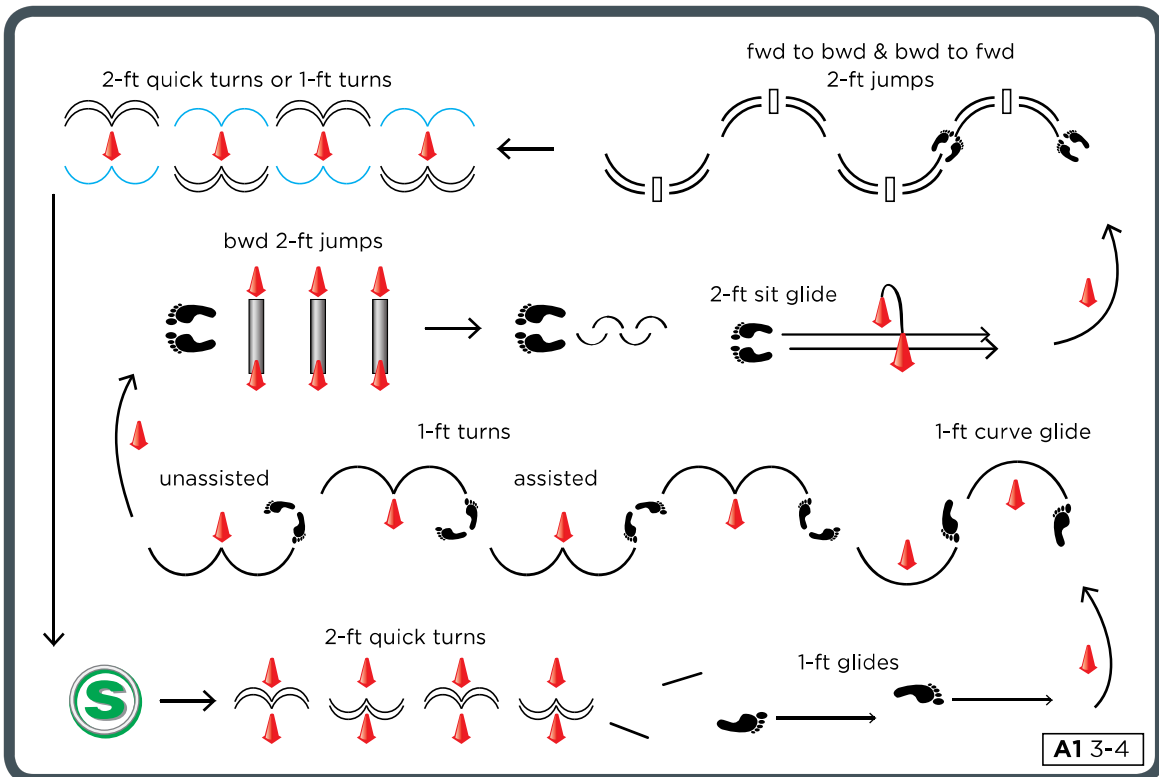
Next Lesson: *We are going to do some gliding!*

Self-Evaluation Notes:

Things I liked: *Was able to really get into the technique of the skills – good repetition.*

Things I can improve: *Add some more visual teaching aids to turn section.*

AGILITY (A1 3-4)





CanSkate Lesson Plan #1: **AGILITY** (A1 4-5)

Stages 4 & 5

Group: _____ Date: _____

Introduction: *Welcome everyone! We are going to have a great time today at our Agility station. Today we are going to learn some turns and jumps.*

Lesson Topic:

STAGE 4	STAGE 5
<ul style="list-style-type: none"> Fwd 1-ft turn Fwd to bwd 2-ft jump Bwd to fwd 2-ft jump 	<ul style="list-style-type: none"> Fwd 1-ft turn Fwd to bwd 1-ft jump

Progressions to be Used:

<ul style="list-style-type: none"> Slow then add speed Assisted 2-ft turns 1-ft glides 	<ul style="list-style-type: none"> 1-ft glides 2-ft turns 2-ft jumps
--	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Quick hips on turns and jumps Down/up/down Good knee action 	<ul style="list-style-type: none"> Balance Control on exit Good knee action
---	--

Notes:

<ul style="list-style-type: none"> Drawing turns both ways on same area will allow for better traffic flow, and encourage skaters to try both ways Use a visual aid to remind skaters where to look and lean during turns 	<ul style="list-style-type: none"> Encourage balance and lean on turns Quick hips Down/up/down Offer plenty of assistance until skaters get a feel for the skill
---	--

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *Wow – Great job today!*

Remember to: *Use your knees on your jumps and turns.*

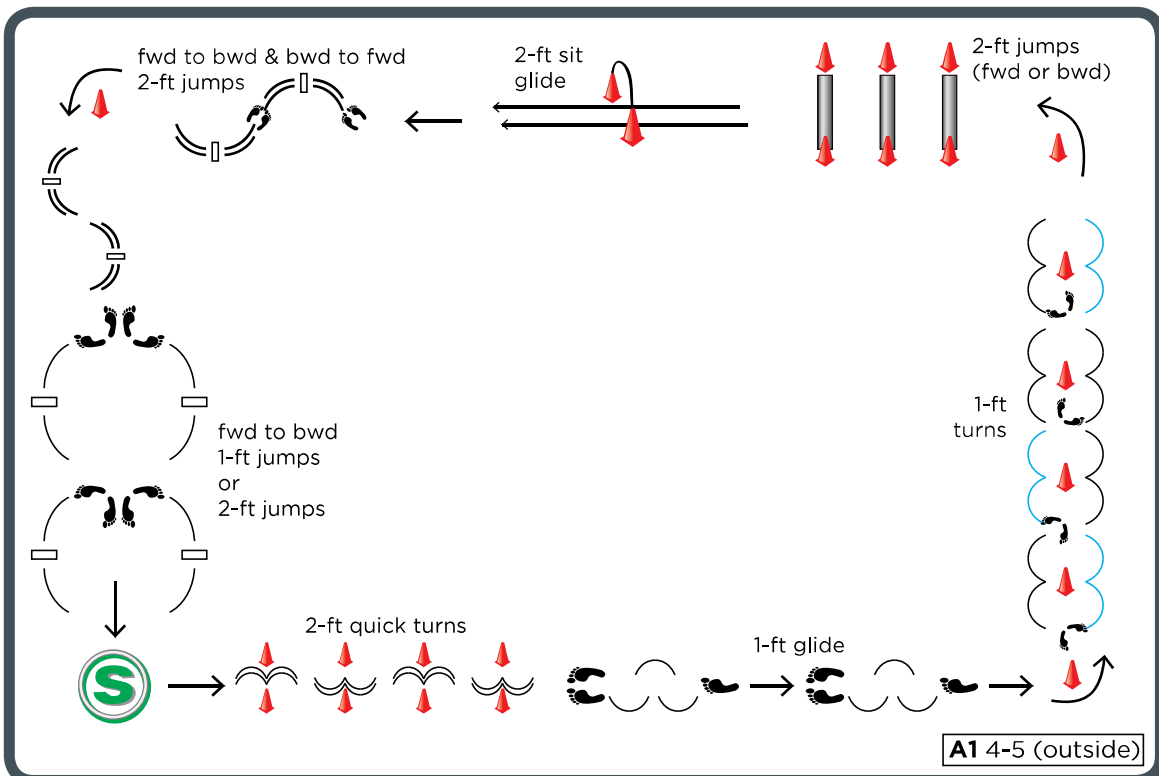
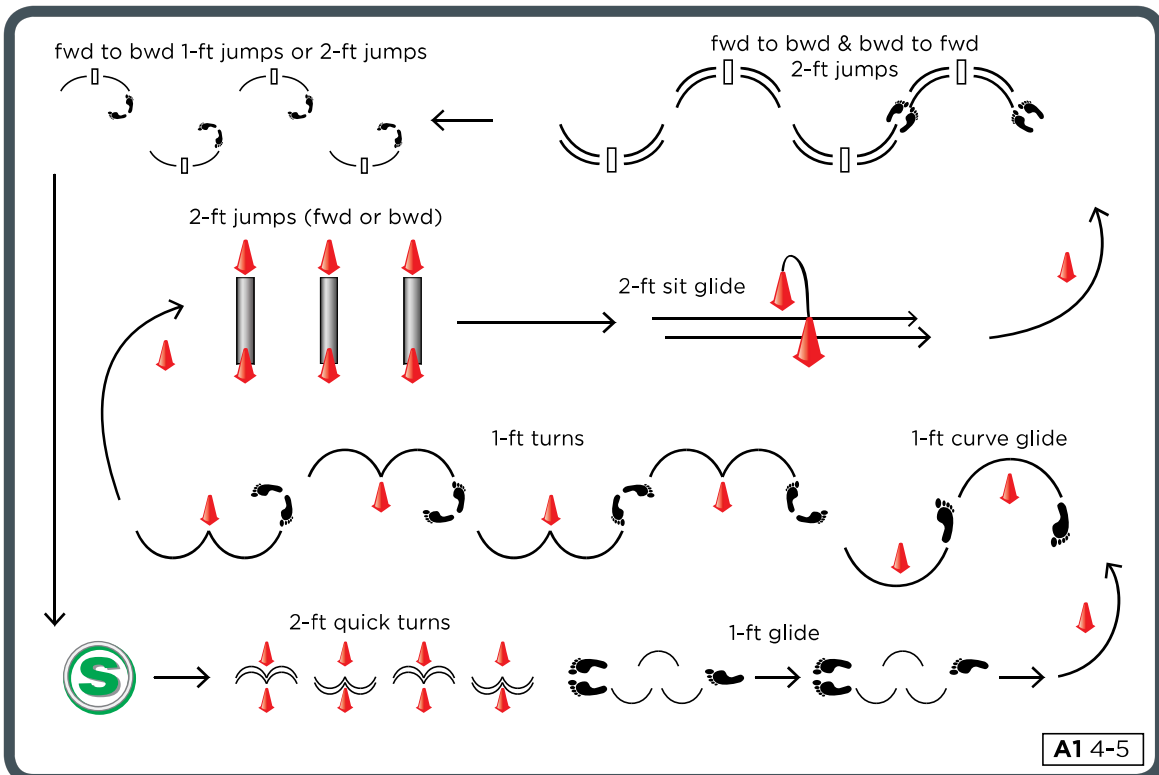
Next Lesson: *We are going to work on our quick feet (360° step turns).*

Self-Evaluation Notes:

Things I liked: *Both skills have good relation to each other – made progression easy.*

Things I can improve: *Start to incorporate speed into jumps portion.*

AGILITY (A1 4-5)





CanSkate Lesson Plan #1: **AGILITY** (A1 5-6)

Stages 5 & 6

Group: _____ Date: _____

Introduction: *Welcome everyone! We are going to have a great time today at our Agility station. Today we are going to learn some turns and jumps.*

Lesson Topic:

STAGE 5	STAGE 6
<ul style="list-style-type: none"> Fwd 1-ft turn Fwd to bwd 1-ft jump 	<ul style="list-style-type: none"> Fwd 180° step turn (FI mohawk) Bwd 360° 2-ft jump

Progressions to be Used:

<ul style="list-style-type: none"> 1-ft glides 2-ft turns 2-ft jumps 	<ul style="list-style-type: none"> Inside spread eagles Assisted Bwd jumps
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Control on exit Good knee action 	<ul style="list-style-type: none"> Placement of feet during turn Knee action on jump Controlled landing
--	--

Notes:

<ul style="list-style-type: none"> Encourage balance and lean on turns Quick hips Down/up/down Offer plenty of assistance until skaters get a feel for the skill 	<ul style="list-style-type: none"> Offer plenty of assistance for step turn, provide visuals for skaters to follow Bwd sit glide is a great way to encourage knee bend for the bwd jumps
--	--

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *Wow – Great job today!*

Remember to: *Use your knees on your jumps and turns.*

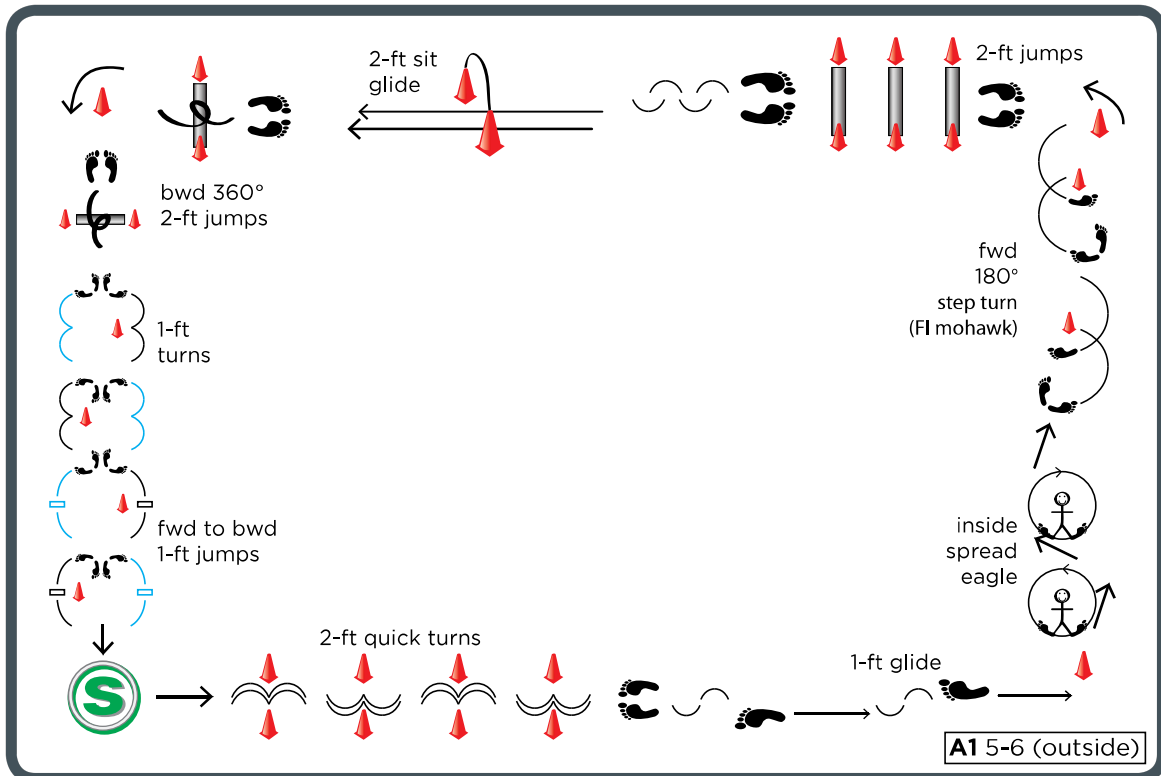
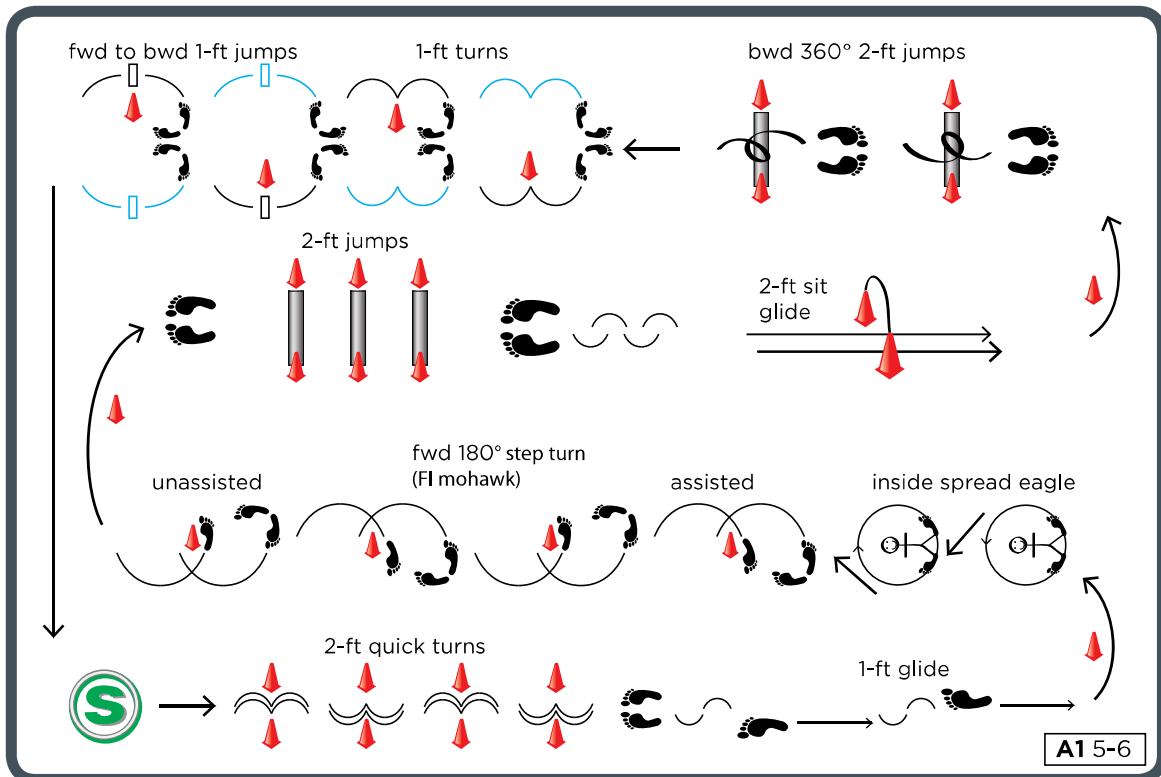
Next Lesson: *We are going to learn about quick feet and deep knee bends.*

Self-Evaluation Notes:

Things I liked: *Spent a lot of time on the mohawk turns – good practice.*

Things I can improve: *Show the PAs how to assist with the turns (hold hands).*

AGILITY (A1 5-6)





CanSkate Lesson Plan #2: **AGILITY** (A2 1-2)

Stages 1 & 2

Group: _____ Date: _____

Introduction: *Welcome everyone! We are going to have a great time today at our Agility station. Today we are going to work on our basic skating.*

Lesson Topic:

STAGE 1	STAGE 2
<ul style="list-style-type: none"> Fwd skating perimeter of ice 	<ul style="list-style-type: none"> Fwd 180° glide turn

Progressions to be Used:

<ul style="list-style-type: none"> Fwd push/glide sequence Slow then add speed 2-ft and 1-ft glides 	<ul style="list-style-type: none"> Fwd 2-ft glides Assisted - use hula hoops on ice for skaters to glide around
--	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Bend/push/bend/push Good rhythm on strides 	<ul style="list-style-type: none"> Balance and lean on curve Accelerate between curves for better flow Knee bend on curves
---	---

Notes:

<ul style="list-style-type: none"> Take the time with each skater to ensure that they understand the bend before the push for all skating Allow them to glide on 2 feet before each push so that they can feel the bend position 	<ul style="list-style-type: none"> Slalom portion of circuit is really fun Encourage speed, glide and flow for the skaters Ensure that the pattern encourages a 180° turn (very compact curves) Offer plenty of demonstration to exaggerate knee bend needed on curves
--	--

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *That was awesome! Great skating today!*

Remember to: *Always bend before you push.*

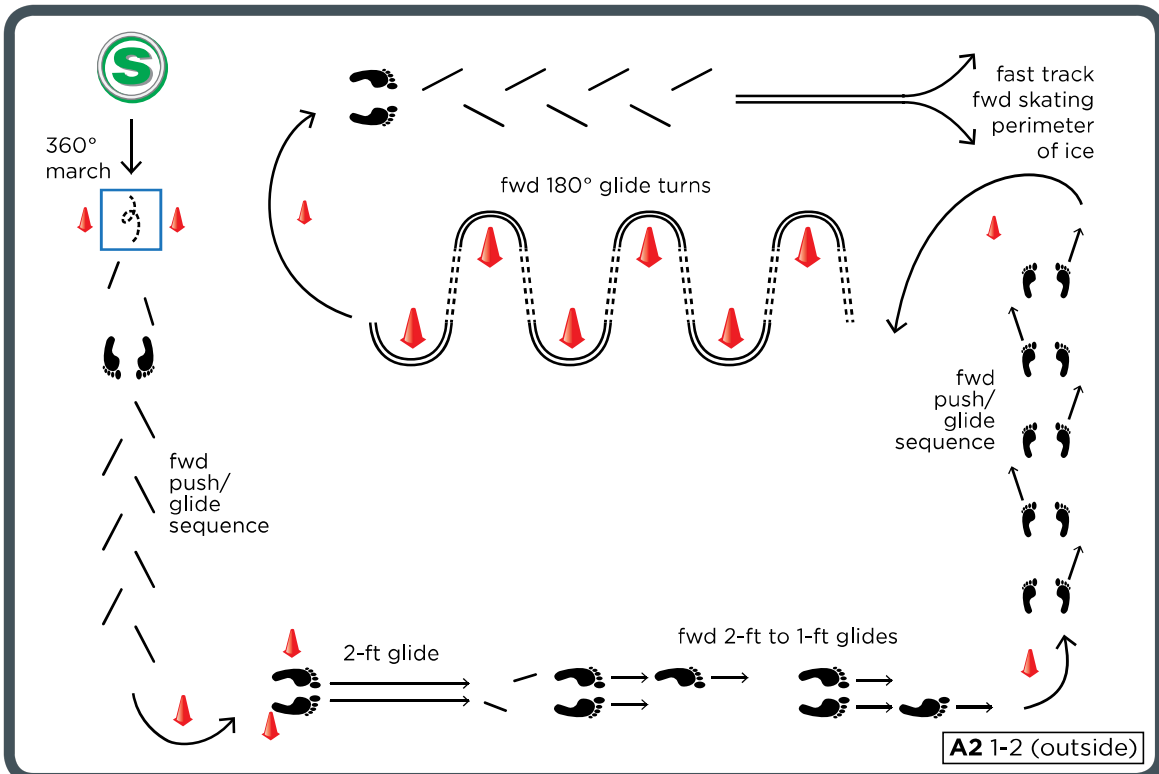
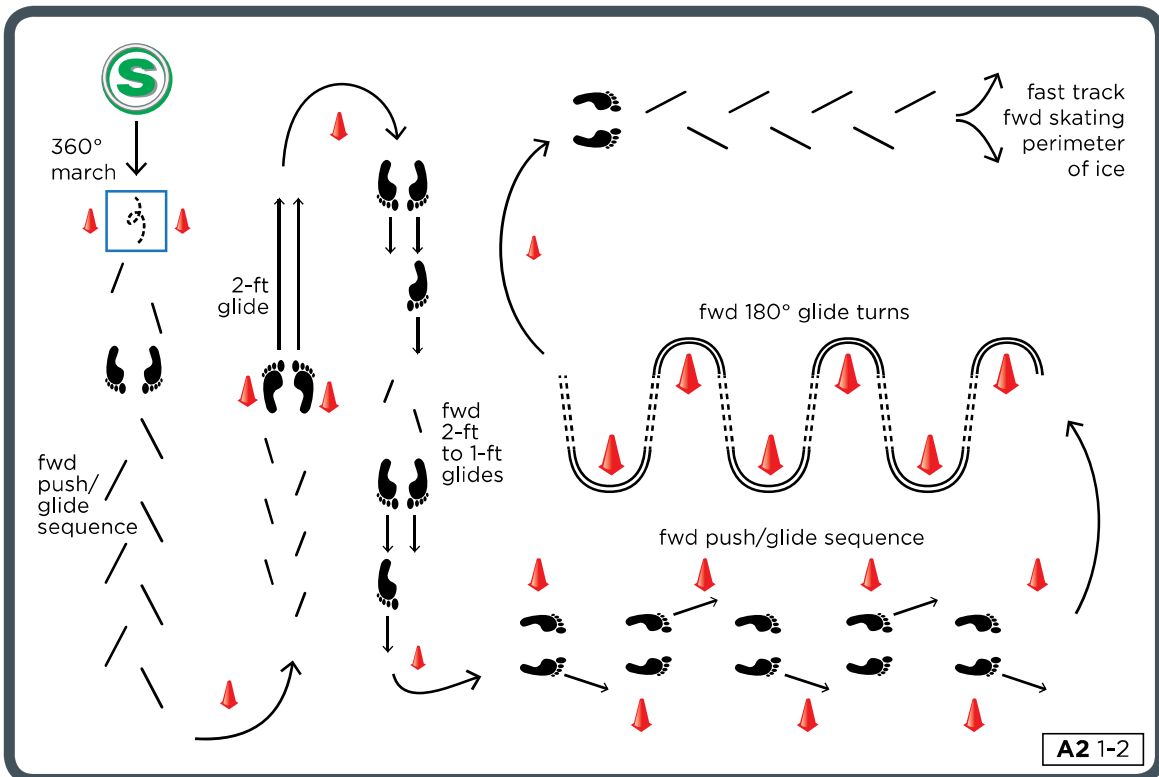
Next Lesson: *We are going to do some more jumping.*

Self-Evaluation Notes:

Things I liked: *The time I was able to spend on basic technique.*

Things I can improve: *Add more visual aids to make lesson space more fun and inviting.*

AGILITY (A2 1-2)





CanSkate Lesson Plan #2: **AGILITY** (A2 2-3)

Stages 2 & 3

Group: _____ Date: _____

Introduction: *Welcome everyone! We are going to have a great time today at our Agility station. Today we are going to work on our basic skating and turns.*

Lesson Topic:

STAGE 2	STAGE 3
<ul style="list-style-type: none"> Fwd 180° glide turn 	<ul style="list-style-type: none"> Fast fwd perimeter skating Fwd 360° step turn

Progressions to be Used:

<ul style="list-style-type: none"> Fwd 2-ft glides Assisted - use hula hoops on ice for skaters to glide around 	<ul style="list-style-type: none"> Fwd push/glide sequence Slow then add speed 2-ft and 1-ft glides Stationary 360° step turn
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance and lean on curve Accelerate between curves for better flow Knee bend on curves 	<ul style="list-style-type: none"> Bend/push/bend/push Good rhythm on strides Side of the blades Balance on 360° turn
---	---

Notes:

<ul style="list-style-type: none"> Slalom portion of circuit is really fun; encourage speed, glide and flow for the skaters. Ensure that the pattern encourages a 180° turn (very compact curves) Offer plenty of demonstration to exaggerate knee bend needed on curves 	<ul style="list-style-type: none"> Take the time with each skater to ensure that they understand the bend before the push for all skating Allow them to glide on 2 feet before each push, so that they can feel the bend position Use PA to help keep track of skaters in the Fast Track and make sure they all return to the start Add sound effects to 360° step turn for fun (WHEEEE!)
---	---

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *That was awesome! Great skating today!*

Remember to: *Always bend before you push.*

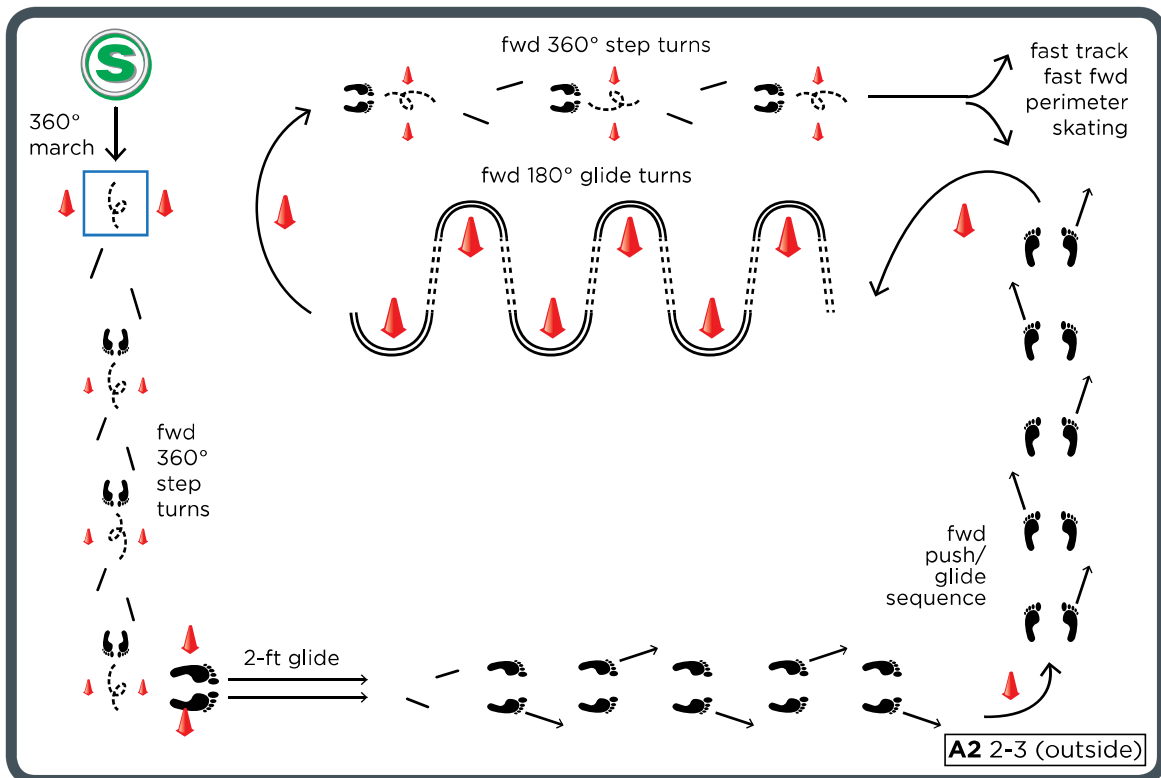
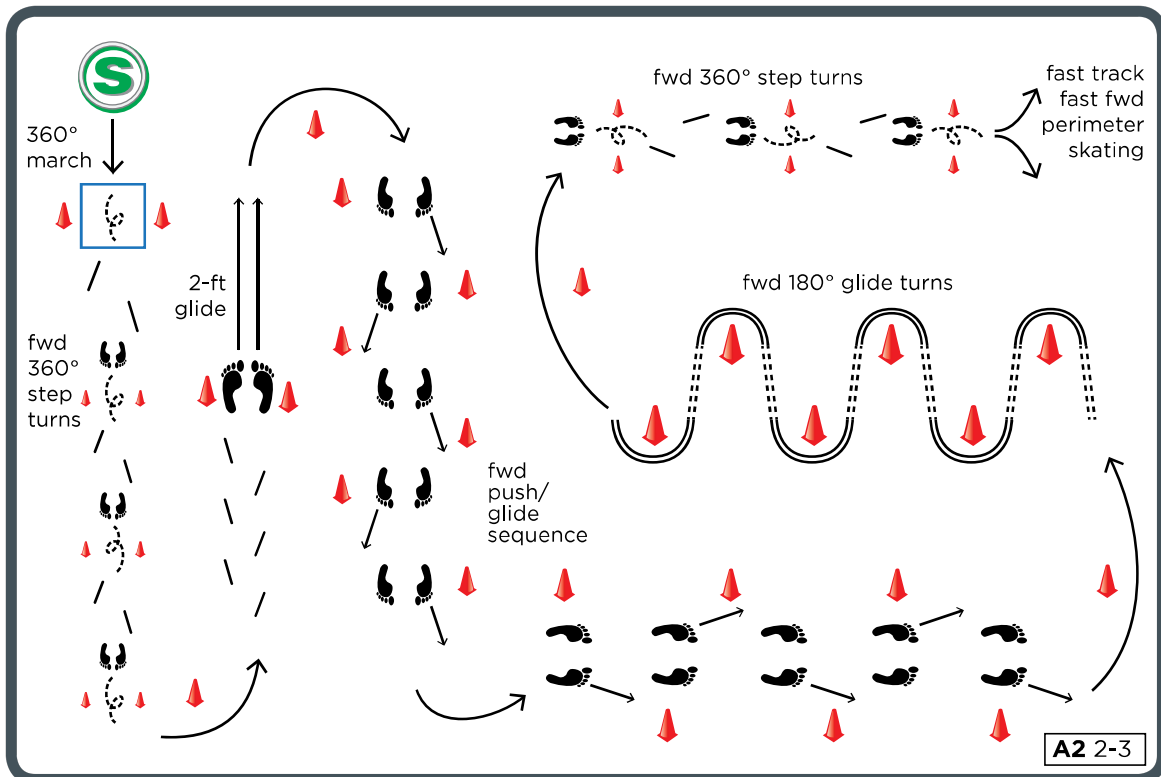
Next Lesson: *We are going to do some more jumping!*

Self-Evaluation Notes:

Things I liked: *The time I was able to spend on basic technique.*

Things I can improve: *Add more visual aids to make lesson space more fun and inviting.*

AGILITY (A2 2-3)





CanSkate Lesson Plan #2: **AGILITY** (A2 3-4)

Stages 3 & 4

Group: _____ Date: _____

Introduction: *Welcome back to the Agility station. We get to work on our turns, quick feet and balance today. Let's get to work!*

Lesson Topic:

STAGE 3	STAGE 4
<ul style="list-style-type: none"> Fast fwd perimeter skating Fwd 360° step turn 	<ul style="list-style-type: none"> Bwd 360° step turn 2-ft spin 2-ft sit spin

Progressions to be Used:

<ul style="list-style-type: none"> Fwd push/glide sequence Slow then add speed 2-ft and 1-ft glides Stationary 360° step turn 	<ul style="list-style-type: none"> Stationary 360° step turn 2-ft sit glide Assisted 2-ft spin - use of arms to rotate same direction as spin
---	--

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Bend/push/bend/push Good rhythm on strides Side of the blades Balance on 360° step turn 	<ul style="list-style-type: none"> Balance Head, eyes up Even balance on blades for spin
--	---

Notes:

<ul style="list-style-type: none"> Take the time with each skater to ensure that they understand the bend before the push for all skating Allow them to glide on 2 feet before each push, so that they can feel the bend position Use PA to help keep track of skaters in the Fast Track and make sure they all return to the start Add sound effects to 360° step turn for fun (WHEEEE!) 	<ul style="list-style-type: none"> Can use fwd 360° turn to warm up bwd 360° turn Looking for 2 rotations in 2-ft spin 1 rotation in sit position for 2-ft sit spin
---	--

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *Terrific work today! Lots of turning and spinning!*

Remember to: *Stay balanced during your turns and spins.*

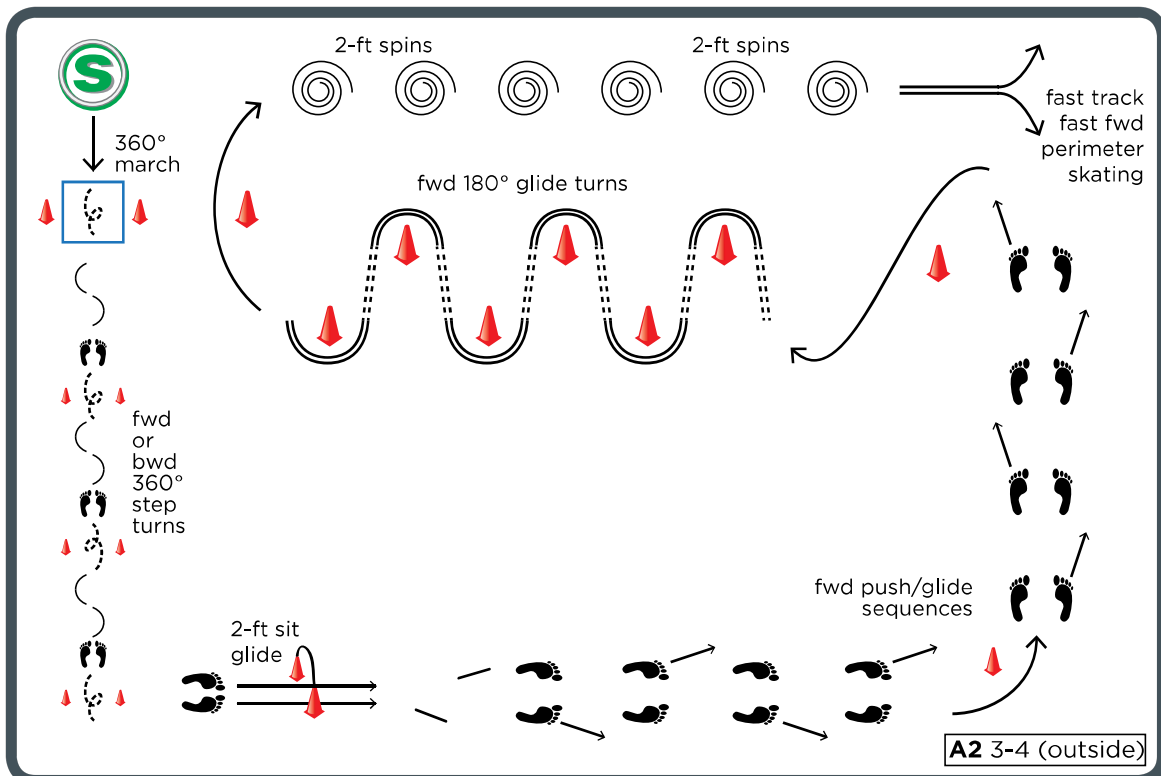
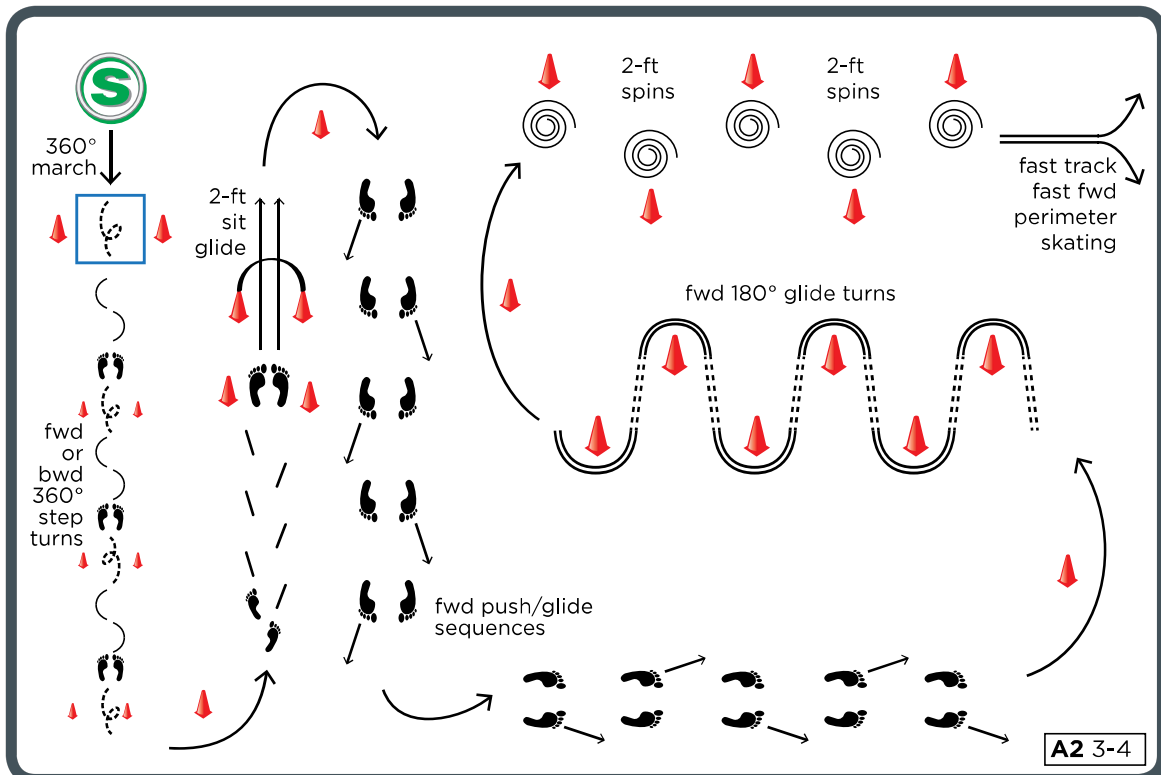
Next Lesson: *We are going to do some more jumps and quick turns.*

Self-Evaluation Notes:

Things I liked: *Great variety of skills for skaters to work on.*

Things I can improve: *Add more visual aids.*

AGILITY (A2 3-4)





CanSkate Lesson Plan #2: **AGILITY** (A2 4-5)

Stages 4 & 5

Group: _____ Date: _____

Introduction: *Welcome back to the Agility station. We get to work on our turns, quick feet and balance today. Let's get to work!*

Lesson Topic:

STAGE 4	STAGE 5
<ul style="list-style-type: none"> Bwd 360° step turn 2-ft spin 2-ft sit spin 	<ul style="list-style-type: none"> Fwd tight glide turns Fwd 360° glide turn 1-ft spin Alternating foot spin

Progressions to be Used:

<ul style="list-style-type: none"> Stationary 360° step turn 2-ft sit glide Assisted 	<ul style="list-style-type: none"> 2-ft spins Slow then add speed for glide turn
---	--

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Head, eyes up Even balance on blades for spin 	<ul style="list-style-type: none"> Balance Good knee bend
---	---

Notes:

<ul style="list-style-type: none"> Can use fwd 360° turns to warm up bwd 360° turns Looking for 2 rotations in 2-ft spin 1 rotation in sit position for 2-ft sit spin 	<ul style="list-style-type: none"> Coaches can use the slalom area for glide turns, tight glide turns (good speed) or 360° glide turns. Challenge the skaters to their level and ability. Circuit drawn is for training – to assess skaters need to perform 6 tight glide turns in a row.
--	---

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *Terrific work today – lots of turning and spinning!*

Remember to: *Stay balanced during your turns and spins.*

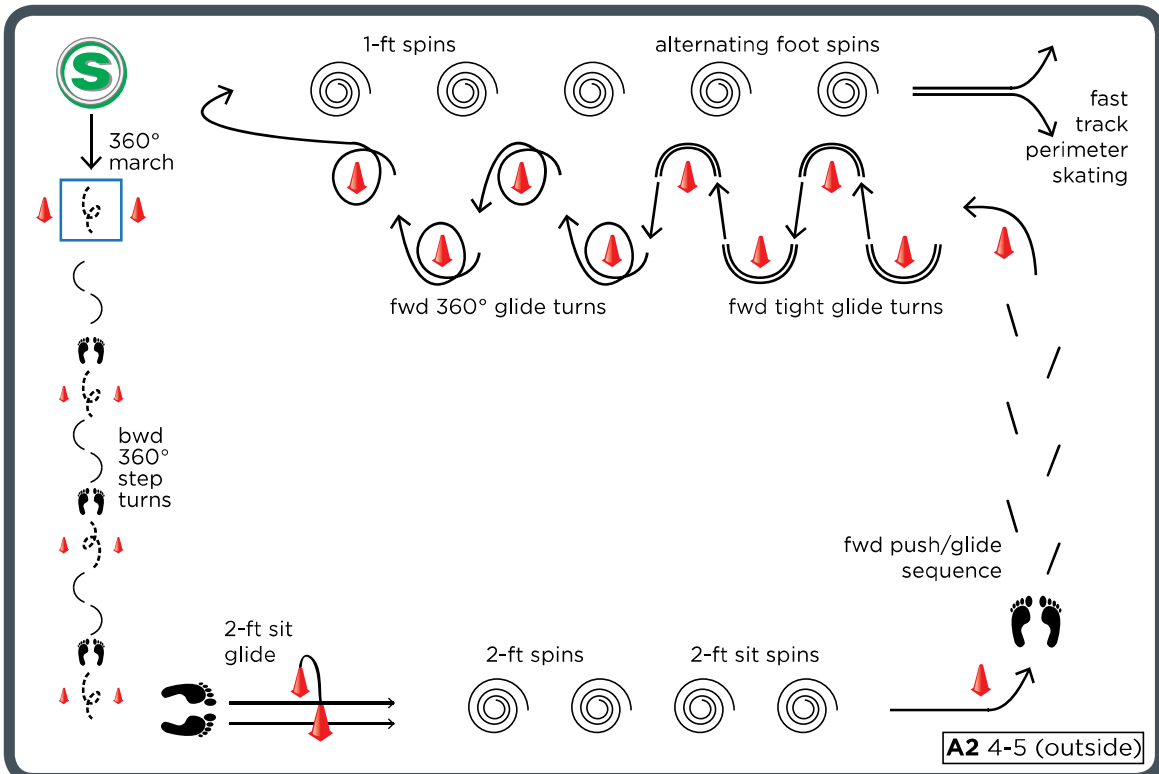
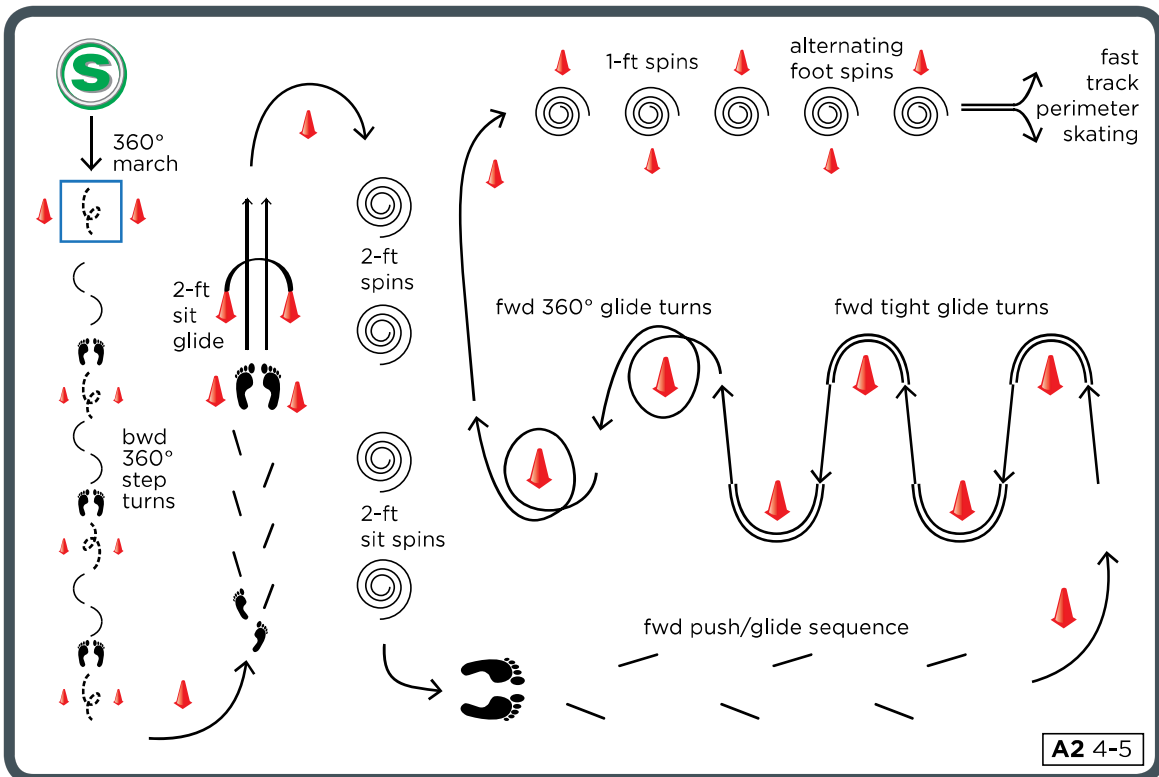
Next Lesson: *We are going to do some more jumps and quick turns.*

Self-Evaluation Notes:

Things I liked: *Great variety of skills for skaters to work on.*

Things I can improve: *Add more visual aids.*

AGILITY (A2 4-5)





CanSkate Lesson Plan #2: **AGILITY** (A2 5-6)

Stages 5 & 6

Group: _____ Date: _____

Introduction: *Welcome back to the Agility station. We get to work on our turns, quick feet and deep knee bends today - let's get to work!*

Lesson Topic:

STAGE 5	STAGE 6
<ul style="list-style-type: none"> Fwd tight glide turns Fwd 360° glide turn 1-ft spin Alternating foot spin 	<ul style="list-style-type: none"> Bwd 180° step turn (BO or BI mohawk) Fwd 1-ft spin with spiraling edge

Progressions to be Used:

<ul style="list-style-type: none"> 2-ft spins Slow then add speed to glides and turns 	<ul style="list-style-type: none"> 1-ft spin Gliding star position (entry position for spin) Assisted step turns stationary - both directions
---	--

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Balance Good knee bend 	<ul style="list-style-type: none"> Good transfer of weight during step turn Balance
---	---

Notes:

<ul style="list-style-type: none"> Coaches can use the slalom area for 180° glide turns, tight glide turns (good speed) or 360° glide turns. Challenge the skaters to their level and ability. Circuit drawn is for training - to assess skaters need to perform 6 tight glide turns in a row. 	<ul style="list-style-type: none"> Offer plenty of assistance for bwd step turn for skaters to get feel of new skill. Use visuals to help skaters understand where to step. Designate different colours/directions for skaters who spin CW and CCW.
--	---

Teaching Aids/Props Needed:

Pylons, markers, signs

Summary to Group:

Praise: *Terrific work today!*

Remember to: *Stay balanced during your turns and spins.*

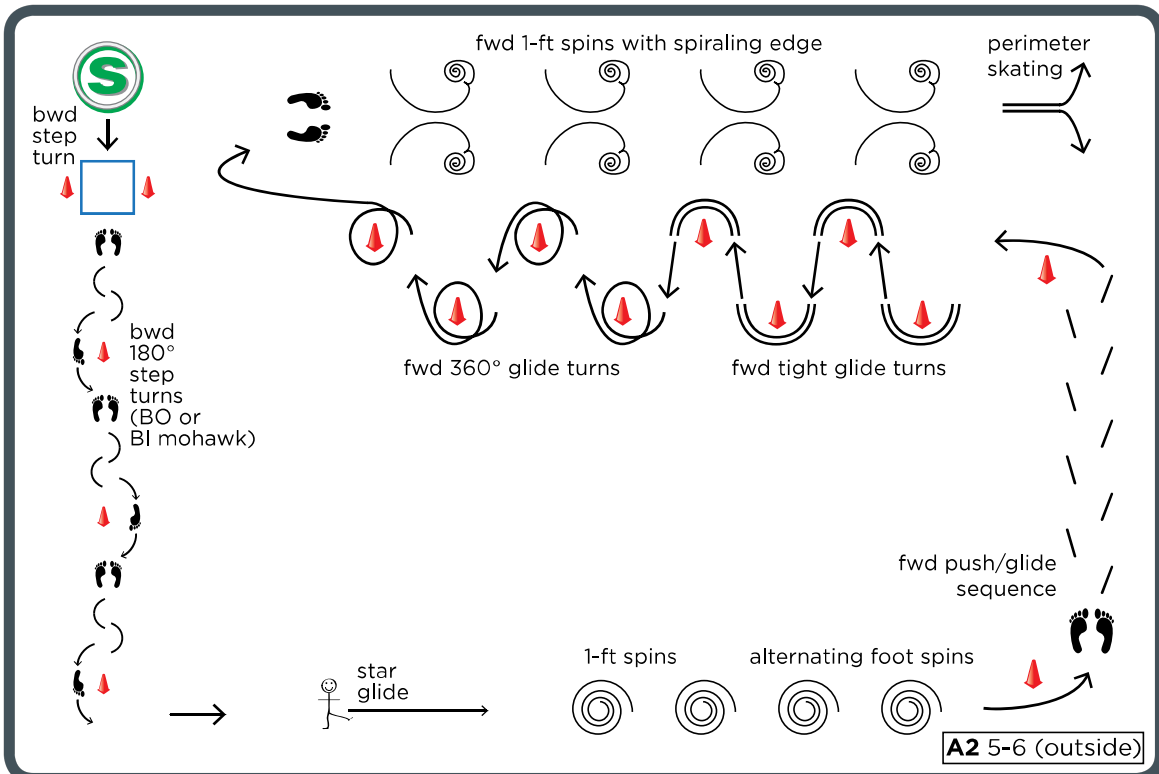
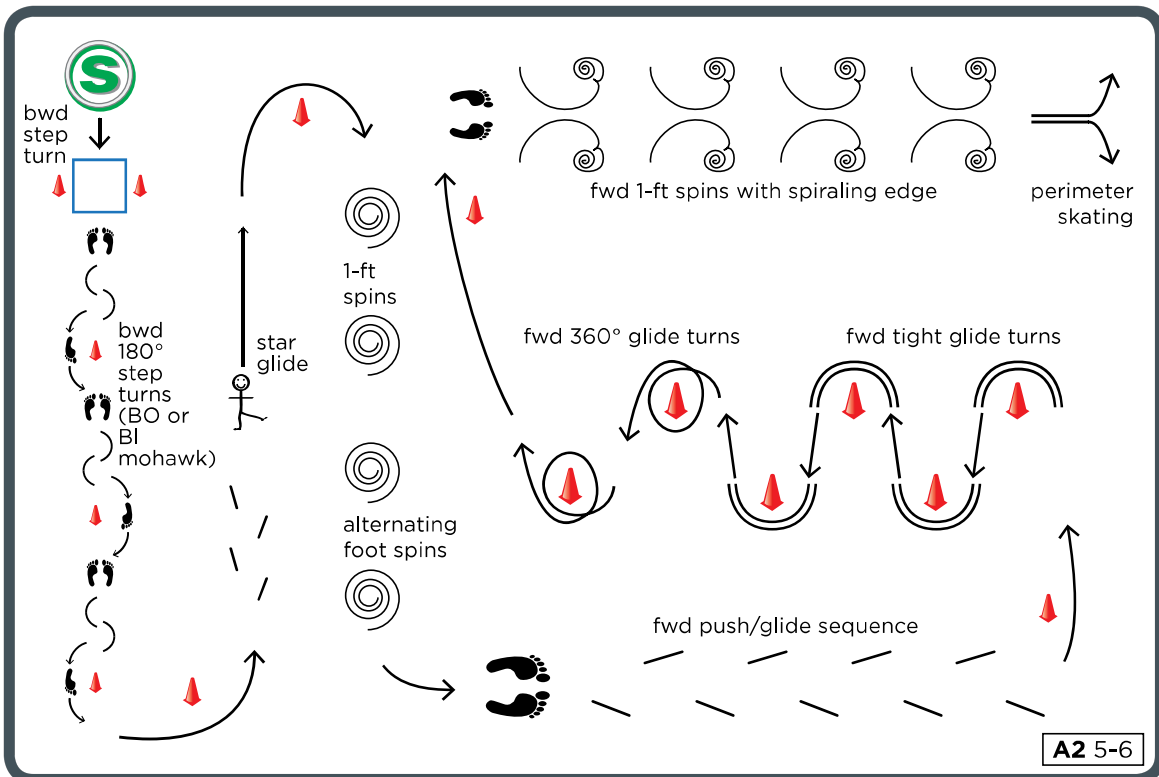
Next Lesson: *We are going to do some jumps and more turns.*

Self-Evaluation Notes:

Things I liked: *Great variety of skills for skaters to work on.*

Things I can improve: *Add more visual aids.*

AGILITY (A2 5-6)





CanSkate Lesson Plan #3: **AGILITY** (A3 1-2)

Stages 1 & 2

Group: _____ Date: _____

Introduction: *Hi everyone! Let's get ready to review some skills we have already learned.*

Lesson Topic:

STAGE 1	STAGE 2
<ul style="list-style-type: none"> • 2-ft jump • 2-ft turn 	<ul style="list-style-type: none"> • Fwd 2-ft turn • Bwd 2-ft turn • Fwd 180° glide turn • Fwd 2-ft jump

Progressions to be Used:

<ul style="list-style-type: none"> • Stationary knee bends – down, up, down • Fwd 2-ft glides • Assisted turns • Stationary jumps • Assist where necessary 	<ul style="list-style-type: none"> • Fwd 2-ft glides • Assisted turns • Fwd 2-ft sit glide
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> • Knee bend 	<ul style="list-style-type: none"> • Good knee action • Good speed, flow
---	--

Notes:

<ul style="list-style-type: none"> • This is a review lesson • Encourage skill development • Plenty of repetition, great time to assess some skills 	<ul style="list-style-type: none"> • This is a review lesson • This is a really fun circuit; choose an area to work with skaters as they go by until you have seen everyone, then choose new area.
--	--

Teaching Aids/Props Needed:

Pylons, markers, signs, archways

Summary to Group:

Praise: *Great work today!*

Remember to: *Keep your head up so you can see where you are going.*

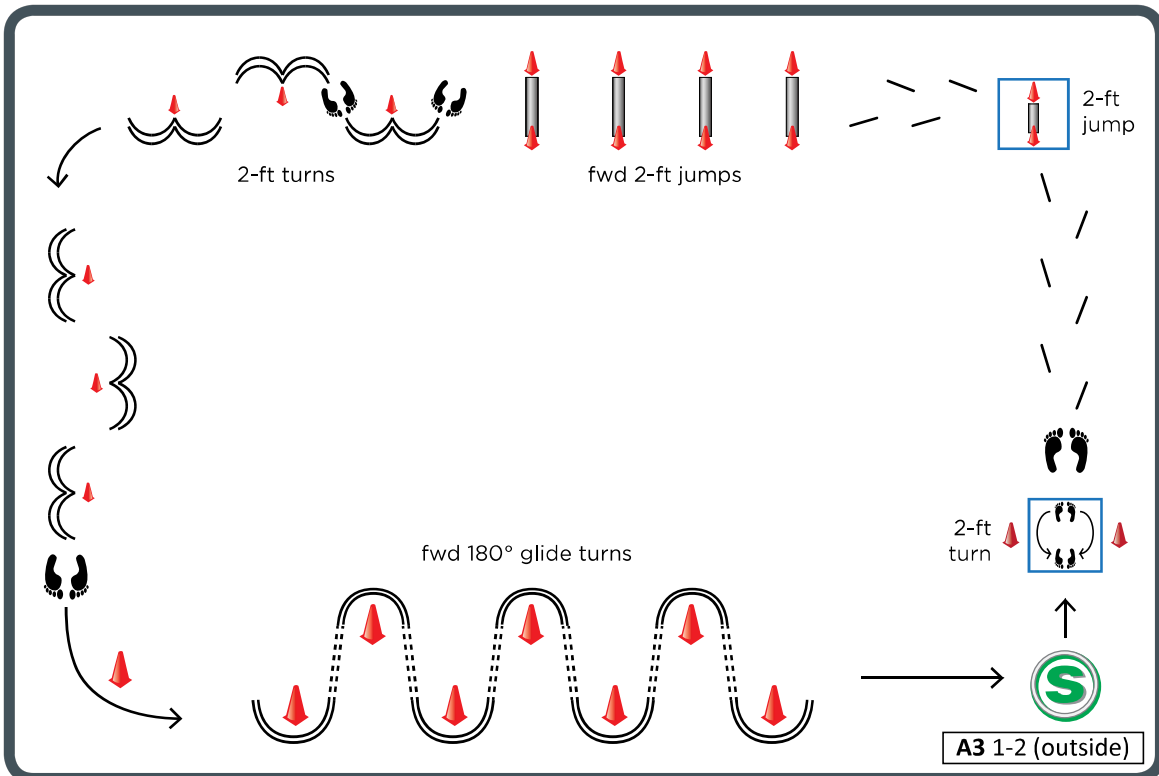
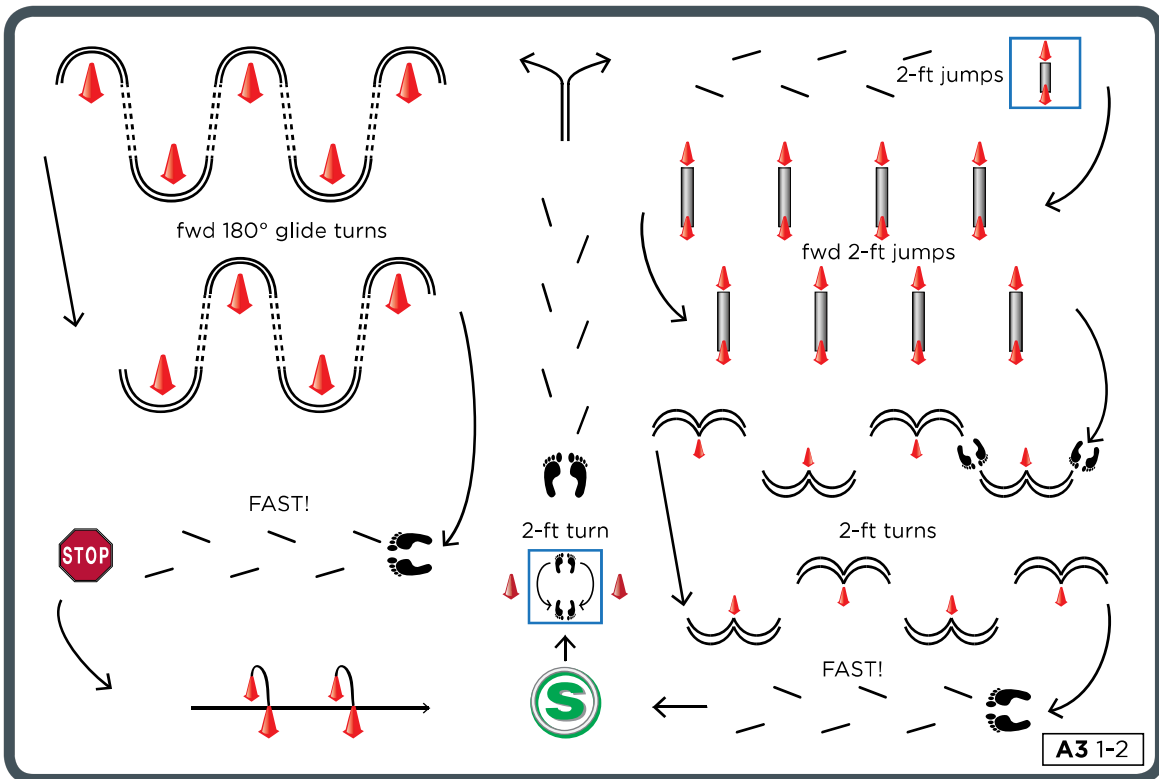
Next Lesson: *Push our speed even faster.*

Self-Evaluation Notes:

Things I liked: *Fun, challenging circuit – good review.*

Things I can improve: *Place a PA at the jumps to assist and help keep things tidy.*

AGILITY (A3 1-2)





CanSkate Lesson Plan #3: **AGILITY** (A3 2-3)

Stages 2 & 3

Group: _____ Date: _____

Introduction: *Hi everyone! Let's get ready to review some skills that we have already learned.*

Lesson Topic:

STAGE 2	STAGE 3
<ul style="list-style-type: none"> Fwd 2-ft turn Bwd 2-ft turn Fwd 180° glide turns Fwd 2-ft jump 	<ul style="list-style-type: none"> Fwd 360° step turn Bwd 2-ft jump

Progressions to be Used:

<ul style="list-style-type: none"> Fwd 2-ft glides Assisted turns Fwd 2-ft sit glide 	<ul style="list-style-type: none"> Fwd 2-ft jumps Stationary 360° step turn
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Good knee action Good speed, flow 	<ul style="list-style-type: none"> Good knee action Good speed, flow
--	--

Notes:

<ul style="list-style-type: none"> Encourage skill development Plenty of repetition, great time to assess some skills Really fun circuit; choose an area to work with skaters as they go by until you have seen everyone, then choose new area 	<ul style="list-style-type: none"> Encourage skill development Plenty of repetition, great time to assess some skills This is a really fun circuit; choose an area work with skaters as they go by until you have seen everyone, then choose new area
---	--

Teaching Aids/Props Needed:

Pylons, markers, signs, archways

Summary to Group:

Praise: *Great work today!*

Remember to: *Keep your head up so that you can see where you are going.*

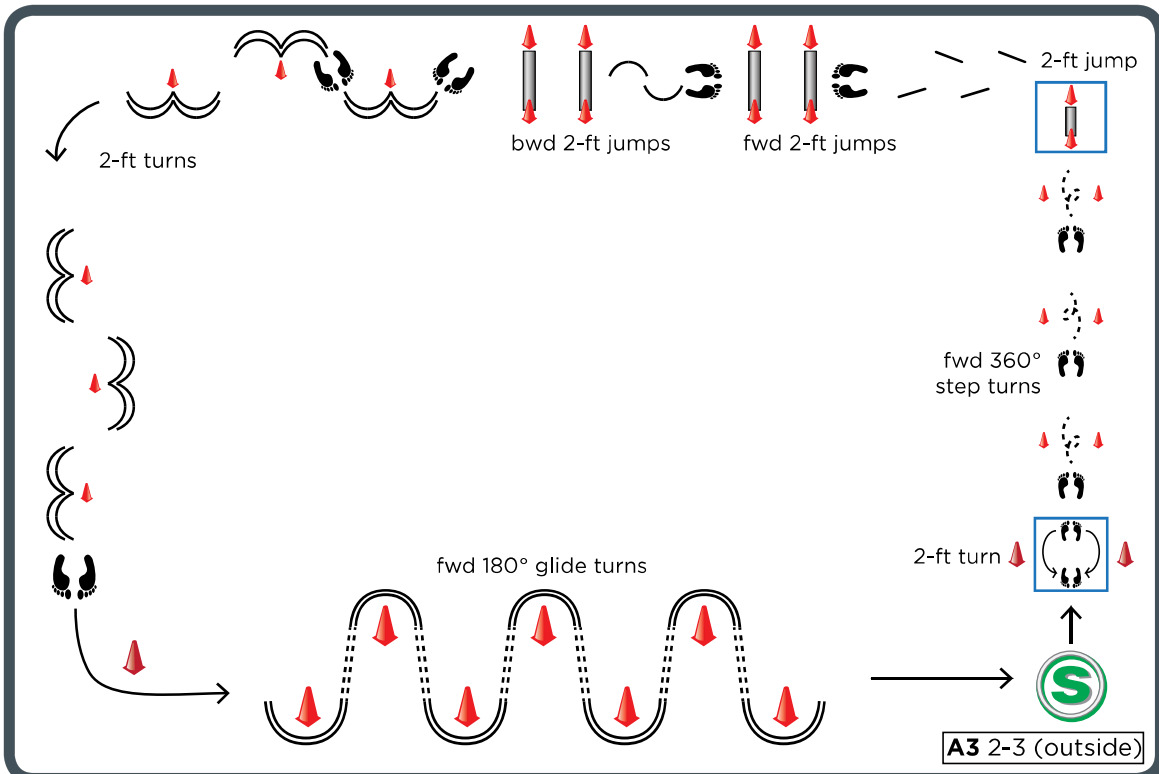
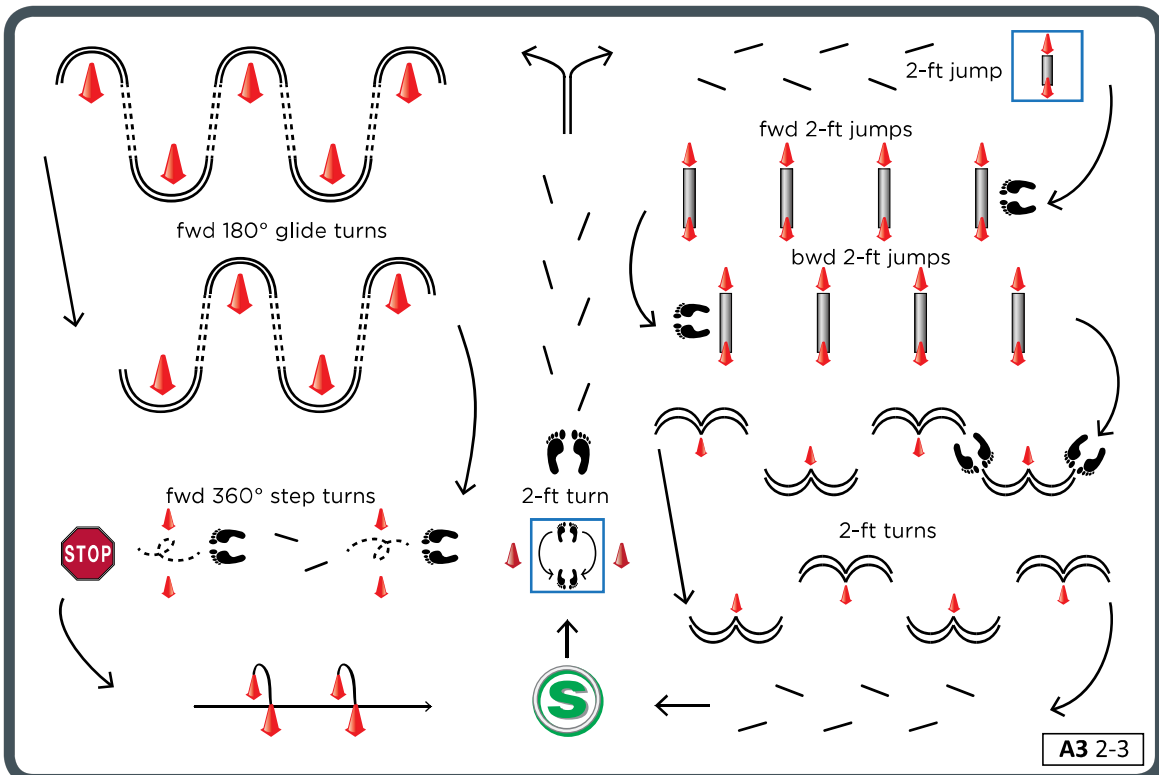
Next Lesson: *Push our speed even faster.*

Self-Evaluation Notes:

Things I liked: *Fun, challenging circuit – good review.*

Things I can improve: *Place a PA at the jumps to assist and help keep things tidy.*

AGILITY (A3 2-3)





CanSkate Lesson Plan #3: **AGILITY** (A3 3-4)

Stages 3 & 4

Group: _____ Date: _____

Introduction: *Hi everyone! Let's get ready to review some skills that we have already learned.*

Lesson Topic:

STAGE 3	STAGE 4
<ul style="list-style-type: none"> Fwd 360° step turn Bwd 2-ft jump 	<ul style="list-style-type: none"> Fwd 1-ft turn Fwd to bwd 2-ft jump Bwd to fwd 2-ft jump

Progressions to be Used:

<ul style="list-style-type: none"> Stationary 360° turn Fwd 2-ft jump 	<ul style="list-style-type: none"> Fwd 2-ft turn Fwd 1-ft glide Assisted 1-ft turn Fwd 2-ft jump Bwd 2-ft jump
---	---

Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Good knee action Good speed, flow 	<ul style="list-style-type: none"> Good knee action Good speed, flow
--	--

Notes:

<ul style="list-style-type: none"> Encourage skill development Plenty of repetition, great time to assess some skills This is a really fun circuit; choose an area to work with skaters as they go by until you have seen everyone, then choose new area 	<ul style="list-style-type: none"> Encourage skill development Plenty of repetition, great time to assess some skills This is a really fun circuit; choose an area to work with skaters as they go by until you have seen everyone, then choose new area
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Teaching Aids/Props Needed:

Pylons, markers, signs, archways

Summary to Group:

Praise: *Great work today!*

Remember to: *Keep your head up so that you can see where you are going.*

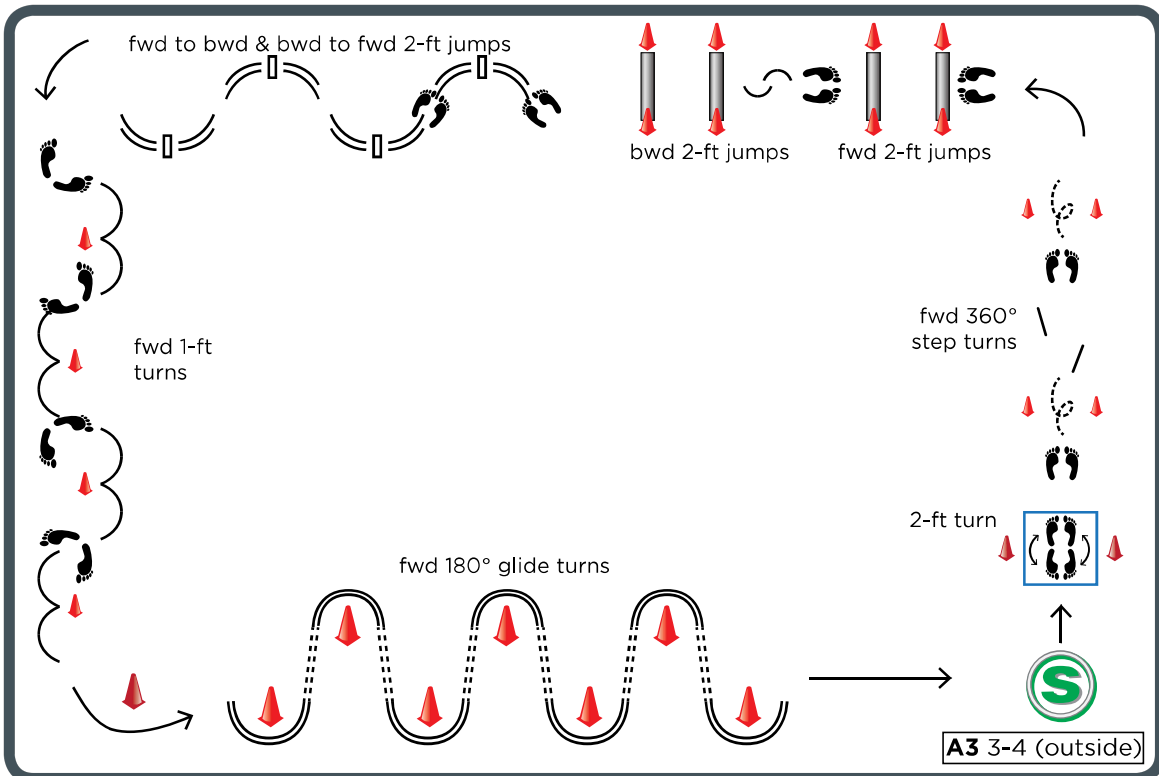
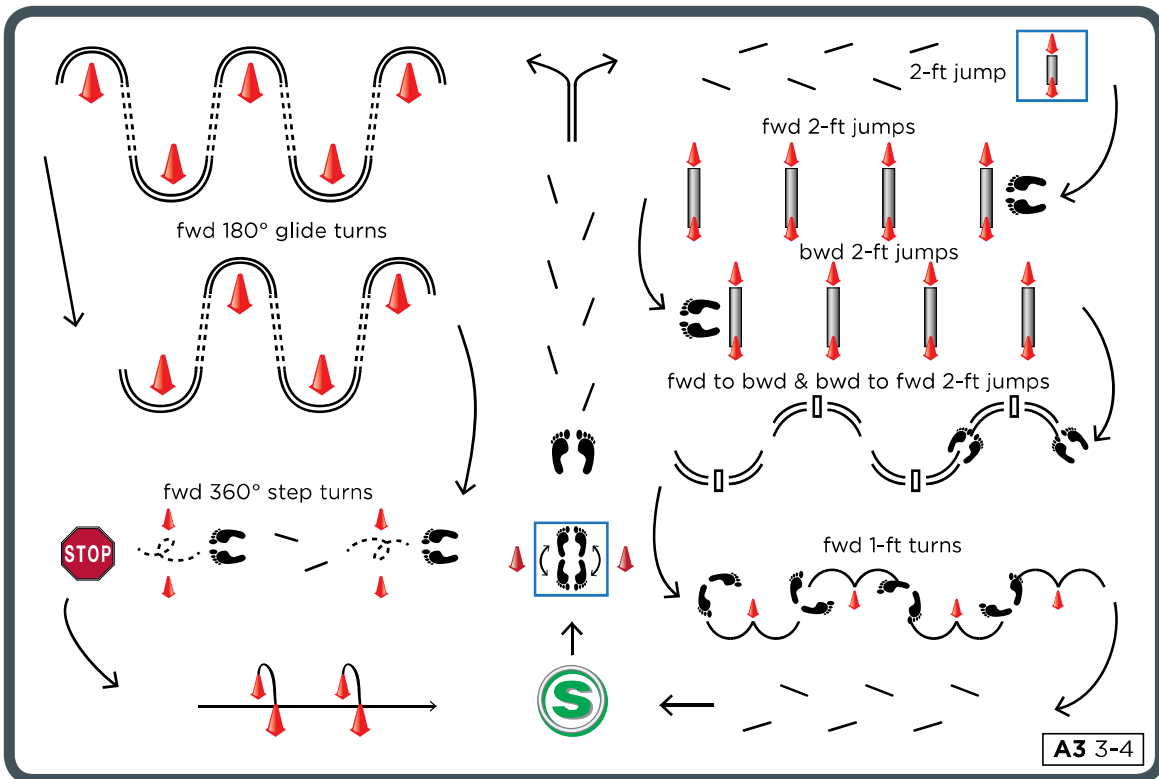
Next Lesson: *Push our speed even faster.*

Self-Evaluation Notes:

Things I liked: *Fun, challenging circuit – good review.*

Things I can improve: *Place a PA at the jumps to assist and help keep things tidy.*

AGILITY (A3 3-4)





CanSkate Lesson Plan #3: **AGILITY** (A3 4-5)

Stages 4 & 5

Group: _____ Date: _____

Introduction: *Hi everyone! Let's get ready to review some skills that we have already learned and also learn a few new ones.*

Lesson Topic:

STAGE 4	STAGE 5
<ul style="list-style-type: none"> Fwd 1-ft turn Fwd to bwd 2-ft jump Bwd to fwd 2-ft jump 	<ul style="list-style-type: none"> Fwd power jump Fwd tight glide turn

Progressions to be Used:

<ul style="list-style-type: none"> Fwd 2-ft turn Fwd 1-ft glide Assisted 1-ft turn Fwd 2-ft jump Bwd 2-ft jump 	<ul style="list-style-type: none"> Walk through power jump action Assisted Slow then add speed 2-ft glides on curve
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Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Good knee action Good speed, flow 	<ul style="list-style-type: none"> Down, up, down on turn Rhythm/timing on jump
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Notes:

<ul style="list-style-type: none"> Encourage skill development Plenty of repetition, great time to assess some skills This is a really fun circuit; choose an area to work with skaters as they go by until you have seen everyone, then choose new area 	<ul style="list-style-type: none"> Coaches can assist skater through pivot turns by skating in front of them, holding hands facing them, repeating key words and demonstrating proper knee action
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Teaching Aids/Props Needed:

Pylons, markers, signs, archways

Summary to Group:

Praise: *Great work today!*

Remember to: *Keep your head up so that you can see where you are going.*

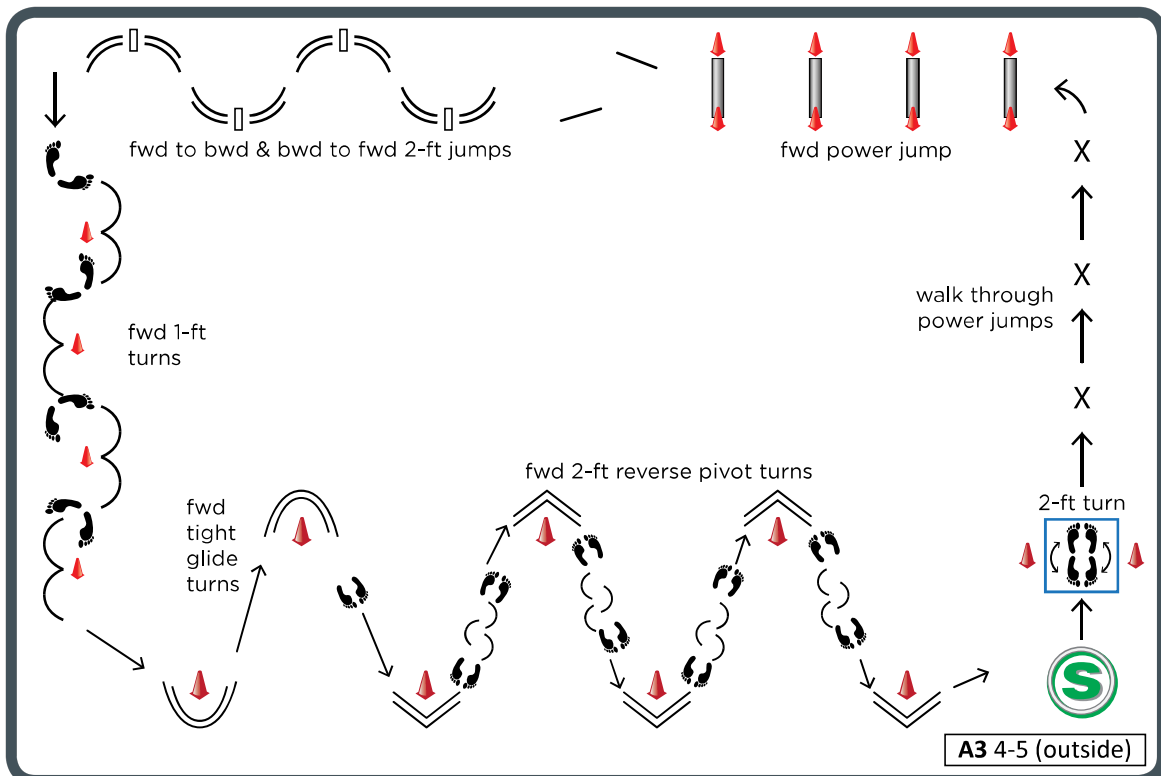
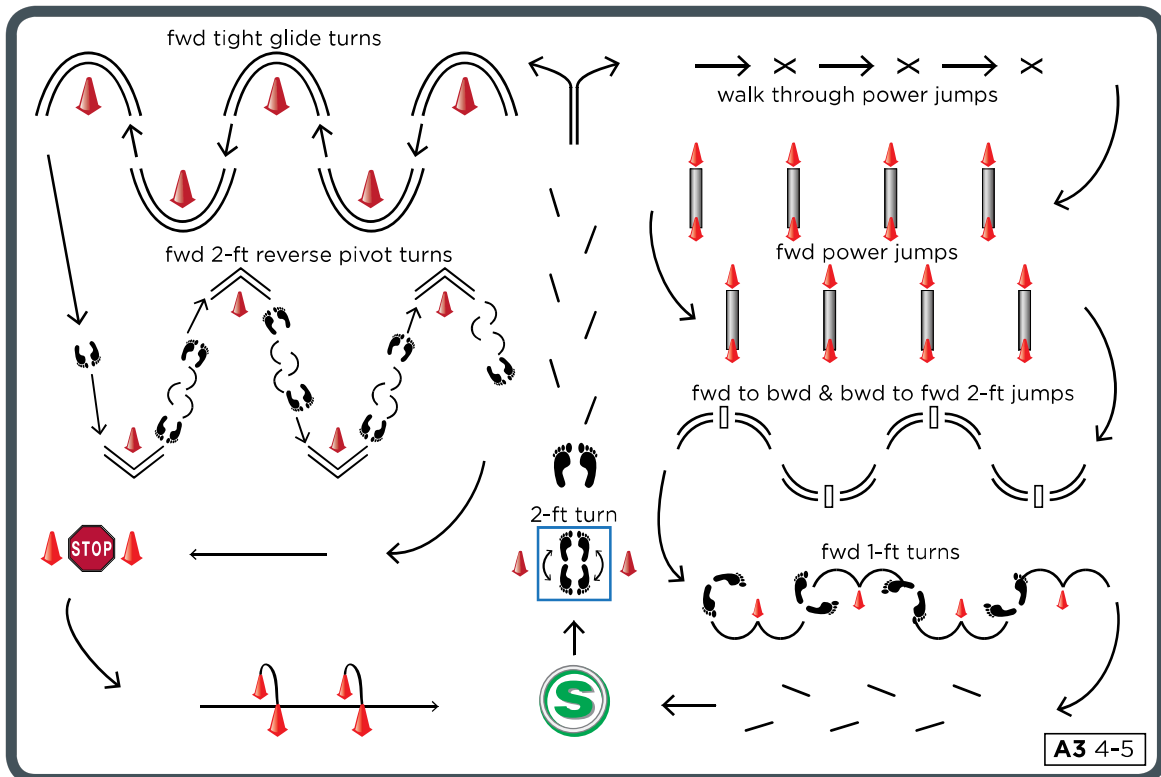
Next Lesson: *We will push our speed even faster.*

Self-Evaluation Notes:

Things I liked: *Fun, challenging circuit – good review.*

Things I can improve: *Place a PA at the jumps to assist and help keep things tidy.*

AGILITY (A3 4-5)





CanSkate Lesson Plan #3: **AGILITY** (A3 5-6)

Stages 5 & 6

Group: _____ Date: _____

Introduction: *Hi everyone! Let's get ready to review some skills that we have already learned and also learn a few new ones.*

Lesson Topic:

STAGE 5	STAGE 6
<ul style="list-style-type: none"> Fwd power jump Fwd tight glide turn 	<ul style="list-style-type: none"> Rotating power jump Bwd toe-assisted jump Fwd 2-ft reverse pivot turn 2-ft multi turns

Progressions to be Used:

<ul style="list-style-type: none"> Walk through power jump action Assisted Slow then add speed on jumps and turns 	<ul style="list-style-type: none"> 2-ft 180° jumps Assisted jumps Twist on spot Assisted pivot turns Demonstration
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Teaching Points to be Reinforced:

<ul style="list-style-type: none"> Down/up/down on turn Rhythm/timing on jump 	<ul style="list-style-type: none"> Good knee action Control Balance
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Notes:

<ul style="list-style-type: none"> Coaches can assist skater through pivot turns by skating in front of them, holding hands facing them, repeating key words and demonstrating proper knee action. 	<ul style="list-style-type: none"> Spend some time demonstrating bwd toe-assisted jump. For skaters with hockey skates, they may use the whole blade to assist. Mirroring is a good way to help demonstrate the 2-ft multi turns.
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Teaching Aids/Props Needed:

Pylons, markers, signs, archways

Summary to Group:

Praise: *Great work today!*

Remember to: *Keep your head up so that you can see where you are going.*

Next Lesson: *Push our speed even faster.*

Self-Evaluation Notes:

Things I liked: *Fun, challenging circuit – good review.*

Things I can improve: *Place a PA at the jumps to assist and help keep things tidy.*

AGILITY (A3 5-6)

