

# CUTTING EDGE



# PIN PROGRAM

# LEVEL 1 - WHITE

## **W-1 Standing Position**

- Stand balanced on both feet with even weight distribution between legs
- Feet parallel and shoulder width apart
- Skater should be able to stand still for a period of 10 seconds

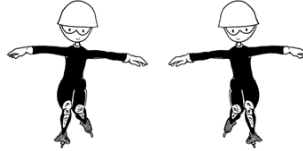


## **W-2 Toe Touches (Suppleness)**

- Stand balanced on both feet with even weight distribution between legs
- Feet parallel and shoulder width apart
- Bending from the waist and without bending knees skater touches ankles and then toes

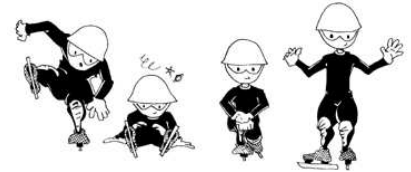
## **W-3 Balance on One Leg (supported)**

- Use the boards or mats for support
- Balance on left leg, then right leg



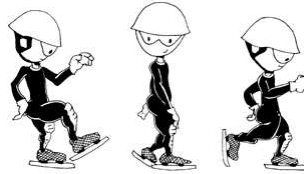
## **W-4 Falling Down and Getting Up**

- On cue skater falls down and gets back up without assistance
- Arms can be used for leverage



## **W-5 Step Forward and Backward**

- Ten steps forward
- Ten steps backwards
- Feet must come off ice



## **W-6 Side Steps, Left and Right (ten steps)**

- On coloured line, take ten side steps to the left.
- On coloured line, take ten side steps to the right
- Feet do not crossover



## **W-7 Marching on the spot**

- Start from a standing position
- Feet should be shoulder width apart and on cue the athlete marches on the spot with knees raised to waist for 5 seconds

## **W-8 Skate 1 Lap of ice surface)**

- Skater should be able to skate the circumference of the ice surface next to the boards for one lap



## **W-9 Snowplough stop**

- Point toes in and heels out
- Skater should be able to stop prior to contacting the boards and without falling

## **W-10 Kicking with one leg**

- A plunger is placed in front of the skater.
- The skater should be able to kick the object forward without falling over with right & left feet

## **W-11 Throwing**

- Skater throws a ball 2 metres and maintains balance throughout throwing without falling

## **W-10 Skating backwards**

- Skater moves backwards in a C-Motion between blue lines without assistance



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## LEVEL 2 - YELLOW

### Y-1 Hopping while in standing position

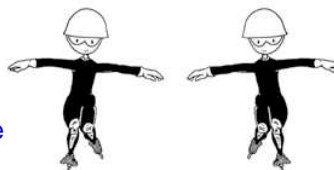
- Athlete stands balanced on two feet with weight evenly distributed between legs
- Feet should be parallel and shoulder width apart
- On cue they hop and land back on two feet without falling

### Y-2 Standing position knee drop (Flexibility)

- Athlete stands balanced on two feet with weight evenly distributed between legs
- Feet should be parallel and shoulder width apart
- Athlete drops knees forwards until knees are 1-2 inches past toes
- Skater then grabs hold of feet

### Y-3 Balance on one leg unassisted

- From a standing position Balance on right leg for count of 1
- Balance on left leg for count of 1 (Un-weighted leg should be off of ice)



### Y-4 Line hops (Agility while moving)

- Skater travels length of ice surface
- While moving the skater jumps blue line, red line, and second blue line
- Must hop and land without falling
- Skater can skate between lines

### Y-5 Making snow

- From a stationary starting position skater pushes to the side trying to make snow with blades
- Test both right and left legs

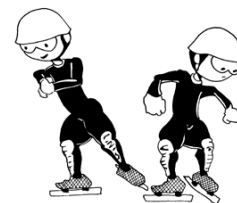
### Y-6 Forward glide (Basic movement)

- Skater glides on flats of blades for a distance of 10 metres
- Feet should be shoulder width apart and weight evenly distributed
- Skater should glide straight without falling



### Y-7 Pushing with one foot while moving

- One leg is used as the support leg and does not lose contact with the ice
- Opposite leg pushes away from the body for a total of 10 strokes
- Test both the right and left leg



### Y-8 Arm swing (Stationary)

- With the skater staying stationary and in an upright position can they demonstrate a simple arm swing with both arms moving
- Arms should swing to midline of body with little or no twisting of upper body

### Y-9 Forward two foot glide

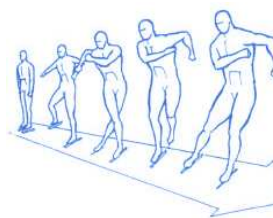
- In an upright position skater demonstrates a forward glide between blue lines
- Feet should be shoulder width apart and parallel

### Y-10 Forward two foot glide and pick up object

- In an upright position skater demonstrates a forward glide between blue lines
- Skater bends from waist/hips to pick up a plunger/puck
- Skater should continue to glide for distance of 5 metres

### Y-11 Cross-Over Walk

- Start by standing upright, step one foot over the other for 10 steps
- Toes pointed forward and feet parallel. (Right and left crossover)



### Y-12 Basic Cornering

- Skater glides around the circle in first a counter-clockwise and then clockwise direction
- Glide should be on two feet for the circumference of a small 5-10 metre circle



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## LEVEL 3- ORANGE



### O-1 Basic Position (Stationary)

- Feet should be parallel and shoulder width apart, head is up and eyes are looking ahead 3-5 meters
- Shoulders, knees, and toes are vertically aligned. Arms should be relaxed and back rounded (not flat)
- Knees must be positioned over toes, shoulder width apart, and ankles should be straight up and down
- Knees are bent close at 90 degrees and waist is bent at 30-45 Degrees

### O-2 Basic Position (Moving)

- After taking 4-6 pushes the skater demonstrates the same technique as illustrated in #1 above between blue lines without falling

### O-3 Basic position with single leg push

- Starting from Basic Position as described above, skater pushes diagonally with one leg while supporting weight on the other leg
- Skater remains on the same support leg for the distance of the ice (Test both the right and left leg.)
- There should be a complete extension of the pushing leg & glide should be apparent on support leg

### O-4 Backwards gliding

- Skater travels backwards for 10 metres. With a slight knee bend they then glide backwards in a straight line for 5 metres with both feet on the ice and shoulder width apart

### O-5 Backwards glide with V- stop

- Skater demonstrates the ability to do a V-stop by the blue line after skating backwards

### O-6 Falling down and getting up while moving

- While skating the skater drops down to both knees and quickly gets up and continues to skate
- Skater should do three falls and quick recoveries

### O-7 Starting position (Understanding commands and basic start position)

- Can the skater follow the directions of Go to the start, ready, and GO!!
- Skater's starting position can be simplified to a stable crouch position with skates parallel to each other and 45 degrees to starting line
- Slightly more weight should be placed on front leg
- Elbows are bent, head is up, and eyes are forwards
- Skater's body should remain still for a period of 2 seconds between Ready and Go commands



### O-8 Herringbone run

- From a standing position the skater travels down the ice surface
- Between Blue lines they "run" with feet in a herringbone style similar to the first steps of the start
- Skater should lean forward, knees should be forward and legs should reach full extension

### O-9 Plunger kick to the side

- Skater starts in Basic Position next to a plunger
- One leg will be used for support while the other is used to push i.e. kick
- On cue the skater kicks a plunger a distance of 3-5 metres by pushing quickly to the side
- Plunger should be positioned slightly perpendicular to skater's blade

### O-10 Two foot quarter turns

- From Basic Position skater hops 90 degrees in a clockwise direction
- After completing 4 hops clockwise repeat in counter-clockwise direction

### O-11 Cornering while pushing with right leg (counter-clockwise)

### O-12 Cornering while pushing with left leg (clockwise)

- Skater travels the circumference of a small circle using left/right leg for support push the right/left leg to the side
- Skater must remain in basic position and knees bent.
- On completion of push right/left leg should be fully extended to the side



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## LEVEL 4 - RED

### R-1 Cross-over (Counter-clockwise – small circle)

- While skating the circumference of a circle skater demonstrates the ability to cross right leg over left
- Skater must remain in basic position and knees should be bent over toes
- On completion of push right leg should be fully extended

### R-2 Partner Push for one lap (counter-clockwise)

- Skater glides in basic position while partner pushes them for one lap



### R-3 Balance on one leg while stationary

- From a standing position skater lifts right foot for a count of 3 seconds
- From a standing position skater lifts left foot for a count of 3 seconds
- No support is provided to athlete



### R-4 Balance on one leg while gliding – upright

- Glide between blue lines while standing on one foot. Glide must be straight
- Skater should be directed to start in a balanced position on two feet prior to first blue line

### R-5 Sculling forwards and backwards

- Place 6 blocks 1 metre apart
- Between blocks feet are parallel and almost touching. At blocks feet are shoulder width apart
- Perform test both forwards and backwards

### R-6 Glide Recovery Position on boards with support

- Start with skater in Basic Position
- One leg is used for support while the other leg is in the Glide Recovery Position behind body
- Legs should be close together and hips should be relaxed. Skater can use the boards etc for support

### R-7 Basic Position one leg extensions (stationary)

- From a good Basic Position athlete balances on one leg while extending the opposite leg to the side
- Arm of pushing leg should be forward and bent. Arm of support leg should be behind body and extended
- Head should be up and eyes looking 3-5 meters ahead
- Straight line should be apparent from hip-to-midline of knee-to-toe and blade
- Test both right and left leg extensions

### R-8 Basic Position one leg extensions (gliding)

- Same position as above but after a glide in basic position for 5 metres
- Skater should be able to glide in a straight line

### R-9 Weight Transfer (stationary)

- Starting from Basic Position
- Extend one leg to side, then shift weight to opposite leg
- When one leg extends, body weight travels over top of opposite support leg
- Hips move in an even line parallel to ice and feet do not lose contact with ice



### R-10 Arm swing (straights)

- Have the skater demonstrate a relaxed arm swing for 2 laps on straight
- When one arm is travelling forwards to midline in front of body, the other travels behind body and extends fully



### R-11 Competitive knowledge – Race basics

- Quiz skater on the starting order for a race. Where does skater in position #1 start? How many false starts are you allowed? What is a Personal Best?

### R-12 Proper skate care

- Observe skater post practice to ensure that they properly wipe off skates with a rag, dry guards, and/or put them into a blade covering

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## LEVEL 4 - RED

- Do they have a rag to wipe their skates?

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## LEVEL 5 - VIOLET

### V-1 Crossover (counter-clockwise – on skating track)

- Skating 2 laps, can the skater demonstrate the ability to cross right leg over left at least twice per corner
- Skater must remain in Basic Position and knees should be bent
- On completion of push right leg should be fully extended

### V-2 Forward two-foot slalom in Basic Position

- Place eight (8) blocks one (1) metre apart
- Skaters enter first block in Basic Position and slalom around all 8 blocks
- Skater must keep both feet on ice and knees shoulder width apart
- Both feet must keep contact with the ice

### V-3 Balance while gliding on left leg – Basic Position

### V-4 Balance while gliding on right leg – Basic Position

- Glide between blue lines while being supported on left/right leg (Glide must be straight)
- Skater should be directed to start from a balanced Basic Position on two feet prior to first blue line

### V-5 Parallel Stopping (left and right)

- Skater skates at medium speed between blue lines
- Skater must face in the same direction for both stops
- On one blue line skater stops on right foot and on the second they stop with their left foot
- Stops must be held for 2 seconds



### V-6 Quick turns around block

- Place a block on both blue lines
- Skater moves at medium speed between blue lines
- Skater quickly turns around block on two feet and skates in opposite direction

### V-7 Backwards slalom between blocks – standing

- Place six (6) blocks two (2) metres apart
- Using C Motion skaters navigate through blocks
- No blocks should be hit during test

### V-8 Sitting crouched between blue lines (Flexibility)

- Skating the length of the ice the skater goes from Basic Position to sitting as low as the can (below 90 degrees in crouched position) between the blue lines
- Skaters must keep knees over toes and weight forward to ensure that they do not fall backwards

### V-9 Forwards skate to backwards

- Skating forwards the length of the ice the skater will turn 180 degrees at red line and continue to skate backwards as quick as possible

### V-10 Falling down / spinning 360 and getting up

- Skater travels at medium speed across ice surface
- Skater falls, does a 360 spin on ice and gets up as quick as possible
- Skater should be able to get up within 1-2 seconds and quickly go back to skating

### V-11 Relay knowledge – getting pushed (timing)

- Quiz skater on a 4 person relay. When and where should they come out for a relay push?
- Recommend before 7th block for this age
- Who pushes whom? Have them show you a relay• Have them show you a relay with 3 other skaters

### V-12 Relay Push

- In partners skaters demonstrate a relay push
- Ensure skater is pushing with both hands and fully extending arms at end of push
- Skater being pushed should be balanced evenly on both feet
- Skater pushing must push in direction of travel and not upwards or downwards

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## LEVEL 6 - BLUE

### B-1 Weight shift while moving (two feet on ice)

- Skater travels the length of the ice
- Test begins in Basic Position with the right leg extended and body weight supported on left leg
- On cue the skater shifts weight from left leg to right leg and extends left leg
- Repeat movement six times

### B-2 Glide Recovery Position while gliding (Basic Position) – right leg

### B-3 Glide recovery position while gliding (Basic Position) – left leg

- Skater travels the length of the ice
- At the first blue line skater positions left/right leg behind in Glide Recovery Position while right leg is used for support



### B-4 Backwards glide on corner (two feet)

- Skater builds speed on straight backwards
- While entering the first block of corner the skater glides on two feet
- Glide is in Basic Position and continues until final block in corner
- No pushing or skating is permitted



### B-5 Lifted left leg extension

### B-6 Lifted right leg extension

- Glide in Basic Position for 5 meters on both skates
- Extend left/right leg to side by 1<sup>st</sup> blue line and lift extended left/right leg between red and 2<sup>nd</sup> blue line
- Body weight must be on right/left support leg and glide should be apparent

### B-7 Arm swing on corners and straights

- While skating 3 laps skater demonstrates the difference between the arm swing on straights vs. corners
- On corner left arm swing should be reduced and left elbow should be bent
- On straight arms should swing to midline of body
- When one arm is traveling forwards to midline in front of body, the other travels behind body and extends fully. Arm swing should match desired tempo of movement and the degree of leg extension



### B-8 Backwards slalom – in Basic Position

- At medium speed while backwards the skater slalom on two feet around 6 pylons placed 1 metre apart

### B-9 Jumping (while stationary)

- From Basic Position skater demonstrates the ability to jump 180 degrees to land in opposite direction

### B-10 Passing (basic elements)

- Partnered with 2 other skaters, skater demonstrates basic understanding of passing
- Elements that should be demonstrated are: and increase in speed prior to passing attempt, alternating track pattern to set up the pass, and the successful completion of the pass
- Passing can be performed at medium speed

### B-11 Competitive stop

- Skater demonstrates the ability to stop in such a way as to not dull the edge of their blades
- Alternating pressure on left and right blades until they come to a full stop
- No sound should come from the blades during motion

### B-12 Competitive knowledge – Four-person relay – Basic Elements

- Coverage — basic elements of who covers who (even/even, odd/odd)
- Have the skater demonstrate proper coverage and timing of push
- At this level push should be complete by first blue line

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## LEVEL 7 - GREEN

### G-1 Weight Transfer while gliding

- Skater travels the length of the ice
- Skater demonstrates weight transfer by shifting body weight between right and left leg. When one leg is used for balance the opposite leg is extended to the side for a total of two seconds.
- Skates do not lose contact with ice.

### G-2 Glide Recovery Position around corner (counter-clockwise) – left leg

### G-3 Glide Recovery Position around corner (counter-clockwise) – right leg

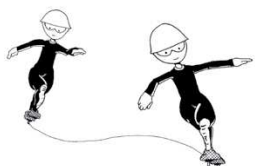
- Skater approaches corner at medium speed in Basic Position. At blue line right/left leg is lifted off the ice while weight is being supported on left/right leg
- Skater travels in this gliding position until reaching final corner block

### G-4 Cornering with right leg extended (counter-clockwise)

- Skater approaches corner at medium speed in Basic Position. At the blue line the skater supports weight on left leg while extending right leg to the side
- Both feet keep contact with the ice surface
- When weight is supported fully on left skate, right skate is held off the ice

### G-5 Cornering with left leg extended (counter-clockwise)

- Skater approaches corner at medium speed in basic position and takes one crossover
- Weight is supported on right leg while extending left leg
- When weight is supported fully on right skate, left skate is held off the ice



### G-6 Cross-over Weave

- Demonstrate a forwards cross-over weave alternating left over right and right over left while gliding the length of the ice
- Swing the left leg over while the right leg pivots.



### G-7 One foot jumps on straights

- While traveling the length of the ice jump over the blue-red-blue lines by hopping and landing on the same skate without falling
- Glide should be apparent between jumps and opposite leg is held off ice
- Complete on both the right and left leg

### G-8 Backwards glide on straight (right leg)

### G-9 Backwards glide on straight (left leg)

- Skater builds speed on straight
- Skater glides backwards in straight line between blue lines while supported on right/left leg

### G-10 Jumping (while moving)

- Skater travels at medium speed to middle red line skating forwards, completes 180 degree jump from two feet at the red line and skates backwards the remaining length of the ice

### G-11 Power vs. Frequency accelerations

- Skater demonstrates 2 straight-away accelerations at top speed
- First straight will be power acceleration. Full extension, pressure into the ice, and strong arm swings should be evident
- Second straight will be frequency acceleration. Quicker turn over, stronger thrusting motion, and faster limb movement should be evident
- A difference of tempo should be noticeable

### G-12 Tempo Changes with Partner – Straightaway pass

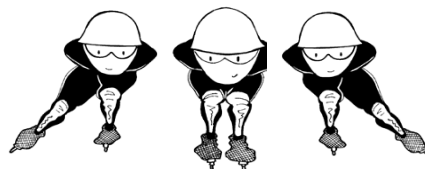
- Skating with a partner the skater demonstrates the ability to change tempo on the straight and in the process overtake opposing skater by first block
- Pass should be complete by corner without infraction

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# BLACK

## **BK-1 Weight Transfer and Glide Recovery (no two footing)**

- Skater skates the length of the ice performing a straight-away stride
- Skater demonstrates the ability while moving to transfer weight from right leg to left and vice versa as you extend opposing leg and carry it in a semi-circle to Glide Recovery position
- Watch for hopping or jumping and watch for “stepping out” of recovery legs



## **BK-2 Cornering with right leg extended in Basic Position (clockwise)**

## **BK-3 Cornering with left leg extended in Basic Position (clockwise)**

- Skaters travels clockwise on track at medium speed
- Skater extends right/left leg at the blue line and glides the arc of the track supported on the left/right leg until reaching blue line on corner exit
- When weight is supported fully on left/right leg, right/left skate is held off the ice

## **BK-4 Backwards glide on left leg on corner (in Basic Position)**

## **BK-5 Backwards glide on right leg on corner (in Basic Position)**

- Skater travels down straightaway backwards to build speed
- At blue line skater balances on the left/right leg
- Skater maintains balance on left/right leg through arc of track until reaching blue line on opposite side
- Right/left foot and toe must remain off the ice

## **BK-6 Thrust on straightaway while gliding (left leg)**

## **BK-7 Thrust on straight while gliding (right leg)**

- Starting from Glide Recovery Position with weight supported on left/right leg and right/left leg posterior
- Skater thrusts knees forward quickly (yet controlled) until both knees are parallel
- Thrusting leg is then returned to Glide Recovery Position and repeated 6 times
- Glide should be straight and recovery toe should be pointed to ice

## **BK-8 Knee touches while gliding**

- While gliding in recovery position the skater quickly touches knees on red/blue/red line
- Glide should remain straight and no additional pushes are needed from either leg
- Demonstrate on both right and left legs/knees

## **BK-9 Reaction Drill**

- On the straightaway on one side of the ice surface place a red pylon 2 meters prior to first block and halfway between track and boards
- While skating a total of 4 laps at medium speed, the skater will be instructed by middle red line whether they are to go inside or outside the red pylon.
- The skater should be able to perform the drill successfully all four times

## **BK-10 Demonstrate outside pass**

- With a partner the skater demonstrates the ability to switch to a wide/wide track pattern to increase speed, and complete a pass on another skater
- Drill must be completed at a medium-fast speed

## **BK-11 Goal Setting (Early Stage)**

- Can the skater tell you what their goal is for the next upcoming competition?
- What will be their next competition?

## **BK-12 Analysis of Performance**

- Ask the skater about his/her performance at their last competition.
- Can they pick one race and critique their performance technically, tactically, and/or physically?
- Skater should be able to provide at least 2-3 points with minimal prompting

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