

# STARSKATE PRACTICE LIST

## WARM UP

**OFF ICE WARM UP:** HIGHLY RECOMMENDED FOR ALL SKATERS PRIOR TO THEIR SESSIONS:

10-15MINS OF JOGGING, SKIPPING ROPE AND CROSS STEPS AND LEG TWISTS

STRETCHES: QUAD STRETCH, HAMSTRINGS, LUNGES, AND HIP FLEXORS ETC.

## ON ICE WARM UP:

1. FORWARDS L PUSHES 2 LAPS
2. BACKWARDS C PUSHES 2 LAPS
3. FORWARDS L PUSHES WITH 8, 4 & 2  
COUNTS ACROSS THE LENGTH OF THE ICE
4. BACKWARDS C PUSHES WITH 8, 4, 2  
COUNTS ACROSS THE LENGTH OF THE ICE
5. FORWARD BUBBLES WITH ARM CIRCLES
6. BACKWARD BUBBLES
7. FORWARDS SINGLE PUMP
8. FORWARDS DOUBLE PUMP
9. FORWARDS TRIPLE PUMP
10. FORWARDS QUADRUPLE PUMP
11. FORWARDS OUTSIDE 3 TURN, BACKWARDS  
CROSSCUTTS, BACKWARD INSIDE CHOCTAW  
PATTERN
12. STRETCHES ON THE SPOT UP TO YOUR  
TOES, DOWN TO YOUR TOES
13. STRETCHES AT THE BOARDS SPIRAL  
STRETCH, QUAD STRETCH, SPLITS ETC.

## DANCE/SKILLS \*

**ANY ELEMENTS CAN BE PRACTICED WITH THE EXCEPTION OF JUMPS, SPINS AND FREESKATE PROGRAMS**

### FORWARDS SKILLS:

1. FORWARD SWING ROLLS
2. FORWARD PROGRESSIVES
3. FORWARD STEP CHASSE STEP
4. FORWARD OUTSIDE EDGES
5. FORWARD INSIDE EDGES
6. FORWARDS CROSSCUTTS

### BACKWARDS SKILLS:

1. BACKWARD SWING ROLLS
2. BACKWARD PROGRESSIVES
3. BACKWARD STEP CHASSE STEP
4. BACKWARDS CROSSCUTTS

### FULL PATTERNS:

#### PRELIMINARY

1. DUTCH
2. CANASTA
3. BABY BLUES
4. WALTZING 3'S
5. WALTZING MOHAWKS
6. PRELIMINARY EXPANDING CIRCLES  
(FORWARD& BACKWARD OUTSIDE, INSIDE)

### URNS & STOPS:

1. FORWARD 3 TURNS OUTSIDE AND INSIDE
2. FORWARD INSIDE MOHAWKS
3. 2 FOOT SIDE STOPS BOTH DIRECTIONS
4. 1 FOOT SIDE STOPS BOTH DIRECTIONS
5. T STOPS – RIGHT AND LEFT FOOT IN FRONT

### FIELD MOVES:

1. FORWARD SPIRALS
2. BACKWARD SPIRALS
3. FORWARD SPIRALS ON A CURVE
4. BACKWARD SPIRALS ON A CURVE
5. FORWARD INSIDE PIVOTS
6. BACKWARD OUTSIDE PIVOTS

### JUNIOR BRONZE

1. FIESTA
2. SWING
3. WILLOW
4. 3'S AND POWER MOHAWKS
5. POWER CIRCLES
6. CHANGE 3'S

# FREESKATE

## STROKING EXERCISES:

### PRELIMINARY: 1 LAP OF EACH DIRECTION

1. FORWARDS L PUSHES 1 LAP
2. BACKWARDS C PUSHES 1 LAP
3. FORWARD OUTSIDE 3, BACKWARDS CROSSCUTTS, BACKWARD INSIDE CHOCTAW PATTERN

### JUNIOR BRONZE: 1 LAP OF EACH DIRECTION

1. FORWARDS OUTSIDE EDGE
2. FORWARDS INSIDE EDGE
3. BACKWARDS OUTSIDE EDGE
4. BACKWARDS INSIDE EDGE
5. FORWARD OUTSIDE 3, BACKWARDS CROSSCUTTS, BACKWARD INSIDE CHOCTAW PATTERN

### SPINS: 10 OF EACH SPIN

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. 1 FOOT SPIN</li> <li>2. BACK SPIN</li> <li>3. SIT SPIN</li> <li>4. CAMEL SPIN</li> <li>5. CAMEL, SIT SPIN</li> </ol> | <ol style="list-style-type: none"> <li>6. FORWARDS 1 FOOT SPIN CHANGE TO BACK SPIN</li> <li>7. SIT CHANGE SIT SPIN</li> <li>8. ARABESQUE SPIN</li> <li>9. BACK CAMEL SPIN</li> <li>10. FLYING CAMEL SPIN</li> </ol> |
|--|---|

### JUMPS: 10 OF EACH JUMP

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. BUNNY HOPS</li> <li>2. WALTZ</li> <li>3. SALCHOW</li> <li>4. TOE LOOP</li> <li>5. FLIP</li> <li>6. LOOP</li> </ol> | <ol style="list-style-type: none"> <li>7. LUTZ</li> <li>8. AXEL</li> <li>9. SPLIT JUMP</li> <li>10. STAG JUMP</li> </ol> |
|--|--|

### COMBO JUMPS: 10 OF EACH

1. EACH OF YOUR JUMPS WITH A TOE LOOP AFTER IT
2. EACH OF YOUR JUMPS WITH A LOOP AFTER IT

### JUMP SEQUENCES:

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. EACH JUMP ABOVE FOLLOWED BY A HOP AND THEN A WALTZ JUMP, SALCHOW OR FLIP</li> <li>2. EACH JUMPS ABOVE FOLLOWED BY A FALLING LEAF AND THEN A TOE LOOP OR LOOP</li> </ol> | <ol style="list-style-type: none"> <li>3. WALTZ, SALCHOW, TOE LOOP</li> <li>4. WALTZ, FLIP, TOE LOOP</li> </ol> |
|---|---|

### SOLO & PAIRS ROUTINES 10 RUNTHROUGHS OF PROGRAMS

<b>PRACTICE SCHEDULE:</b>
<b>DANCE/SKILLS 30MINS * IF SESSION IS SHORTER OR LONGER TIMES CAN BE ADJUSTED</b>
5 MINS WARM-UP AND ELEMENTS FROM PATTERNS
10 MINS DANCE PATTERNS
10MINS SKILL PATTERNS
5 MINS REVIEW OF DIFFICULT EDGES/TURNS STEPS
<b>FREESKATE PRACTICE 45 MINS * IF SESSION IS SHORTER OR LONGER TIMES CAN BE ADJUSTED</b>
5 MINS WARM-UP/STROKING
10MINS SPINS
10 MINS JUMPS
10 MINS SOLOS/ROUTINES
10MINS FIELD MOVES/ REVIEW OF DIFFICULT STEPS/ELEMENTS