



## WHAT DO I HAVE TO PRACTICE TODAY???

### WORKSHEETS FOR JUNIORS

#### SKATING SKILLS

1. Crosscuts---Around any circle---forwards and backwards---One way and then the other
2. Sculling----Around any circle---forwards and backwards---One way then the other
3. Rolls---On a straight line or down the length of the arena---Hold for a count of 6
4. Edges---Forward outside      Backward outside  
                    Forward inside      Backward inside  
On a straight line---blue line or the very end lines
5. Three turns---practice these anywhere
6. Mohawks---Practice these anywhere
7. Glides---glide on one foot for a count of 4 then 6---hold your leg stretched out behind you and your arms straight out to the side

#### SPINS

1. Two foot spin – do this as a warm-up for the one foot spin
2. One foot spin
3. Sit spin – be careful!

#### JUMPS

1. Waltz Jump---Forward on one foot then jump to the other backwards – change feet and try the other one
2. Toe Loop Jump – ask one of the coaches to show you how

#### SPIRALS

1. Forward Outside Spiral – in a straight line or around a circle
2. Remember – you are trying to work more on your own but the coaches are always there if you need help.

**HAVE LOTS OF FUN!!!!!!!!!!!!!!**