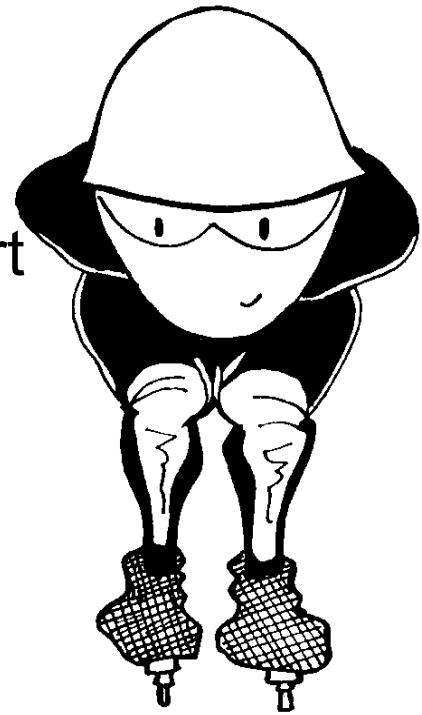


Speed Skating Technique Checklist

Basic Position

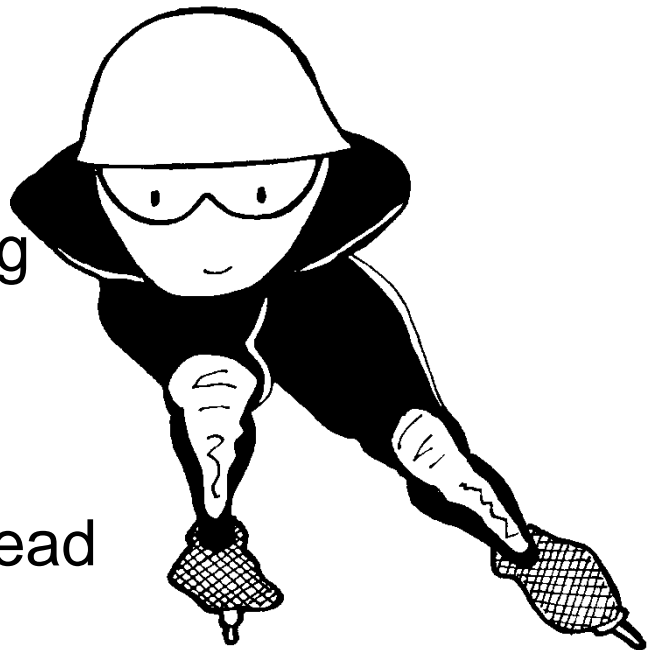
- ankles straight up/down and bent/flexed forward
- skates parallel 6"- 8" apart
- knees over toes
- 90° bend at knees
- back bent at least 45°
- centre of gravity in middle of blade or slightly forward
- head up, looking 3-5 meters forwards



Speed Skating Technique Checklist

Push to the Side during the Stride

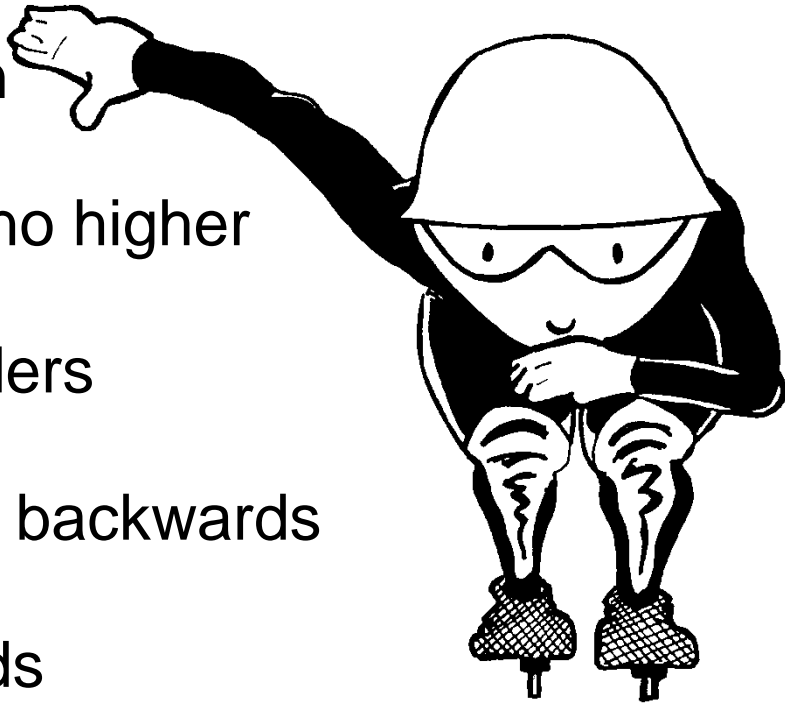
- complete extension of the pushing leg
- all weight transferred from push leg to glide leg
- 90° bend in glide leg
- skates parallel, pointing straight ahead
- centre of gravity over glide leg
- head, knee and foot of glide leg in same vertical line



Speed Skating Technique Checklist

Arms

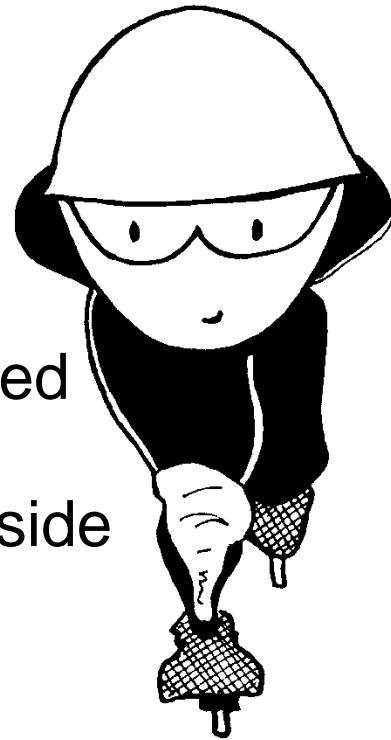
- relaxed yet controlled
- hands open
- arm swing no higher than shoulders
- arms swing backwards and forwards
- slight bend in elbow in front



Speed Skating Technique Checklist

Return of Leg (Recovery)

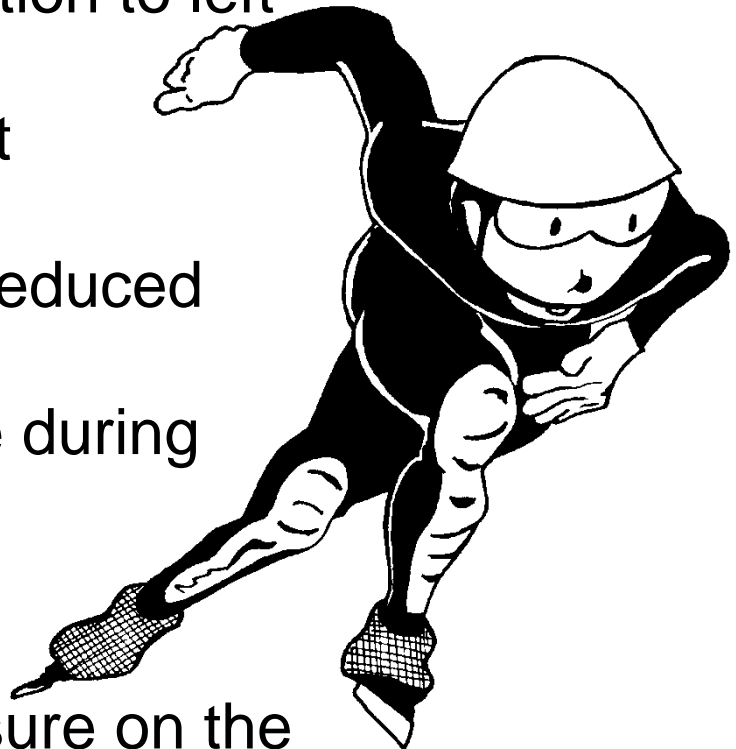
- legs parallel during recovery
- all weight on glide leg
- knees and feet come together as push is initiated
- leg relaxed after push to side
- glide leg bent 90°



Speed Skating Technique Checklist

Turns

- push straight out along radius lines
- slight head rotation to left
- body lean to left
- left arm swing reduced
- feet close to ice during cross over
- push with pressure on the ball of the foot
- support leg bent 90°



Speed Skating Technique Checklist

Starts

- skates parallel, 30° - 40° to the line
- skates shoulder width apart
- even weight distribution or COG slightly forward
- slight bend in leading arm
- trailing arm loosely extended behind
- arms and legs working in opposition
 - i.e. left arm/right leg together and right arm/left leg together

