

Lesson	ST-1				
Time	Phase	Activity			
10 min	Welcome	Before going on ice review safety and behaviour expectations. <ul style="list-style-type: none"> • Safety equipment • Safety on and off ice • Taking care of your equipment • Respect on and off the ice (Code of Conduct) Organize buddies for the new skaters.			
5 min	Free Skate	Get mats out; allow free skate			
5 min	Warm Up	Slow laps around the track in the upright position. Buddies help new skaters.			
10 min	Skill Development	Group 1 – new skaters (with buddies)	Group 2 – intermediate skaters	Group 3 – experienced skaters	
		Basic Position Push & Thrust Gliding Stopping	5 easy laps with focus on proper form	9 easy laps with focus on proper form	
10 min	Group Drill	Rescue Relay; Divide skaters into a minimum of 2 teams. Teams line up at one end of the rink. The coach indicates the start of the relay. The first team member skates to the red line and turns to face their team mates, than skates back to the next person in their team, who is in basic position, and pushes that team member back to the red line. The team member who was just rescued “rescues” the next skater until all the team members are on the red line.			
30 min	Training	4 x 4 laps	4 x 6 laps	4 x 8 laps	
		Centre Ice Activities:			
		Walking on Skates	Rest	Basic position - static	
		Basic position - static	Basic position - static	Rest	
		Gliding	Rest	Basic position - travelling	
5 min	Cool Down	Slow laps around the track in the upright position. Buddies help new skaters.			
10 min	Game	Follow the Leader; coach leads, include activities such as T-push & glide, basic position, turns, balance on one skate (left and right)			
5 min	Mats	Get mats off the ice			
	Follow-up Homework	Balancing on one leg Basic position Wall squats			

Safety and Respect:

Before you go on the ice

- Check your safety equipment: helmet, safety glasses, neck guard, gloves, knee guards, shin guards, ankle protection.
- Only go on the ice if a coach is on the ice.
- If the Zamboni is on the ice no one else is allowed.

Be careful leaving and entering the ice; check for traffic on the ice; listen to the gate keeper.

On the ice

- Respect the coaches and fellow skaters
- Centre ice activities cannot interfere with skaters doing laps
- Stay with your group
- If you're hurt tell the coach

Lesson	ST-2			
Time	Phase	Activity		
10 min	Welcome	Before going on ice review safety and behaviour expectations. <ul style="list-style-type: none"> • Safety equipment • Safety on and off ice • Taking care of your equipment • Respect on and off the ice (Code of Conduct) 		
5 min	Free Skate	Get mats out; allow free skate		
5 min	Warm Up	Slow laps around the track in the upright position. Buddies help new skaters.		
10 min	Skill Development	Group 1 – new skaters (with buddies)	Group 2 – intermediate skaters	Group 3 – experienced skaters
		Basic Position Push & Thrust Gliding Stopping	5 easy laps with focus on proper form	9 easy laps with focus on proper form
10 min	Group Drill	Lighting Drill: Students skate a lightning shape pattern on the command of the teacher. Cones marks the spots to skate to and the students will participate in this drill in a continuous fashion until everyone has completed the drill 2 or 3 times. The students should be encouraged to skate this drill at the speed at which they have most control.		
30 min	Training	4 x 4 laps	4 x 6 laps	4 x 8 laps
		Centre Ice Activities:		
		Walking on Skates	Rest	Basic position - static
		Basic position - static	Basic position - static	Rest
		Gliding	Rest	Basic position - travelling
5 min	Cool Down	Slow laps around the track in the upright position. Buddies help new skaters.		
10 min	Game	Mat Relay		
5 min	Mats	Get mats off the ice		
	Follow-up Homework	Balancing on one leg Basic position Wall squats		

Safety and Respect:

Before you go on the ice

- Check your safety equipment: helmet, safety glasses, neck guard, gloves, knee guards, shin guards, ankle protection.
- Only go on the ice if a coach is on the ice.
- If the Zamboni is on the ice no one else is allowed.

Be careful leaving and entering the ice; check for traffic on the ice; listen to the gate keeper.

On the ice

- Respect the coaches and fellow skaters
- Centre ice activities cannot interfere with skaters doing laps
- Stay with your group
- If you're hurt tell the coach

Lesson	ST-3			
Time	Phase	Activity		
5 min	Free Skate	Get mats out; allow free skate		
10 min	Warm Up	Slow laps around the track in the upright position. Buddies help new skaters.		
10 min	Skill Development	Group 1 – new skaters (with buddies)	Group 2 – intermediate skaters	Group 3 – experienced skaters
		Basic Position Push & Thrust Gliding Falling	Cross-overs	Cross-overs
10 min	Group Drill	Treasure hunt/relay: skaters divide into 2 groups and line up at opposite sides of the rink (opposite corners). Pugs are in two groups at the centre line. First skater of each group skates to centre in basic position, picks up a pug and skates around the rink to deposit the pug in the other pile than skates to his group; next skater takes off.		
35 min	Training	5 x 3 laps	Lap pyramid: 3, 5, 6, 5, 3	Lap pyramid: 5, 8, 10, 8, 5
		Centre Ice Activities:		
		2 foot glide	Basic position - static	Basic position - static
		Edge control – stepping over the line	Cross-overs	Cross-overs
		Basic position - static	Basic position - static	
5 min	Cool Down	Slow laps around the track in the upright position. Buddies help new skaters.		
10 min	Game	Ball throw: coaches throw balls and try to tag skaters below the knee; any skater tagged joins the coaches to throw balls.		
5 min	Mats	Get mats off the ice		
	Follow-up Homework	Sideways stair climbs going right foot over left		

Lesson	ST-4			
Time	Phase	Activity		
5 min	Free Skate	Get mats out; allow free skate		
10 min	Warm Up	Slow laps around the track in the upright position. Buddies help new skaters.		
10 min	Skill Development	Group 1 – new skaters (with buddies)	Group 2 – intermediate skaters	Group 3 – experienced skaters
		Basic Position Push & Thrust Gliding Falling	Cross-overs Basic Position	Cross-overs Basic Position
10 min	Group Drill	Train Relay: 3 members to a team (group by size). The back person pushes the other two while they are in the basic gliding position. After one or two laps they switch positions. Gliding can be on two skates, one skate and clockwise or counter clockwise.		
35 min	Training	5 x 3 laps	Lap pyramid: 3, 5, 6, 5, 3	Lap pyramid: 5, 8, 10, 8, 5
		Centre Ice Activities:		
		Rest & review progress	Rest & review progress	Rest & review progress
		Basic position – static	Cross-overs	Cross-overs
		Rest & review progress	Rest & review progress	Rest & review progress
5 min	Cool Down	Slow laps around the track in the upright position. Buddies help new skaters.		
10 min	Game	Chain Tag; 2 skaters are “it”. The 2 skaters tag other skaters. When a skater has been tagged they join with the tagging skater to form a chain. Once there are 4 skaters in a chain, the chain splits into pairs and each new chain continues to tag skaters and split into new chains. The game is over when 1 skater is left.		
5 min	Mats	Get mats off the ice		
	Follow-up Homework	Sideways stair climbs going right foot over left		

Lesson	ST-5			
Time	Phase	Activity		
5 min	Free Skate	Get mats out; allow free skate		
10 min	Warm Up	Slow laps around the track in the upright position.		
10 min	Skill Development	Group 1 – new skaters (with buddies)	Group 2 – intermediate skaters	Group 3 – experienced skaters
		Cross-overs Left leg extensions Right leg extensions	Cross-overs Left leg extensions Right leg extensions	Cross-overs Left leg extensions Right leg extensions
10 min	Group Drill	Baton relay: skaters divided into 2 groups that assemble at opposite ends of the ice inside one of the face off circles. First skater has a skate guard 'baton' skates to centre ice and skates round the centre circle and back to his group; hands of the 'baton' to the next skater. Drill is complete when all skaters had one turn.		
35 min	Training	5 x 3 laps	Lap pyramid: 3, 5, 6, 5, 3	Lap pyramid: 5, 8, 10, 8, 5
		Centre Ice Activities:		
		Rest & review progress	Rest & review progress	Rest & review progress
		Cross-overs	Cross-overs	Cross-overs
		Rest & review progress	Rest & review progress	Rest & review progress
5 min	Cool Down	Slow laps around the track in the upright position. Buddies help new skaters.		
10 min	Game	Mat Relay		
5 min	Mats	Get mats off the ice		
	Follow-up Homework	Sideways stair climbs going right foot over left Wall squats		

Lesson	ST-6			
Time	Phase	Activity		
5 min	Free Skate	Get mats out; allow free skate		
10 min	Warm Up	Slow laps around the track in the upright position.		
10 min	Skill Development	Group 1 – new skaters	Group 2 – intermediate skaters	Group 3 – experienced skaters
		Cross-overs Left leg extensions Right leg extensions	Cross-overs Left leg extensions Right leg extensions	Cross-overs Left leg extensions Right leg extensions
10 min	Group Drill	Plunger on the back skate around the rink. Focus on form (basic position and extensions).		
35 min	Training	5 x 3 laps	Lap pyramid: 3, 5, 6, 5, 3	Lap pyramid: 5, 8, 10, 8, 5
		Centre Ice Activities:		
		Rest & review progress	Rest & review progress	Rest & review progress
		Cross-overs	Cross-overs	Cross-overs
		Rest & review progress	Rest & review progress	Rest & review progress
5 min	Cool Down	Slow laps around the track in the upright position. Buddies help new skaters.		
10 min	Game	Musical Pylons: On coach's signal, skaters randomly skate from one pylon to another pylon. At each pylon, they must do 1 complete circle, and then move onto another pylon. If the whistle blows, the skaters must touch the nearest pylon. Any skater that is not touching a pylon is out. Remove one pylon each cycle.		
5 min	Mats	Get mats off the ice		
	Follow-up Homework	Sideways stair climbs going right foot over left Wall squats		

Lesson	ST-7			
Time	Phase	Activity		
5 min	Free Skate	Get mats out; allow free skate		
10 min	Warm Up	Slow laps around the track in the upright position.		
10 min	Skill Development	Group 1 – new skaters	Group 2 – intermediate skaters	Group 3 – experienced skaters
		Starts	Starts	Starts
10 min	Group Drill	Lighting Drill: Students skate a lightning shape pattern on the command of the teacher. Cones marks the spots to skate to and the students will participate in this drill in a continuous fashion until everyone has completed the drill 2 or 3 times. The students should be encouraged to skate this drill at the speed at which they have most control.		
35 min	Training	4 x 4 laps	4 x 7 laps	4 x 10 laps
		Centre Ice Activities:		
		Rest & review progress	Rest & review progress	Rest & review progress
		Cross-overs	Cross-overs	Cross-overs
		Rest & review progress	Rest & review progress	Rest & review progress
5 min	Cool Down	Slow laps around the track in the upright position. Buddies help new skaters.		
10 min	Game	Ball throw: coaches throw balls and try to tag skaters below the knee; any skater tagged joins the coaches to throw balls.		
5 min	Mats	Get mats off the ice		
	Follow-up Homework	Sit ups Push ups		

Lesson	ST-8			
Time	Phase	Activity		
5 min	Free Skate	Get mats out; allow free skate		
10 min	Warm Up	Slow laps around the track in proper form.		
10 min	Skill Development	Group 1 – new skaters	Group 2 – intermediate skaters	Group 3 – experienced skaters
		Basic Position Push & Thrust Gliding Stopping	5 easy laps with focus on proper form	9 easy laps with focus on proper form
10 min	Group Drill	Rescue Relay; Divide skaters into a minimum of 2 teams. Teams line up at one end of the rink. The coach indicates the start of the relay. The first team member skates to the red line and turns to face their team mates, than skates back to the next person in their team, who is in basic position, and pushes that team member back to the red line. The team member who was just rescued “rescues” the next skater until all the team members are on the red line.		
35 min	Training	5 x 4 laps	Lap pyramid: 6, 8, 10, 8, 6	Lap pyramid: 6, 8, 10, 8, 6
		Centre Ice Activities:		
		Start position & glide	Start position & glide	Start position & glide
		Cross-overs	Cross-overs	Cross-overs
		Rest	Rest	Rest
5 min	Cool Down	Slow laps around the track in the upright position.		
10 min	Game	Follow the Leader; coach leads, include activities such as T-push & glide, basic position, turns, balance on one skate (left and right)		
5 min	Mats	Get mats off the ice		
	Follow-up Homework	Balancing on one leg Basic position Wall squats		

Lesson	ST-9			
Time	Phase	Activity		
5 min	Free Skate	Get mats out; allow free skate		
10 min	Warm Up	Slow laps around the track in proper form.		
10 min	Skill Development	Group 1 – new skaters	Group 2 – intermediate skaters	Group 3 – experienced skaters
		Basic Position Push & Thrust Gliding Stopping	5 easy laps with focus on proper form	9 easy laps with focus on proper form
10 min	Group Drill	Lighting Drill: Students skate a lightning shape pattern on the command of the teacher. Cones marks the spots to skate to and the students will participate in this drill in a continuous fashion until everyone has completed the drill 2 or 3 times. The students should be encouraged to skate this drill at the speed at which they have most control.		
35 min	Training	5 x 4 laps	Lap pyramid: 6, 8, 10, 8, 6	Lap pyramid: 6, 8, 10, 8, 6
		Centre Ice Activities:		
		Start position & glide	Start position & glide	Start position & glide
		Cross-overs	Cross-overs	Cross-overs
		Rest	Rest	Rest
5 min	Cool Down	Slow laps around the track in the upright position.		
10 min	Game	Mat Relay		
5 min	Mats	Get mats off the ice		
	Follow-up Homework	Balancing on one leg Basic position Wall squats		

Lesson	ST-10			
Time	Phase	Activity		
5 min	Free Skate	Get mats out; allow free skate		
10 min	Warm Up	Slow laps around the track in proper form.		
10 min	Skill Development	Group 1 – new skaters	Group 2 – intermediate skaters	Group 3 – experienced skaters
		Leg extensions Cross-overs	Leg extensions Cross-overs	Leg extensions Cross-overs
10 min	Group Drill	Train Relay: 3 members to a team (group by size). The back person pushes the other two while they are in the basic gliding position. After one or two laps they switch positions. Gliding can be on two skates, one skate and clockwise or counter clockwise.		
35 min	Training	4 x 4 laps	2 x 6 laps, 2 X 8 laps	2 x 6 laps, 2 X 8 laps
		Centre Ice Activities:		
		Leg extensions	Leg extensions	Leg extensions
		Cross-overs	Cross-overs	Cross-overs
		Rest	Rest	Rest
5 min	Cool Down	Slow laps around the track in the upright position.		
10 min	Game	Ball Throw		
5 min	Mats	Get mats off the ice		
	Follow-up Homework	Sideways stair climbs going right foot over left		

Lesson	ST-11		
Time	Phase	Activity	
5 min	Free Skate	Get mats out; allow free skate	
10 min	Warm Up	Slow laps around the track in proper form.	
10 min	Skill Development	Group 1 – new skaters	Group 2 – intermediate skaters
		Leg extensions Cross-overs	Leg extensions Cross-overs
			Group 3 – experienced skaters
		Leg extensions Cross-overs	Leg extensions Cross-overs
10 min	Group Drill	Treasure hunt/relay: skaters divide into 2 groups and line up at opposite sides of the rink (opposite corners). Pugs are in two groups at the centre line. First skater of each group skates to centre in basic position, picks up a pug and skates around the rink to deposit the pug in the other pile than skates to his group; next skater takes off.	
35 min	Training	4 x 4 laps	2 x 6 laps, 2 X 8 laps
			2 x 6 laps, 2 X 8 laps
		Centre Ice Activities:	
		Leg extensions	Leg extensions
		Cross-overs	Cross-overs
		Rest	Rest
		Rest	Rest
5 min	Cool Down	Slow laps around the track in the upright position.	
10 min	Game	Musical Pylons: On coach's signal, skaters randomly skate from one pylon to another pylon. At each pylon, they must do 1 complete circle, and then move onto another pylon. If the whistle blows, the skaters must touch the nearest pylon. Any skater that is not touching a pylon is out. Remove one pylon each cycle.	
5 min	Mats	Get mats off the ice	
	Follow-up Homework	Sideways stair climbs going right foot over left	

Lesson	ST-12			
Time	Phase	Activity		
5 min	Free Skate	Get mats out; allow free skate		
10 min	Warm Up	Slow laps around the track in proper form.		
10 min	Skill Development	Group 1 – new skaters	Group 2 – intermediate skaters	Group 3 – experienced skaters
		Starts	Starts	Starts
10 min	Group Drill	Mock races: proper start with 1 lap		
35 min	Training	5 x 4 laps	Lap pyramid: 8, 9, 10, 9, 8	Lap pyramid: 8, 9, 10, 9, 8
		Centre Ice Activities:		
		Basic position with plunger	Basic position with plunger	Basic position with plunger
		Rest	Rest	Rest
5 min	Cool Down	Slow laps around the track in the upright position.		
10 min	Game	Mat Relay		
5 min	Mats	Get mats off the ice		
	Follow-up Homework	Sideways stair climbs going right foot over left Wall squats		

Lesson	ST-13			
Time	Phase	Activity		
5 min	Free Skate	Get mats out; allow free skate		
10 min	Warm Up	Slow laps around the track in proper form.		
10 min	Skill Development	Group 1 – new skaters	Group 2 – intermediate skaters	Group 3 – experienced skaters
		Starts	Starts	Starts
10 min	Group Drill	Mock races: proper start with 1 lap		
35 min	Training	5 x 4 laps	Lap pyramid: 8, 9, 10, 9, 8	Lap pyramid: 8, 9, 10, 9, 8
		Centre Ice Activities:		
		Basic position with plunger	Basic position with plunger	Basic position with plunger
		Rest	Rest	Rest
5 min	Cool Down	Slow laps around the track in the upright position.		
10 min	Game	Obstacle course		
5 min	Mats	Get mats off the ice		
	Follow-up Homework	Sideways stair climbs going right foot over left Wall squats		

Lesson	ST-14			
Time	Phase	Activity		
5 min	Free Skate	Get mats out; allow free skate		
10 min	Warm Up	Slow laps around the track in proper form.		
10 min	Skill Development	Group 1 – new skaters	Group 2 – intermediate skaters	Group 3 – experienced skaters
		Leg Extensions Recovery	Leg Extensions Recovery	Leg Extensions Recovery
10 min	Group Drill	Train Relay: 3 members to a team (group by size). The back person pushes the other two while they are in the basic gliding position. After one or two laps they switch positions. Gliding can be on two skates, one skate and clockwise or counter clockwise.		
35 min	Training	3 x 4 laps, 2 X 5 laps	Pyramid: 8, 10, 12, 10, 8	Pyramid: 8, 10, 12, 10, 8
		Centre Ice Activities:		
		Stationary Leg Extensions	Stationary Leg Extensions	Stationary Leg Extensions
		Rest	Rest	Rest
5 min	Cool Down	Slow laps around the track in the upright position.		
10 min	Game	Cat & Mouse; Skaters work with a partner. One partner is a mouse and the other is a cat. The mouse starts skating slowly with the cat following. The mouse will then take off on the cat and the cat reacts to try and catch the mouse. Alternate cat/mouse.		
5 min	Mats	Get mats off the ice		
	Follow-up Homework	Sit ups Push ups		

Lesson	ST-15		
Time	Phase	Activity	
5 min	Free Skate	Get mats out; allow free skate	
10 min	Warm Up	Slow laps around the track in proper form.	
10 min	Skill Development	Group 1 – new skaters	Group 2 – intermediate skaters
		Leg Extensions Recovery	Leg Extensions Recovery
	Group 3 – experienced skaters	Leg Extensions Recovery	
10 min	Group Drill	Kangaroo Racing; The class is divided into 2 or more groups of equal ability. Each group takes turns racing on the track. Stagger each group from weaker to stronger. Each group skates 3 laps. The skater in the front tries not to get passed. The skaters behind try to pass and become the leader.	
35 min	Training	3 x 4 laps, 2 X 5 laps	Pyramid: 8, 10, 12, 10, 8
		Centre Ice Activities:	
		Stationary Leg Extensions	Stationary Leg Extensions
		Rest	Rest
5 min	Cool Down	Slow laps around the track in the upright position.	
10 min	Game	Ball toss.	
5 min	Mats	Get mats off the ice	
	Follow-up Homework	Sit ups Push ups	