

Learn to Speed Skate Lesson Plans

Introduction

The *Learn to Speed Skate Practice Plans* are designed for clubs that have two or three ice sessions per week. The lessons have been developed as a guide for coaches at the FUNdamentals level and can be adapted or adjusted to accommodate a variety of ages, abilities and special circumstances within all speed skating situations.

The *Learn to Speed Skate Practice Plans* should emphasize fitness, speed skating skills, social interaction and fun. For the beginner speed skaters to become advanced speed skaters, they must learn the basic principles to build a solid foundation and most importantly develop a love for the sport of speed skating. Success is dependent on enjoyment of the sport, and learning new skills. At this level teaching skills through games and other challenging activities is a very effective way to keep the attention of the participants and ensure that they are having fun.

For young children, the use of metaphors is an effective tool to assist their learning. The adults on the other hand enjoy getting technical feedback as they relate better to a structured situation which allows them to practice the skills on their own.

Skate is a life long skill therefore a very attractive activity in either a competitive or recreational setting. Speed skating is a perfect activity for developing and/or improving the elements of fitness, balance, coordination, endurance, strength and agility. Learning to skate has a positive effect on the successful participation in other sports such as cross country skiing and inline skating.

The *Learn to Speed Skate* ice sessions at the FUNdamentals level should include approximately 45 minutes of activity within a one hour time frame. Coaches instructions and feedback should be kept short and concise so as to maximize activity and minimize inactivity. This is also a very important strategy for class management.

Speed Skating Technique Checklist

The following checklist can serve as an important reference when teaching speed skating skills:

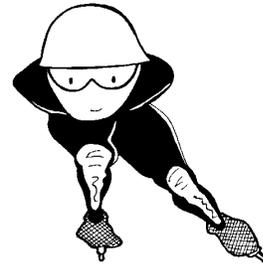
Basic Position

- 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



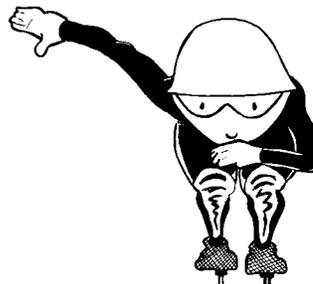
Push to the Side During the Stride

- 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



Arms

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



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°



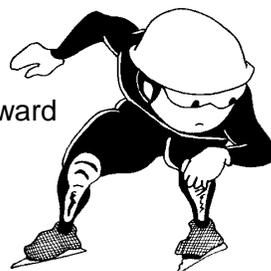
Turns

- 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°



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
- trailing arm loosely extended behind
- arms/legs working in opposition i.e. left arm/right leg & right arm/left leg



Program Considerations

Skating Session Management and Safety

Ice etiquette should be taught. Good manners are as important here as anywhere else in life. The coach can foster an atmosphere of cooperation and helpfulness amongst the participants during each class. They can help each other with tightening their skates and learn to show consideration and respect for one another on the ice. Incidents of pushing and knocking down should be dealt with firmly and strongly the first time such incidents occur. Skating should be treated as a privilege not a right. Train the skaters also, to ask for permission before leaving the ice. Trips to the bathroom should take place before stepping on the ice. It is expected that a coach would have few difficulties particularly if the expectations of conduct are explained to all skaters before the beginning lesson of the season.

Recognizing Diversity

A FUNdamental Speed Skating Program is an opportune time to involve skaters of certain types of disabilities.

When considering integration, it is important to remember that skill development is not necessarily the primary focus for these participants – social interaction often is. Participants with a disability benefit greatly by being integrated. However, integration is important for both the participants with a disability and their peers. Research has clearly shown that both groups exhibit more positive behaviours and attitudes as a result of exposure to each other.

While social interaction is generally of primary importance for the participants with a disability, skill learning and physical fitness are also very important for them and should be pursued to the fullest extent possible. Ideally, participants with a disability should be pursuing these objectives through each practice session, or through a partially adapted program within the regular group session. At times a participant may not be able to be fully active, but may nevertheless still participate as a peer mentor or by giving other assistance. Don't sell them short – they will probably be able to do more than many expect.

Involving a Skater with a Disability

The following considerations should be made before you start your program:

- Ideally, you should acquire the following information about any of your participants: current health records, knowledge about their unique needs, knowledge of the physical limitations of the participants, knowledge of any special communications systems that may be needed (e.g. Braille), knowledge of resource persons available to assist in integrating the participants, and an overview of the participants' skill level.

Essentially, the critical questions to determine whether integration is possible are:

- Does the participant have any serious behavioural problems that would significantly disrupt the group? If yes, then integration might not be advised.

- Does the participant have any special communication needs which must be met in order to participate in the session? If yes, the assistance should be sought to ensure satisfactory communication can be established.
- Does the participant have the physical capacities (strength, mobility, etc.) to adequately perform all or some of the activity skills? If not, then this will affect the type of integration that is feasible.
- Does the participant have any medical considerations which might limit the degree of participation in the unit's activities? If yes, this will affect the type of integration that is appropriate and the nature of the participant's physical education program.

The Following Approaches Might Be Considered

Peer Mentor Program: Each participant with a disability is matched with a peer mentor from the regular group. The two participants help each other with their skill learning. No program adaptation is involved. This type of integration works best for participants with comparatively high skill levels.

Mixed Program: Each participant with a disability participates in the instructional sessions for the skills which he or she is able to perform. When the group engages in skills the participant is not able to perform then he/she works on alternative skills as part of an adapted skill learning program. This program is best for participants who are able to perform some but not all of a given activity program.

Discuss with the parents the programs you have developed for your participants with a disability.

Implementing Your Peer Mentor Program

Explain your Peer Mentor Program and its intent to the participants. Organize the participants into pairs or have the participants choose partners for themselves. If a selection proves to be inappropriate you should intervene. The participants should have similar skill levels and should be of the same age. Proceed with your instructional program and monitor the peer mentoring process. Adjust the pairs as needed.

Implement Your Mixed Program

Instruct the participant with a disability with the group for the skills s/he can perform. When the participant cannot perform the skill the rest of the group is learning give individual instruction as part of an adapted skill learning program.

Meeting participants' needs requires thoughtful planning and teaching techniques. But it does get easier after the first time and your hard work will have a positive impact on participants with a disability and their peers.

Learn to Speed Skate: Lesson #1

Purpose:

Discover good body position for skating, learn the direction of push and thrust and get skaters comfortable with their skating environment

Introductory Activity/Warm Up:

- off ice; easy run & stretching
- on ice; agility exercises i.e. high/low positions, jumps, turns

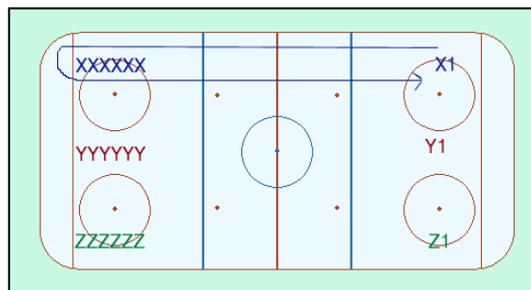


Skill Development:

- Basic Position**
- experiment to find best position, i.e. stand tall, sit small, lean forward, sit on a chair
- Push & Thrust**
- each skater stands next to plunger
 - the push is simulated by the plunger being pushed in a sideways direction by the skater's skate
 - the plunger is kicked forward by skater to simulate the thrust
 - alternate legs
- Game**
- 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, then 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.
- Training**
- 2 – 3 laps; skaters practice skating at their own pace

Concluding Activity:

- Follow the Leader; coach leads, include activities such as balance, jumps, gliding, turns, etc., use hoops, buckets and plungers



Rescue Relay

Learn to Speed Skate: Lesson #2

Purpose:

Introduce the glide recovery

Introductory Activity/Warm Up:

- off ice; easy run & stretching
- on ice; agility exercises focusing on balance (two/one feet, forwards/backwards)

Skill Development:

- Glide Recovery**
- glide on one foot standing, then low
 - glide on one foot and bend down onto knee
 - repeat using plungers & alternate legs
 - relax leg in glide recovery position

- Game**
- Missile; Skaters line up across one end of the rink. The coach indicated the start of the game. Skaters start to skate to the opposite end of the rink while the coach tosses plungers at their feet. If a skater cannot dodge a plunger and is hit, he/she becomes a missile launcher with the coach.

- Training**
- divide skaters into 2 groups, each group takes turns skating 3 laps of the track, increase skating speed each lap
 - glide recovery between blue lines

Concluding Activity:

- 4 – 5 laps; easy skate with a friend



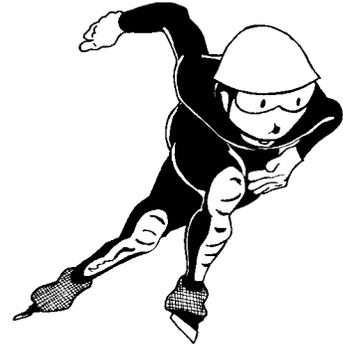
Learn to Speed Skating: Lesson #3

Purpose:

To learn about edges and how to crossover while on a circle

Introductory Activity/Warm Up:

- off ice; easy run & stretching
- on ice; 2 – 5 laps easy, having fun moving from circle to circle doing different jumping and agility exercises at each circle.



Skill Development:

- Crossovers**
- using a circle; skaters skate in basic position on 2 feet to gain confidence putting weight on outside edge of left skate, graduate to pushing out to the side and stepping over
 - using a line; step over in each direction
 - leaning against boards; show direction of push for each foot
- Game**
- Circle Relay; The skaters are divided into 2 teams. Teams go to the opposite corners of the rink. The skaters line up one behind the other. Skaters take turns skating the center circle 1.5 laps and then return to their team and the next person skates. This continues until all skaters in the team have skated the circle. The first team to finish is the winner.
- Training**
- split skaters into 2 groups, each working in separate corner, skaters skate corner focusing on basic position, stepping over & direction of push for each foot
 - 3 – 4 laps; each group skates the whole track

Concluding Activity:

- 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.

Learn to Speed Skate: Lesson #4

Purpose:

To introduce track patterns, to learn where to enter/exit corners and to discover the number of strides required on straightaways and corners

Introductory Activity/Warm Up:

- off ice; easy run & stretching
- on ice; easy 2x5 laps focusing on crossovers, play Memory Game. This game involves doing a sequence of exercises one after the other and skaters must remember the sequence.

Skill Development:

- Entry & Exit**
 - place a marker near the 1st block as an indicator of where the left foot should land to begin crossing, crossovers should continue until the blue line or shortly after, try not to break stride
 - experiment; enter, exist, # of strides
 - review; glide recovery, crossovers
- Game**
 - Prisoners Base; There are 2 Cops who are "it" and 2 Guards that stand at the jail. All other skaters are Robbers. The cops chase the robbers & if they are caught they go to jail. Other robbers can break (tag) them out of jail. If robbers are tagged by guards they go back to jail. Game is over when only 1 skater is left.
- Training**
 - stride frequency; Who can go around with the fewest and most strides?

Concluding Activity:

- Follow the Leader; Hoops, buckets and plungers can be used to set up a course. The coach leads the group and can include activities such as balance, jumps, gliding and turns.

Learn to Speed Skate: Lesson #5

Purpose:

To explore various ways to do starts, learn proper feet alignment on the starting line and learn the first three steps

Introductory Activity/Warm Up:

- off ice; easy run & stretching, some fun jumps
- on ice; easy laps, agility exercises with a partner



Skill Development:

- Starts**
 - skaters disperse to different lines
 - stand 45° to starting line left and right
 - experiment with weight forward/back, no arms, 1 arm, 2 arms
 - try toe start
 - line up 3 – 4 skaters on each side of the track on the red lines, give starting commands, repeat 2 – 3 times
- Game**
 - Treasure Hunt; Divide skaters into a minimum of 2 teams. Plungers are used as the treasure and are placed at centre of zone. The coach indicates the start of the game. All team members take turns racing to take a piece of treasure. When all of the treasure has been picked up, the team with the most pieces is the winner.
- Training**
 - starts; in groups of 4 – 5 skaters of equal ability do 2 lap sprints from a starting position

Concluding Activity:

- 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.

Learn to Speed Skate: Lesson #6

Purpose:

Learn where and how to set up a pass, learn to do an inside or outside pass

Introductory Activity/Warm Up:

- off ice; easy run & stretching
- on ice; easy laps, Follow the Leader - coach leads, include activities such as balance, jumps, gliding, turns, etc., use hoops, buckets and plungers

Skill Development:

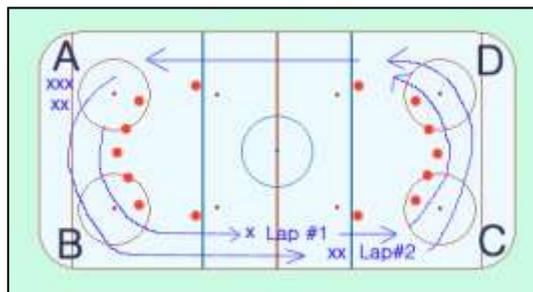
- Passing General**
- set up a pass going into the corner
 - accelerate around corner faster than skater being passed, go inside or outside at end of turn, show why it is not good to pass going into corner

Passing Inside/Outside review inside pass. On track partners pass inside and outside. Switch around so that each person has a turn passing inside and outside.

- Game**
- 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.

Concluding Activity:

- 7 – 8 laps; skaters try to skate without stopping



Passing Drill

Learn to Speed Skate: Lesson #7

Purpose:

Learn why it is important to maintain straight line with leg during recovery

Introductory Activity/Warm Up:

- off ice; easy run & stretching, easy hops, skips & jumps
- on ice; easy laps, 2 – 3 Silly Starts i.e. starting from knees

Skill Development:



- Glide**
- practice gliding on each foot standing upright
 - glide on each foot in basic position

- Recovery**
- using buckets for support, review points for recovery position
 - have skaters work in pairs, if not enough buckets have partner hold other partners hands for support

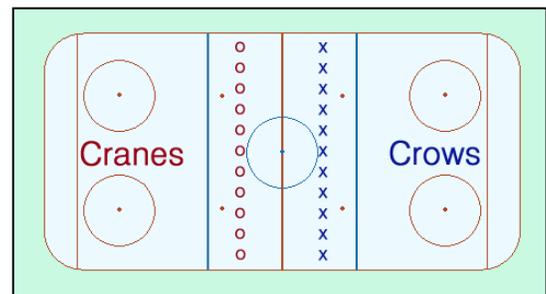
- Glide & Recovery**
- group A skates track, group B rests in middle during each interval
 - glide on each foot between blue lines
 - glide in basic position, leg in recovery position
 - push leg then glide in recovery position

- Game**
- Crows & Cranes; Skaters are divided into 2 equal teams. The teams stand on each side of the centre red line. When the coach calls out “Cranes” they chase the “Crows” and vice versa. The skaters being chased try to get to their blue line before being tagged. If any skater gets tagged they become members of the chasing team. Once all remaining members of the chased team are on the blue line, the teams return to the red line for another round.

- Training**
- 3x3 laps; group A skates track, group B rests in middle, skate in good form and increase speed at each 3 lap interval

Concluding Activity:

- Simon Says; The coach gives instructions on various exercises by saying “Simon says do...”, if the coach just says “Do...” and a skater(s) reacts they must do something silly, then the process starts again.



Crows & Cranes

Learn to Speed Skate: Lesson #8

Purpose:

To develop weight shift/transfer and strong, even forward skating stroke, work on direction of the push

Introductory Activity/Warm Up:

- off ice; easy run & stretching
- on ice; easy laps, concentrating on basic position, jumps from one foot to other

Skill Development:

Basic Position & Glide Recovery

- skaters must stay low, on the flat of blade
- low position, weight over gliding leg
- recovery leg bent and parallel with gliding leg
- use buckets for support

Push & Weight Transfer

- pretend glide leg is on railway track
- weight shifts; fall off track in direction of other track

Thrusts

- leg coming forward tries to land on other track

Games

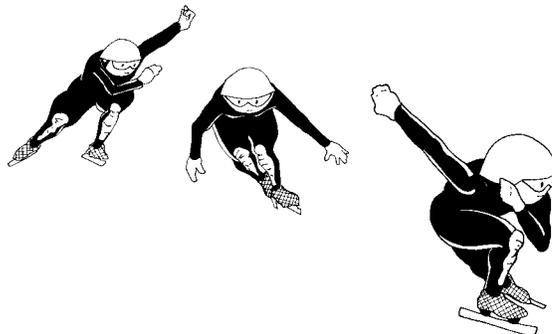
- Body Parts; The coach instructs skaters on how many body parts have to be on the ice when “freeze” is called. All skaters skate around. When the coach calls “freeze” the skaters try to put the indicated number of body parts on the ice.

Training

- 2 – 4 laps; skate concentrating on shifting weight from one leg to the other on the straightaway

Concluding Activity:

- 10 laps; skaters try to skate without stopping



Learn to Speed Skate: Lesson #9

Purpose:

Learn frequency of stride to assist in execution of a pass

Introductory Activity/Warm Up:

- off ice; easy run & stretching
- on ice; easy laps, work on all edges – slaloms, inside outside edges etc.

Skill Development:

- Passing** • work in partners, then groups of 3 – 4 showing proper place to set up a pass and where to execute a pass
- 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.
- Training** • 2 – 4 laps; spread skaters around the track, give the start commands and everyone tries pass someone else

Concluding Activity:

- Missile; Skaters line up across one end of the rink. The coach indicated the start of the game. Skaters start to skate to the opposite end of the rink while the coach tosses plungers at their feet. If a skater cannot dodge a plunger and is hit, he/she becomes a missile launcher with the coach.

Learn to Speed Skate: Lesson #10

Purpose:

To learn to skate out of the corner with some speed and to develop good even stride frequency on crossover

Introductory Activity/Warm Up:

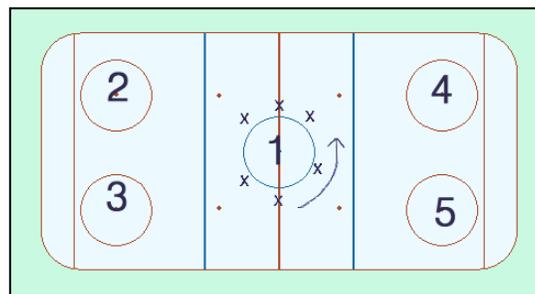
- off ice; easy run & stretching
- on ice; easy laps, do exercises that require quick movements, i.e.: stops, starts, jumps and turns.

Skill Development:

- Crossovers** • in 2 – 3 groups, skaters work on a circle progressing from pushing with right leg in and out with left hand on hip to where the skaters are doing continuous crossovers, gradually have them increase the tempo of their crossovers.
- Game** • Circle Race; 4 skaters race at the same time. The center circle is marked out with 4 plungers. The skaters stand beside a plunger on the circle, when the coach says “GO”, the skaters race around the circle trying not to get tagged by the other skaters.
- Training** • $\frac{1}{2}$ track pursuits; divide skaters into 2 groups working off each red line, skaters skate 2 – 3 at a time, skating hard around the corner of the track, repeat 3 – 4 times

Concluding Activity:

- Obstacle Course; create an obstacle course using pucks, pads, buckets, etc.



Circle Race

Learn to Speed Skate: Lesson #11

Purpose:

Learn to skate defensively, protect position and inhibit others from passing on track

Introductory Activity/Warm Up:

- off ice; easy run & stretching
- on ice; easy laps, exercises which involve getting up & down off the ice, one leg/two legs



Skill Development:

- Defense**
 - divide skaters into 3 group of equal ability
 - skaters are taught block to block defense staying close to track all the time
 - skaters are taught to skate a little wide going into a corner
 - accelerate and try to stay tight to the track coming out of the corner to protect position
- Game**
 - Pom Pom Pull Away; All skaters stand at the end of the rink. 2 skaters are it standing at center. The skaters in the middle will say go and as the skaters try to get to the other end of the rink if they are tagged they join the other people in the middle. the last skater not tagged is the winner.
- Training**
 - 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.
 - 3x3 laps with skaters skating a defensive track

Concluding Activity:

- 2 – 3 laps; skate in basic position slowly
- 2 – 3 laps; skate normal track

Learn to Speed Skate: Lesson #12

Purpose:

Learn different stride frequency and execute strong starts with good arm swing

Introductory Activity/Warm Up:

- off ice; easy run & stretching
- on ice; easy laps, skaters are spread out and coach calls out direction changes i.e. forward, backward, etc.

Skill Development:

Starts & Stride Frequency

- divide skaters into 3 groups
- review starts using proper commands
- execute a number of starts changing the tempo of the strides i.e. long & strong, super fast feet, short & strong
- Which is the best?

Arm

- execute a number of starts with different types of arm swings i.e. side to side, slow & easy, strong back/forth
- Which is the best?

Game

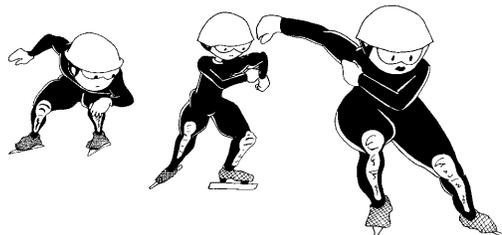
Reverse Frozen Tag; All skaters are "it". Skaters try to tag each other and if a skater gets tagged on the back they are frozen, the last one not frozen is the winner.

Training

- Team Races; skaters are divided into 3 teams, teams are then split into 2, ½ on each blue line facing each other, the first skater of each team on one side starts and races toward their teammate to tag up, skaters continue to race back and forth counting then number of tags in 1 minute, repeat

Concluding Activity:

- 4 – 6 laps; skaters skate slow
- Silly Starts; race from one end of the rink to the other, i.e. starting from knees



Learn to Speed Skate: Lesson #13

Purpose:

Learn the concept of speeding up to go past someone and learn what an “inside” and “outside” pass is

Introductory Activity/Warm Up:

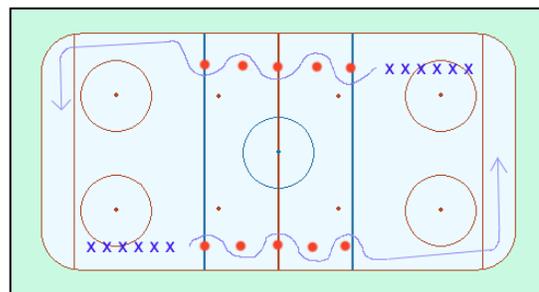
- off ice; easy run & stretching, followed by easy game of soccer
- on ice; easy laps, play Missile for 5 minutes
- Missile; Skaters line up across one end of the rink. The coach indicated the start of the game. Skaters start to skate to the opposite end of the rink while the coach tosses plungers at their feet. If a skater cannot dodge a plunger and is hit, he/she becomes a missile launcher with the coach

Skill Development:

- Passing**
 - make 2 groups of skaters of equal ability
 - make a train where skaters line up one behind the other
 - have skaters start to move forward and when they start to skate the straightaway the last skater goes from the back to the front of the line. The first pass should be inside the group, and the second pass should be outside the group
- 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.
- Training**
 - races; skaters are divided into 4 equal groups and skate 3x3 laps, skaters try to pass either inside or outside while coming out of the corner

Concluding Activity:

- Zig Zag; place plungers on the track in a staggered position, skaters skate inside one and outside another, 2x3 laps

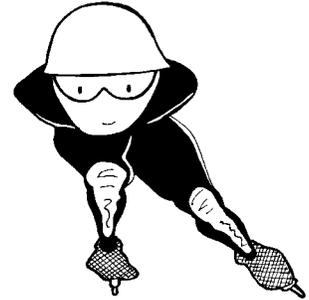


Zig Zag

Learn to Speed Skate: Lesson #14

Purpose:

Focus on a low basic position, concentrating on the direction of the thrust, develop an even rhythm pushing to the side and thrusting forward while striding



Introductory Activity/Warm Up:

- off ice; easy run & stretching, followed by a game of Hand Soccer (the soccer game is played using their hands instead of their feet to move the ball)
- on ice; easy laps with a friend, jumping drills i.e. forwards, backwards, side to side

Skill Development:

- Basic Position** • Each skater has a partner, skaters line up behind each other and try to shadow the movements of the skater in front of them.
- Thrusts** • each skater has a plunger, skate toward the plunger and kick it straight ahead, alternate feet
• skate across a line slowly placing thrusting foot on the line if possible
- Game** • Hot Dog Tag; Played like ordinary tag with 2 skaters chosen at "it". If a skater is tagged they become the Hot Dog and have to stand still. To get free two team members (the buns) must come and stand on either side of the Hot Dog to free them.
- Training** • 3x2 laps; skate at a high speed to encourage strong pushes and a hard thrust forward

Concluding Activity:

- Follow the Leader; Hoops, buckets and plungers can be used to set up a course. The coach leads the group and can include activities such as balance, jumps, gliding and turns
- 3 – 4 laps; easy skate

Learn to Speed Skate: Lesson #15

Purpose:

Improve balance and work on gliding in straight line and relaxation of recovery leg

Introductory Activity/Warm Up:

- off ice; easy run & stretching, balance exercises
- on ice; easy laps, balance and jumping exercises on one and two feet

Skill Development:

- Gliding**
- glide along the red or blue line standing tall in basic position, on one foot, on two feet and combination of both
 - on the flat of the blade

- Recovery**
- try returning leg stiff with leg straight
 - try to return leg relaxed and bent
 - Which way feels the best?

Game 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.

- Training**
- group A; skaters skate 6 laps gliding straight on two feet between the blue lines for 3 laps, then glide on one foot for 3 laps
 - group B; practice good glide recovery position between the blue lines
 - alternate

Concluding Activity:



- glide through tunnels in good basic position
- simulate “curling” in good glide recovery position with plungers

Learn to Speed Skate: Lesson #16

Purpose:

To develop an even crossover stride around a circle, become comfortable letting the left foot go over onto the outside edge

Introductory Activity/Warm Up:

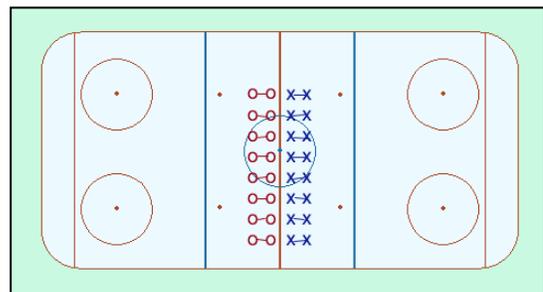
- off ice; easy run, have skaters do stretches with a partner
- on ice; easy laps, zig zag around plungers working on edges

Skill Development:

- Crossovers**
- set up 3 work stations, skaters rotate through the stations twice, play game in between rotations, do not use guards that stretch
 - station #1; do crossovers with buckets
 - station #2; with a partner, one skaters supports the other by hanging onto one end of a skate guard while the other tries to do crossovers
 - station #3; skaters do crossover strides around a circle with left hand on left hip
- Game**
- 5 Catch; Skaters are divided into 2 groups (strong/weak) and are then divided into 2 teams from each group. A team member starts by throwing a ball to their team mates who can move around the ice in the playing zone. The team can have up to a total of 5 throws without dropping the ball to get a point, (a skater cannot pass the ball back to the person they just received it from). If the ball hits the ice or is intercepted it goes to the other team and the count starts for them. When the coach declared the game over, the team with the most points wins.
- Training**
- skate circles; skaters start in corner of rink and skate around all 5 circles doing crossovers
 - skate ½ track; skaters are spilt into 2 groups and practice crossovers at opposite ends of the track, followed by everyone skating 5 full laps

Concluding Activity:

- Sharks; sharks are "it" and try to tag skaters before they get to a red dot, if sharks is called skaters go to red dots, Submarines skaters drop onto two knees, periscopes up skaters put their right arm up, enemy aircraft skaters pretend to shoot planes



Sharks

Learn to Speed Skate: Lesson #17

Purpose:

To learn to skate defensively while protecting one's position and to learn to inhibit others from passing

Introductory Activity/Warm Up:

- off ice; easy run & stretches
- on ice; easy laps, exercises which involve getting up and down off the ice i.e. one leg, two legs

Skill Development:

- Defense & Track Review**
- divide skaters into 3 groups of equal ability
 - skaters are taught block to block defense, stay close to the track all the time, skaters are also taught to skate tight into track wider coming out, must accelerate out of turn

Game 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

- Training**
- 3x3 laps; fun races with skaters skating a defensive track

Concluding Activity:

- 2 – 3 laps; skaters skate in basic position slowly
- 2 – 3 laps; skaters skate normal track



Learn to Speed Skate: Lesson #18

Purpose:

Learn where to start accelerating to set up a good pass and to change stride frequency when beginning to accelerate

Introductory Activity/Warm Up:

- off ice; easy run & stretches, run 30m, 40, 50m accelerations (accels) gradually picking up speed
- on ice; easy laps, exercises that make the feet move faster

Skill Development:

Accelerations for Setting up Passes

- group A works one end of the track, beginning at the red line the skaters speed up as they enter the turn and skate hard all the way through to create enough speed for a pass returning to the group on the red line.
- group B works between the blue line and the end of the rink, doing frequency stride changes, long and strong to short and quick. Groups alternate activities.

Game

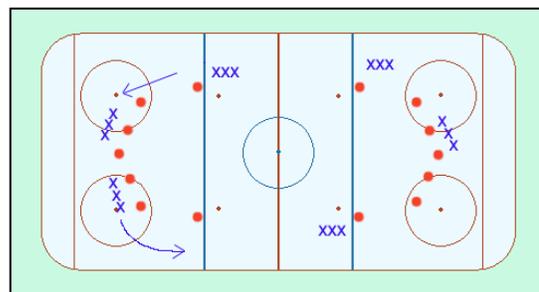
- Cat & Mouse; Skaters work with a partner. One partner is a mouse and the other is a cat. The mouse starts skating slowly with the cat following. The mouse will then take off on the cat and the cat reacts to try and catch the mouse. Alternate cat/mouse.

Training

- 5x corner accels; skaters are spread around the track, on command while skating slowly they try to change stride frequency and skate fast
- skaters are paired with someone of equal ability, skaters are gathered at one end of the rink with their partners, they skate down the straightaway into the corner with one partner trying to accelerate to make a pass as they exit the turn, teams go on coach's command

Concluding Activity:

- easy laps; skaters skate laps with a friend, with each taking their turn leading



Cat & Mouse

Learn to Speed Skate: Lesson #19

Purpose:

Learn proper body position during a start

Introductory Activity/Warm Up:

- off ice; easy run & stretching
- on ice; easy laps, balance, jumps, and turns, 2– 3 Silly Starts i.e. starting from knees



Skill Development:

- Starts**
- review starts using proper commands
 - have skaters stand in front of the mats, simulate the first step, keeping the hips, forward like taking off like a plane

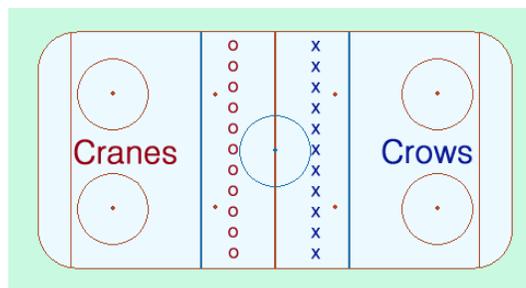
- Race Starts**
- do a number of starts from a line
 - with partners, skaters stand on the blue lines facing each other
 - Who can get to the other blue line first following a start?

- Game**
- Crows & Cranes; Skaters are divided into 2 equal teams. The teams stand on each side of the centre red line. When the coach calls out “Cranes” they chase the “Crows” and vice versa. The skaters being chased try to get to their blue line before being tagged. If any skater gets tagged they become members of the chasing team. Once all remaining members of the chased team are on the blue line, the teams return to the red line for another round.

- Training**
- ½ lap pursuits; do singles; doubles, triples from the red lines

Concluding Activity:

- 6 – 8 laps; easy skate



Crows and Cranes

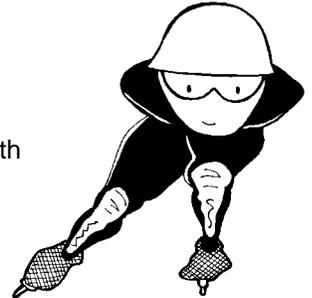
Learn to Speed Skate: Lesson #20

Purpose:

To improve the direction of the push and the placement of the thrusting foot

Introductory Activity/Warm Up:

- off ice; easy run & stretching
- on ice; drills for stepping side to side and swinging leg back and forth



Skill Development:

- Push Phase**
- lean against boards in good basic position, push skate out to the side, alternate sides

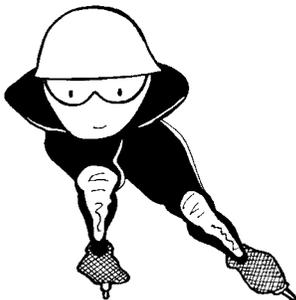
- Thrust Phase**
- skate in basic position pushing a bucket, the tip of the skate should touch the bucket

- Game**
- Giant Treasure; A giant is chosen from the skaters and stands in the middle of a group of plungers (treasure). The Giant stands with his/her back to the approaching skaters who are trying to steal the treasure and take it back to the red line at the end of the rink. If the giant turns around the skaters stop. If a skater tries to steal some of the treasure when the giant is looking, the giant chases them back to the starting line. (similar to Red Light, Green Light)

- Training**
- experiment; skaters try and push/thrust in proper direction while skating a few laps
 - easy laps; 4 – 6 laps concentrating on pushing/thrusting at the same time

Concluding Activity:

- Train Building Relay; Skaters are divided into teams and line up at the red line at the end of the rink. The first skater from each team races to the far blue line, returns and gets in basic position. The second skater pushes the first skater down to the blue line and back to the team. The third skater pushes the first two skaters, in basic position, down to the blue line and back to the team. This continues until all members of the team are part of the train. The winner is the team that finishes first. (note: bigger skaters should be at the back).



Learn to Speed Skate: Lesson #21

Purpose:

To review the technical points for the glide recovery phase of the skating stride

Introductory Activity/Warm Up:

- off ice; easy run & stretching, balance exercises include going down on one knee and standing back up
- on ice; balance drills, stepping from side to side, turns



Skill Development:

- Glide Recovery**
 - using boards; skaters get into good basic position, hold onto the boards with one hand, lift one skate off the ice, knee points straight down toward the ice as well as the tip of the skate, change directions
 - divide the ice into 2 sections, lay 2 mats side by side on the ice a couple of feet apart, skaters take turns gliding between mats in good glide recovery position
- Game**
 - Hot Dog Tag; Played like ordinary tag with 2 skaters chosen at "it". If a skater is tagged they become the Hot Dog and have to stand still. To get free two team members (the buns) must come and stand on either side of the Hot Dog to free them.
- Training**
 - easy laps; skate length of track and glide in glide recovery position between the blue lines

Concluding Activity:

- easy laps; use mats to create tunnels, skaters glide through on one foot

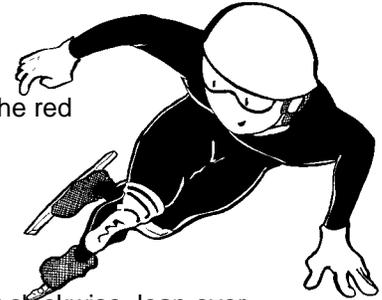
Learn to Speed Skate: Lesson #22

Purpose:

Gain the ability to crossover pushing with the proper edges of both skates

Introductory Activity/Warm Up:

- off ice; easy run & stretching
- on ice; easy laps, jumping and balance exercises using the red and blue lines

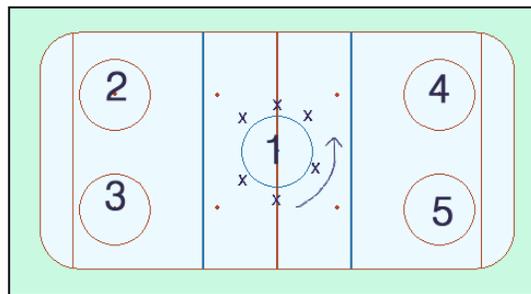


Skill Development:

- Crossovers**
 - skaters lean against boards facing counter clockwise, lean over on their edges
 - skaters stand on a line, keeping hips square they crossover stepping to the left
 - skaters take turns doing spirals on a circle
 - skaters get on outside edge of left skate, crossover with the right and fall down to overcome fear of being on the outside edge and falling
- Game**
 - Circle Chase; 4 skaters to a circle spread out, they skate crossovers to catch the person ahead
- Training**
 - Skate the Circles; skaters skate all 5 circles of the ice surface counter clockwise

Concluding Activity:

- easy laps; skate a few laps trying to crossover on the corners



Circle Chase

Learn to Speed Skate: Lesson #23

Purpose:

Learn how far to be away from the track when entering and existing the corners

Introductory Activity/Warm Up:

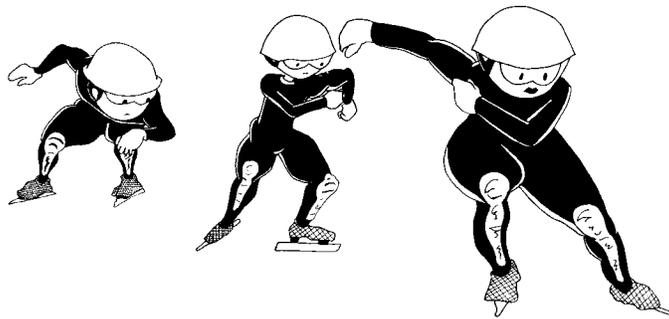
- off ice; easy run & stretching, discussion of normal track pattern using illustrations and diagrams
- on ice; easy laps, agility and balance exercises

Skill Development:

- Track Pattern**
- lay down a track pattern, using different set of markers note entry and exit patterns
 - skate laps experimenting with entry/exit patterns
- Game**
- Dive Bomber Tag; 1 or 2 skaters are “it” and try to tag everyone else. Skaters can try and get away but to change direction they must tuck into basic position and lean on both edges to turn. If they are caught skaters stand in basic position with their arms out to their sides. Another skater can free them by skating underneath their arms.
- Training**
- group A skate full laps using entry/exit patterns, group B rests in the centre of the track, alternate

Concluding Activity:

- Simon Says; The coach gives instructions on various exercises by saying “Simon says do...”, if the coach just says “Do...” and a skater(s) reacts they must do something silly, then the process starts again.



Learn to Speed Skate: Lesson #24

Purpose:

Develop good stride patterns and body position during a start and to use arms to generate power while executing starts

Introductory Activity/Warm Up:

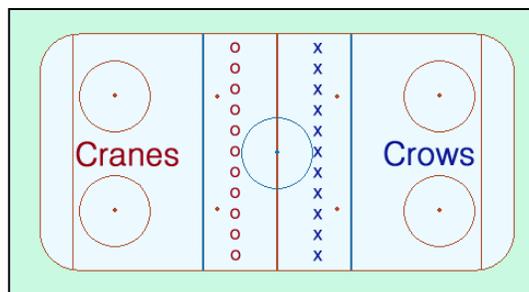
- on ice; 2x6 laps on the track, stretching in centre circle, exercises without using arms

Skill Development:

- Starts** • in pairs, skaters face on another with hands on each others' shoulders, one skater offers resistance while the other tries to start skating, hips should be forward, feet turned out, knees thrusting forward, alternate
- Game** • Crows & Cranes; Skaters are divided into 2 equal teams. The teams stand on each side of the centre red line. When the coach calls out "Cranes" they chase the "Crows" and vice versa. The skaters being chased try to get to their blue line before being tagged. If any skater gets tagged they become members of the chasing team. Once all remaining members of the chased team are on the blue line, the teams return to the red line for another round.
- Training** • ½ lap starts; 5 – 6 starts from the red line, can be done pursuit style

Concluding Activity:

- 2 – 3 starts; begin from the ends of the rink, remember to have skaters slow down at the blue lines
- 8 laps; easy skate



Crows & Cranes

Learn to Speed Skate: Lesson #25

Purpose:

To learn to use agility and balance to assist with passing, to review the set up and execution of inside and outside passes

Introductory Activity/Warm Up:

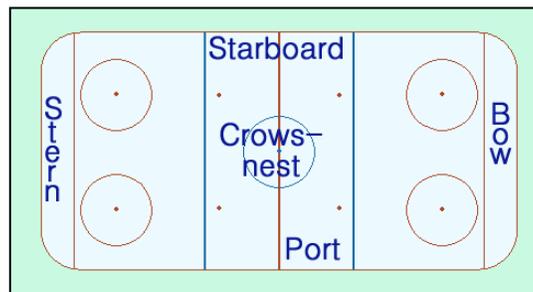
- on ice; 2x8 laps, stretching with a partner, falling down and getting up quick from one/two knees

Skill Development:

- Passing**
 - group A and B takes turns skating 3 laps on the track
 - with a partner skaters practice passing, skater in the lead does something out of the ordinary (wide, stumble, etc.) and the skater following tries to react, skaters must be ready to make adjustments if a skater in front of them falters
- Game**
 - Captains Coming; The coach calls out the following commands: "Port" - skaters turn to the left, "Starboard" - skaters turn to the right, "Bow" - skaters skate forward, "Stern" - skaters skate backwards, "Captain's Daughter" - skaters go down on one knee, "Scrub the deck" - skaters move their hand around on the ice, "Whirlpool" - skaters turn around 360°
- Training**
 - 4x3 laps; in groups of 4 - 5 skaters try to set up and execute passes and take advantage of opponents errors

Concluding Activity:

- 1x12 laps; skaters try to skate 12 laps without stopping and in good basic position



Captains Coming

Learn to Speed Skate: Lesson #26

Purpose:

To develop the ability to shift the body weight from skate to skate and to develop an awareness of when the body is off balance

Introductory Activity/Warm Up:

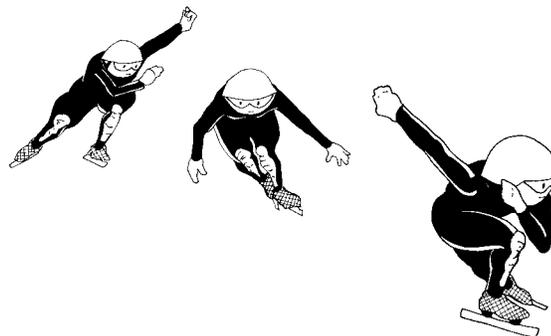
- on ice; 2x6 easy laps, skaters lead stretches while moving around the zone, exercises which require skaters to be off balance

Skill Development:

- Balance**
 - have ½ skaters line up beside the boards and get into basic position, one partner holds the skaters hand while they fall off balance towards the mats (like a tree falling over), the shoulders remain facing straight
 - exercise is then done while moving along a line across the rink
- Game**
 - Pom Pom Pull Away; All skaters stand at the end of the rink. 2 skaters are it standing at center. The skaters in the middle will say go and as the skaters try to get to the other end of the rink if they are tagged they join the other people in the middle. the last skater not tagged is the winner.
- Training**
 - 4x3 laps; group A and B take turns skating laps concentrating on weight shift on the straightaway, increase speed at each interval

Concluding Activity:

- Obstacle Course; create an obstacle course using pucks, pads, buckets, etc.
- 1x10 laps; easy laps



Learn to Speed Skate: Lesson #27

Purpose:

Learn the best point on the track to start and finish crossovers and to introduce a new drill to help with hip position during the crossover

Introductory Activity/Warm Up:

- on ice; 2x6 laps, stretching around the centre circle, work on inside/outside edges

Skill Development:

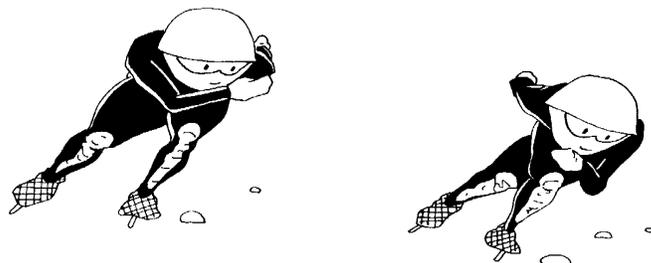
- Hip Position**
- divide skaters into groups, each skater requires a block, have skaters assume a good position on a circle with the left skate on the outside edge and the right skater on the inside edge, the skaters hold the block against their left hip while doing Scooter (pushing with one leg) around the circle

- Game**
- 5 Catch; Skaters are divided into 2 groups (strong/weak) and are then divided into 2 teams from each group. A team member starts by throwing a ball to their team mates who can move around the ice in the playing zone. The team can have up to a total of 5 throws without dropping the ball to get a point, (a skater cannot pass the ball back to the person they just received it from). If the ball hits the ice or is intercepted it goes to the other team and the count starts for them. When the coach declared the game over, the team with the most points wins.

- Training**
- divide the skaters into 2 groups, place an extra plunger close to the first block on the track and one on the blue line exiting the corner
 - 2(2x4L)r3' R6'; reach group takes turns skating laps concentrating on their crossovers on the corners at medium to fast speed

Concluding Activity:

- 1x10 laps; easy relay laps with a friend



Learn to Speed Skate: Lesson #28

Purpose:

To Develop strategies for when to use an offensive or defensive track and to learn how to change pattern while racing

Introductory Activity/Warm Up:

- on ice; 2x7laps, stretching around a circle, concentrate on different balance exercises

Skill Development:

- Track Patterns**
- offence; skaters skate wider on entry and exit of turn (track used when not other skater close or when building speed)
 - defense; skaters skate close to block to make opponents skate outside (good to use when tired and in the last few laps of a race)

- Game**
- Toilet Tag; 2 – 3 skaters are “it”. Skaters skate around the rink trying not to be tagged. If a skater is tagged they kneel down on one knee and put one arm up in the air. If a team mate skates by and pulls their arms down then they are free again (like flushing a toilet).

- Training**
- 3x3 laps; put skaters into groups of equal ability, all skaters take turns skating the track, skating offensively if alone or defensively if trying to protect their position

Concluding Activity:

- Follow the Leader; Hoops, buckets and plungers can be used to set up a course. The coach leads the group and can include activities such as balance, jumps, gliding and turns.

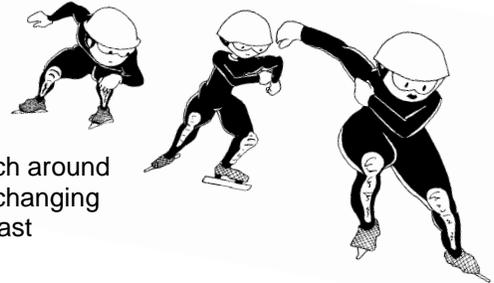
Learn to Speed Skate: Lesson #29

Purpose:

Develop a strong push off the back skate and a good thrust forward and to learn how to be assertive off the start

Introductory Activity/Warm Up:

- on ice; 2x9 laps, skaters lead stretch around a circle, do different exercises i.e. changing the stride, frequency from slow to fast



Skill Development:

- Starts**
 - divide the skaters in 2 – 3 groups, practice a few starts and offer corrections, coaches check each skater's starting position, good angle to start line, bend in knees, head up facing straight ahead, arms in good position, upper body not bent over too much
 - divide skaters into teams with each team split into $\frac{1}{2}$ with their backs to one another, the skaters are one the red line, coaches give the starting commands and each skater starts and skaters to the circle in the corner of the rink and back, the teams get a point if their skaters gets back first
- Game**
 - Missile; Skaters line up across one end of the rink. The coach indicated the start of the game. Skaters start to skate to the opposite end of the rink while the coach tosses plungers at their feet. If a skater cannot dodge a plunger and is hit, he/she becomes a missile launcher with the coach.
- Training**
 - $\frac{1}{2}$ lap pursuits; divide skaters into equal groups and have them race $\frac{1}{2}$ laps, repeat 3 – 4 times

Concluding Activity:

- easy laps; everyone skates as many laps as they want to

Learn to Speed Skate: Lesson #30

Purpose:

Learn where to start accelerating to set up a good pass, learn to change stride frequency when starting to accelerate

Introductory Activity/Warm Up:

- on ice; 2x6 laps, do as many different stretches as possible standing beside or facing the mats, do different exercises without lifting feet

Skill Development:

- Accelerations** • skaters work in pairs (skate for 3 laps), 1st lap skaters get moving, 2nd lap back skater decides he/she will pass next lap, coming off next corner he/she starts to move up beside the opponent on the outside, the skater then accelerates around turn and makes a decision at apex to pass inside or outside
- 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, the cat reacts to try and catch the mouse, alternate cat/mouse
- Training** • skater drop; skaters start skating on track for a few laps, coach tells one skater to drop back, the coach then says GO for that skater, skater skates hard to catch and make pass

Concluding Activity:

- 8 laps; easy skate

Learn to Speed Skate: Lesson #31

Introductory Activity/Warm Up:

- on ice; 2x6 laps, exercises for jumping side to side and swinging the leg back and forth

Purpose:

To increase the power generated by a stronger push and thrust and to improve on the direction of the push and the placement of the thrust

Skill Development:

- Push**
 - Skaters are divided into three groups each working at a station.
 - skaters lean against the boards in good basic position, coaches draw a line on the ice indicating the direction of push. Skaters push their skate along that line.
- Thrust**
 - Skaters skate in basic position pushing a bucket. The tip of the thrusting skate touches the bucket as straight as possible as it moves forward.
- Push and Thrust together Game**
 - Skate back and forth across the ice using pushing and thrusting action simultaneously.
 - Giant Treasure; A giant is chosen from the skaters and stands in the middle of a group of plungers (treasure). The Giant stands with his/her back to the approaching skaters who are trying to steal the treasure and take it back to the red line at the end of the rink. If the giant turns around the skaters stop. If a skater tries to steal some of the treasure when the giant is looking, the giant chases them back to the starting line. (similar to Red Light, Green Light)
- Training**
 -
 - Divide the skaters into two groups
 - Groups skate three laps alternately. First lap slow, second lap medium, last lap fast. Repeat three times with a rest of 3 minutes between intervals. Skaters try to push and thrust harder as speed increases.

Concluding Activity:

- Train Building Relay; Skaters are divided into teams and line up at the red line at the end of the rink. The first skater from each team races to the far blue line, returns and gets in basic position. The second skater pushes the first skater down to the blue line and back to the team. The third skater pushes the first two skaters, in basic position, down to the blue line and back to the team. This continues until all members of the team are part of the train. The winner is the team that finishes first. (note: bigger skaters should be at the back).

Learn to Speed Skate: Lesson #32

Purpose:

To learn proper hip position for crossovers

Introductory Activity/Warm Up:

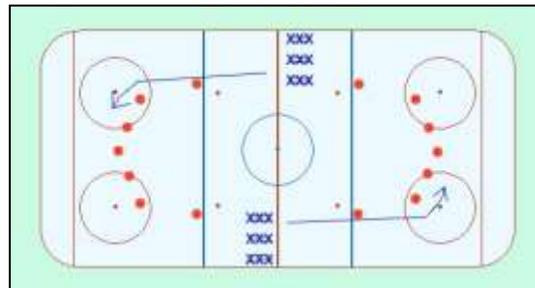
- on ice; 2x7 laps, do stretches around a circle, have fun pivoting, kicking and jumping

Skill Development:

- Crossovers**
 - skaters are divided into 3 groups. Stations are set up. Skaters rotate through the stations twice before playing a game. The last rotation is completion following the game.
 - station #1; skaters line up along the boards and review hip position while leaning against a bucket, progressions with a bucket – scooter, scooter cross, scooter cross scooter cross
 - station #2; skaters do progression without a bucket
 - station #3; skaters do continuous crossovers on a big circle
- Game**
 - Bucket Relay; Skaters are divided into 4 teams. Each team lines up on the start line with a bucket. Skating the track, the first member pushes the bucket to the opposite red line, leaves it and continues around the track back to the team. The next skater skates to the bucket, picks it up while going around and returns it to the start line. The first team to complete the circuit twice is the winner.
- Training**
 - skating all 5 circles 2 times each, skaters divided into groups of 4
 - ½ track; skaters divided into 2 groups each working a corner doing crossovers

Concluding Activity:

- Follow the Leader; Hoops, buckets and plungers can be used to set up a course. The coach leads the group and can include activities such as balance, jumps, gliding and turns.



Bucket Relay

Learn to Speed Skate: Lesson #33

Purpose:

Review of offensive and defensive track patterns and to learn how to choose the best track while racing

Introductory Activity/Warm Up:

- on ice; 2x8 laps, stretching while moving, agility exercises with frequency changes i.e. slow motion to fast

Skill Development:

- Track Pattern**
 - skaters are divided into 2 groups
 - balance; on 2 feet, one foot, moving weight side to side
 - offence; spread skaters around the track, wide in/out as they skate 3 – 4 laps
 - defense; skaters work in pairs taking turns skating block to block keeping the person behind from passing on the inside
- Game**
 - Prisoners Base; There are 2 Cops who are “it” and 2 Guards that stand at the jail. All other skaters are Robbers. The cops chase the robbers & if they are caught they go to jail. Other robbers can break (tag) them out of jail. If robbers are tagged by guards they go back to jail. Game is over when only 1 skater is left.
- Training**
 - 3x3 laps; skaters are divided into groups of equal ability, skaters decide which track they should skate depending if any one is close to them while racing

Concluding Activity:

- 10 laps; skate with a friend passing outside or inside each other every lap or two

Learn to Speed Skate: Lesson #34

Purpose:

To learn how to do starts with resistance

Introductory Activity/Warm Up:

- on ice; 2x8 laps, stretching with a partner, exercises with stride frequency change from slow to fast

Skill Development:

- Starts** • using ropes or towels, coaches divide skaters into 3 groups and each one finds a partner, one partner puts a rope or towel around their waist while the other offers resistance when they simulate a start, begin in slow motion and increase speed, alternate
- Game** • Splash; Mats are placed in a row at centre ice. One for each team. Skaters are divided into teams and line up at one end of the rink in line with their mat. Skaters take turns skating and jumping on the mat, sliding a distance, pushing the mat back to the centre and then returning to their team. The first team to finish is the winner.
- Training** • starts; skaters line up at one end of the rink from slowest to fastest, they do a start and skate as straight as fast as possible going around the corner and returning to the back of the line, repeat in pairs then in 3's

Concluding Activity:

- 1x10 laps; easy skate with a friend



Learn to Speed Skate: Lesson #35

Purpose:

Learn how to change stride frequency to get ahead of a skater in a lead position

Introductory Activity/Warm Up:

- on ice; 2x8 laps, skates lead stretches, include jumps, turns, stops and starts

Skill Development:

- Passing**
 - skaters are in partners, one throws a ball down the ice, one starts a little late and tries to pass while racing after the ball
 - races with buckets on the track, 3 – 4 skaters do a race pushing a bucket trying to pass another skater within 2 laps
 - set up an obstacle course and have the skaters go through in pairs trying to pass one another

- Game**
 - skaters choice

- Training**
 - 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.

Concluding Activity:

- skaters do as many laps as they want

Learn to Speed Skate: Lesson #36

Purpose:

Learn the proper technique for pushing during a relay

Introductory Activity/Warm Up:

- on ice; 2x5 laps concentrating on good basic position, skaters lead stretching exercises in the centre circle, include jumps, turns, balance drills

Skill Development:

- Pushing** • one skater gets in basic position, the other partner stands behind and the coach indicates the proper placement of the hands for a good push, the push should be such that the skater is pushed straight ahead, if the push is too much up or down the skater will fall, skaters should switch positions, the exercise is repeated with the skater in basic position moving when contact is made for the push
- Game** • skaters choice
- Training** • Push relay; skaters are divided into teams, the first skater goes down in basic position and is pushed a few feet, this continues down the ice, the skaters switch to come back and the next two skaters go

Concluding Activity:

- 1x8 laps; easy skate

Learn to Speed Skate: Lesson #37

Purpose:

Learn the entry point for receiving a push during a relay and the timing for a proper exchange

Introductory Activity/Warm Up:

- on ice; 2x5 laps, stretches while moving around the ice, do exercises with a plunger i.e. balance it on head, pivot around it

Skill Development:

- Receiving Pushes**
 - coaches divide skaters into partners and review the ways to push for a relay, coach explains that timing is important, the skater coming out to be pushed stays parallel to the skater on the track while skating the corner, then gets just in front at the end of the turn to get pushed
 - skaters try to get push completed before the red line (preferably the blue line)
- Game**
 - Prisoners Base; There are 2 Cops who are "it" and 2 Guards that stand at the jail. All other skaters are Robbers. The cops chase the robbers & if they are caught they go to jail. Other robbers can break (tag) them out of jail. If robbers are tagged by guards they go back to jail. Game is over when only 1 skater is left.
- Training**
 - relay exchange; team 3 skaters together and practice their exchanges on the track

Concluding Activity:

- Silly Start; 3 – 4 starts from end to end
- 5 – 6 laps; skate with a friend

Learn to Speed Skate: Lesson #38

Purpose:

Learn to keep track of laps in a relay and to be in the correct location on the track at the right time

Introductory Activity/Warm Up:

- on ice; 2x6 laps, stretches are done around the centre circle, work on inside/outside edges

Skill Development:

- Relay**
 - review the exchange for a relay push
 - skaters are put into groups of 4, coach walks through the rotation for the relay 3 – 4 times
- Game**
 - Toilet Tag; 2 – 3 skaters are “it”. Skaters skate around the rink trying not to be tagged. If a skater is tagged they kneel down on one knee and put one arm up in the air. If a team mate skates by and pulls their arms down then they are free again (like flushing a toilet).
- Training**
 - relays; each team skates 2(3x1lap) in relay format on the big track

Concluding Activity:

- Bucket Relay; Skaters are divided into 4 teams. Each team lines up on the start line with a bucket. Skating the track, the first member pushes the bucket to the opposite red line, leaves it and continues around the track back to the team. The next skater skates to the bucket, picks it up while going around and returns it to the start line. The first team to complete the circuit twice is the winner.
- skaters do as many laps as they want

Learn to Speed Skate: Lesson #39

Purpose:

Fun games and Mini-Olympics

Introductory Activity/Warm Up:

- on ice; easy laps & stretching

Skill Development:

- Fun & Games** • play the skaters favourite games for the first 20 minutes of the practice
- Game** • Mini-Olympics; organize skaters into teams and plan some different types of challenges for them i.e. ½ lap starts, backward skating relay, obstacle course relay, bucket races.

Concluding Activity:

- 8 laps; skate laps with a friend

Learn to Speed Skate: Lesson #40

Purpose:

Develop confidence in racing against peers and simulate a racing environment by hosting a mini-meet

Introductory Activity/Warm Up:

- on ice; 2x5 laps, skaters stretch on centre circle, skater do a couple of quick starts from the end lines

Skill Development:

- Races**
- coaches divide skaters into groups of equal ability
 - each group skates 3 – 4 distances trying to incorporate some of the drills taught in practice such as starts, passing and track patterns

- Rewards**
- each skater receives a ribbon indicating they did a great job

Concluding Activity:

- free skate if time permits