

Practice your skating at home with these fun and engaging activities!

Tot-Basic 3

- Put masking or painter's tape on the floor in a straight line about 6 feet long. Try walking down that line forward and backward.
- Balance on one foot. Then try to keep your balance with your free foot in front of you, to the side, and to the back. Then try circling your foot in the air.
- Practice dips under a "limbo stick" (use a pool noodle, hockey stick or broom)
- Try hopping on two feet, then on one foot, then switching.
- Set cups upside down on a line about a foot apart. Practice zig zagging between the cups. Try putting one foot on each side of the cup, then bringing them together as you walk the line. Try everything backward!

Basic 4 -6

- Put a hula hoop on the floor (or use tape in a circle) Practice forward and backward crossovers both ways around the circle.
- Use a piece of tin foil on a carpet, stand on the tin foil to practice turning on one foot (Three-turns) Try this with both feet, both directions, forward and backward (Eight turns on all)
- Try spinning on one foot on the tinfoil.

Basic Levels – Freeskate Levels

- Basic skills and Freeskate Levels can practice lunges, spirals, and shoot the ducks on both feet off-ice. See how low you can get your lunge and how high you can get your spiral.
- Pre Freeskate-Freeskate levels can work on forward and back spins on a piece of tin foil on the carpet.
- Freeskate level skaters should work on off-ice jumps (in gym shoes) half rotations, full rotations, and so on.
- Freeskate level skaters can refer to the PDF off-ice training or find many videos on you-tube by searching "Off-ice training for figure skaters".