

PROGRESS TO DATE:

	✓	DATE:	COMMENTS:
1 WHITE	<input checked="" type="checkbox"/>		
2 YELLOW	<input type="checkbox"/>		
3 ORANGE	<input type="checkbox"/>		
4 RED	<input type="checkbox"/>		
5 PURPLE	<input type="checkbox"/>		
6 BLUE	<input type="checkbox"/>		
7 GREEN	<input type="checkbox"/>		
8 BLACK	<input type="checkbox"/>		
9 BRONZE	<input type="checkbox"/>		
10 SILVER	<input type="checkbox"/>		
11 GOLD	<input type="checkbox"/>		

LEVELS:

SPEED SKATING CANADA PRESENTS
THE CUTTING EDGE
PIN PROGRAM

"ENSURING THAT SKATERS ARE TAUGHT THE PROPER SKILLS THAT WILL ASSIST THEM TO DEVELOP FIRST AS A SKATER, SECOND AS A SPEED SKATER, AND FINALLY AS A CHAMPION"

NAME:

CLUB:

DATE:



NAME:

CLUB:

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PURPLE

5

- 1 - **X-over (counter clockwise)** Basics of cornering
- 2 - **Forward two-foot slalom** Agility/Core stability
- 3 - **Balance while gliding on left leg in basic** Balance/Speed skating basics
- 4 - **Balance while gliding on right leg in basic** Balance/Speed skating basics
- 5 - **Parallel stopping (left/right)** Stopping/Coordination
- 6 - **Quick turns around blocks** Agility/Edge control/Speed
- 7 - **Backwards skating between blocks** Agility/General skating skill
- 8 - **Sitting crouched** Flexibility
- 9 - **Forward skate to backward** Directional agility
- 10 - **Falling down, spinning 360, getting up** Directional agility/Falling
- 11 - **Relay knowledge - getting pushed**
Cognitive skill/Basic speed skating knowledge
- 12 - **Relay push** Cognitive skill/Basic speed skating knowledge

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BLUE

6

- 1 - **Weight shift w/ two feet on ice** Speed skating basics/Body control
- 2 - **Recovery position - right leg** Balance/Speed skating basics
- 3 - **Recovery position - left leg** Balance/Speed skating basics
- 4 - **Backwards glide on corner (two feet)** Backwards skating
- 5 - **Lifted left leg extension** Body position/Balance
- 6 - **Lifted right leg extension** Body position/Balance
- 7 - **Arm swing on corners and straights** Speed skating basics/Coordination
- 8 - **Backwards slalom** Backwards agility
- 9 - **Jumping (while stationary)** Jumping/Strength
- 10 - **Passing (basic elements)** Speed/Basic speed skating skills
- 11 - **Competitive stop** Edge control/Basic speed skating knowledge
- 12 - **Four-person relay - basic elements**
Cognitive skill/Basic speed skating knowledge

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GREEN

7

- 1 - **Weight transfer while gliding** Speed skating basics/Body control
- 2 - **Glide recovery on corner - left leg** Speed skating basics/Body position
- 3 - **Glide recovery on corner - right leg** Speed skating basics/Body position
- 4 - **Cornering with right leg extended** Speed skating basics/Body position
- 5 - **Cornering with left leg extended** Speed skating basics/Body position
- 6 - **Cross-over weave** Agility/Coordination
- 7 - **One foot jumps on straights** Jumping/Balance
- 8 - **Backwards glide on straight (right leg)** Balance/Strength
- 9 - **Backwards glide on straight (left leg)** Balance/Strength
- 10 - **Jumping (while moving)** Jumping/Power
- 11 - **Power vs. Frequency accelerations**
Speed/Intermediate speed skating knowledge
- 12 - **Tempo changes on straightaway pass**
Speed/Intermediate speed skating knowledge

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BLACK

8

- 1 - **Weight transfer/Glide recovery** Speed skating basics/Coordination/Balance
- 2 - **Corner w/ right leg extended (clockwise)** Speed skating basics/Coordination/Balance
- 3 - **Corner w/ left leg extended (clockwise)** Speed skating basics/Coordination/Balance
- 4 - **Backwards glide on left leg on corner** Speed skating basics/Coordination/Balance
- 5 - **Backwards glide on right leg on corner** Speed skating basics/Coordination/Balance
- 6 - **Thrust on straightaway (left leg)** Speed skating basics/Speed
- 7 - **Thrust on straightaway (right leg)** Speed skating basics/Speed
- 8 - **Knee touches while gliding** Coordination/Agility
- 9 - **Reaction drill** Speed/Intermediate speed skating knowledge/Agility
- 10 - **Demonstrate outside pass** Speed/Basic speed skating knowledge
- 11 - **Goal setting (early stage)** Cognitive/Goal setting
- 12 - **Analysis of performance** Cognitive/Intermediate knowledge base

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