## **CanSkate Stage Chart**

	BALANCE	CONTROL	AGILITY
	SKATE FORWARD	STOP	TURN
STAGE 1	<ul><li>○ Fall down &amp; get up</li></ul>	<ul> <li>Snow slide steps</li> </ul>	O 2-foot turn
	<ul> <li>Fwd push/glide sequence</li> </ul>	OROL	O CW O CCW
	<ul> <li>Fwd 2-foot glide</li> </ul>	SKATE BACKWARD	JUMP
	O Fwd 2-foot sit glide	Bwd 2-foot skating/walking	<ul><li>○ 2-foot jump</li><li>EXTREME</li></ul>
		O Bwd 2-foot glide	Fwd skating perimeter of ice
	SKATE FORWARD	STOP	TURN
	<ul> <li>○ Fwd 2-foot sculling</li> </ul>	<ul><li>○ Fwd stop</li></ul>	○ Fwd 2-foot turn
	○ Fwd 2-foot to 1-foot glide	SKATE BACKWARD	O Bwd 2-foot turn
STAGE 2	OROL	O Bwd 2-foot sit glide	○ Fwd 180° glide turn
STAGE 2	<ul> <li>○ Fwd push/glide sequence</li> </ul>	O Bwd 2-foot to 1-foot glide	o cw o ccw
	EXTREME	OROL	JUMP
	<ul><li>Fwd 1-foot glide</li></ul>	EXTREME	O Fwd 2-foot jump
	SKATE FORWARD	O Bwd push/glide sequence STOP	TURN
STAGE 3	Fwd stationary blade push (T, V or L)	Fwd stop with speed	O Fwd 2-foot quick turn
	OROL	OROLO Both	· ·
		SKATE BACKWARD	O Bwd 2-foot quick turn
	O Fwd 2-foot slalom	O Bwd 2-foot sculling	○ Fwd 360° step turn JUMP
	O Fwd circle thrusts	Bwd 2-foot to 1-foot glide	O Bwd 2-foot jump
	O CW O CCW	OROL	EXTREME
	Walking crosscuts	Bwd push/glide sequence	O Fast fwd perimeter skating
	OROL EXTREME	EXTREME	O CW O CCW
		O Bwd 1-foot glide	
	O Fwd 2-foot to 1-foot curve glide	OROL	
	OROL SKATE FORWARD	STOP	TURN
	O Fwd crosscuts	O Bwd stop	○ Fwd 1-foot turn (small curve)
	O CW O CCW	SKATE BACKWARD	O FLO FO
	O Fwd inside slalom	O Bwd circle thrusts	O Bwd 360° step turn
	O Fwd outside slalom	○ CW ○ CCW	JUMP
STAGE 4	EXTREME	O Bwd 2-foot slalom	○ Fwd to bwd 2-foot jump
	O Fwd drag	EXTREME	O Bwd to fwd 2-foot jump
	SPINS & SPIRALS	Bwd 1-foot glide with speed	SPINS & SPIRALS
	O Fwd spiral	<ul> <li>Fwd 1-foot glide from blue line to</li> </ul>	O 2-foot spin
	HOCKEY & RINGETTE	blue line	O 2-foot sit spin
	O Drop down drill	SPEED  O Skate goal line to 1st blue line in	
	○ Fwd "V" start	9 seconds or less	
	SKATE FORWARD	STOP	TURN
	O Fwd crosscuts - figure 8	O Fwd 2-foot side stop	O Fwd 1-foot turn (large curve)
		O CW O CCW	O LFI O LFO O RFI O RFO
	O Fwd inside edges	3 0.11 3 00.11	
	○ Fwd push/glide sequence	O Bwd stop with speed	○ Fwd 360° glide turn
	Fwd push/glide sequence     EXTREME		<ul><li>○ Fwd 360° glide turn</li><li>○ CW ○ CCW</li></ul>
	<ul><li>○ Fwd push/glide sequence</li><li>EXTREME</li><li>○ Fwd perimeter stroking with</li></ul>	O Bwd stop with speed O R O L O Both SKATE BACKWARD	○ CW ○ CCW JUMP
STACE 5	<ul><li>Fwd push/glide sequence</li><li>EXTREME</li><li>Fwd perimeter stroking with jumps</li></ul>	O Bwd stop with speed O R O L O Both SKATE BACKWARD O Bwd crosscuts	○ CW ○ CCW JUMP ○ Fwd to bwd 1-foot jump
STAGE 5	<ul> <li>Fwd push/glide sequence</li> <li>EXTREME</li> <li>Fwd perimeter stroking with jumps</li> <li>Inside spread eagle</li> </ul>	○ Bwd stop with speed ○ R ○ L ○ Both SKATE BACKWARD ○ Bwd crosscuts ○ CW ○ CCW	○ CW ○ CCW JUMP
STAGE 5	<ul><li>Fwd push/glide sequence</li><li>EXTREME</li><li>Fwd perimeter stroking with jumps</li></ul>	O Bwd stop with speed O R O L O Both SKATE BACKWARD O Bwd crosscuts	OCW OCCW  JUMP OF W to bwd 1-foot jump OFIOFO OF wd power jump
STAGE 5	<ul> <li>○ Fwd push/glide sequence</li> <li>EXTREME</li> <li>○ Fwd perimeter stroking with jumps</li> <li>○ Inside spread eagle</li> <li>○ Fwd 1-foot slalom</li> </ul>	Bwd stop with speed     R	OCW OCCW  JUMP OF W to bwd 1-foot jump OFIOFO OF W power jump  SPINS & SPIRALS
STAGE 5	<ul> <li>○ Fwd push/glide sequence</li> <li>EXTREME</li> <li>○ Fwd perimeter stroking with jumps</li> <li>○ Inside spread eagle</li> <li>○ Fwd 1-foot slalom</li> <li>HOCKEY &amp; RINGETTE</li> </ul>	O Bwd stop with speed O R O L O Both SKATE BACKWARD D Bwd crosscuts CW O CCW Bwd inside slalom Bwd push/glide sequence SPINS & SPIRALS	OCW OCCW  JUMP  Fwd to bwd 1-foot jump  FI FO  Fwd power jump  SPINS & SPIRALS  1-foot spin
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STAGE 5	<ul> <li>○ Fwd push/glide sequence EXTREME</li> <li>○ Fwd perimeter stroking with jumps</li> <li>○ Inside spread eagle</li> <li>○ Fwd 1-foot slalom</li> <li>HOCKEY &amp; RINGETTE</li> <li>○ Running lateral crossovers</li> </ul>	O Bwd stop with speed O R O L O Both SKATE BACKWARD D Bwd crosscuts CW O CCW Bwd inside slalom Bwd push/glide sequence SPINS & SPIRALS Bwd spiral	OCW OCCW  JUMP  Fwd to bwd 1-foot jump  FI FO  Fwd power jump  SPINS & SPIRALS  1-foot spin  Alternating foot spin
STAGE 5	O Fwd push/glide sequence EXTREME O Fwd perimeter stroking with jumps O Inside spread eagle O Fwd 1-foot slalom HOCKEY & RINGETTE O Running lateral crossovers	O Bwd stop with speed O R O L O Both SKATE BACKWARD D Bwd crosscuts CW O CCW Bwd inside slalom Bwd push/glide sequence SPINS & SPIRALS Bwd spiral SPEED Skate goal line to 2nd blue line in 12 seconds or less STOP	CW CCW JUMP Fwd to bwd 1-foot jump Fl FO Fwd power jump SPINS & SPIRALS 1-foot spin Alternating foot spin HOCKEY & RINGETTE Fwd tight glide turns  TURN
STAGE 5	O Fwd push/glide sequence EXTREME O Fwd perimeter stroking with jumps O Inside spread eagle O Fwd 1-foot slalom HOCKEY & RINGETTE O Running lateral crossovers  SKATE FORWARD O Fwd power crosscuts	O Bwd stop with speed O R O L O Both SKATE BACKWARD D Bwd crosscuts CW O CCW Bwd inside slalom Bwd push/glide sequence SPINS & SPIRALS Bwd spiral SPEED Skate goal line to 2nd blue line in 12 seconds or less STOP Fwd 1-foot side stop	CW CCW JUMP Fwd to bwd 1-foot jump Fl FO Fwd power jump SPINS & SPIRALS 1-foot spin Alternating foot spin HOCKEY & RINGETTE Fwd tight glide turns  TURN Fwd 180° step turn (mohawk)
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	O Fwd push/glide sequence EXTREME O Fwd perimeter stroking with jumps O Inside spread eagle O Fwd 1-foot slalom HOCKEY & RINGETTE O Running lateral crossovers  SKATE FORWARD O Fwd power crosscuts O CW ○ CCW O Fwd perimeter skating with crosscuts O CW ○ CCW O Fwd outside edges O Fwd 1-foot slalom EXTREME	O Bwd stop with speed O R O L O Both SKATE BACKWARD D Bwd crosscuts CW O CCW Bwd inside slalom Bwd push/glide sequence SPINS & SPIRALS Bwd spiral SPEED Skate goal line to 2nd blue line in 12 seconds or less STOP Fwd 1-foot side stop Fwd 2-foot side stop with speed CW O CCW SKATE BACKWARD Bwd outside slalom Bwd crosscuts − figure 8 Bwd perimeter skating with crosscuts	CW CCW  JUMP  Fwd to bwd 1-foot jump  FI FO  Fwd power jump  SPINS & SPIRALS  1-foot spin  Alternating foot spin  HOCKEY & RINGETTE  Fwd tight glide turns  TURN  Fwd 180° step turn (mohawk)  R L  Bwd 180° step turn (mohawk)  R D L  2-foot multi-turns  JUMP
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