

Power Skating Skills List

*note that all skills must be completed on both feet and both directions, where applicable.

Learn to Skate Level 3: Pre-Requisite Skills

Establishes a good foundation of skating skills to improve upon in the Power Skating program.

1. Forward stride
2. Forward inside edges
3. Forward outside edges
4. Two-foot rotating jump
5. Forward two-foot quick turn
6. Backward two-foot quick turn
7. Backward two-foot slalom (skiing)
8. Backward stop

** The Power Skating program is designed to build on these pre-requisite skills. If this level is not complete, consider registering in our Learn to Skate program.*

P2: Introductory Crossovers and Transitions

Introduces the basic crossover, speed, and turns, including the foundational two-foot side stop.

1. Forward crossovers
2. Forward two-foot side stop (hockey stop)
3. Sustained forward one-foot glides
4. Backward stride
5. Backward inside edges
6. Forward 360° glide turn
7. Backward stop with speed
8. Fast forward V-start

P4: Advanced Crossovers and Agility

This level combines edge work, speed, and agility, introducing the critical backward crossover.

1. Backward crossovers
2. Forward C-step turn
3. Forward one-foot side stop
4. Forward crossover start
5. Forward crossovers with quick direction change
6. Fast Feet/Quick Step Drill
7. Forward and backward lateral movement
8. Backward to forward 180° pivot turn

P1: Foundations and Two-Foot Control

Focuses on fundamental balance, basic edge work, and stopping.

1. Forward stride
2. Forward inside edges
3. Forward outside edges
4. Two-foot rotating jump
5. Forward two-foot quick turn
6. Backward two-foot quick turn
7. Backward two-foot slalom (skiing)
8. Backward stop

P3: Single-Foot Control and Backward Edge

Work Focuses on individual foot control, complex turns, and solidifying backward edge work.

1. Backward outside edges
2. Backward C-pushes
3. One-foot turn
4. Sustained backward one-foot glides
5. Backward tight 360° turn
6. Forward to backward 180° pivot turn
7. One-foot sit glide
8. Knee spin/drop drill

P5: Power, Efficiency, and Advanced Stops

The final level focuses on elite control, power, complex movements, and maximum efficiency.

1. Forward one-foot slalom (skiing)
2. Forward 1-foot stop/start
3. Backward crossover start
4. Backward crossovers with quick direction change
5. One-foot pivot
6. Reverse pivot
7. Backward one-foot sit glide
8. One-foot jump on a curve