

U. S. Figure Skating Basic Skills Program

Snowplow Sam Program



The Snowplow Sam levels are designed to help the preschool-age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy polar bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.



Snowplow Sam 1

1. Sit and stand up with skates on – off ice
2. Sit and stand up – on ice
3. March in place
4. March forward – 8–10 steps
5. March, then glide on two feet
6. Dip in place



Snowplow Sam 2

1. March followed by a long glide
2. Dip while moving
3. Backward wiggles – six in a row
4. Forward two-foot swizzles – 2-3 in a row
5. Rocking horse – one forward, one backward swizzle action
6. Two-foot hop in place



Snowplow Sam 3

1. Forward skating – 8–10 steps
2. Forward one-foot glide – R and L
3. Forward swizzles – 4–6 in a row
4. Backward swizzles – 4–6 in a row
5. Forward snowplow stop with skid
6. Curves

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Basic Skills 1-8



The “basic skills” are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.

BASIC 1

Basic 1

1. Sit on ice and stand up
2. March forward across the ice
3. Forward two-foot glide
4. Dip
5. Forward swizzles – 6–8 in a row
6. Backward wiggles – 6–8 in a row
7. Snowplow stop
8. Rocking horse – 2–3
9. Two-foot hop in place (optional)

BASIC 2

Basic 2

1. Forward one foot glides – R and L
2. Backward two-foot glide
3. Backward swizzles – 6–8 in a row
4. Two-foot turn from forward to backward in place
5. Moving snowplow stop
6. Forward alternating half swizzle pumps, in a straight line (slalom-like pattern)

BASIC 3

Basic 3

1. Forward stroking, showing correct use of blade
2. Forward half swizzle pumps on a circle – 6–8 consecutive clockwise and counterclockwise
3. Moving forward to backward two-foot turn – clockwise and counterclockwise
4. Backward one-foot glides – R and L
5. Forward slalom
6. Two-foot spin – up to two revolutions

BASIC 4

Basic 4

1. Forward outside edge on a circle – R and L
2. Forward inside edge on a circle – R and L
3. Forward crossovers, clockwise and counterclockwise
4. Forward outside three-turn, R and L from a stand-still position
5. Backward half swizzle pumps on a circle, clockwise and counterclockwise
6. Backward stroking
7. Backward snowplow stop – R and L

BASIC 5

Basic 5

1. Backward outside edge on a circle – R and L
2. Backward inside edge on a circle – R and L
3. Backward crossovers, clockwise and counterclockwise
4. Beginning one-foot spin – up to three revs, optional entry and free-foot position
5. Hockey stop
6. Side toe hop – both directions

BASIC 6

Basic 6

1. Forward inside three-turn – R and L from a standstill position
2. Moving backward to forward two-foot turn on a circle, clockwise and counterclockwise
3. T-stop – R or L
4. Bunny hop
5. Forward arabesque/spiral on a straight line – R or L
6. Forward lunge – R or L

BASIC 7

Basic 7

1. Forward inside open Mohawk from a standstill position – R to L and L to R
2. Backward outside edge to forward outside edge transition on a circle – R and L
3. Ballet jump – R and L
4. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
5. Forward inside pivots – R or L

BASIC 8

Basic 8

1. Moving forward outside three-turn on a circle – R and L
2. Moving forward inside three-turn on a circle – R and L
3. Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge
4. One-foot upright spin, optional entry and free-foot position
5. Waltz jump
6. Mazurka – R and L

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Free Skate Curriculum



Each Free Skate level is divided into four sections: moves in the field, spins, dance/footwork sequence and jumps. The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.



Free skate 1

1. Advanced forward stroking
2. Basic forward outside and forward inside consecutive edges (4-6)
3. Advanced back outside three-turns clockwise and counterclockwise (R and L)
4. Scratch spin from back crossovers – three revolutions minimum
5. Waltz jump – from 2-3 back crossovers
6. Half flip



Free skate 2

1. Basic back outside and back inside consecutive edges (4-6)
2. Forward outside and forward inside spirals, clockwise and counter clockwise (R and L)
3. Continuous forward progressive chasse sequence – clockwise and counterclockwise
4. Waltz threes
5. Beginning back spin – two turns
6. Waltz jump, side toe hop, waltz jump sequence
7. Toe loop



Free skate 3

1. Forward and backward crossovers in figure 8 pattern
2. Waltz 8
3. Advanced forward consecutive swing rolls (4-6)
4. Backward inside three-turn: clockwise and counterclockwise
5. Backspin with free foot in crossed leg position – three revolutions minimum
6. Salchow
7. Half Lutz jump
8. Waltz jump-toe loop combo or Salchow-toe loop combination sequence on a circle – clockwise and counterclockwise



Free skate 4

1. Spiral sequence: FI spiral, FI Mohawk, BO Spiral – clockwise and counterclockwise
2. Forward power three-turns: R and L
3. Continuous backward progressive, chasse sequence on a circle – clockwise and counterclockwise
4. Sit spin – three revolutions
5. Loop jump
6. Waltz jump-loop jump combination



Free skate 5

1. Backward outside three-turn, Mohawk into three backward crossovers – repeat three times clockwise and counterclockwise
2. Spiral sequence – Forward outside spiral, forward outside three-turn, one backward crossover, back inside spiral: clockwise and counterclockwise
3. Forward outside slide chasse swing roll sequence – 3–6 times, alternating feet
4. Camel spin – three revolutions minimum
5. Forward upright spin to back scratch spin – three revolutions, each foot
6. Loop/loop combination
7. Flip jump
8. Waltz jump-falling leaf-toe loop jump sequence
9. Lutz jump



Free skate 6

1. Alternating back crossovers to back outside edges
2. Five-step Mohawk sequence – clockwise and counterclockwise
3. Camel-sit spin combination – five revolutions
4. Split jump-stag jump
5. Waltz jump-half loop-Salchow
6. Lutz jump
7. Axel – walk through, preparation, jump
Axel does not need to be landed to pass this test.
8. Five-step Mohawk sequence – clockwise and counterclockwise