



# Novice Pattern #1

**DESCRIPTION:** Novice Pattern #1

The skater will perform a forward outside counter followed by two backward free skating cross strokes to a backward outside counter. Each backward counter is then followed by two forward free skating cross strokes to a forward outside counter.

The second length will be performed with forward and backward outside counters on the opposite foot.

The complete loop at end of each pattern length is optional.

**Note:** The skater has the option of starting the first length with either the right or left forward counter.

## FOCUS: Edge Quality/Power

Strong, consistent, precise edge control and flow with pattern.

Power comes from cross stroke.

## Test Standards/Expectations:

- Stable arc before/after counter turns
- Turns point up ice on the axis
- Common axis
- Look for counter body action
- Turn under shoulders
- Knee rhythm and good posture
- Majority of turns done well

## Common Errors:

- Skated too slowly - resembling a figure
- Outside counters rocking to inside edge
- Lack of control after counter
- Weak cross strokes
- Lack of equal proficiency in back counters

**Note:** \*\*See index for pattern options if ice surface is smaller than Olympic size.

## FORWARD AND BACKWARD OUTSIDE COUNTERS







