



# Elementary Pattern #1

## ALTERNATING FORWARD & BACKWARD THREE-TURNS

### DESCRIPTION: Elementary Pattern #1

The skater will perform forward outside three-turns to a balance position followed by a backward inside three-turn. After two sets, the skater will change to a forward inside three-turn followed by a backward outside three-turn.

Skaters may begin this pattern with either right or left foot three-turns.

Forward crossovers around the end of the arena are optional.

Three to four sets of three-turns each side of the rink will be skated depending on the length of the ice surface.

### FOCUS: Power

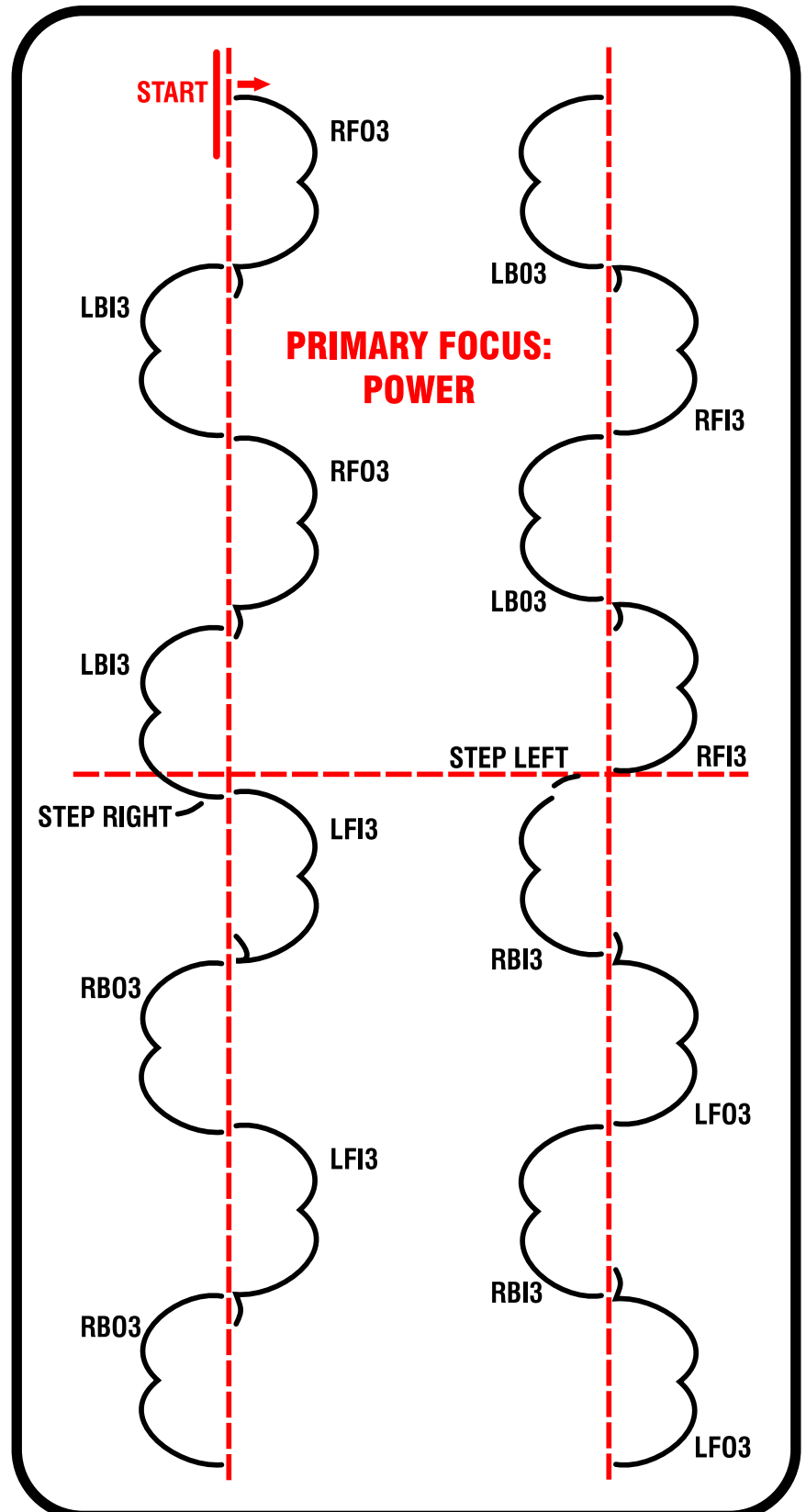
Ability to control turns and skate on flowing edges.

### Test Standards/Expectations:

- Proper edge
- Ability to maintain control of body
- Controlled flowing edges
- Control into and out of 3-turns
- Maintain a common, continuous axis

### Common Errors:

- Toe pushing
- Early three-turns
- Lack of control after three-turns
- Uneven lobes
- Difficulty maintaining flow







# Elementary Pattern #3

## ALTERNATING BACKWARD CROSSOVERS TO BACKWARD OUTSIDE EDGES

### DESCRIPTION: Elementary Pattern #3

The skater will perform alternating backward crossovers to backward outside edges in consecutive half circles for one length of the ice.

**Elementary Patterns #2 and #3 can be performed together without stopping in between. #2 followed by #3 with an optional transition backwards to start the #3 Pattern.**

Four or five lobes should be skated depending on the length of the ice surface.

### FOCUS: Power and Extension

Ability to accelerate with proper skating technique with evidence of the development of good form.

### Test Standards/Expectations:

- Good speed, posture and ice coverage
- Control during sustained extension
- Level hips with leg extension

### Common Errors:

- Poor flow and extension
- Unequal lobes
- Poor posture
- Inability to extend equally on both legs

**Note: Three to four lobes to be skated if ice surface is smaller than Olympic size.**

**\*\*see index for sizing of rinks.**

*Pattern will not usually cross the centre of the rink. Pattern size may depend on the size of the skater.*

