



Skating N' Blading Program

Student Checklist

Child's Name:		Skates or Blades:	
Coach:		Start Date:	
Stage 1	Beginner Foundation	Session Comments	✓
Duck Walk – Little Steps	Ability to walk little steps and maintain balance, with and without coach assistance		
Falling Safety	Falling onto knees with correct technique and positioning.		
Standing up Independently	Pushing onto one knee with both hands to gain enough power to move from kneeling to standing.		
Braking	Basic ability to use front / back brakes in stationary position with and without coach assistance.		
Stage 2	Skill Development		
Basic Stride	Independently performing little steps slowly transitioning into gliding motion.		
Bending Knees	Learning squatting positions to increase speed, gliding and stability.		
Swizzles (Lemon)	Starting from V position and making lemon shaped movements with and without coach assistance.		
Turning	Learning how turn with momentum + both directions		
Jumping	Small jumps starting with flat surfaces and increasing to jumping over obstacles.		
Stage 3	Advanced Skill Development		
Backwards: Duck Walk	Ability to perform little steps backwards with coach assistance.		
One Foot Glide	Ability to balance / glide on each leg for 5 seconds, keeping their body straight.		
Backwards Skating	Independent backwards skating performing lemon shape movement.		
Direction Change	Ability to change direction on fast demand whilst skating at a decent speed without coach assistance.		
Full Squat Position	Ability to lower full body under "Limbo" obstacles with control.		
Ramp	Learning ramp entry position, downhill and uphill gliding.		