

# Cutting Edge Pin Program

## Coaches and Tester's Guide

Version MMMVII.2

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## History and Reference:

Clubs across Canada have benefited from the Cutting Edge Pin for close to twenty years. In 2007 in accordance with the SSC's adoption of the new Long Term Athlete Development model (LTAD), as well as the adoption of the new comprehensive National Coaching Certification program (NCCP), it was felt that it was time to align the Cutting Edge Pin program with current initiatives.

The newer program has kept some key elements of the old Cutting Edge program, as certain skills have not changed. To match the progress that has been made in coaching and the LTAD the following documents were used as reference for the new Cutting Edge Program:

*Canadian Amateur Speed Skating Associations' Cutting Edge Pin Program.*

*Find your Edge – Speed Skate Canada's Long-Term Athlete Development Plan*

*Speed Skate Canada, Coaching Association of Canada's 2007 Fundamentals Coaching Program*

*Speed Skate Canada, Coaching Association of Canada's 2007 Introduction to Competition Coaching Program*

Content was written by Derrick MacLeod (NCCP Level III + NCI, ChPc, BKin, MLF)

Feedback was gathered from select developmental coaches across Canada and the end product was generously funded by ING.

## Focus of Program:

The focus of the program is to test in a fun environment the skill level of our future skating stars. With time all developing skaters will become fitter and mature both mentally and physically. We want to ensure that all skaters are taught the proper skills that will assist them to develop first as a skater, second as a speed skater, and finally as a champion. Successful completion of the Cutting Edge Program will help provide young athletes with the necessary skills for high performance development.

## Staging of Levels:

### *Primary Testing Focus of Levels 1 through 5:*

Recommended Stage of Development: Stage 1: Fundamentals: Males 6-9/Females 6-8

- Fundamental movement skills such as running, throwing, rolling, jumping, gliding, and kicking
- Suppleness and flexibility
- Introduction to core stability
- Agility, Balance, Coordination
- Mental: Positive attitude to sport and starting to develop concentration and confidence
- Equipment knowledge: Basic understanding
- Competitive knowledge: Basic understanding
- Ethics: Basic understanding
- Skating skills: Gross motor skills in relation to moving forward, backwards, balance, crossing over, stopping, agility, edge control, basic position, and starting

### *Primary Testing Focus of Levels 6 through 8*

Recommended Stage of Development: Stage 2: Learning to Train: Males 9-12/Females 8-11

- Skaters are starting to learn how to speed skate rather than just skate
- Suppleness and flexibility still very important
- Continued development of core stability, balance, and coordination
- Speed elements such as agility, quickness, change of direction are tested
- Multi-directional movement and random movements are tested
- Strength in relation to body weight and jumping activities
- Mental: Understanding why we practice, early stages of goal setting, and teamwork
- Competitive Knowledge: getting more specific to skating
- Skating Skills: Starting to test more specific and intermediate skills of speed skating

### *Badge Level 9 Through 11*

Recommended Stage of Development: Stage 3: Training to Train: Males 12-16/Females 11-15

- Skaters are starting to refine the speed skating skills they have learned
- Suppleness and Flexibility still very important
- Continued development of core stability and more focus on peripheral stability especially at ankles and knees
- More challenging tests of agility, coordination, body alignment, and change of direction
- Strength, speed and power testing is more advanced
- Mental: Setting of process and outcome goals, visualization, and focus
- More advanced goal setting and personal management occurs leading up to completion of Level 11
- Competitive Knowledge: Knowledge base that is important for personal best performance at Canadian Nationals and top level Provincial competition
- Skating Skills: More advanced skills are introduced

### *Post Cutting Edge Program*

It is Speed Skate Canada's desire that skaters will master the skills tested in the Cutting Edge program somewhere within the midpoint of the Training to Train Stage. These skills will be extremely important for their success in the LTAD stages that follow: Learning to Compete, Training to Compete, Learning to win, and Training to Win

## Level 1 – White Pin

### 1- Standing Position



- Stand balanced on both feet with even weight distribution between legs
- Feet parallel and shoulder width apart
- Skater should be able to stand still for a period of 10 seconds

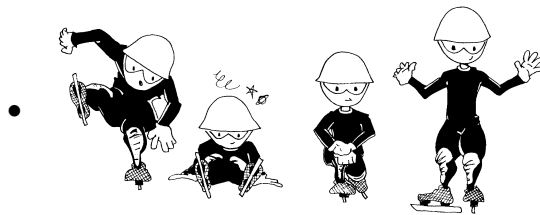
### 2- Toe Touches (Suppleness)

- Stand balanced on both feet with even weight distribution between legs
- Feet parallel and shoulder width apart
- Bending from the waist and without bending knees skater touches ankles and then toes

### 3- Balance on one leg while supported

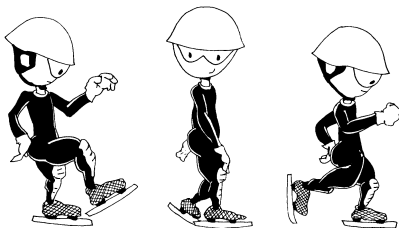
- Using the boards or tester for support
- Balance on right leg, then left leg

### 4- Falling down and getting up



- On cue skater falls down and gets back up without being assisted
- Arms can be used for leverage

### 5 - Stepping forward and backward



- Ten steps forward
- Ten steps backward
- Feet must come off of ice

### 6 - Side steps

- On colored line
- 10 side steps to the left
- 10 side steps to the right
- Feet do not crossover

#### 7 – Marching on the spot

- Start from a standing position
- Feet should be shoulder width apart and on cue the athlete marches on the spot with knees raised to waist for 5 seconds

#### 8- Skating 1 lap of ice surface

- Skater should be able to skate the circumference of the ice surface next to the boards for one lap

#### 9 – Snowplow stop



- Point toes in and heels out
- Skater should be able to stop prior to contacting the boards and without falling

#### 10- Kicking with one leg

- A plunger is placed in front of the skater
- The skater should be able to kick the object forward without falling over
- Test both right and left foot

#### 11- Throwing (Balance)

- Skater throws a ball a distance of 2 metres
- Test is to see if skater maintains balance throughout throw without falling

#### 12- Skating Backwards



- Skater moves backwards in a C-Motion between the blue lines without assistance

## Level 2 – Yellow Pin

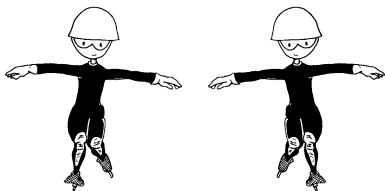
### 1 – Hopping while in standing position

- Athlete stands balanced on two feet with weight evenly distributed between legs
- Feet should be parallel and shoulder width apart
- On cue they hop and land back on two feet without falling

### 2- Standing position knee drop (Flexibility)

- Athlete stands balanced on two feet with weight evenly distributed between legs
- Feet should be parallel and shoulder width apart
- Athlete drops knees forwards until knees are 1-2 inches past toes
- Skater then grabs hold of feet

### 3- Balance on one leg unassisted



- From a standing position
- Balance on right leg for count of 1
- Balance on left leg for count of 1
- Un-weighted leg should be off of ice

### 4- Line hops (Agility while moving)

- Skater travels length of ice surface
- While moving the skater jumps blue line, red line, and second blue line
- Must hop and land without falling
- Skater can skate between lines

### 5 – Making snow

- From a stationary starting position skater pushes to the side trying to make snow with their blade
- Test both right and left legs

### 6- Forward glide (Basic movement)



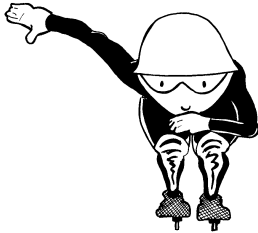
- Skater glides on flats of blades for a distance of 10 metres
- Feet should be shoulder width apart and weight evenly distributed
- Skater should glide straight without falling



7- Pushing with one foot while moving

- One leg is used as the support leg and does not lose contact with the ice
- Opposite leg pushes away from the body for a total of 10 strokes
- Test both the right and left leg

8- Arm swing (Stationary)



- With the skater staying stationary and in an upright position can they demonstrate a simple arm swing with both arms moving
- Arms should swing to midline of body with little or no twisting of upper body

9- Forward two foot glide



- In an upright position skater demonstrates a forward glide between blue lines
- Feet should be shoulder width apart and parallel

10- Forward two foot glide and pick up object

- In an upright position skater demonstrates a forward glide between blue lines
- Skater bends from waist/hips to pick up a plunger/puck
- Skater should continue to glide for distance of 5 metres

11 - Cross-Over Walk



- Start by standing upright on blue or red line
- Step one foot over the other for 10 steps
- Toes should be pointed forward and feet parallel
- Demonstrate both right and left crossover

12- Basic Cornering



- Skater glides around the circle in first a counter-clockwise and then clockwise direction
- Glide should be on two feet for the circumference of a small 5-10 metre circle

## Level 3 - Orange Pin

### 1 – Basic Position (Stationary)



- Feet should be parallel and shoulder width apart
- Head is up and eyes are looking ahead 3-5 meters
- Shoulders, knees, and toes are vertically aligned
- Arms should be relaxed
- Knees should be shoulder width apart and ankles should be straight up and down
- Knees are bent close at 90 degrees and waist is bent at 30-45 Degrees

### 2 – Basic Position (Moving)

- After taking 4-6 pushes the skater demonstrates the same technique as illustrated in #1 above between blue lines without falling

### 3 – Basic position with single leg push

- Starting from Basic Position as described above
- Skater pushes diagonally with one leg while supporting weight on the other leg
- Skater remains on the same support leg for the distance of the ice
- Test both the right and left leg.
- There should be a complete extension of the pushing leg
- Glide should be apparent on support leg

### 4- Backwards gliding

- Skater travels backwards for 10 metres
- With a slight knee bend they then glide backwards in a straight line for 5 metres with both feet on the ice and shoulder width apart

### 5 –Backwards glide with V- stop



- Skater demonstrates the ability to do a V-stop by the blue line after skating backwards

#### 6- Falling down and getting up while moving

- While skating the length of the ice skater drops down to both knees and quickly gets up and continues to skate
- Skater should do three falls and quick recoveries

#### 7-Starting position (Understanding commands and basic start position)



- Can the skater follow the directions of Go to the start, ready, and GO!!
- Skater's starting position can be simplified to a stable crouch position with skates parallel to each other and 45 degrees to starting line
- Slightly more weight should be placed on front leg
- Elbows are bent, head is up, and eyes are forwards
- Skater's body should remain still for a period of 2 seconds between Ready and Go commands

#### 8- Herringbone run



- From a standing position the skater travels down the ice surface
- Between Blue lines they "run" with feet in a herringbone style similar to the first steps of the start

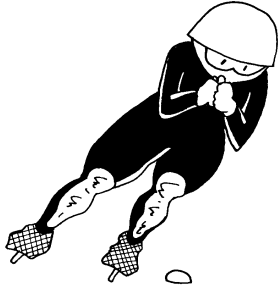
#### 9 – Plunger kicks to the side

- Skater starts in Basic Position next to a plunger
- One leg will be used for support while the other is used to push i.e. kick
- On cue the skater kicks a plunger a distance of 3-5 metres by pushing quickly to the side
- Plunger should be positioned slightly perpendicular to skater's blade

#### 10 – Two foot quarter turns

- From Basic Position skater hops 90 degrees in a clockwise direction
- After completing 4 hops clockwise repeat in counter-clockwise direction

### 11- Cornering while pushing with right leg (counter clockwise)



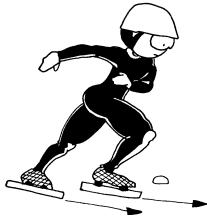
- Skater travels the circumference of a small circle
- Using left leg for support push the right leg to the side
- Skater must remain in basic position and knees should be bent
- On completion of push right leg should be fully extended

### 12- Cornering while pushing with left leg (clockwise)

- Skater travels the circumference of a small circle
- Using right leg for support push the left leg to the side
- Skater must remain in basic position and knees should be bent
- On completion of push left leg should be fully extended

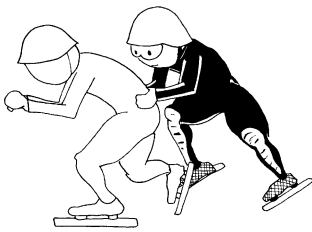
## Level 4 – Red Pin

### 1- Cross-over (Counter clockwise –small circle)



- While skating the circumference of a circle skater demonstrates the ability to cross right leg over left
- Skater must remain in basic position and knees should be bent
- On completion of push right leg should be fully extended

### 2- Partner Push for one lap (counter –clockwise)



- Skater glides in basic position while partner pushes them for one lap

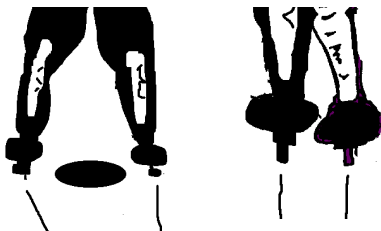
### 3- Balance on one leg while stationary

- From a standing position skater lifts right foot for a count of 3 seconds
- From a standing position skater lifts left foot for a count of 3 seconds
- No support is provided to athlete

### 4 – Balance on one leg while gliding – upright

- Glide between blue lines while standing on one foot
- Glide must be straight
- Skater should be directed to start in a balanced position on two feet prior to first blue line

### 5- Sculling forwards and backwards

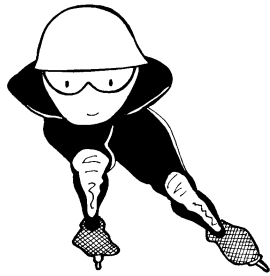


- Place 6 blocks 1 metre apart
- Between blocks feet are parallel and almost touching
- At blocks feet travel to shoulder width
- Perform test both forwards and backwards

## 6- Glide Recovery Position on boards with support

- Start with skater in Basic Position
- One leg is used for support while the other leg is in the Glide Recovery Position behind body
- Legs should be close together and hips should be relaxed
- Skater can use the boards, bucket, tester, etc for support

## 7- Basic Position one leg extensions (stationary)

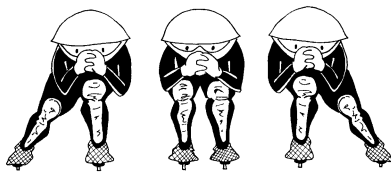


- From a good Basic Position athlete balances on one leg while extending the opposite leg to the side
- Arm of pushing leg should be forward and bent
- Arm of support leg should be behind the body and extended
- Head should be up and eyes looking 3-5 meters ahead
- Straight line should be apparent from head-to-knee-to-toe
- Test both right and left leg extensions

## 8- Basic Position one leg extensions (gliding)

- Same position as above but after a glide in basic position for 5 metres
- Skater should be able to glide in a straight line

## 9- Weight Transfer (stationary)



- Starting from Basic Position
- Extend one leg to side, then shift weight to opposite leg
- When one leg extends, body weight travels over top of opposite support leg
- Hips should move in an even line and feet do not come off of the ground

## 10- Arm swing (straights)

- Have the skater demonstrate a relaxed arm swing for 2 laps on straight
- When one arm is travelling forwards to midline in front of body, the other travels behind body and extends fully

## 11- Competitive knowledge- Race basics

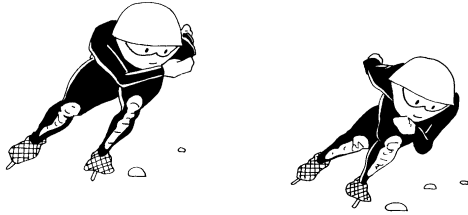
- Quiz skater on the starting order for a race
- Where does skater in position #1 start?
- How many false starts are you allowed?
- What is a Personal Best?

#### 12 - Proper skate care

- Observe skater post practice to ensure that they properly wipe off skates with a rag, dry guards, and/or put them into a blade covering
- Do they have a rag to wipe their skates?

## Level 5 – Violet Pin

### 1 – Crossover (counter clockwise –on skating track)



- While skating 2 laps can the skater demonstrate the ability to cross right leg over left at least twice per corner
- Skater must remain in Basic Position and knees should be bent
- On completion of push right leg should be fully extended

### 2- Forward two-foot slalom in Basic Position

- Place 8 blocks 1 metre apart
- Skaters enter first block in Basic Position and slalom around all 8 blocks
- Skater must keep both feet on ice and knees shoulder width apart
- Both feet must keep contact with the ice

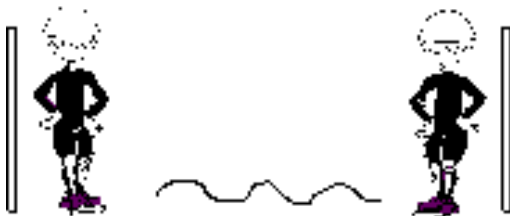
### 3 – Balance while gliding on left leg – Basic Position

- Glide between blue lines while being supported on left leg
- Glide must be straight
- Skater should be directed to start from a balanced Basic Position on two feet prior to first blue line

### 4 – Balance while gliding on right leg – Basic Position

- Glide between blue lines while being supported on right leg
- Glide must be straight
- Skater should be directed to start from a balanced Basic Position on two feet prior to first blue line

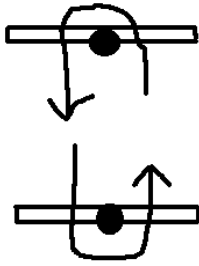
### 5- Parallel Stopping (left and right)



- Skater skates at medium speed between blue lines
- Skater must face in the same direction for both stops
- On one blue line skater stops on right foot and on the second they stop with their left foot
- Stops must be held for 2 seconds



#### 6- Quick turns around block



- Place a block on both blue lines
- Skater moves at medium speed between blue lines
- Skater quickly turns around block and skates in opposite direction

#### 7- Backwards slalom between blocks -standing

- Place 6 blocks 2 metres apart
- Using C Motion skaters navigate through blocks
- No blocks should be hit during test

#### 8- Sitting crouched between blue lines (Flexibility)

- Skating the length of the ice the skater goes from Basic Position to sitting as low as the can (below 90 degrees in crouched position) between the blue lines
- Skaters must keep enough weight forward to ensure that they do not fall backwards

#### 9- Forwards skate to backwards

- Skating forwards the length of the ice the skater will turn 180 degrees at red line and continue to skate backwards as quick as possible

#### 10- Falling down/ spinning 360 and getting up

- Skater travels at medium speed across ice surface
- Skater falls, does a 360 spin on ice and gets up as quick as possible
- Skater should be able to get up within 1-2 seconds and quickly go back to skating

#### 11- Relay knowledge – getting pushed (timing)

- Quiz skater on a 4 person relay
- When and where should they come out for a relay push?
- Recommend before 7<sup>th</sup> block for this age
- Who pushes whom?
- Have them show you a relay with 3 other skaters

## 12- Relay Push

- In partners skaters demonstrate a relay push
- Ensure skater is pushing with both hands and fully extending arms at end of push
- Skater being pushed should be balanced evenly on both feet
- Skater pushing must push in direction of travel and not upwards or downwards

## Level 6 – Blue Pin

### 1 – Weight shift while moving (two feet on ice)

- Skater travels the length of the ice
- Test begins in Basic Position with the right leg extended and body weight supported on left leg
- On cue the skater shifts weight from left leg to right leg and extends left leg
- Repeat movement six times

### 2- Glide Recovery Position while gliding (Basic Position) – right leg



- Skater travels the length of the ice
- At the first blue line skater positions left leg behind in Glide Recovery Position while right leg is used for support

### 3- Glide recovery position while gliding (Basic Position) – left leg

- Skater travels the length of the ice
- At the first blue line skater positions right leg behind in Glide Recovery Position while left leg is used for support

### 4- Backwards glide on corner (two feet)



- Skater builds speed on straight backwards
- While entering the first block of corner the skater glides on two feet
- Glide is in Basic Position and continues until final block in corner
- No pushing or skating is permitted

### 5- Lifted left leg extension

- Glide in Basic Position for 5 meters on both skates
- Extend left leg to side by first blue line and lift extended left leg between red and second blue line
- Body weight must be on right support leg and glide should be apparent

### 6- - Lifted right leg extension

- Glide in Basic Position for 5 meters on both skates
- Extend right leg to side by first blue line and lift extended right leg between red and second blue line

- Body weight must be on left support leg and glide should be apparent

#### 7- Arm swing on corners and straights

- While skating 3 laps skater demonstrates the difference between the arm swing on straights vs. corners
- On corner left arm swing should be reduced and left elbow should be bent
- On straight arms should swing to midline of body
- When one arm is traveling forwards to midline in front of body, the other travels behind body and extends fully
- Arm swing should match desired tempo of movement and the degree of leg extension

#### 8- Backwards slalom – in Basic Position

- At medium speed while backwards the skater slalom on two feet around six pylons placed one metre apart

#### 9- Jumping (while stationary)

- From Basic Position skater demonstrates the ability to jump 180 degrees to land in opposite direction

#### 10- Passing (basic elements)

- Partnered with 2 other skaters, skater demonstrates basic understanding of passing
- Elements that should be demonstrated are: and increase in speed prior to passing attempt, alternating track pattern to set up the pass, and the successful completion of the pass
- Passing can be performed at medium speed

#### 11- Competitive stop

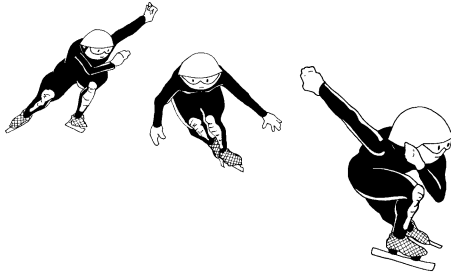
- Skater demonstrates the ability to stop in such a way as to not dull the edge of their blades
- Alternating pressure on left and right blades until they come to a full stop
- No sound should come from the blades during motion

#### 12- Competitive knowledge – Four-person relay – Basic Elements

- Coverage- basic elements of who covers who (even/even, odd/odd)
- Have the skater demonstrate proper coverage and timing of push
- At this level push should be complete by first blue line

## Level 7 – Green Pin

### 1 – Weight Transfer while gliding



- Skater travels the length of the ice
- Skater demonstrates weight transfer by shifting body weight between right and left leg. When one leg is used for balance the opposite leg is extended to the side for a total of two seconds. Skates do not lose contact with ice.

### 2- Glide Recovery Position around corner (counter clockwise) – left leg

- Skater approaches corner at medium speed in Basic Position. At blue line right leg is lifted off the ice while weight is being supported on left leg
- Skater travels in this gliding position until reaching final corner block

### 3- Glide Recovery Position around corner (counter clockwise) –right leg

- Skater approaches corner at medium speed in Basic Position. At blue line left leg is lifted off the ice while weight is being supported on right leg
- Skater travels in this gliding position until reaching final corner block

### 4- Cornering with right leg extended (counter-clockwise)

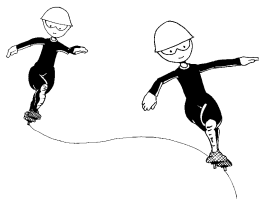
- Skater approaches corner at medium speed in Basic Position. At the blue line the skater supports weight on left leg while extending right leg to the side
- Both feet keep contact with the ice surface
- When weight is supported fully on left skate, right skate is held off the ice

### 5- Cornering with left leg extended (counter clockwise)



- Skater approaches corner at medium speed in basic position and takes one crossover by second block
- Weight is supported on right leg while extending left leg
- When weight is supported fully on right skate, left skate is held off the ice

### 6- Cross-over Weave



- Demonstrate a forwards cross-over weave alternating left over right and right over left while gliding the length of the ice

- Swing the left leg over while the right leg pivots.

#### 7- One foot jumps on straights

- While traveling the length of the ice jump over the blue-red-blue lines by hopping and landing on the same skate without falling
- Glide should be apparent between jumps and opposite leg is held off ice
- Complete on both the right and left leg

#### 8- Backwards glide on straight (right leg)

- Skater builds speed on straight
- Skater glides backwards in straight line between blue lines while supported on right leg

#### 9- Backwards glide on straight (left leg)

- Skater builds speed on straight
- Skater glides backwards in straight line between blue lines while supported on left leg

#### 10- Jumping (while moving)

- Skater travels a medium speed down length of the ice
- Skater demonstrates the ability to perform a 180 degree jump from two feet at the red line
- Skater travels to middle red line skating forwards, completes 180 degree jump and skates backwards the remaining length of the ice

#### 11- Power vs. Frequency accelerations

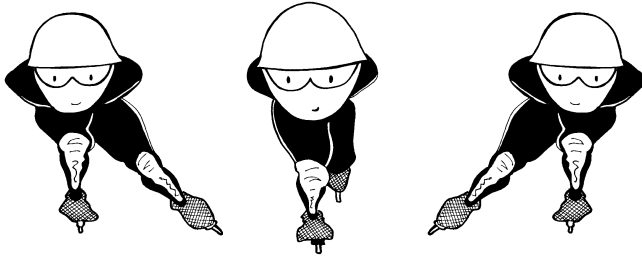
- Skater demonstrates 2 straight-away accelerations at top speed
- First straight will be power acceleration. Full extension, pressure into the ice, and strong arm swings should be evident
- Second straight will be frequency acceleration. Quicker turn over, stronger thrusting motion, and faster limb movement should be evident
- A difference of tempo should be noticeable

#### 12- Tempo Changes with Partner – Straightaway pass

- Skating with a partner the skater demonstrates the ability to change tempo on the straight and in the process overtake opposing skater by first block
- Pass should be complete by corner without infraction

## Level 8 – Black Pin

### 1 – Weight Transfer and Glide Recovery (no two footing)



- Skater skates the length of the ice performing a straight-away stride

- Skater demonstrates the ability while moving to transfer weight from right leg to left and vice versa as you extend opposing leg and carry it in a semi-circle to Glide Recovery position

### 2- Cornering with right leg extended in Basic Position (clockwise)

- Skaters travels clockwise on track at medium speed
- Skater extends right leg at the blue line and glides the arc of the track supported on the left leg until reaching blue line on corner exit
- When weight is supported fully on left leg, right skate is held off the ice

### 3- Cornering with left leg extended in Basic Position (clockwise)

- Skaters travels clockwise on track at medium speed
- Skater extends left leg at the blue line and glides the arc of the track supported on the right leg until reaching blue line on corner exit
- When weight is supported fully on right skate, left skate is held off the ice

### 4- Backwards glide on left leg on corner (in Basic Position)

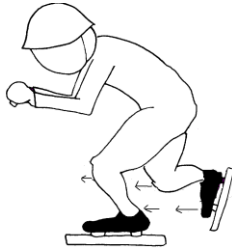
- Skater travels down straightaway backwards to build speed
- At blue line skater balances on the left leg
- Skater maintains balance on left leg through arc of track until reaching blue line on opposite side
- Right foot and toe must remain off the ice

### 5- Backwards glide on right leg on corner (in Basic Position)

- Skater travels down straight backwards to build speed
- At blue line they balance on the right leg
- Skater maintains balance on right leg through arc of track until reaching blue line on opposite side

- Left foot and toe must remain off the ice

#### 6- Thrust on straightaway while gliding (left leg)



- Starting from Glide Recovery Position with weight supported on left leg and right leg posterior
- Skater thrusts knees forward quickly (yet controlled) until both knees are parallel
- Thrusting leg is then returned to Glide Recovery Position and repeated 6 times
- Glide should be straight and recovery toe should be pointed to ice

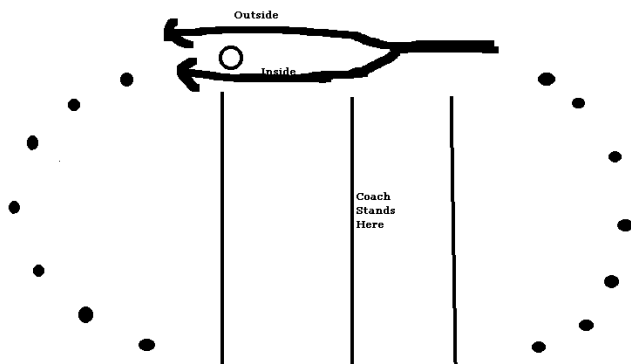
#### 7- Thrust on straight while gliding (right leg)

- Starting from Glide Recovery Position with weight supported on right leg and left leg posterior
- Skater thrusts knees forward quickly (yet controlled) until both knees are parallel
- Thrusting leg is then returned to Glide Recovery Position and repeated 6 times
- Glide should be straight and recovery toe should be pointed to ice

#### 8- Knee touches while gliding

- While gliding in recovery position the skater quickly touches knees on red/blue/red line
- Glide should remain straight and no additional pushes are needed from either leg
- Demonstrate on both right and left legs/knees

#### 9- Reaction Drill



- On the straightaway on one side of the ice surface place a red pylon 2 meters prior to first block and halfway between track and boards
- While skating a total of 4 laps at medium speed, the skater will be instructed by middle red line whether they are to go inside or outside the red pylon.
- The skater should be able to perform the drill successfully all four times



#### 10- Demonstrate outside pass

- With a partner the skater demonstrates the ability to switch to a wide/wide track pattern to increase speed, and complete a pass on another skater
- Drill must be completed at a medium-fast speed

#### 11- Goal Setting (Early Stage)

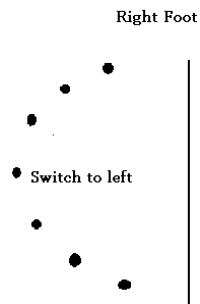
- Can the skater tell you what their goal is for the next upcoming competition?
- What will be there next competition?

#### 12 – Analysis of Performance

- Ask the skater about his/her performance at their last competition.
- Can they pick one race and critique their performance technically, tactically, and/or physically?
- Skater should be able to provide at least 2-3 points with minimal prompting

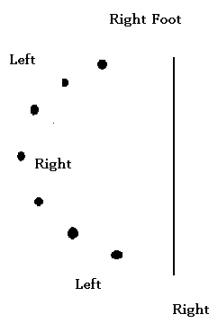
## Level 9 – Bronze Pin

### 1- Cornering – one crossover



- Skater travels one lap to build speed leading up to skill
- Skater enters corner in basic position balanced on left skate and continues on left skate between blocks 1-4
- At apex the skater takes one crossover and transfers weight to right foot and rides right foot until block 7

### 2- Cornering – two crossovers



- Skater travels one lap to build speed leading up to skill
- In Basic Position the skater takes one crossover prior to apex and one crossover after apex
- No two –footing is allowed and equal glide time should be evident between right and left legs

### 3- Cornering (clockwise)

- Skater demonstrates the ability to crossover while traveling in opposite direction

### 4- Forwards to backwards on left skate

- While gliding forwards on left skate in Basic Position skater turns 180 degrees to glide backwards
- Blue line to red line forwards and red line to second blue line backwards

### 5- Forwards to backwards on right skate

- While gliding forwards on left skate in basic position skater turns 180 degrees to glide backwards
- Blue line to red line forwards and red line to second blue line backwards

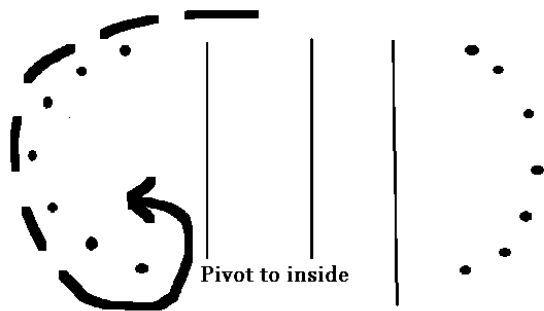
#### 6- Right foot slalom – forwards

- While gliding forwards on the right foot slalom around 6 pylons placed one meter apart

#### 7- Left foot slalom – forwards

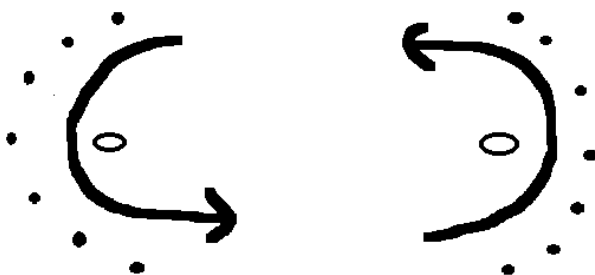
- While gliding forwards on the left foot slalom around 6 pylons placed one meter apart

#### 8- Quick pivot on corner exit



- Skater travels one lap at medium speed leading up to skill
- After the seventh block and prior to the blue line the skater quickly pivots in a semi-circle to travel inside of the track without passing the blue line

#### 9- inside the track accelerations



- Place a red pylon 3 meters inside the apex blocks on both corners and keep all track markers on the 111M track
- While skating 3 laps at medium speed skater travels inside of 111M track yet outside of red pylon

- Skater is not permitted to go outside of any of the 111M Track markers

#### 10- Accelerations on corner

- Skater travels one lap at medium speed leading up to the skill
- Skater demonstrates a power acceleration on one corner and one lap later demonstrates a frequency acceleration

- Quicker limb movements, increase number of crossovers, and faster tempo should all be noticeable during frequency acceleration

#### 11- Pack skating

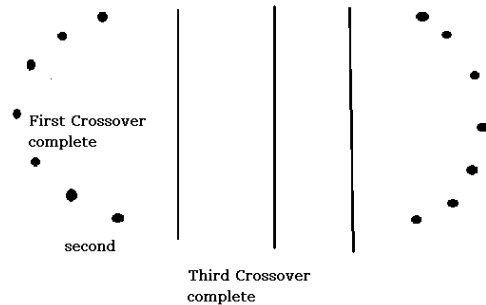
- In a group of five skaters the skater demonstrates the ability to duplicate the track pattern of the other skaters
- Pack should be traveling in a “snake-like” pattern
- May be beneficial to test with more advanced skaters

#### 12- Listening and focus

- Key trait for a developing skater at this stage
- Did the skater stay on task throughout testing without being reminded?

## Level 10 – Silver Pin

### 1- One- in and two-out track pattern



- Skater travels one lap at medium-fast speed leading up to skill
- Skater performs one crossover to apex and two crossovers after apex
- Skater continues with this track pattern for a total of 3 laps

### 2- Two-in and two-out track pattern

- Skater travels one lap at medium-fast speed leading up to skill
- Skater performs two crossovers to apex and two crossovers after apex
- Skater continues with this track pattern for a total of 2 laps
- Fourth crossover must carry skater past the blue line on the exit

### 3- Inside pass on exit of corner

- Skaters travel one lap at fast speed leading up to this skill
- With a partner the skater demonstrates the ability to set up a pass, build speed, and execute an inside pass between the last track block and the midline of the straight
- Drill must be completed at close to top speed

### 4- Wide-wide (pursuit) track pattern

- Test is performed from a start position for a total of 3 laps
- Skater demonstrates the ability to perform a wide entry and wide exit track pattern

### 5- Wide-in and tight-out track pattern

- Skaters travels one lap at medium speed leading up to this skill
- For a total of 3 laps at medium-fast speed skater demonstrates the ability to do a wide entry and tight exit track pattern

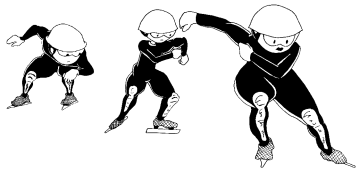
#### 6- Falling technique (corner)

- Safety equipment on both the track and the skater must be secured prior to testing
- At medium speed the skater demonstrates proper technique of falling into the corner
- Distribution of body surface area and arms/feet away from body should be evident

#### 7- Falling technique (straight)

- Skater travels at medium speed for at two laps
- On the first lap skater falls on straight, turns 360 degrees on knee, and recovers to skate into corner
- On the second lap skater falls on straight, touches chest & stomach on ice, and recovers to skate into corner
- Fall should occur on middle red line and the skater must return to skating prior to entering corner

#### 8- Starting technique (first lap)



- Skater performs a two-lap time trial.
- Skater demonstrates the ability to build speed by taking high frequency crossovers and straightaways

#### 9- Hydration during practice

- Does the Athlete have a water bottle with them during practice?
- Is the bottle kept in a location where they can drink when needed without interrupting the flow of other skaters

#### 10- Sharpening technique

- Skater demonstrates verbally the ability to sharpen speed skates
- The description should include set-up, lubricating, grinding, burring, polishing, etc.
- Skater should be able to provide details with minimal prompting
- Note- Even if the skater has someone else do their skates, they must be aware of the process

#### 11- Analysis of technique

- Option 1: Have the skater observe videotape of themselves
- Option 2: Have the skater observe a peer skating
- Can they provide 2 positive technical points and 2 areas that should be improved upon? Must be concrete points

#### 12- Goal setting

- Can the skater tell you their year end Goals?
- Ask them the question: What will you do in practice to help you realize these goals?
- Skater should be able to provide at least one goal and some tangible points to realize that goal

## Level II – Gold Pin

### 1- Two-in and three-out track pattern

- Skater travels one lap leading up to the skill
- At fast speed, the skater does two crossovers to apex and three after the apex for a total of 3 laps
- Last crossover should land at midline of straight-away

### 2 – Defensive track pattern (Block to Block)

- Task is performed in a group of 3-4 skaters of equal ability
- At fast speed skater demonstrates the ability to perform a legal block-to-block track pattern in order to protect their lead in a race situation

### 3- Pivot counter clockwise - right skate



- Place two blocks six meters part. Halfway between blocks place a small red pylon
- At medium or faster speed the skater travels inside the first block, pivots sharply on right skate around red pylon and exits before passing last block
- Pivot must be made as sharp as possible
- Skater must be low in order to accomplish task

### 4 - Pivot counter clockwise - left skate

- Place two blocks six meters part. Halfway between blocks place a small red pylon
- At medium or faster speed the skater travels inside the first block, pivots sharply on left skate around red pylon and exits before passing last block
- Pivot must be made as sharp as possible
- Skater must be low in order to accomplish task

### 5- Left and right foot slalom backwards

- While gliding backwards on one foot slalom around five pylons placed one meter apart
- Perform test on right and left skates

### 6- Full Jump Turn (360 Degrees)

- While skating at medium to fast speed on the track the skater demonstrates the ability to jump 360 degrees in the air



- Jump is performed on the middle red line and skater must continue to skate around corner after completing the 360 turn

#### 7- Lunging (at finish)

- Athlete travels 1-2 laps at fast speed leading up to the task
- Skater should demonstrate the ability to lunge (i.e. shoot the foot) at top speed across finish line
- Both blades must remain on the ice, movement is performed quickly, no slowing down occurs prior to lunge, and the skater must be in control after the lunge

#### 8- Shoot-the-duck



- Skater begins by sitting into a lower than 90 degree crouched position
- On leg is kept underneath body for glide/support while the other is extended straight ahead
- Can be performed on either right or left leg

#### 9- Pacing for race situation

- Skater is instructed to skate 7 laps at 1500M pace, followed by 2 laps at a faster pace
- To perform test you will need stopwatch
- Final two laps must be at a faster pace than first 7 laps

#### 10- Relay timing (Advanced)

- In a 4 person relay skater demonstrates the ability to come out before the sixth block and be pushed by the blue line
- There should be no more than one second between skater entering 111M track and getting push

#### 11- Skate Specifics

- Test Skater's knowledge by asking the following questions: 1) what is a bend? 2) What is an offset? 3) What is a rocker? 4) How does each help you be a better skater?
- Athletes must be familiar with terms and be able to provide description of each

#### 12- Personal management

- Do you follow a weekly training plan?
- Do you keep track of what you do each day so your coach can help make adjustments?

- Skater should provide some feedback that illustrates that they are taking active steps to aid their future development

## Score Cards – Copy goes to Skater at end of year

### *Primary Testing Focus of Levels 1 through 5:*

Recommended Stage of Development: Stage 1: Fundamentals: Males 6-9/Females 6-8

- Fundamental movement skills such as running, throwing, rolling, jumping, gliding, and kicking
- Suppleness and flexibility
- Introduction to core stability
- Agility, Balance, Coordination
- Mental: Positive attitude to sport and starting to develop concentration and confidence
- Equipment knowledge: Basic understanding
- Competitive knowledge: Basic understanding
- Ethics: Basic understanding
- Skating skills: Gross motor skills in relation to moving forward, backwards, balance, crossing over, stopping, agility, edge control, basic position, and starting

	Primary Elements Tested	Pass or Re-test
<b>Level 1 - White</b>		
1- Standing Position	Balance/Core Stability	
2- Toes Touches	Flexibility/ Core Stability	
3- Balance on one leg while supported	Balance	
4- Falling down and getting up	Falling	
5- Stepping FW and BW	Stepping/Directional Skill	
6- Side steps	Stepping/Basic Cornering	
7- Marching on the spot	Balance/Coordination	
8- Skating 1 lap of ice surface	General Skating Skill	
9- Snowplough stop	Stopping	
10- Kicking with one leg	Kicking/Balance	
11- Throwing (Balance)	Throwing/Balance	
12- Skating Backwards	Backwards	

<b>Level 2 - Yellow</b>		Pass or Re-test
1-Hopping in standing position	Balance/Jumping	
2- Standing position knee drop	Flexibility/ Core Stability	
3- Balance on one leg unassisted	Balance/ Core Stability	
4- Line hops	Agility/Jumping	
5 – Making snow	Edge Control	
6- Forward glide	General Skating Skill	
7-Pushing with one foot while moving	Coordination/Agility	
8- Arm swing (Stationary)	Coordination	
9- Forward two foot glide	Balance	
10- Forward two foot glide &pick up object	Coordination	
11- Cross-Over Walk	Agility/ General Skating Skill	
12- Basic Cornering	General Crossovers	

<b>Level 3 - Orange</b>		Pass or Re-test
1 – Basic Position (Stationary)	General Skating Skill/Flexibility	
2 – Basic Position (Moving)	General Skating Skill/Flexibility	
3 – Basic position with single leg push	Coordination/ Core Stability	
4- Backwards gliding	Edges/ General Skating Skill	
5 –Backwards glide with V-stop	General Skating Skill/Stopping	
6- Falling down/Getting up while moving	Falling/Agility	
7- Starting position (Commands/Position)	Cognitive Skating Skill/General Skating Skill	
8- Herring-bone run	Basic Elements of Start/Speed	
9 – Plunger kick to the side	Kicking/General Skating Skill	
10 – Two foot quarter turns	Jumping	
11-Cornering (counter clockwise) w/right	Basics of cornering	
12- Cornering (clockwise) w/left	Basics of Cornering/Body orientation	

<b>Level 4 - Red</b>		Pass or Re-test
1-X-over (Counter clockwise –small circle)	Basics of Cornering	
2- Partner Push for one lap	Teamwork/riding flats of blades	
3- Balance on one leg while stationary	Balance/ Core Stability	
4–Balance on one leg while gliding	Balance/Coordination	
5- Sculling FW/BW	Directional orientation/Edge control	
6- Glide Recovery Position with support	Strength/Balance/Basics Skating	
7- Basic Position one leg – Stationary	Balance/Speed Skating Basics	
8- Basic Position one leg – Gliding	Balance/Speed Skating Basics	
9- Weight Transfer (stationary)	Coordination/Speed Skating Basics	
10- Arm swing (straights)	Coordination/Speed Skating Basics	
11- Competitive knowledge- Race Basics	Cognitive Skill/Basic Speed Skating Knowledge	
11- Competitive knowledge- Race Basics	Cognitive Skill/Basic Speed Skating Knowledge	

<b>Level 5 - Violet</b>		Pass or Re-test
1– X-over (counter clockwise)	Basics of Cornering	
2- Forward two-foot slalom	Agility/ Core Stability	
3–Balance while gliding on left leg in basic	Balance/Speed Skating Basics	
4-Balance while gliding on rt leg in Basic	Balance/Speed Skating Basics	
5- Parallel Stopping (lt/rt)	Stopping/Coordination	
6- Quick turns around block	Agility/Edge Control/Speed	
7- Backwards skating between blocks	Agility/General Skating Skill	
8- Sitting crouched	Flexibility	
9- FW skate to BW	Directional Agility	
10-Falling down/spinning 360 & getting up	Directional Agility/ Falling	
11- Relay knowledge – getting pushed	Cognitive Skill/Basic Speed Skating Knowledge	
12- Relay Push	Cognitive Skill/Basic Speed Skating Knowledge	

*Primary Testing Focus of Levels 6 through 8*

Recommended Stage of Development: Stage 2: Learning to Train: Males 9-12/Females 8-11

- Skaters are starting to learn how to speed skate rather than just skate
- Suppleness and flexibility still very important
- Continued development of core stability
- Speed elements such as agility, quickness, change of direction are tested
- Multi-directional movement and random movements are tested
- Continued development of balance and coordination
- Strength in relation to body weight and jumping activities
- Mental: Understanding why we practice, early stages of goal setting, and teamwork
- Competitive Knowledge: getting more specific to skating
- Skating Skills: Starting to test more specific and intermediate skills of speed skating

<b>Level 6 - Blue</b>		Pass or Re-test
1-Weight shift w/ two feet on ice	Speed Skating Basics/ Body Control	
2- Recovery Position – right leg	Balance/ Speed skating Basics	
3- Recovery position – left leg	Balance/ Speed skating Basics	
4- Backwards glide on corner (two feet)	Backwards Skating	
5- Lifted left leg extension	Body position/ Balance	
6- - Lifted right leg extension	Body position/ Balance	
7- Arm swing on corners and straights	Speed Skating Basics/Coordination	
8- Backwards slalom	Backwards Agility	
9- Jumping (while stationary)	Jumping/ Strength	
10- Passing (basic elements)	Speed/Basic Speed Skating Skills	
11- Competitive stop	Edge Control/Basic Speed Skating Knowledge	
12- Four-person relay – basic elements	Cognitive Skill/Basic Speed Skating Knowledge	

<b>Level 7 - Green</b>		Pass or Re-test
1 – Weight Transfer while gliding	Speed Skating Basics/ Body Control	
2- Glide Recovery corner – left leg	Speed Skating Basics/Body position	
3-Glide Recovery on corner – right leg	Speed Skating Basics/Body position	
4- Cornering with right leg extended	Speed Skating Basics/Body position	
5- Cornering with left leg extended	Speed Skating Basics/Body position	
6- Cross-over Weave	Agility/Coordination	
7- One foot jumps on straights	Jumping/Balance	
8- Backwards glide on straight (right leg)	Balance/Strength	
9- Backwards glide on straight (left leg)	Balance/Strength	
10- Jumping (while moving)	Jumping/Power	
11- Power vs. Frequency accelerations	Speed/Intermediate Speed Skating Knowledge	
12- Tempo Changes on Straightaway pass	Speed/Intermediate Speed Skating Knowledge	

<b>Level 8 - Black</b>		Pass or Re-test
1–Weight Transfer/Glide Recovery	Speed Skating Basics/Coordination/Balance	
2-Corne w/ right leg extended (clockwise)	Speed Skating Basics/Coordination/Balance	
3- Corner w/ left leg extended (clockwise)	Speed Skating Basics/Coordination/Balance	
4- Backwards glide on left leg on corner	Speed Skating Basics/Coordination/Balance	
5- Backwards glide on right leg on corner	Speed Skating Basics/Coordination/Balance	
6- Thrust on straightaway (left leg)	Speed Skating Basics/Speed	
7- Thrust on straight (right leg)	Speed Skating Basics/Speed	
8- Knee touches while gliding	Coordination/Agility	
9- Reaction Drill	Speed/Intermediate Speed Skating Knowledge/Agility	

10- Demonstrate outside pass	Speed/Basic Speed Skating Knowledge	
11- Goal Setting (Early Stage)	Cognitive/Goal Setting	
12 – Analysis of Performance	Cognitive/Intermediate Knowledge Base	



## *Badge Level 9 Through 11*

Recommended Stage of Development: Stage 3: Training to Train: Males 12-16/Females 11-15

- Skaters are starting to refine the speed skating skills they have learned
- Suppleness and Flexibility still very important
- Continued development of core stability and more focus on peripheral stability especially at ankles and knees
- More challenging tests of agility, coordination, body alignment, and change of direction
- Strength, speed and power testing is more advanced
- Mental: Setting of process and outcome goals, visualization, and focus
- More advanced goal setting and personal management occurs leading up to completion of Level 11
- Competitive Knowledge: Knowledge base that is important for personal best performance at Canadian Nationals and top level Provincial competition
- Skating Skills: More advanced skills are introduced

<b>Level 9 - Bronze</b>		Pass or Re-test
1- Cornering – one crossover	Intermediate Speed Skating Skill/Timing	
2- Cornering – two crossovers	Intermediate Speed Skating Skill/Timing	
3- Cornering (clockwise)	Agility/Coordination	
4- Forwards to backwards on left skate	Directional Agility/Edge Control	
5- Forwards to backwards on right skate	Directional Agility/Edge Control	
6- Right foot slalom – forwards	Edge Control/ Agility	
7- Left foot slalom – forwards	Edge Control/ Agility	
8- Quick pivot on corner exit	Speed/Intermediate Speed Skating Skill	
9- Inside the track accelerations	Speed/Intermediate Speed Skating Skill	
10- Accelerations on corner	Speed/Intermediate Speed Skating Skill	
11- Pack skating	Body Awareness/Intermediate Knowledge Base	
12- Listening and focus	Cognitive/Mental	

<b>Level 10 - Silver</b>		Pass or Re-test
1- One- in and two-out track pattern	Speed/Intermediate Speed Skating Skill	
2- Two-in and two-out track pattern	Speed/Intermediate Speed Skating Skill	
3- inside pass on exit of corner	Speed/Intermediate Speed Skating Skill	
4- Wide-wide track pattern	Speed/Intermediate Speed Skating Skill	
5- Wide-in and tight-out track pattern	Speed/Intermediate Speed Skating Skill	
6- Falling technique (corner)	Falling/Agility	
7- Falling technique (straight)	Falling/Agility	
8- Starting technique (first lap)	Speed/Intermediate Speed Skating Skill	
9- Hydration during practice	Personal Management/Diet	
10- Sharpening technique	Equipment Knowledge	
11- Analysis of technique	Cognitive/Intermediate Speed Skating Skill/Team Work	
12- Goal setting	Goal Setting	

<b>Level 11- Gold</b>		Pass or Re-test
1- Two-in and three-out track pattern	Advanced Speed Skating Skill/Speed	
2- Defensive track pattern (Block to Block)	Intermediate Speed Skating Skill	
3- Pivot counter clockwise - right skate	Intermediate Speed Skating Skill/Edge Control/Strength	
4 - Pivot counter clockwise - left skate	Intermediate Speed Skating Skill/Edge Control/Strength	
5- Left and right foot slalom backwards	Agility/Edge Control	
6- Full Jump Turn (360 Degrees)	Jumping/Power	
7- Lunging (at finish)	Speed/Intermediate Speed Skating Skill	
8- Shoot-the-duck	Flexibility	
9- Pacing for race situation	Intermediate Speed Skating Skill/Cognitive	
10- Relay timing	Advanced Speed Skating Skill/Cognitive	
11- Skate Specifics	Equipment Knowledge	
12- Personal management	Personal Management/Goal Setting	

### Group Tracking Form for Coach/Tester:

Date	Group	Name	Badge Level	Passed/Re-test	Sections to re-test