

CanSkate Stage Chart

	Stage 1	Stage 2	Stage 3
<b>Balance</b>	• Fall down & get up	• Fwd 2-ft sculling	• Fwd stationary blade push
	• Fwd push/glide sequence	• Fwd 2-ft to 1-ft glide	• Fwd 2-ft slalom
	• Fwd 2-ft glide	• Fwd push/glide sequence	• Fwd circle thrusts
		• Fwd 1-ft glide with speed	• Walking crosscuts
<b>Control</b>	• Snow slide steps	• Fwd stop	• Fwd stop with speed
	• Bwd 2-ft skating/walking	• Bwd 2-ft sit glide	• Bwd 2-ft sculling
	• Bwd 2-ft glide	• Bwd 2-ft to 1-ft glide	• Bwd 2-ft to 1-ft glide
		• Bwd push/glide sequence	• Bwd push/glide sequence
			• Bwd 1-ft glide
<b>Agility</b>	• 2-ft turn	• Fwd 2-ft turn	• Fwd 2-ft quick turn
	• 2-ft jump	• Bwd 2-ft turn	• Bwd 2-ft quick turn
	• Fwd skating perimeter of ice	• Fwd 180° glide turn	• Fwd 360° step turn
		• Fwd 2-ft jump	• Bwd 2-ft jump
		• Fast fwd perimeter skating	



	Stage 4	Stage 5	Stage 6
Balance	• Fwd crosscuts	• Fwd crosscuts Figure-8	• Fwd power crosscuts
	• Fwd Inside slalom	• Forward Inside edges	• Fwd perimeter skating with crosscuts
	• Fwd Outside slalom	• Fwd push/glide sequence	• Forward Outside edges
	• Fwd drag	• Fwd perimeter skating with jumps	• Fwd 1-ft slalom
	• Fwd spiral	• Inside spread eagle	• Fwd shoot the duck
	• Drop-down drill	• Fwd 1-ft slalom	• Fwd perimeter skating with side stops
	• Fwd "v" start	• Running lateral crossovers	• Fwd spiral on a curve • Fwd "crossover" acceleration
Control	• Bwd stop	• Fwd 2-ft side stop	• Fwd 1-ft side stop
	• Bwd circle thrusts	• Bwd stop with speed	• Fwd 2-ft side stop with speed
	• Bwd 2-ft slalom	• Bwd crosscuts	• Bwd outside Slalom
	• Bwd 1-ft glide with speed	• Bwd Inside slalom	• Bwd crosscuts figure-8
	• Fwd 1-ft glide from blue line to blue line	• Bwd push/glide sequence	• Bwd perimeter skating with crosscuts
	• Speed drill #1	• Bwd spiral	• Bwd 1-ft slalom
		• Speed drill #2	• Bwd 1-ft spin
		• Speed drill #3	
Agility	• Fwd 1-ft turn	• Fwd 1-ft turn	• Fwd 180° stepturn (FI mohawk)
	• Bwd 360° stepturn	• Fwd 360° glide turn	• Bwd 180° stepturn (BO or BI mohawk)
	• Fwd to bwd 2-ft jump	• Fwd to bwd 1-ft jump	• 2-ft multi turns
	• Bwd to fwd 2-ft jump	• Fwd power jump	• Rotating power jump
	• 2-ft spin	• 1-ft spin	• Bwd toe-assisted jump
	• 2-ft sit spin	• Alternating foot spin	• Bwd 360° 2-ft jump
		• Fwd tight glide turns	• Fwd 1-ft spin with spiraling edge
		• Fwd 2-ft reverse pivot jump	