



## Introduction to Ice Dance

### ASPIRE TO DANCE

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The following information is a guideline for the ice dance portion of the Aspire program. Tailor the class according to the age and ability of the participants. Some groups may only work on one element the entire session depending on skater ability. Adjust times according to the length of class. Use this as a guideline only, and remember to keep it simple and fun.

#### PREPARATION

- A.** Group skaters by either free skate or moves in the field levels.
- B.** Skaters should have a strong understanding of the continuous/perimeter axes (around the edge of the rink) and long axis (divides the rink in half long barrier to long barrier).
- C.** Teach the new skill or concept in isolation with minimal power and then place the skill in relation to the dance pattern (including the step prior and the step following) with more power. Once skater has the skill under control, teach the full dance pattern. Teach skills on arcs, circles and straight lines.

#### BASIC CLASS MANAGEMENT

Class instructors should possess a strong background in ice dance and partnering, if possible. They should possess excellent communication skills and be able to comfortably communicate and demonstrate ice dance terminology. Concentration is on music, rhythm and interpretation.

#### DISCUSSION TOPICS

- Opportunities available in pursuing ice dance (solo dance, partner dance, shadow dance, free dance)
- Variations of technique and style
- Application of pattern
- Ice utilization
- How to read dance patterns
- Tracking
- Partnering (show different partnering positions)
- Timing (how to count music - 3/4 time, 4/4 time)

#### LESSON PLANS (can refer to Learn to Skate USA ice dance lesson plan)

- 1.** Create a lesson plan to introduce one or more skills each week.
- 2.** Divide skaters into groups by level/age, if possible. Each coach will teach the designated technical skill (5-10 minutes).
- 3.** Bring group together and practice the skill. Once the skill has been accomplished, incorporate it into the dance pattern and then teach the entire pattern.



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### SKATING SKILLS TO LEARN

#### FORWARD

1. Perimeter Stroking
2. Progressives on a circle
3. Perimeter Progressives
4. Alternating Forward Chasses
5. Progressive Chasses on a Circle
6. Perimeter Cross Rolls
7. Swing Rolls (outside and inside)
8. Lifting

#### BACKWARD

1. Perimeter Stroking
2. Crossovers on a circle
3. Progressives on a circle
4. Swing Rolls (outside)
5. Cross Rolls
6. Back Chasses

#### STEP AND TURN TECHNIQUE

1. Mohawks/Three-Turns
2. Backward to Forward Transitions
3. Slide Chasses
4. Changes of Edge
5. Cross behinds
6. Outer to Outer Transitions
7. Inner to Inner Transitions

#### HOLDS

1. Kilian
2. Reversed Kilian
3. Waltz (closed position) and Hand-in-Hand Position
4. Foxtrot

#### MUSIC

1. Skaters skate to various dance rhythms; play dance music and incorporate skills
2. Learn dance patterns (refer to U.S. Figure Skating Rulebook)
3. Improvise to different pieces of dance music
4. Skaters pair up to partner

#### OFF-ICE TOPICS

1. Play various music rhythms – Waltz, Foxtrot, Blues, March, Tango, Cha Cha, Polka
2. Skaters will identify timing, beat, style and expression

Include dance patterns from U. S. Figure Skating Rulebook (preliminary and pre-bronze)

### INSTRUCTIONAL POINTS

#### MOVEMENT SPECIFIC

- Line
- Carriage
- Weight Transfer
- Tempo
- Efficiency

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Offer suggestions/feedback for improvement of various skills