

EDGE CLASS

Regular participation in group edge classes is a great way for skaters to continually develop and improve their skating skills. While these classes are designed for the Aspire program, they can be modified to include beginner through senior levels and are a great way to build camaraderie among skaters at the rink.

Music is an integral part of an edge class and should be incorporated into every class regardless of its length. Many skaters, especially those new to edges and moves in the field, have a difficult time distributing edges and turns proportionately on a lobe. Counting and assigning a cadence to each pattern allows skaters to better understand the alignment of each lobe and the timing at which each turn should take place. Be sure to mix up the tempos and plan with clean, age-appropriate music.

NOTES FOR THE INSTRUCTOR

- All patterns and maneuvers are performed along the long axis of the rink.
- Arrange participants in rows of three to four skaters across the short axis, with the higher-level skaters in the front rows and lower level skaters in the back rows.
- Demonstrate the pattern with music, showing the full execution of each lobe multiple times. Then, have the first row begin the pattern. After the first row completes two to four full lobes, the second row will start. After the second row completes two to four full lobes, the third row will start, etc. Having the higher-level and faster skaters in the first few rows ensures that skaters are less likely to collide with one another while traversing the length of the rink.
- Modify exercises to suit the needs of all skaters within the class. If a class ranges from pre-free skate to pre-juvenile, have the pre-juvenile skaters perform cross strokes and three turns while pre-free skate skaters perform slaloms and two-foot turns. If both levels are performing edges and turns at the same cadence, the class will remain orderly.
- Keep the class fun and focus on effort, not perfection. If skaters are trying their best and enjoying themselves, you are doing your job.
- Don't shy away from a challenge. Push your skaters with difficult combinations that will be tough to master in both directions.

BUILD YOUR OWN EDGE CLASS

Build your own edge class using the three-group methodology outlined below. For an all-encompassing edge class that includes wide variety of skills, choose exercises from all three groups. For a quick, single-focus edge class, choose exercises from a single group rather than all three.

CLASS DURATION	GROUP 1 EXERCISES	GROUP 2 EXERCISES	GROUP 3 EXERCISES
10 minutes	Choose 2-3 exercises	Choose 1-2 exercises	Choose 1-2 exercises
15 minutes	Choose 3-4 exercises	Choose 2-3 exercises	Choose 2-3 exercises
30 minutes	Choose 4-6 exercises	Choose 4-6 exercises	Choose 4-6 exercises

GROUP 1 EXERCISES

Forward and backward edge-based patterns that focus on edge quality and timing

Encourage skaters to ride their edges, bend their knees and feel the rhythm of the music.

- Big, slow swizzles
- Two-foot curves/slaloms
- Forward outside edges
- Forward inside edges
- Backward outside edges
- Backward inside edges
- Forward cross-strokes
- Backward cross-strokes
- Forward power pulls
- Backward power pulls
- Forward power stroking
- Backward power stroking
- Alternating forward outside spirals
- Alternating forward inside spirals

GROUP 2 EXERCISES

Isolated turns and stops that focus on correct alignment and proper execution of each maneuver

Encourage skates to keep rhythm, speed and timing the same as they practice in both directions.

- Alternating forward outside three-turns
- Alternating forward inside three-turns
- Forward inside twizzles
- Forward outside twizzles
- Alternating waltz 3s
- Alternating forward inside double 3s
- Alternating forward outside double 3s
- Alternating T-stop and back inside pivot
- Alternating forward and backward three-turns (pre-juvenile moves in the field)

GROUP 3 EXERCISES

Combinations and bonus moves that focus on balance, quickness, edge quality and alignment

These exercises challenge a skater's balance and coordination and can be enhanced with expressive arm movements, deeper lobes and changes in height. Performing maneuvers in both directions ensures that the skaters develop strong ambidextrous skating skills.

You can create your own combinations by combining turning, stopping and edge skills to form repeatable patterns that cover the entire length of the ice. Several examples are below. The "/" symbol denotes the switch from one lobe to another.

- Five-step mohawk sequence (pre-juvenile moves in the field)
- Forward outside power three-turns (repeat pattern to complete on both sides)
- Forward outside power three-turns and bunny hop at transition (repeat pattern to complete on both sides)
- Combo: RF13 and step forward into counterclockwise crossover/LF13 and step forward into clockwise crossover
- Combo: RFO3 and backward clockwise crossover and RBI3/LFO3 and backward counterclockwise crossover and LBI3
- Combo: RFO double 3 and L bunny hop/LFO double 3 and R bunny hop
- Combo: RF13/backward cross-stroke and step forward into clockwise crossover (repeat pattern to complete both sides)
- Combo: RF13 and falling leaf/RFO spiral and forward clockwise crossover (repeat pattern to complete both sides)
- Combo: RFO spiral/LFO double 3 (repeat pattern to complete both sides)
- Combo: left forward edge, RFI mohawk, RBI edge, clockwise crossover, step forward left, repeat (should be completed the length of the rink in two sets; can also be done on short axis at a slower speed)