

## YELLOW LEVEL

### Y-1 Basic Position

- stationary position
- strong ankles (upright)
- skates are shoulder width apart
- blades parallel and pointing straight ahead
- knees over toes
- knees bent at approximately 90°
- elbows on knees
- back at 45° from vertical
- head up



### Y-2 Balance on Left Leg Unassisted

- stationary position
- right skate off ice
- balance for two seconds



### Y-3 Balance on Right Leg Unassisted

- stationary position
- left skate off ice
- balance for two seconds

### Y-4 Over and Under (agility)

- demonstrate a variety of ways to go over and under a stick balancing on two pylons





#### Y-5 Start Position

- skates parallel and  $45^\circ$  to the start line
- feet shoulder width apart
- knees bent  $90^\circ$
- leading arm in front and bent at elbow
- trailing arm loosely extended and behind body
- back about  $45^\circ$  from vertical
- weight is evenly distributed
- looking ahead



#### Y-6 Snowplow Stop (two feet)

- weight evenly distributed on both skates
- toes pointed in and heels pushing out
- stop performed after an easy glide



#### Y-7 Skate the length of the Ice

- glide on skates must be noticeable



## Y-8 Two Foot Glide

- begin glide in an upright position
- bend over to pick up an object off the ice
- i.e. skate guard, plunger, etc.



## Y-9 Two Foot Glide in Basic Position

- from a moving start
- blue line to blue line



## Y-10 Left Foot Push

- to be executed down the straightaway blue line to blue line
- continuous push with left leg while gliding on right leg



## Y-11 Right Foot Push

- to be executed down the straightaway blue line to blue line
- continuous push with right leg while gliding on left leg

