

Edges/Crossovers:

- Forward Outside Edges, on ½ circles (large C's), Alternating feet on the long axis of the rink
- Forwards Inside Edges, on ½ circles (large C's), Alternating feet on the long axis of the rink
- Forwards Crossover glides, clockwise and counter-clockwise. Hold feet in crossed position for 2 counts
- Backwards Crossover glides, clockwise and counter-clockwise. Hold feet in crossed position for 2 counts
- Forward Crossovers/Russian Circles
- Backward Crossovers/Russian Circles

Stops:

- Inside Edge Stops/ Right and Left
- Hockey Stops, stopping to the Right and Left
- T-Stops, Right and Left
- One Foot Inside/Outside Edge Stops, Right and Left

Power/Strides:

- Forward C-Cuts: Right and left alternating in a straight line
- Backward C-Cuts: Right and left alternating in a straight line
- Slaloms: Using Both inside and outside edges.

- Explosive Swizzle-Hops Fwd/Bkwd
- Alternating Toe-Drag Strides with full extension
- Strides with full extension, Underspeed/focus on full recovery and complete push through toe

Agility/Pivoting:

- Forwards Outside/Inside 3-Turns, Right and Left
- Power 3-Turns Right/Left
- Forwards Outside Alternating 3-Turns
- Forwards Inside and Outside Mohawks, Right and Left
- Backwards Inside and Outside Mohawks, Right and Left
- Power Turns/Tight Turns/Dot Progression/Iron Cross Pattern
- Double Transitions Drill/Triangle Drill

Quick Feet Drills:

- 3 Quick Strides/Inside Stop Drill
- Inside 3-Crossover Drill
- Mohawk Drills: 1-2-3/Duck Walk
- V-Starts/Quick Starts