



Introduction to **MOVES** in the **FIELD**

ASPIRE TO BECOME YOUR BEST.

PREPARATION

INTRODUCTION

The following information is a guideline for the Moves in the Field section of the Aspire Program. Remember to tailor the class according to the age and ability of the participants. Some groups may only work on one principle the entire session depending on their ability. Adjust times according to length of classes. Use this as a guideline only. To find all of the Moves in the Field patterns, please refer to the U.S. Figure Skating Official Rulebook.

- A.** Please use on-ice markers, if allowed by rink management. Coaches will use these markers (or their heel) to draw lines, circles, arcs, continuous axis, diagonal axis, etc. These on-ice marks will easily be seen during the session, help organize the class and give the skaters a visual focus as to the pattern and the placement of turns and steps.
- B.** The skaters are usually grouped by free skating level so the class will have a variety of MITF test levels. Structure the class based on the MITF focus points; edge quality, power, extension, turn execution, continuous flow and quickness. Present one key element from each of the four during the class.
- C.** Skaters should have a strong understanding of what an axis is: continuous/perimeter axis (around the edge of the ice rink); long axis (divides the rink in half long barrier to long barrier); short axis (divides the rink in half short barrier to short barrier, usually the red line); transverse axis (divides the rink short barrier to short barrier and is something other than the short axis. i.e. the blue lines, the goalie line); diagonal axis (divides the rink on the diagonal).
- D.** There is an order of skill building techniques in presenting a new concept or skill. The following is a general format: Teach the new skill or concept in isolation with minimal speed and then place the skill on the full ice pattern with increased speed.
- If necessary, the skill is introduced on two feet and then one foot at the barrier.
 - The skill is then skated away from the barrier either on an arc, circle, or straight line using the same system (two feet, then one foot).
 - Body alignment and free skating posture are prescribed by you, i.e. head looks in the direction of travel; arm carriage is level with shoulders relaxed; the body weight is over the skating side; the free foot is held powerfully over the skating print and the directions are given to the exact foot placement as it leaves or takes the ice.

KEY POINTS TO ESTABLISH WITH SKATERS

- A.** Clearly define each of the MITF focus areas and provide an example to the skaters
1. Edge Quality **2.** Power **3.** Extension **4.** Quickness **5.** Turn Execution **6.** Continuous Flow
- B.** Discuss the history of figures and how MITFs utilize the “old” compulsory figure elements. (Figure eight, center, push-off, axis, types of turns, etc.)
- C.** Discuss why the MITFs improve free skating or dance disciplines. The MITF testing system provides and requires skaters to accomplish:
- 1.** Every turn used in skating
 - 2.** Every edge used in skating
 - 3.** Every element is done on both sides of the body and in opposite directions
 - 4.** MITFs provide the building blocks for: balance, use of the blade, control of body rotation (“checking ability”), body line to full extension, increasing speed and power and accuracy of placement of patterns
- D.** The first position a skater establishes is necessary to control:
- 1.** Balance
 - 2.** Rotation of the body
 - 3.** Edge quality of the move

E. With additional speed, you will observe and expect the skater to demonstrate increased depth of edges, decreased free leg action, and an increase in a “lilting” knee action. To enhance speed, emphasize stepping close as the feet must take the ice under the hips.

F. To qualify and observe the smoothness of the skater, observe the athlete’s head and arms in relationship to the horizon. (There should be as little up and down motion as possible). The top of the barrier is a recommended horizon for you to observe this quality of efficiency in skating.

LESSON PLANS

1. Create a lesson plan to introduce one or more of MITF elements per lesson/session.
2. Divide skaters into groups by level/age, if possible. Each coach will teach the designated technical skill (5 minutes each).
3. Bring group together and practice additional full ice skills and exercises. (5 – 8 minutes)

Moves in the Field (MITF) are designed to teach the skills necessary to attempt increasingly more difficult free skating, pair or dance elements. Remember, each MITF level contains essential building blocks of skills that must be mastered before the skater is ready to progress to the next level.

MAJOR POINTS:

- The skater should skate the correct steps on the prescribed edges. For example, when an inside edge is called for, that is what will required to pass.
- The skater should skate the pattern as closely as possible to the diagrams in the Rulebook. While the diagrams are not a set dance pattern, if the Moves are done on an incorrect pattern, the skater development objectives cannot be mastered.
- The skater should show a steady and marked progression of skill, mastery and performance at each level as he/she progresses up the test structure. It is not merely enough to know the steps and get around the rink without falling!
- The skater should demonstrate an increasing ability to execute all prescribed bilateral movements with equal strength as he or she progresses up the test structure. Bilateral movement is the ability to execute movements on both sides of the body, clockwise and counterclockwise, forward and backward.

HELPFUL DEFINITIONS

Moves in the field must be skated with good edges, control, flow, extension, carriage and rhythm. An even speed and flow should be maintained throughout. Maximum utilization of the ice surface is desirable.

ACCURACY: The correct start, steps and adherence to the general pattern.

EDGE QUALITY: Initiated through proper body alignment over the skating foot, creating a stable arc that travels uninterrupted until a required transition takes place. Depth of edge refers to the acuteness of the arc and is created by the lean of the body and the angle of the blade when it takes the ice. Good edge quality results in a confident, sure and controlled movement.

TURN EXECUTION: The proper skill and technique of how the turn should be performed. The correct entry and exit edges are to be adequate and maintained throughout the turn for its identification.

EXTENSION: The general carriage should be erect, characterized by an extended bodyline. The angle of the head follows naturally from the line of the back; the arms should be naturally extended with the shoulders down and back. The skater’s hands should follow the line of the movement being executed. The final extended position should be executed in a controlled manner and should achieve the maximum length of all body lines.

QUICKNESS: Refers to foot speed. It is precise, rapid and crisp execution of turns, changes of edge and transitions. Quickness does not refer to the overall pace at which the move is skated, although in some moves the foot speed will result in a brisk and continuous cadence. Refinements to acknowledge include quick movement that is quiet, fluid and continuous without disturbing the proper and erect carriage of the upper body or interrupting the established rhythm.



POWER: The creation and maintenance of speed and flow without visible effort. It is developed by a continuous rise and fall of the skating knee together with the pressure of the edge of the blade against the ice. (The skater should demonstrate the ability to exert equal pressure against the surface of the ice on both the right and left foot.) End products of power are (1) velocity, speed or pace; (2) flow across the ice; and (3) acceleration.

CONTINUOUS FLOW: The skater's ability to maintain a consistent and undisturbed running edge across the ice. Flow does not necessarily relate to the speed at which the skater is traveling as it is sometimes best recognized as the skater starts to slow.

POSTURE/CARRIAGE: The proper alignment of the hips, back, arms and shoulders, and head over the skate. Unless the move requires a variation, typically, the skater's back should be straight, with the spine and head perpendicular to the surface of the ice. The arms should be extended out from the shoulders, level and relaxed. The free leg should be in a straight line and slightly turned out from the free hip to the free toe.

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BILATERAL MOVEMENT: The ability to execute movements on both sides of the body, clockwise and counter-clockwise, forward and backward.

STRENGTH: The creation and maintenance of balance and flow developed by a continuous rise and fall of the skating knee together with the pressure of the edge of the blade against the ice. (The skater should demonstrate the ability to exert equal pressure against the ice with both the right and left foot.) End products of strength are (1) good posture; (2) flow across the ice; and (3) consistent pace.

SPIRALS: Both the free leg and the upper body are extended up and away from the employed leg and the surface of the ice. The torso should remain somewhat upright and not collapsed downward, and the head should maintain an upright position following the natural curve of the rest of the upper body. The free leg should be straight, turned out and extended at the level of the hip or higher. Positioning of the arms is optional.

TEST EXPECTATIONS (excerpt from the Judges Handbook for Tests)

PRE-PRELIMINARY: The purpose of this test is to encourage beginning skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the steps, fairly good edges and some evidence of good form.

PRELIMINARY: The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps and a good sense of power (speed and flow). Attention should be given to depth of edges and proper curvature of lobes.

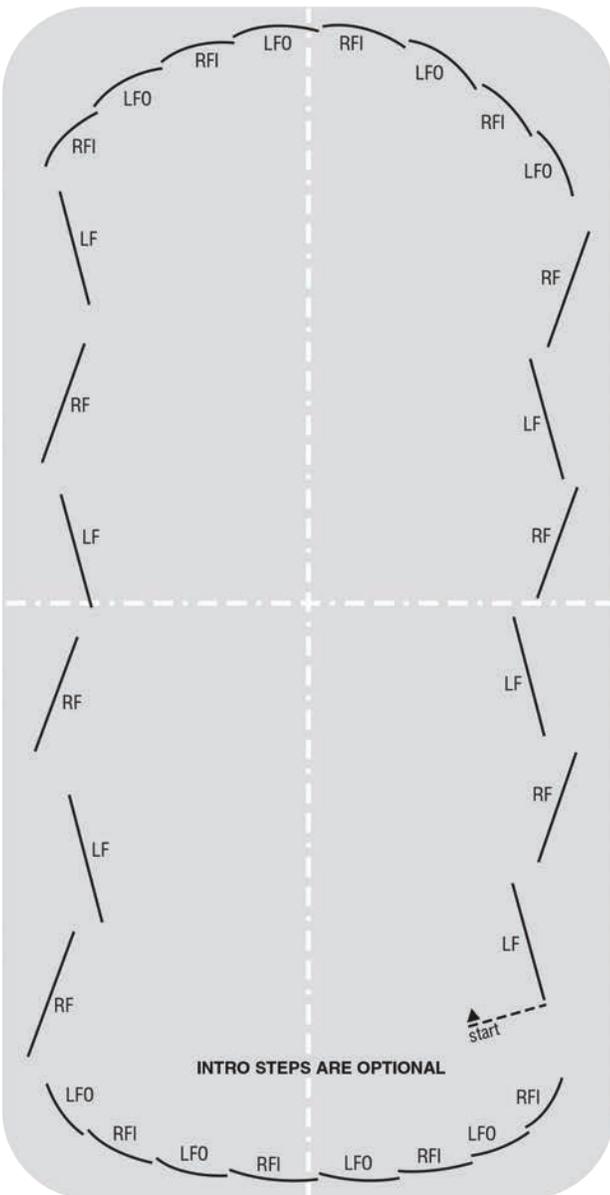


MOVES IN THE FIELD DIAGRAMS • PRE-PRELIMINARY 1-2

FORWARD PERIMETER STROKING

The skater will perform four to eight straight strokes depending on the length of the ice and the strength of the skater, with crossovers around the ends, using the full ice surface and for one full lap of the rink (in both directions). Introductory steps are optional.

FOCUS: POWER AND EXTENSIONS

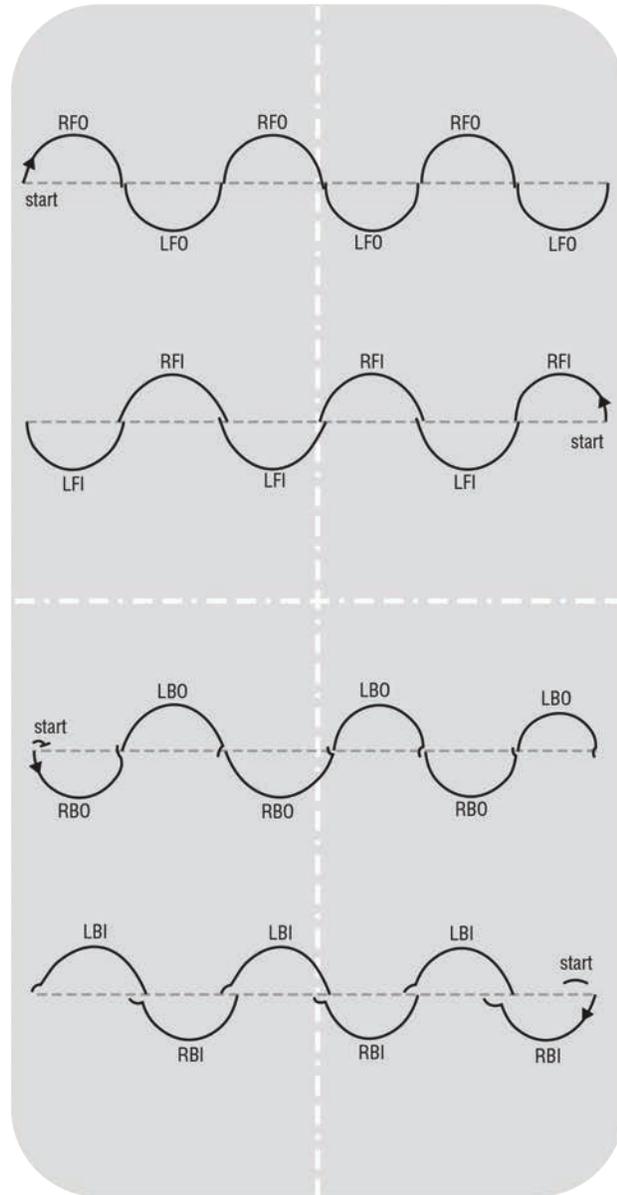


BASIC CONSECUTIVE-EDGES

- Forward outside edges
- Forward inside edges
- Backward outside edges
- Backward inside edges

Starting from a standing position the skater will perform four to six half circles, alternating feet, using an axis line such as a hockey line. The skater may start each set on either foot, but they must be skated in the order listed.

FOCUS: EDGE QUALITY

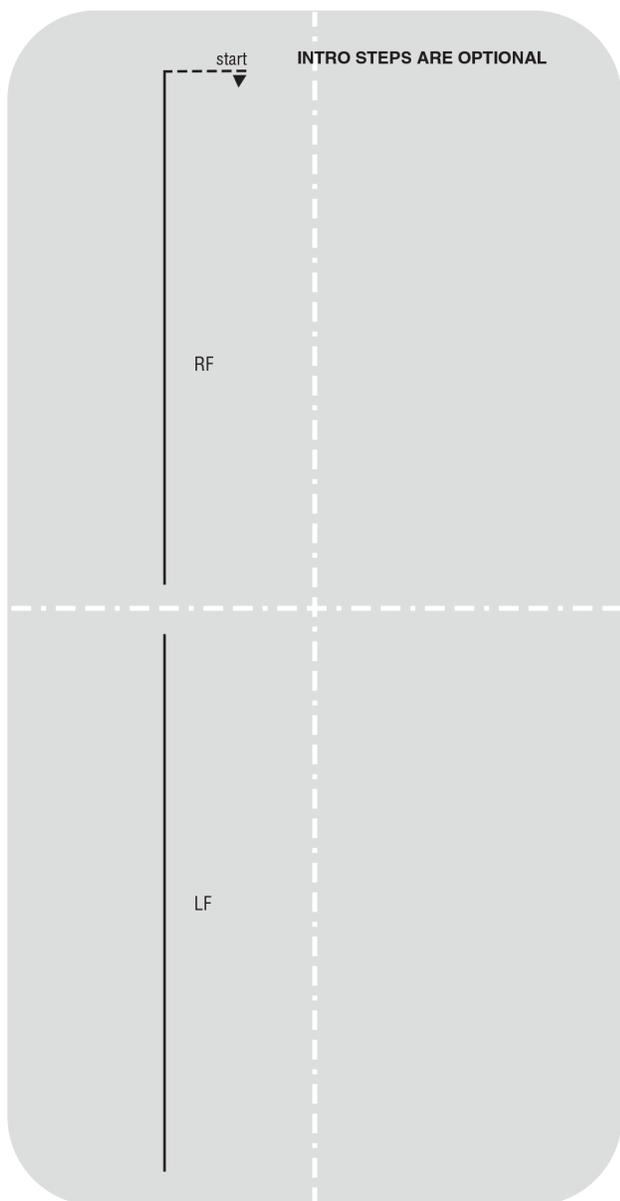


MOVES IN THE FIELD DIAGRAMS • PRE-PRELIMINARY 3-4

FORWARD RIGHT & LEFT FOOT SPIRALS

The skater will perform right foot and left foot spirals down the length of the rink maintaining a spiral position on each foot for approximately four seconds with extended leg held at the hip level or higher. The skater may be on flats and may start on either foot. Introductory steps are optional.

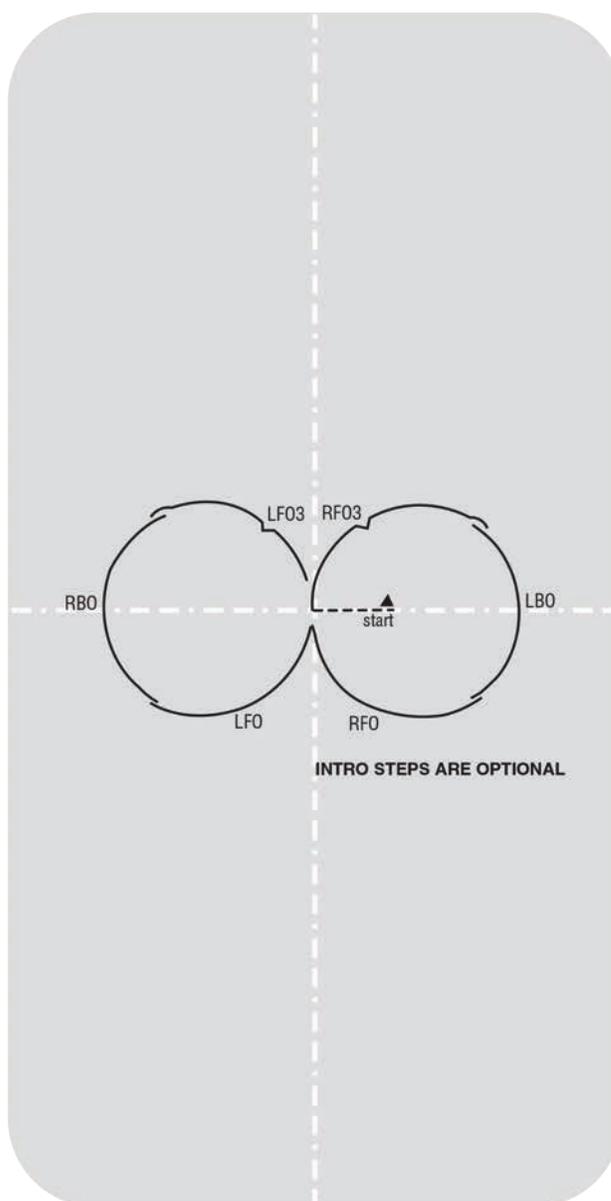
FOCUS: EXTENSION



WALTZ EIGHT

The skater will perform four to six half circles, alternating feet, using an axis line such as a hockey line. The skater may start each set on either foot, but they must be skated in the order listed.

FOCUS: EDGE QUALITY



MOVES IN THE FIELD DIAGRAMS • PRELIMINARY 1-2

FORWARD & BACKWARD CROSSOVERS

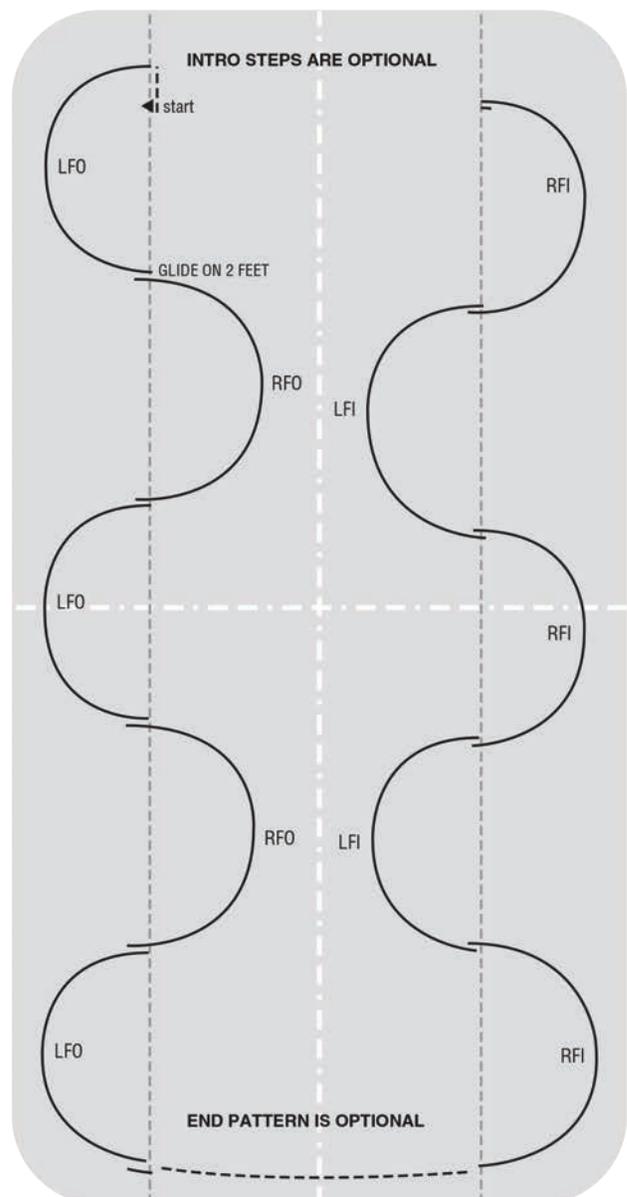
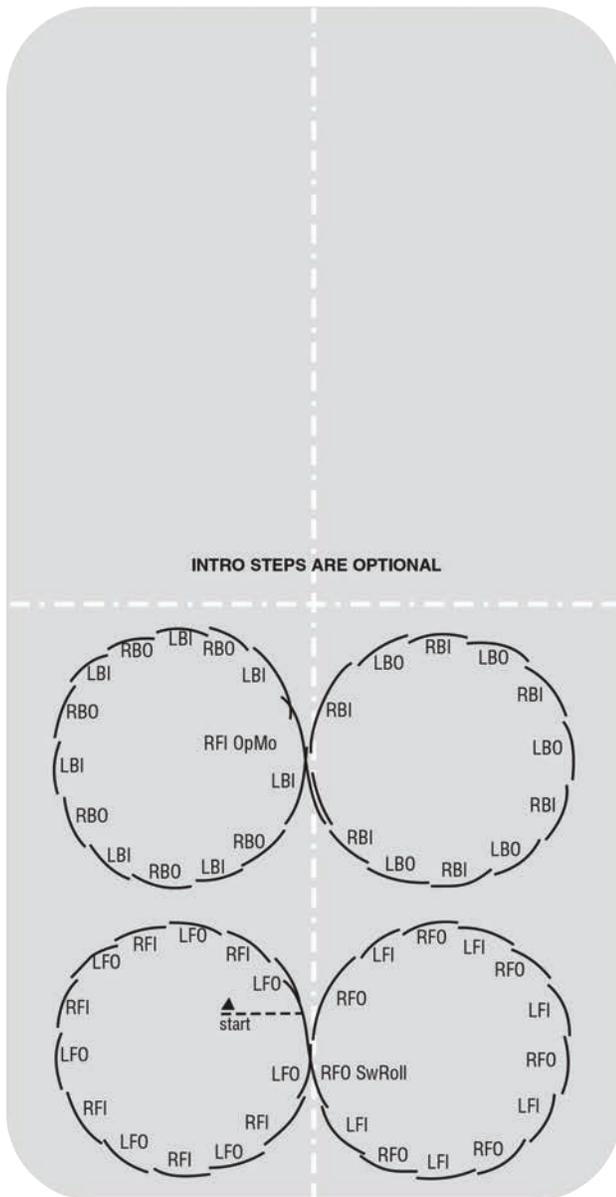
The skater will perform forward crossovers in a figure eight pattern. It is expected that the skater will perform the transition between circles on one foot. Four to six crossovers per circle are recommended. Upon completing the forward figure eight, the skater will perform a swing roll and change of edge to an open mohawk in order to turn from forward to backward and continue the figure eight pattern with four to six backward crossovers per circle. This move may start in either direction. Introductory steps are optional.

FOCUS: POWER

CONSECUTIVE OUTSIDE & INSIDE SPIRALS

The skater will perform right foot and left foot spirals. The outside edge spirals will be skated for the first length of the rink. Forward crossovers may be utilized (optional) around the end of the rink. Forward inside edge spirals will be skated for the second length of the rink. The exact number of spirals will depend on the size of the rink and the strength of the skater, however a minimum of four spirals down each length of the rink must be skated. The extended leg in the spiral should be held at hip level or higher. Introductory steps are optional.

FOCUS: EXTENSION & EDGE QUALITY

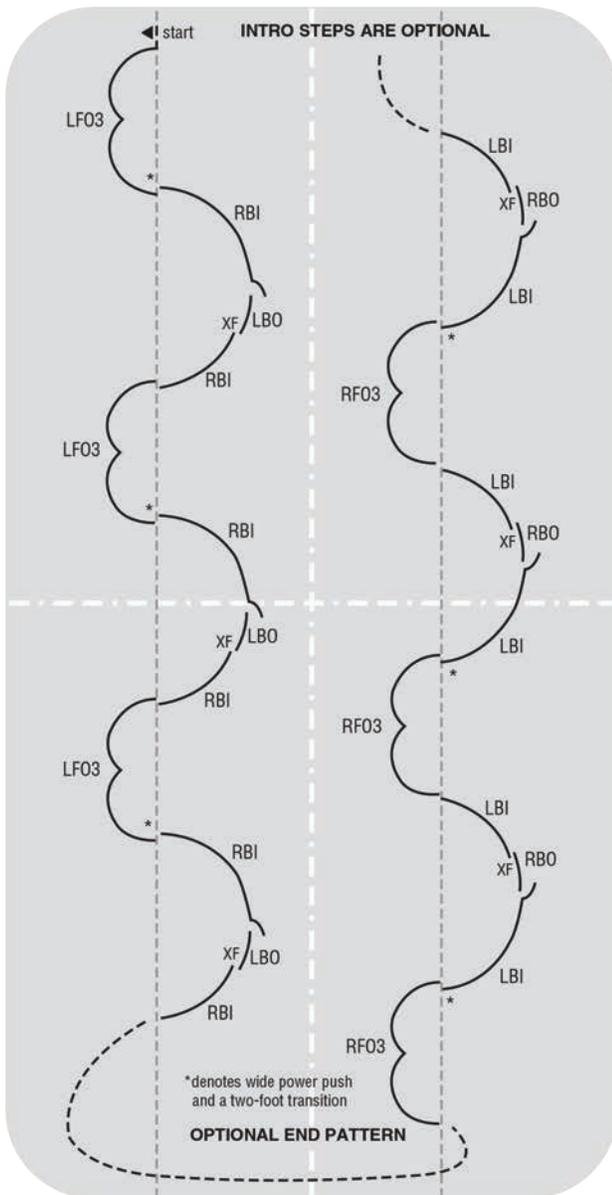


MOVES IN THE FIELD DIAGRAMS • PRELIMINARY 3-4

FORWARD POWER THREE-TURNS

The skater will perform forward outside three-turns to a balance position followed by a backward crossover. Three to six sets of three-turns will be skated depending on the length of the surface. Skaters may begin this move with either right or left foot three-turns. On the second length of the rink, the three-turns will be skated on the opposite foot. Introductory steps and backward crossovers around the end of the rink are optional.

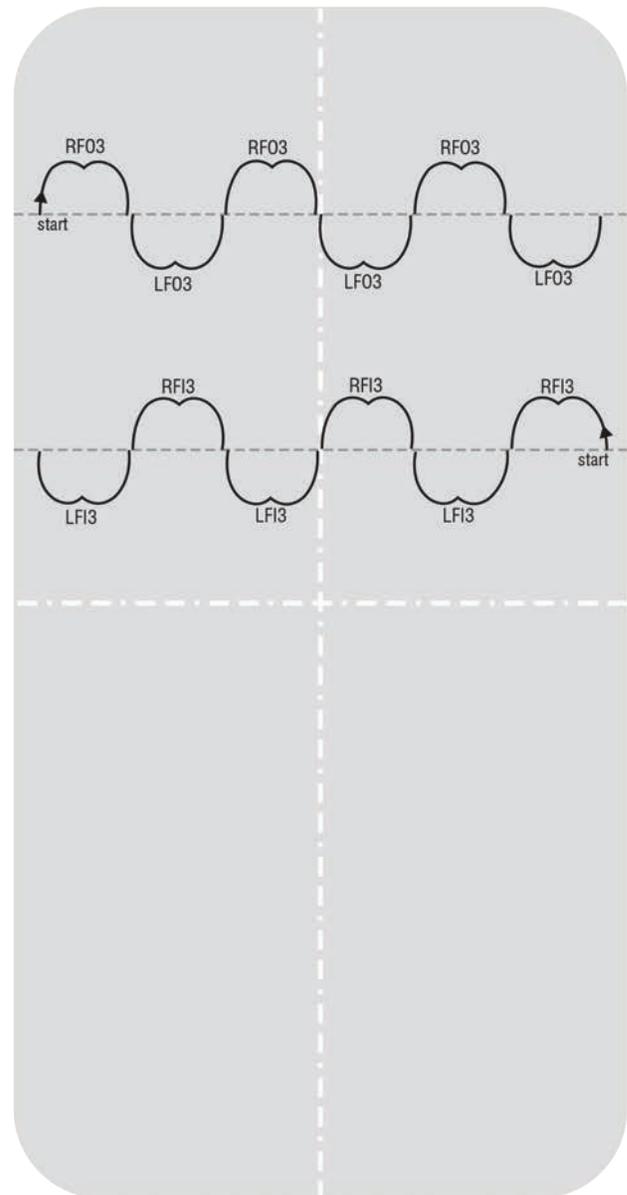
FOCUS: POWER



ALTERNATING FORWARD THREE-TURNS

Starting from a standing position the skater will perform alternating forward outside three-turns for the width of the rink. The skater will then perform forward inside alternating three-turns for the second width of the rink. The size of the rink and strength of the skater will determine the number of three-turns skated. This move may start on either foot.

FOCUS: EDGE QUALITY

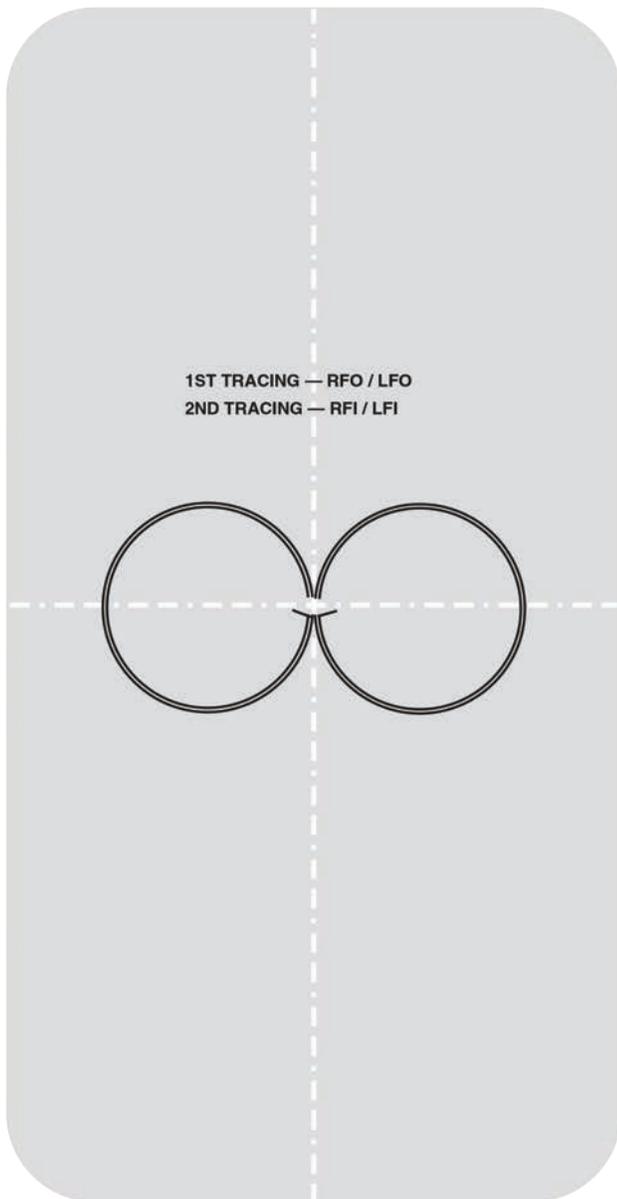


MOVES IN THE FIELD DIAGRAMS • PRELIMINARY 5-6

FORWARD CIRCLE EIGHT

The skater will push from a standing start onto a forward outside edge and complete one forward outside figure eight. Upon returning to center at the completion of the second circle, the skater will perform a forward inside figure eight by pushing onto a forward inside edge, thereby repeating the previously skated circle. The circles should be equal in size with each circle approximately three times the skater's height. The skater may mark the center. This move may start on either foot.

FOCUS: EDGE QUALITY & CONTINUOUS FLOW



ALTERNATING BACKWARD CROSSOVERS TO BACKWARD OUTSIDE EDGES

The skater will perform alternating backward crossovers to backward outside edges in consecutive half circles from one length of the rink. Four of five lobes should be skated. Introductory steps are optional.

FOCUS: POWER & EXTENSION

