

Forward Crossovers



Coaching Points

- Skating posture : knees bent, shoulders back, center of gravity low and forward.
- When crossing over around the track, body should face slightly inwards.
- The underpush provides the power.

Safety Points

- Keep head and chest up/ shoulders back
- Maintain awareness of trajectory

Introduction

Stepovers

- Stepovers on land.
- Stepovers on wheels – play with how long they can hold their balance while allowing their weight to shift in the direction of the step.
- Stepovers in pairs, where the partner holds the skater's balance to allow them to feel the weight transfer from foot-to-foot and on their edges

Exploration

Adding movement

- Stepovers on the straightaway to cross the track – use the underpush to drive the movement.
- Stepovers while skating around a corner – focus on lifting feet and body position.
- Single leg glide on the corners, focus on the outside edge (left leg derby direction/ right leg anti-derby direction)

Development

Finding the power

- Isolating movements- skate the track and focussing on either the crossover or the underpush to drive the movement.
- Small circle crossovers to work on form and edge control.
- Push and glide

Proficiency

Crossovers

- Skating the track and power pushes from apex to edge.

Land Training

- Heel raises and toe raises
- Single leg balance
- Lateral Step ups
- Side lunges

