Name: _____ Revised: Jul 8 2025

PRACTICE PLAN - INTERMEDIATE

Month: _____ Dates :

	ELEMENT	# OF REPS																	NOTES (drills that help!)
WARM-UP!	Mix of slalom, bubbles, edges, x-rolls etc of your choice	2 LAPS	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	8 lap stroking warm-up: 2 fwd, 2 bwd, cross through centre and repeat other way	8 LAPS	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
SPINS!	FuSp (Forward Upright Spin)	x3	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	BuSp (Back Spin)	x10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	SSp (Sit Spin)	x6	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	e.g. shoot the ducks
	CSp (Camel Spin)	x6	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	CoSp (Combination Spin)	x6	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
JUMPS!	Wz (Waltz Jump)	x10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	Wz + 1T (Waltz Jump + Toe Loop)	x5	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	1T (Toe Loop)	x5	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	e.g. Does it have a "pass through"?
	1S (Salchow)	x5	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	e.g. Did you do the drills first?
	1Lo (Loop)	x10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	1F (Flip)	x10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	1Lz (Lutz)	x10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
SOLO	Train your solo WITH your music! Skate in and out like competition.	x1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
FIELD MOVES AND OTHER ELEMENTS!	Spiral Sequence	x5	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	Spread Eagles or Ina Bauers	x5	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Train all of them!
	3-TURNS	x 5 each foot and each edge	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	LEFT INSIDE, RIGHT INSIDE, LEFT OUTSIDE, RIGHT OUTSIDE
	C-Steps	x 5 each foot	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	LEFT FOOT AND RIGHT FOOT
	Drags	x 5 each foot	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	LEFT FOOT AND RIGHT FOOT
	Backward stops	x 5 each foot	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	LEFT FOOT AND RIGHT FOOT
END!	End your session with some stroking and a curtsey or bow in the middle of the ice.	1-2 laps	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
EXTRAS	Off-Ice warm-up **WAS** completed		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	Off-Ice cool-down (FLEX) **WILL** be completed		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	"Physio" exercises **WERE** completed (if applicable)		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	Perfect behaviour! (no warnings from any coaches)		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	