

HOW TO SKATE FASTER

Exercise Summary

by Asha Kirkby



1. Scooting with high numbers 10-15
2. Lunge and Roll
3. Toe Roll
4. Scooting with reducing numbers
5. More scooting on the weaker side
6. Lunge and Roll with Tap
7. Slow Motion (push and pause)
8. Lower and longer Scoots with Lunge and Roll
9. Lower Lunge and Roll with Tap
10. Conscious Skating – Level 1