

Speed Skating Technique Checklist

The following checklist can serve as an important reference when teaching speed skating skills:

Basic Position

- ankles straight up/down and bent/flexed forward
- skates parallel 6"- 8" apart
- knees over toes
- 90° bend at knees
- back bent at least 45°
- center of gravity in middle of blade or slightly forward
- head up, looking 3-5 meters forward



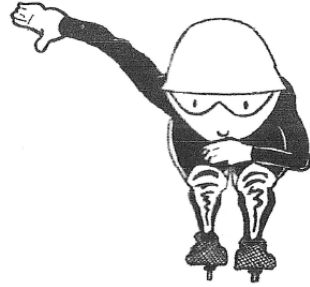
Push to the Side During the Stride

- complete extension of the pushing leg
- all weight transferred from push leg to glide leg
- 90° bend in glide leg
- skates parallel, pointing straight ahead
- center of gravity over glide leg
- head, knee and foot of glide leg in same vertical line



Arms

- relaxed yet controlled
- hands open
- arm swing no higher than shoulders
- arms swing backwards and forwards
- slight bend in elbow in front



Return of Leg (Recovery)

- legs parallel during recovery
- all weight on glide leg
- knees and feet come together as push is initiated
- leg relaxed after push to side
- glide leg bent 90°



Turns

- push straight out along radius lines
- slight head rotation to left
- body lean to left
- left arm swing reduced
- feet close to ice during cross over
- push with pressure on the ball of the foot
- support leg bent 90°



Starts

- skates parallel. 30° - 40° to the line
- skates shoulder width apart
- even weight distribution or COG slightly forward
- slight bend in leading arm
- trailing arm loosely extended behind
- arms and legs working in opposition
- i.e. left arm/right leg together and right arm/left leg together
- trailing arm loosely extended behind
- arms/legs working in opposition i.e. left arm

