

Cutting Edge Pin Program

Presented by : Derrick MacLeod



History



- Originally written in 1987
- In 2007 in accordance with the SSC's adoption of the new Long Term Athlete Development model (LTAD), along with the adoption of the new comprehensive National Coaching Certification program (NCCP), it was felt that it was time to align the Cutting Edge Pin program with current initiatives.
- The newer program has kept some key elements of the old Cutting Edge program with addition of new LTAD and NCCP referenced Material.
- Content for new Program was written and compiled for Speed Skate Canada by FASSCI Head Coach Derrick MacLeod (ChPC)
- Feedback was gathered from developmental coaches along with National Team coaches across Canada

Focus of Program



- **The focus of the program is to test in a fun environment the skill level of our future skating stars.**
- **With time all developing skaters will become fitter and mature both mentally and physically.**
- **We want to ensure that all skaters are taught the proper skills that will assist them to develop first as a skater, second as a speed skater, and finally as a champion.**
- **Successful completion of the Cutting Edge Program will help provide young athletes with the necessary skills for high performance development.**

Testing Procedures



- Testing is intentionally done in a fun/low key manner
- Skaters will be tested in larger groups for beginner levels and smaller groups for more advanced skills
- Skater will be expected to meet all 12 standards per level in order to pass to another level
- Skaters that pass all standards will be moved to the next badge level
- Skaters missing 1-4 standards will be given suggestions for improvement and re-tested in another practice
- Testing will end at any when the skater has been unsuccessful in completing more than 5 of the standards
- Typically most children earn 1-2 badges per year , whereas we have had some later integration athletes earn 5+ in one season.
- The tester (s) will give opportunity for young skaters to be tested throughout season.



What the Tester looks for: (an example)

- 1- Cross-over (Counter clockwise –small circle)
- Example from Red Level



- **Key Points**
- While skating the circumference of a circle skater demonstrates the ability to cross right leg over left
- Skater must remain in basic position and knees should be bent over toes
- On completion of push right leg should be fully extended



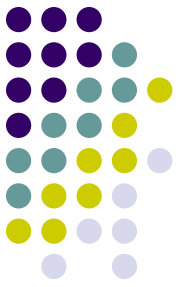
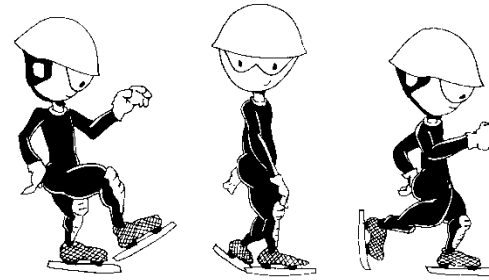
The 11 Levels

Primary Testing Focus of Levels 1 through 5:

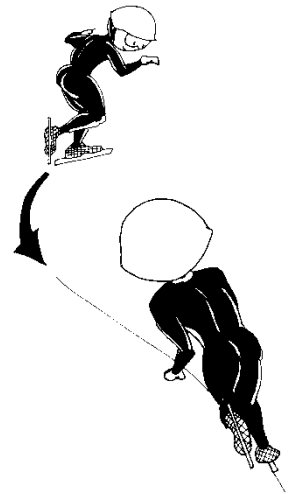


- **Recommended Stage of Development: Stage 1: Fundamentals: Males 6-9/Females 6-8**
- **Most C Level skaters are in this stage of development**
- Testing of Fundamental Movement Skills such as running, throwing, rolling, jumping, gliding, and kicking
- Suppleness and flexibility
- Introduction to core stability
- Agility, Balance, Coordination
- Mental: Positive attitude to sport and starting to develop concentration and confidence
- Equipment knowledge: Basic understanding
- Competitive knowledge: Basic understanding
- Ethics: Basic understanding
- Skating skills: Gross motor skills in relation to moving forward, backwards, balance, crossing over, stopping, agility, edge control, basic position, and starting

Level 1 -White



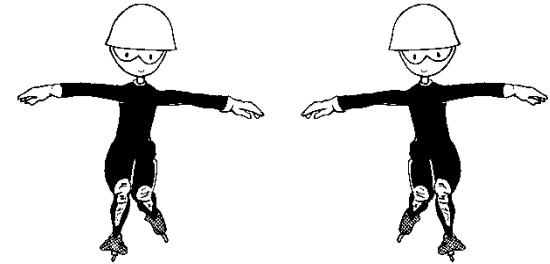
- 1- Standing Position - Balance/Core Stability
- 2- Toes Touches - Flexibility/ Core Stability
- 3- Balance on one leg while supported -Balance
- 4- Falling down and getting up- Falling
- 5- Stepping FW and BW - Stepping/Directional Skill
- 6- Side steps - Stepping/Basic Cornering
- 7- Marching on the spot - Balance/Coordination
- 8- Skating 1 lap of ice surface - General Skating Skill
- 9- Snowplough stop - Stopping
- 10- Kicking with one leg - Kicking/Balance
- 11- Throwing (Balance) - Throwing/Balance
- 12- Skating Backwards - Backwards



Level 2 - Yellow



- 1–Hopping in standing position
- 2- Standing position knee drop
- 3- Balance on one leg unassisted
- 4- Line hops
- 5- Making snow
- 6- Forward glide
- 7-Pushing with one foot while moving
- 8- Arm swing (Stationary)
- 9- Forward two foot glide
- 10- Forward two foot glide &pick up object
- 11- Cross-Over Walk
- 12- Basic Cornering



Level 3 – Orange



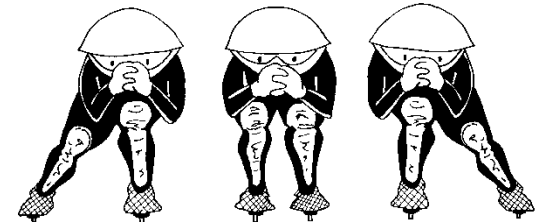
- 1 – Basic Position (Stationary)
- 2 – Basic Position (Moving)
- 3 – Basic position with single leg push
- 4- Backwards gliding
- 5 –Backwards glide with V- stop
- 6- Falling down/Getting up while moving
- 7- Starting position (Commands/Position)
- 8- Herring-bone run
- 9 – Plunger kick to the side
- 10 – Two foot quarter turns
- 11-Cornering (counter clockwise) w/right
- 12- Cornering (clockwise) w/left



Level 4 - Red

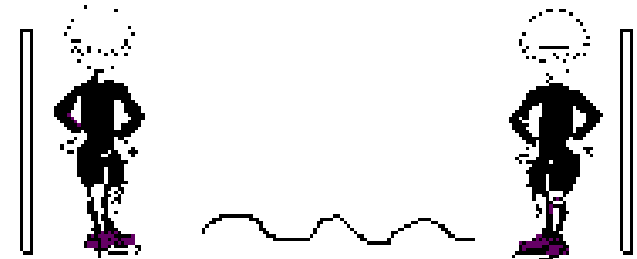
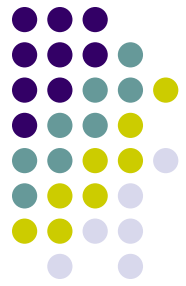
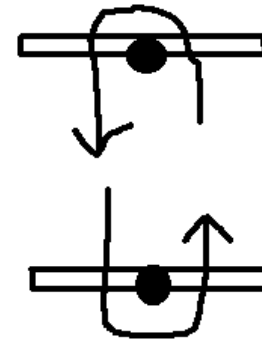


- 1- Cross-over (Counter clockwise –small circle)
- 2- Partner Push for one lap
- 3- Balance on one leg while stationary
- 4–Balance on one leg while gliding
- 5- Sculling FW/BW
- 6- Glide Recovery Position with support
- 7- Basic Position one leg –Stationary
- 8- Basic Position one leg –Gliding
- 9- Weight Transfer (stationary)
- 10- Arm swing (straights)
- 11- Competitive knowledge- Race Basics
- 12- Proper Skate Care



Level 5 -Violet

- 1– X-over (counter clockwise)
- 2- Forward two-foot slalom
- 3–Balance while gliding on left leg in basic
- 4-Balance while gliding on rt leg in Basic
- 5- Parallel Stopping (lt/rt)
- 6- Quick turns around block
- 7- Backwards skating between blocks
- 8- Sitting crouched
- 9- FW skate to BW
- 10-Falling down/spinning 360 & getting up
- 11- Relay knowledge – getting pushed
- 12- Relay Push





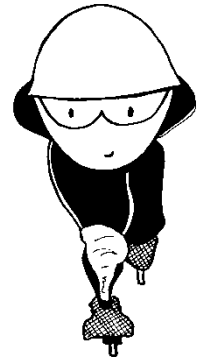
Primary Testing Focus of Levels 6 through 8

- **Recommended Stage of Development: Stage 2: Learning to Train: Males 9-12/Females 8-11**
- **Most B Level skaters are in this stage of development**
- Learning how to speed skate rather than just skate
- Suppleness and flexibility still very important
- Continued development of core stability, balance, and coordination
- Speed elements such as agility, quickness, change of direction tested
- Multi-directional movement and random movements are tested
- Strength in relation to body weight and jumping activities
- Mental: Understanding why we practice, early stages of goal setting, and teamwork
- Competitive Knowledge: getting more specific to skating
- Skating Skills: Starting to test more specific and intermediate skills of speed skating

Level 6 -Blue



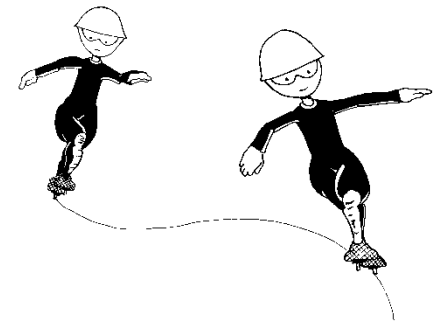
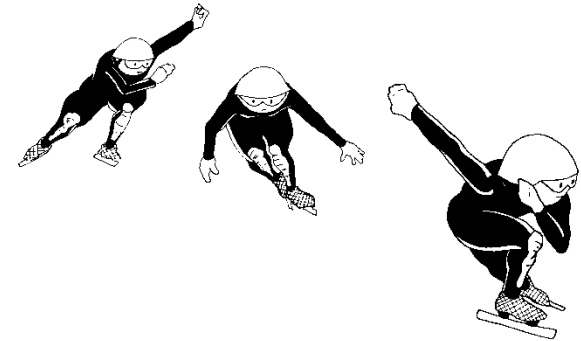
- 1–Weight shift w/ two feet on ice - Speed Skating Basics/ Body Control
- 2- Recovery Position – right leg - Balance/ Speed skating Basics
- 3- Recovery position – left leg - Balance/ Speed skating Basics
- 4- Backwards glide on corner (two feet) - Backwards Skating
- 5- Lifted left leg extension - Body position/ Balance
- 6- - Lifted right leg extension - Body position/ Balance
- 7- Arm swing on corners and straights - Speed Skating Basics/Coordination
- 8- Backwards slalom - Backwards Agility
- 9- Jumping (while stationary) - Jumping/ Strength
- 10- Passing (basic elements) - Speed/Basic Speed Skating Skills
- 11- Competitive stop - Edge Control/Basic Speed Skating Knowledge
- 12- Four-person relay – basic elements - Edge Control/Basic Speed Skating Knowledge



Level 7 -Green



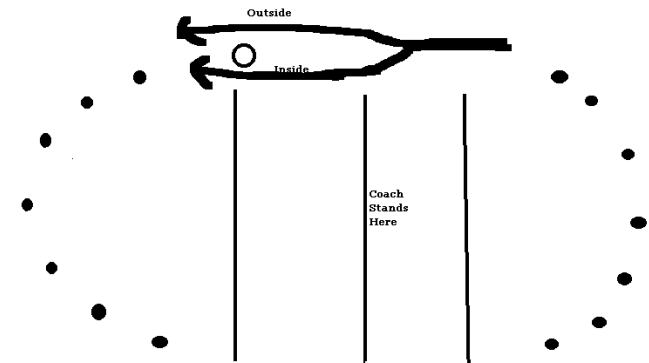
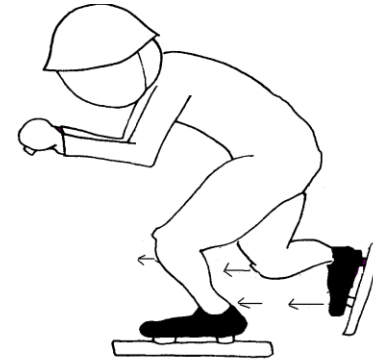
- 1 – Weight Transfer while gliding
- 2- Glide Recovery corner – left leg
- 3-Glide Recovery on corner – right leg
- 4- Cornering with right leg extended
- 5- Cornering with left leg extended
- 6- Cross-over Weave
- 7- One foot jumps on straights
- 8- Backwards glide on straight (right leg)
- 9- Backwards glide on straight (left leg)
- 10- Jumping (while moving)
- 11- Power vs. Frequency accelerations
- 12- Tempo Changes on Straightaway pass



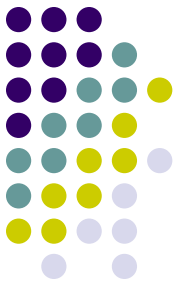
Level 8 -Black



- 1–Weight Transfer/Glide Recovery
- 2-Corne w/ right leg extended (clockwise)
- 3- Corner w/ left leg extended (clockwise)
- 4- Backwards glide on left leg on corner
- 5- Backwards glide on right leg on corner
- 6- Thrust on straightaway (left leg)
- 7- Thrust on straight (right leg)
- 8- Knee touches while gliding
- 9- Reaction Drill
- 10- Demonstrate outside pass
- 11- Goal Setting (Early Stage)
- 12 – Analysis of Performance



Badge Level 9 Through 11



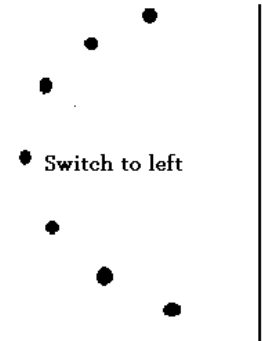
- **S Recommended Stage of Development: Stage 3: Training to Train: Males 12-16/Females 11-15**
- **Most A Group Skaters should be nearing completing of stage 10-11 by the time they enter group A Group**
- skaters are starting to refine the speed skating skills they have learned
- Suppleness and Flexibility still very important
- Continued development of core stability and more focus on peripheral stability especially at ankles and knees
- More challenging tests of agility, coordination, body alignment, and change of direction
- Strength, speed and power testing is more advanced
- Mental: Setting of process and outcome goals, visualization, and focus
- More advanced goal setting and personal management occurs leading up to completion of Level 11
- Competitive Knowledge: Knowledge base that is important for personal best performance at Canadian Nationals and top level Provincial competition
- Skating Skills: More advanced skills are introduced

Level 9 - Bronze



- 1- Cornering – one crossover- Intermediate Speed Skating Skill/Timing
- 2- Cornering – two crossovers - Intermediate Speed Skating Skill/Timing
- 3- Cornering (clockwise) -Agility/Coordination
- 4- Forwards to backwards on left skate - Directional Agility/Edge Control
- 5- Forwards to backwards on right skate - Directional Agility/Edge Control
- 6- Right foot slalom – forwards - Edge Control/ Agility
- 7- Left foot slalom – forwards - Edge Control/ Agility

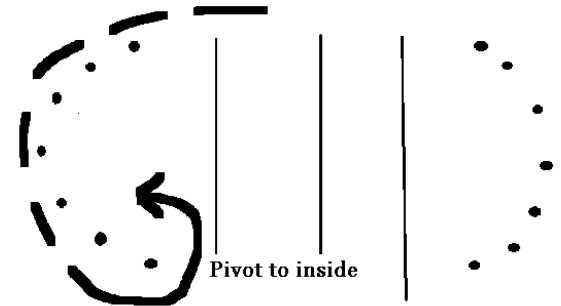
Right Foot



Level 9 – Bronze (cont.)



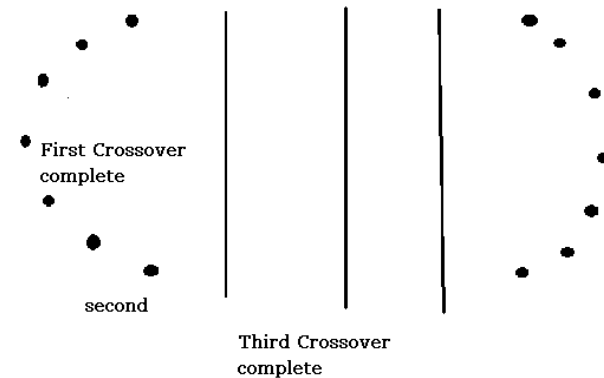
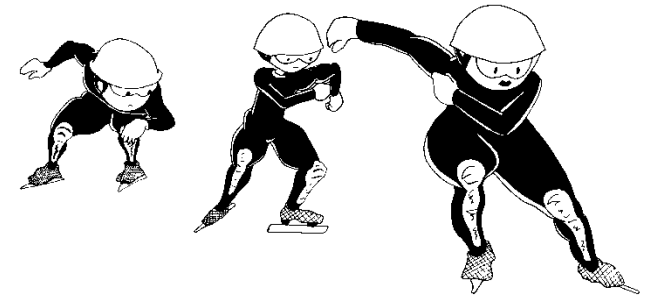
- 8- Quick pivot on corner exit –
- Intermediate Speed Skill
- 9- Inside the track accelerations
- Speed/Intermediate Speed Skill
- 10- Accelerations on corner - Intermediate Speed Skill
- 11- Pack skating - Body Awareness/Intermediate Mental
- 12- Listening and focus - Cognitive/Mental



Level 10 - Silver



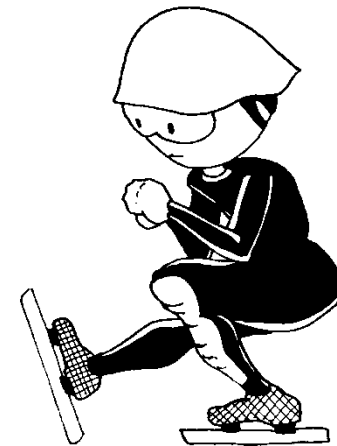
- 1- One- in and two-out track pattern
- 2- Two-in and two-out track pattern
- 3- inside pass on exit of corner
- 4- Wide-wide track pattern
- 5- Wide-in and tight-out track pattern
- 6- Falling technique (corner)
- 7- Falling technique (straight)
- 8- Starting technique (first lap)
- 9- Hydration during practice
- 10- Sharpening technique
- 11- Analysis of technique
- 12- Goal setting



Level 11 - Gold



- 1- Two-in and three-out track pattern
- 2- Defensive track pattern (Block to Block)
- 3- Pivot counter clockwise - right skate
- 4 - Pivot counter clockwise - left skate
- 5- Left and right foot slalom backwards
- 6- Full Jump Turn (360 Degrees)
- 7- Lunging (at finish)
- 8- Shoot-the-duck
- 9- Pacing for race situation
- 10- Relay timing
- 11- Skate Specifics
- 12- Personal management



Post Cutting Edge Program



- It is Speed Skate Canada's desire that skaters will master the skills tested in the Cutting Edge program somewhere within the midpoint of the Training to Train Stage. These skills will be extremely important for their success in the LTAD stages that follow:

Learning to Compete, Training to Compete, Learning to win, and Training to Win



Thank You

