



Podar Enrichment Academy

2011 - 12

SYLLABUS OF SKATING

Lesson 01-05 → Introduction, Rules of the game, Concept of the game.

10 Mints → Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints → Specific drills → Balancing with the Wheels.

15 Mints → Basic drills on the Concentration level

20 Mints → Playing Game/Cooling down

Next...

Lesson 06-10 → Straight Move, Zig-Zag Move, Ring Moves.

10 Mints → Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints → Specific drills → Straight move

15 Mints → Drills → Zig -Zag, Move, Ring Skate

20 Mints → Playing Game/Cooling down

Next...

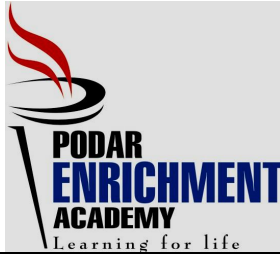
Lesson 11-15 → Formation, turn, Stop

10 Mints → Running (Start with the One full Round of Ground) Warming up
Exercise's. After Every Five Sessions increase one round of Ground

15 Mints → Specific drills → Formation

15 Mints → Specific drills → Turn and Stop

20 Mints → Playing Game/Cooling down



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Next...

Lesson 16-20 → Specific drills → Practice with the Cones, Backward Skating

10 Mints → Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints → Drills → Practice with the Cones

15 Mints → Backward Skating

20 Mints → Playing Game/Cooling down

Next...

Lesson 21-25 → Specific Drills → Types Of Break → T--Break and Hockey Break.

10 Mints → Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase one round of Ground.

15 Mints → Drills → T-Break, Hockey Break (Types of Break)

15 Mints → Backward Skating

20 Mints → Playing Game/Cooling down

Next...

Lesson 26-30 → Advance Practice with the Cones Practice and Competitions.

10 Mints → Running (Start with the One full Round of Ground) Warming up
Exercise's. After Every Five Sessions increase one round of Ground

15 Mints → Practice and Competitions

15 Mints → Advance Practice with the Cones

20 Mints → Playing Game/Cooling down
