

# STAR 1-5 Skater's Training Tool

The purpose of this training tool is to help skaters and coaches plan a successful season of skating. By planning the season, a skater can account for events, ice shows, assessments and other major landmarks throughout the season which can definitely impact a skater's training schedule, as well as goals set for certain times of the season.

## How to use this tool effectively:

First, review the goal setting guidelines. The worksheets that follow may be helpful to set goals for the season. Having the big picture in mind is necessary when setting monthly, weekly and daily goals. If you know where you want to be by the end of the season, it's much easier to have a plan for each training session, each week, as well as each month.

Also included in this guide is a checklist that includes all the elements found on the STAR 1-5 assessments. These can be used as daily tracking sheets to monitor training sessions and keep track of the path towards each skater's goals. If, by the end of the set time frame, a skater has not achieved a set goal, looking back on the number of times it was practiced as well as any challenges that came up will help to shape the goals moving forward to the next month and show training areas that might need to be modified.

All the worksheets are here for everyone to use, but don't feel it necessary to use them all. Use what works best, and if goals are not being achieved, consider trying some of the other resources. Print off the number of monthly and weekly goal setting sheets required for the season to have on hand.

Warm-ups (on and off the ice), drills, as well as cool downs (on and off the ice) can be specific to each skater. Worksheets are provided to help set some effective warm up and cool down routines along with drills for different aspects of training.

The STAR 1-5 Skater's Training Tools has been designed to assist both the coach and the skater in identifying and monitoring specific goals and progression throughout the STAR 1-5 system.

Below is a table of contents for tools contained within this document. Feel free to use any or all pieces that would be helpful. Coaches may use some of the ideas presented here and adjust them to meet the needs of their skaters.

# My Training Book



Name: \_\_\_\_\_

# SETTING GOALS

It is important to set goals so you know what you are working towards each season. Setting effective goals will help anyone achieve their desired outcomes. Here are some guidelines to follow and worksheets to use to help you set effective goals leading to successful outcomes.

Follow the SMART principle and make your goals...

<b>S</b>	Specific – what are you trying to achieve? Simple
<b>M</b>	Measureable – how will you know you have achieved the goal? Meaningful
<b>A</b>	Achievable – is this goal in your realm of possibilities? Attainable
<b>R</b>	Realistic – can this goal be achieved in the set time frame? Relevant
<b>T</b>	Timely – when do I want this goal achieved by? Toward what you want

How you phrase your goals also makes a big difference in your ability to achieve your desired outcome. For example, the phrasing of goal 2 is much more effective than the phrasing of goal 1.

1. I will land my axel next month
2. I will land my axel by the end of November.

The first goal will keep your mind focused on landing your axel “next” month (which will never come) and the second goal has a specific end date for your mind to focus on. Also, when writing goals for the season, phrase them as if they have already been achieved. So instead of stating “I will land my double flip” a better phrasing would be “I have landed my double flip jump successfully multiple times”.

Knowing your end goals makes the smaller monthly and weekly goals easier to figure out.

Step 1 – identify season goals and have them posted somewhere you can read them every day

Step 2 – break those larger season goals into monthly goals based on how the season is laid out with competition, test days etc

Step 3 – break the monthly goals down even further into weekly goals and then daily goals depending on the number of days training each week.

Step 4 – make sure to review the monthly goals at the end of each month and make adjustments for the following month to stay in line with the overall season goals.

# SEASON GOALS

	COMPETITION	ASSESSMENT	INDIVIDUAL ELEMENT	OTHER Power/speed/control /expression, etc
DANCE				
SKILLS				
FREESKATE-PROGRAM				
FREESKATE-ELEMENTS				
INTERPRETIVE				
OVERALL SKATING				

# Monthly Goals for \_\_\_\_\_ (month)

	COMPETITION	ASSESSMENT	INDIVIDUAL ELEMENT	OTHER Power/speed/control /expression, etc
DANCE				
SKILLS				
FREESKATE-PROGRAM				
FREESKATE-ELEMENTS				
INTERPRETIVE				
OVERALL SKATING				

# WEEKLY GOALS

	JUMPS	SPINS	SKILLS	DANCE	BONUS/OTHER
<b>WEEK 1</b>					
	Achieved Yes No	Achieved Yes No	Achieved Yes No	Achieved Yes No	Achieved Yes No
<b>WEEK 2</b>					
	Achieved Yes No	Achieved Yes No	Achieved Yes No	Achieved Yes No	Achieved Yes No
<b>WEEK 3</b>					
	Achieved Yes No	Achieved Yes No	Achieved Yes No	Achieved Yes No	Achieved Yes No
<b>WEEK 4</b>					
	Achieved Yes No	Achieved Yes No	Achieved Yes No	Achieved Yes No	Achieved Yes No
<b>WEEK 5</b>					
	Achieved Yes No	Achieved Yes No	Achieved Yes No	Achieved Yes No	Achieved Yes No

**Am I on track?**

**Monthly reflection** (Achievements, challenges, solutions to challenges, etc):

# DAILY TRAINING

## Off-ice warm-up

	Training session 1	Training session 2	Training session 3	Training session 4	Training session 5	Training session 6	Training session 7
CARDIO – examples include light jog (fwd and bwd), skipping, side hops							
ACTIVE STRETCHING – examples include step-kick, elbow-knee steps, leg swings, arm circles							
OFF-ICE JUMPS – examples include “h” hops, landing exercise, vertical jumps (straight up and with rotation), walk throughs							
PROGRAM WALK THROUGH – full choreography							
SETTING/REVIEWING GOALS FOR THE DAY							

## On-ice Warm up

	Training session 1	Training session 2	Training session 3	Training session 4	Training session 5	Training session 6	Training session 7
CARDIO							
POWER							
SPEED							





## Daily Checklist STAR 2

DANCE								COMMENTS
DUTCH WALTZ								
CANASTA								
<b>SKILLS</b>								
BWD EDGES								
BWD 3-TURNS								
FWD CIRCLE ON CIRCLE								
2FT-1FT MULTI TURNS								
FO TURN SEQUENCE								
<b>FRESSKATE - ELEMENTS</b>								
SALCHOW								
LOOP								
FLIP								
WALTZ – TOE LOOP								
FWD SIT SPIN								
FWD CAMEL SPIN								
CHANGE FOOT UPRIGHT								
<b>FREESKATE – PROGRAM</b>								
BWD UPRIGHT SPIN								
TOE LOOP								
FWD SPIRAL SEQUENCE								
RUN THROUGH								
<b>BONUS/OTHER</b>								







## Drills that WORK for ME!

Waltz/Axel	Salchow	Toe loop
Loop	Flip	Lutz
Over/Under Rotating	Stepping out	2 foot landings

## Other Drills



(Spins/field movements/power/speed)



## On-ice cool down

	Training Session 1	Training Session 2	Training Session 3	Training Session 4	Training Session 5	Training Session 6	Training Session 7
Stroking Exercises							
Active Stretches							

## Off-ice cool down

	Training Session 1	Training Session 2	Training Session 3	Training Session 4	Training Session 5	Training Session 6	Training Session 7
Stretches							
Session Reflection							
Goal Assessment							

## Post event/competition Reflection



1. Did your performance go as planned? YES NO  
Why/why not?

2. Do you feel you were well prepared for this competition/event? YES NO  
Why/why not?

3. Were you happy with your overall results? YES NO  
Why/why not?

4. What would you change about your **preparation** for your next competition/event?

5. What would you like to change about your **performance** for your next competition/event and how can you train it?

6. Did you notice any distractions that may have taken your focus? YES NO  
What were they?

7. Was there anything you or other people did that helped get you back on track?

8. What do you feel were your biggest challenges about this competition/event?

9. What do you feel were you most successful strategies for this competition/event? (what worked really well?)

10. Do you feel you can improve your performance?

YES

NO

11. If yes, how and what will help you?

12. What are your goals for your next competition/event?

## END OF SEASON REFLECTION

What were my goals for the season?

Did I achieve my goals? Explain

What factors affected the outcome of my goals (both positive and negative)?

What did I learn about myself and my training this past year?

## **MOVING FORWARD TO NEXT SEASON!**

What are my goals for next season?

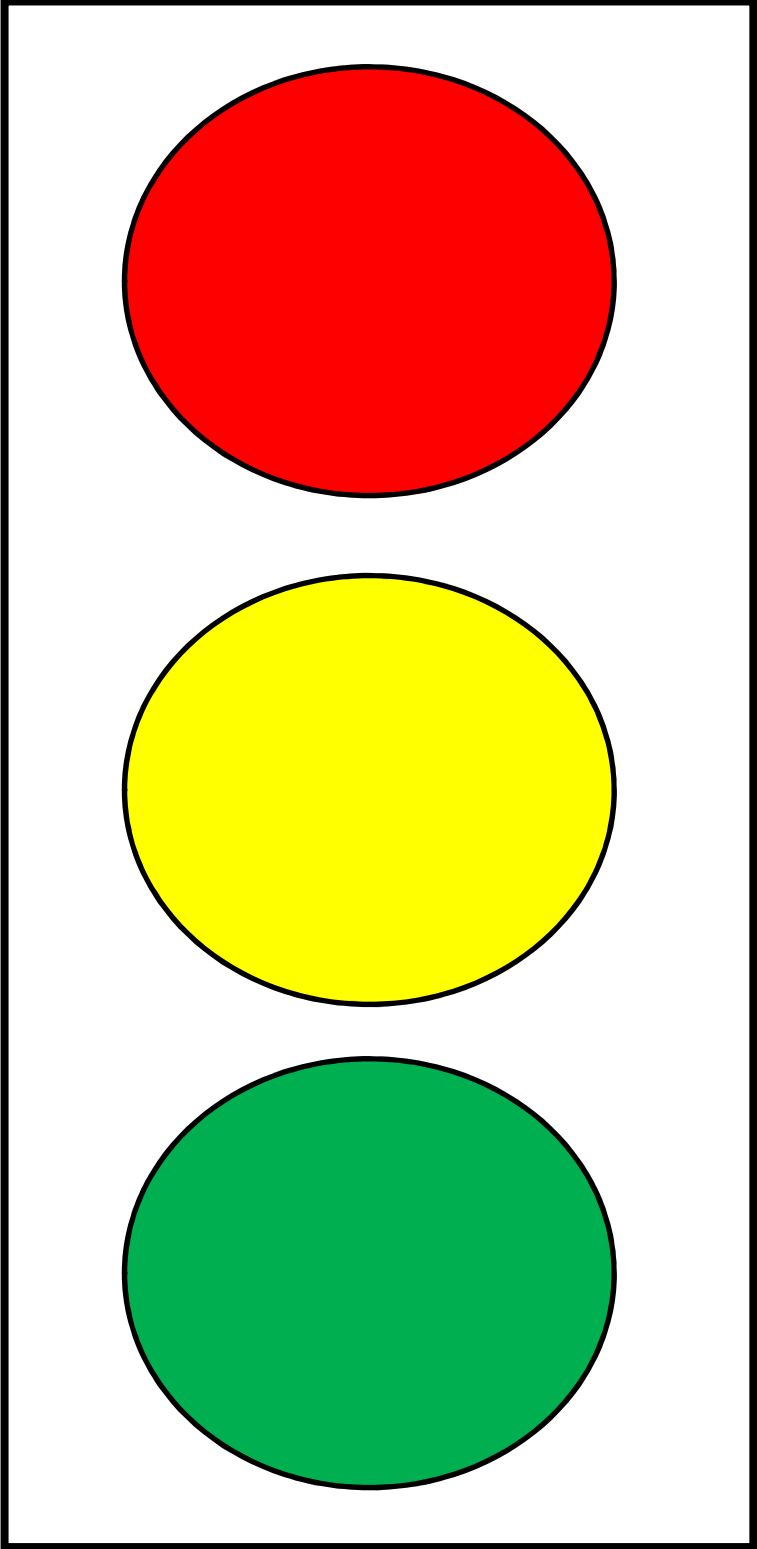
How will I incorporate what I learned from this year into next year's training?

What will be my biggest challenges?

What strategies do I have to help me overcome these challenges?

What will be my biggest motivation?

**IN MY TRAINING I WOULD LIKE TO:**



Stop...

Continue to...

Start...