

U.S. Figure Skating Bridge Program

Ice Dance Curriculum



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The Dance curriculum within the Bridge program is meant to be an introduction to Ice Dance. This is normally going to be the first exposure the skaters have to Ice Dancing. Remember to keep it simple and fun.

The curriculum listed is extensive and is only a guideline to help introduce the principles involved with the discipline of ice dance. Remember some groups may only work on one principle for the entire allotted time during the session.

Discussion topics:

- Opportunities available in pursuing ice dancing
- Variations of technique and style
- Application of pattern
- Ice utilization
- How to read the patterns in the rulebook/record book
- Tracking
- Partnering

On-Ice Ice Dancing Lesson Plan

Time Allocation	Activity or Skill	Instructional Points
The lead dance instructor works with the entire group on points and skills. (5 minutes – 10 minutes)	Forward: <ul style="list-style-type: none"> • Perimeter stroking • Progressives in a circle • Perimeter progressives • Progressive chasses in a circle • Perimeter cross-rolls • Swing rolls 	Movement Specific: <ul style="list-style-type: none"> • Line • Carriage • Weight transfer • Tempo • Efficiency
The lead dance instructor works with the entire group on points and skills. (5 minutes – 10 minutes)	Backward: <ul style="list-style-type: none"> • Perimeter stroking • Cross-overs in a circle • Progressives in a circle • Swing rolls • Cross-rolls 	Movement Specific: <ul style="list-style-type: none"> • Line • Carriage • Weight transfer • Tempo • Efficiency
(5 minutes – 10 minutes)	Step and Turn Technique <ul style="list-style-type: none"> • Mohawks • Backward to forward transitions • Slide chasses • Changes of edge • Cross behinds • Outer to Outer transitions 	Offer suggestions/feedback for improvement of various skills.

	Skaters skate to various dance rhythms	Play various dance rhythms and incorporate skill
Off-Ice Dance Topics		
10 – 15 minutes	Dance Music rhythms <ul style="list-style-type: none"> • Play various music rhythms • Skaters will identify timing, beat, style, expression. 	Dance Rhythms: <ul style="list-style-type: none"> • Waltz • Foxtrot • Blues • March • Tango • Cha Cha • Polka