



HOW TO ACHIEVE GREAT SPINS, OFF-ICE

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Golden Rules

1. Study, Study, Study

2. Practice, Practice, Practice

What to Study

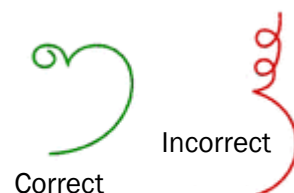
1. Write down what your coach says and study what you wrote.
2. Watch video of yourself spinning.
3. Watch video of other skaters spinning.
4. Study photos of spin positions. Find the axis.

What to Practice: Off-Ice

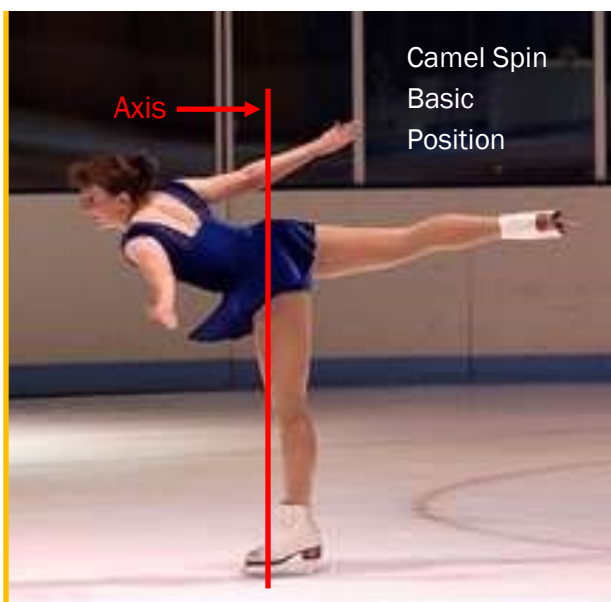
1. Practice standing on one foot. Do this on left foot and on right foot.
2. Practice spin positions standing still. Be aware of your body alignment over the spinning side.
3. Practice spin positions on a spinner.
4. On the spinner, work to establish balance in basic positions for at least 10 rotations. Do the same with variations of the positions.
5. Do exercises to increase core strength.
6. Work to increase your flexibility.
7. Maintain a good fitness level for endurance and muscle strength.
8. Remember to also practice back spins on the spinner.

Spins Need...

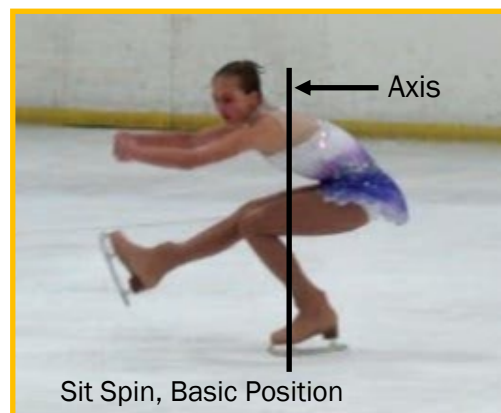
- Body alignment on axis
- Correct blade position
- Balance over the blade
- A decreasing entry curve
- A good "hook"



Upright Spin
Basic Position



Camel Spin
Basic Position



Sit Spin, Basic Position