



Eight Basic Figure 8 Skating Drills

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Eight Basic Figure 8 Skating Drills

Hello, I'm Neil Ruffini I've spent the past ten years becoming an expert trainer for ice skaters looking to advance their skating skills.

The methods outlined in this ebook will lay the groundwork for players to reach their full potential at any level, from those just learning the game to the highest levels of competition.

Eliminate all the guesswork on how to dial in your skating skills and stop wasting time in your pursuit of becoming a better skater. This guide will make the most of your time, effort, and money to teach you the skills you need to know now.

I wanted to create a comprehensive guide of skating exercises that you will execute in a tight area or even during a busy public skate. Along with being convenient, still teach the fundamentals and challenge some of the most experienced skaters. This guide will walk you through a series of drills that anyone will be able to understand.

This guide is made for the skaters who:

- ...knows that they want to improve but struggles with what skills to work on
- ...stresses because there are so many resources out there but don't know where to start
- ...feels stagnant in their development approach to the skillset they desire

And is NOW ready to:

- ...show up and crush their goals
- ...enroll in a culture that will connect other like-minded skaters and join a group bigger than yourself!

Train in the shadows to perform in the spotlight

— neil ruffini, Warehouse Athletes

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Two Foot Tight Turn

Important Points

- Knee Bend** You want to push your knee over your toe. The position ensures a strong, stable base when executing this exercise.
- Upper Body** You want to keep your upper body under control and avoid unnecessary movement. The head should face the inside of the turn as you round the corners. Your lower body will follow the direction of your head.
- Inside Leg** exaggerate knee bend with knee over your toe. Lean over your inside skate and into the turn.
- Outside Leg** The leg will be near straight on your inside edge. Legs will be wide apart for a strong and stable position through the turn.

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SKATING
FIGURE 8 POWER TURN TOUCH THE ICE

Two Foot Tight Turn Touch the Ice

Important Points

- Knee Bend** You want to push your knee over your toe. Sit back into your hip, allowing your weight to compress down into your load position.
- Upper Body** You want to keep your upper body under control and avoid unnecessary movement. The head should face the inside of the turn as you round the corners. Your lower body will follow the direction of your head.
- Inside Leg** Exaggerate knee bend with knee over your toe. Lean over your inside skate to close the gap between your shoulder and the ice into the turn.
- Outside Leg** The leg will be near straight on your inside edge. Legs will be wide apart for a strong and stable position through the turn.

Eight Basic Figure 8 Skating Drills



Figure 8 crossover hold

Two Foot Tight Turn Crossover Hold

Important Points

- Knee Bend** You want to push your knee over your toe. Sit back into your hip, allowing your weight to compress down into your load position.
- CrossUnder Push** You will focus on the cross under push with your outside edge to generate power. Hold that cross under the extension to straddle the middle dot between your legs.
- Inside Leg** Lean over your inside leg on your outside edge. Coming out of the turn, you will push hard to extend your leg through the outside edge. This outside edge cross under push will be the movement that projects you to the next turn.

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Two Foot Crossover Hold Touch the Ice

Important Points

- Knee Bend** You want to push your knee over your toe. Sit back into your hip, allowing your weight to compress down into your load position.
- Upper Body** You want to keep your upper body under control and avoid unnecessary movement. The head should face the inside of the turn as you round the corners. Your lower body will follow the direction of your head.
- CrossUnder Push** You will focus on the cross under push with your outside edge to generate power. Hold that cross under the extension to straddle the middle dot between your legs.
- Inside Leg** Lean over your inside leg on your outside edge. Coming out of the turn, you will push hard to extend your leg through the outside edge. This outside edge cross under push will be the movement that projects you to the next turn.

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SKATING
FIGURE 8 - 1 FOOT INSIDE EDGE

Inside Edge

Important Points

- Knee Bend** You want to push your knee over your toe. Sit back into your hip, allowing your weight to compress down into your load position.
- Upper Body** You want to keep your upper body under control and avoid unnecessary movement. The head should face the inside of the turn as you round the corners. Your lower body will follow the direction of your head.
- Outside Leg** Exaggerate the knee bend to load up that leg for a strong push into the next turn.
- Inside Edge** Keep your weight on your inside edge between the ball of your foot and the middle of your blade. The entire inside edge should be in contact with the ice throughout this exercise.

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Inside Edge Touch the Ice

Important Points

- Knee Bend** You want to push your knee over your toe. Sit back into your hip, allowing your weight to compress down into your load position.
- Upper Body** You want to keep your upper body under control and avoid unnecessary movement. Use your arms to generate momentum and power throughout the exercise.
- Outside Leg** Exaggerate the knee bend to load up that leg for a strong push into the next turn. Exaggerating the knee bend will allow you to close the gap between your shoulder and the ice as well.
- Inside Edge** Keep your weight on your inside edge between the ball of your foot and the middle of your blade. The entire inside edge should be in contact with the ice throughout this exercise.

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SKATING
FIGURE 8 - 1 FOOT OUTSIDE EDGE

Outside Edge

Important Points

- Knee Bend** You want to push your knee over your toe. Sit back into your hip, allowing your weight to compress down into your load position.
- Upper Body** You want to keep your upper body under control and avoid unnecessary movement. Turn your upper body over your outside edge to help carry the momentum around the full semi-circle. Wherever your head goes, your lower body will follow.
- Outside Edge** Focus on the crossunder push on the outside edge to full extension to give you enough momentum to carry you through the next turn.
- Rhythm** You will find that these exercises will get easier the more you do them, and you'll find a rhythm. Syncing your upper and lower body makes the movement smoother.

Eight Basic Figure 8 Skating Drills



Outside Edge Touch the Ice

Important Points

- Knee Bend** You want to push your knee over your toe. Sit back into your hip, allowing your weight to compress down into your load position.
- Upper Body** You want to keep your upper body under control and avoid unnecessary movement. Exaggerating the knee bend will allow you to close the gap between your shoulder and the ice as well.
- Outside Edge** Focus on the crossunder push on the outside edge to full extension to give you enough momentum to carry you through the next turn.
- Rhythm** You will find that these exercises will get easier the more you do them, and you'll find a rhythm. Syncing your upper and lower body makes the movement smoother.

BONUS - ONE FOOT ONLY

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FIGURE 8 SKATING ONE FOOT ONLY

BONUS - ONE FOOT ONLY

Important Points

- Knee Bend** You want to push your knee over your toe. Sit back into your hip, allowing your weight to compress down into your load position.
- Upper Body** Use your upper body to help gain momentum throughout the exercise. Use your upper body to your advantage.
- Edges** Focus on using your weight on both your inside and outside edges to generate power. Use every opportunity on an edge to create speed and power.
- Rhythm** You will find that these exercises will get easier the more you do them, and you'll find a rhythm. Syncing your upper and lower body makes the movement smoother. The smoother your rhythm, the longer you can do the exercise.

BONUS- ONE FOOT ONLY DOUBLE 3-TURN



BONUS- ONE FOOT ONLY DOUBLE 3-TURN

Important Points

- Knee Bend** You want to push your knee over your toe. Sit back into your hip, allowing your weight to compress down into your load position.
- Upper Body** Use your upper body to help gain momentum throughout the exercise. Use your upper body to your advantage.
- Edges** Focus on using your weight on both your inside and outside edges to generate power. Use every opportunity on an edge to create speed and power.
- Rhythm** You will find that these exercises will get easier the more you do them, and you'll find a rhythm. Syncing your upper and lower body makes the movement smoother. The smoother your rhythm, the longer you can do the exercise.



Thank You!

If you thought these drills helped you become a better skater and overall athlete, look into the other programs offered by Warehouse Athletes!

Warehouse Athletes offers many different programs on & off the ice for hockey players and figure skaters, including the full Figure 8 Skating Drill program, which includes over 40+ figure 8 exercises.

[Learn more](#)