

HOW to FIGURE OUT GOALS for improvement of your jumps, spins, and other skating moves!

#1 ARE YOU HAVING DIFFICULTY WITH...

1. Proper free leg position for Lutz, Flip, Salchow, Toe and Axel
2. Proper free leg in layback and camel positions
3. Extension of free leg in landings and stroking
4. Biellmann position or haircutter spin
5. Proper spiral

then you need to work on PSOAS FLEXIBILITY.

#2 ARE YOU HAVING DIFFICULTY WITH...

1. Camel spin (leg position)
2. Spiral (leg position)
3. Y spin
4. Biellmann spin
5. General skating mobility

then you need to work on HAMSTRING FLEXIBILITY.

#3 ARE YOU HAVE DIFFICULTY WITH...

1. Pancake spin
2. Proper angle for jump takeoffs
3. An appealing free leg in a layback spin
4. Spread eagles and ina bauers

then work on HIP EXTERNAL ROTATION MOBILITY.

#4 ARE YOU HAVING DIFFICULTY WITH...

1. Shoulder pain or stress with any blade grabbing move

then you need to work on SHOULDER EXTERNAL ROTATION MOBILITY

#5 ARE YOU HAVING DIFFICULTY WITH...

1. Arm movements for appealing lines and good choreography

then you need to work on SHOULDER FLEXION MOBILITY

#6 ARE YOU HAVING DIFFICULTY WITH...

1. Knee problems
 2. Completing a haircutter spin or biellmann spin
- then you need to work on QUADRICEPS FLEXIBILITY

#7 ARE YOU HAVING DIFFICULTY WITH...

1. Controlling leg alignment for proper technique of every jump landing and takeoff
 2. Maintaining proper alignment during stroking, footwork, and turns
 3. Stabilizing the hip and controlling balance in spins
- then you need to work on GLUTEUS MEDIUS STRENGTH

#8 ARE YOU HAVING DIFFICULTY WITH...

1. Power for jump height
2. Lifting the free leg in an axel and salchow
3. Maintaining hip stability in spins
4. Any kick or thrust of the free leg (flying camel, etc)

then you need to work on *PSOAS STRENGTH*

#9 ARE YOU HAVING DIFFICULTY WITH...

1. Maintaining proper posture
2. Holding arms at shoulder level for stroking and crossovers

then you need to work on *LOWER TRAPEZIUS STRENGTH*

#10 ARE YOU HAVING DIFFICULTY WITH...

1. Checking out of a jump properly
2. Maintaining proper body alignment in jump takeoffs
3. Centering spins
4. Body control in every aspect of skating

then you need to work on *CORE STRENGTH*