



Working and Learning In Sport and Fitness

Spinning on Ice

COMM

From the cognitive stage, athletes progress to the associative stage. At this stage athletes are expected to move on from understanding a skill to actually performing it.

David- IV

When they reach the associative stage I think it's really important that the athlete is starting to understand where they're supposed to be in relation to the body so I'm not having to correct them ..I would expect the skater to be able to execute the spin with good understanding of where they're supposed to be. .

Andrew IV

With the spin the main thing is to focus on the centre, centring the spin and having your weight in the right place so if you have different arm positions or leg positions it shouldn't affect what happens with your skating leg and it should improve the spin, so as long as the basics are there I think that's the important thing to get.

COMM

As athletes progress through the stages of learning, their spin is performed with greater flexibility and balance, as well as being faster and smoother. As they continue to improve coaches will gradually add variations to the spin.

David- IV

The variations at the associative stage would be where we go from a moving position into the spin on the forward outside edge.

So if he performs the spin and it wasn't so great then go back to the spin, have a look at the tracing on the ice, know how it should look and then try and recreate that as he's going into doing the next spin.

It's still really good at the associative level to demonstrate what I'm trying to get them to achieve so visually again they can see what it is that I'm asking for them to do but I probably wouldn't do as many demonstrations, I would let them get on with the spin and really try and get the feeling..

...with Andrew I would try and use a bit more descriptive language trying to get him to understand where his body is ...we're still moving forwards with all three stages verbally as well as, you know, showing them visually.

Andrew IV

Constant feedback is always good so you tend to get feedback on everything you do in the lesson as well as things when you come back to the lesson, what may have improved through practice from last time and things to practice on to give you some focus before your next lesson.