

U.S. Figure Skating Bridge Program

Spin and Jump Curriculum

(Group by level and ability only)



Spin Classes

The following information is a guideline for the spin section of the Bridge Program. **Remember to tailor the class according to the age and ability of the participants.** Some groups may only work on one principle the entire session depending on their ability. Adjust times according to length of classes. *Use this as a guideline only.*

Instructional Points to cover:

- Centering (preparation and entry)
- Accurate positions
- How to create centrifugal force
- Transitions in combination spins
- Exit
- Common errors in spins

On-Ice Lesson Plan - Spins

Break-out Time	Time Allocation	Activity/Skill	Instructional Points
5-10 minutes <i>Basic 3-Freeskate 6</i>	Bring entire group together (by ability)	Individual spins <ul style="list-style-type: none"> • Pivots • Two-foot Spin • One foot Spin • Back Spin • Sit Spin • Camel Spin 	Principle #1 <ul style="list-style-type: none"> • Preparation • Entry • Centering
5-10 minutes	Break-out groups <ul style="list-style-type: none"> • Practice time 	Individual spins	
5-10 minutes <i>Freeskate 6-Pre-pre</i>	Bring entire group together (by ability)	Combination spins <ul style="list-style-type: none"> • Upright change foot Spin • Sit change sit • Camel-sit Spin 	Principle #2 <ul style="list-style-type: none"> • Teach mechanics of changing feet and changing position • Accurate positions and acceleration • Producing rotational force in transition
5-10 minutes	Break-out groups <ul style="list-style-type: none"> • Practice time 	Combination spins	
5-10 minutes <i>Pre-pre- Preliminary</i>	Bring entire group together (by ability)	Flying spins <ul style="list-style-type: none"> • Flying Camel • Flying Sit 	Principle #3 Technique of flying spins <ul style="list-style-type: none"> • Walk-thru • Take-off • Spinning position • Exit
5-10 minutes	<ul style="list-style-type: none"> • Practice time 	Flying Spins	

Jump Classes

The following information is a guideline for the jump section of the Bridge Program. **Remember to tailor the class according to the age and ability of the participants.** Some groups may only work on one principle the entire session depending on their ability. Adjust times according to length of classes. *Use this as a guideline only.*

Instructional Points to cover:

- Preparation
- Take-off positions
- Rhythm and timing
- Air position
- Landing
- Common errors

Break-out Time	Time Allocation	Activity/Skill	Instructional Points
5-10 minutes each <i>Groupings:</i> <i>Basics</i> <i>Basic 7-FS 1</i> <i>FS 2-4</i> <i>FS5-Beginner</i> <i>Pre Pre-Preliminary</i>	Bring entire group together (by ability)	Single (half) jumps <ul style="list-style-type: none"> • Bunny hops/side toe • Waltz Jump • Toe Loop • Salchow Jump • Loop Jump • Flip Jump (half) • Lutz Jump (half) • Axels 	Key Principles <ul style="list-style-type: none"> • Preparation • Take-off positions • Rhythm and timing • Air position • Landing • Common errors
10-15 minutes	Break-out groups <ul style="list-style-type: none"> • Practice time 		
5-10 minutes each <i>FS 2 and above</i>	Bring entire group together (by ability)	Combination jumps <ul style="list-style-type: none"> • Toe loop combos • Loop jump combos 	Key Principles <ul style="list-style-type: none"> • Preparation • Take-off positions • Rhythm and timing • Air position • Landing • Common errors
10-15 minutes	Break-out groups <ul style="list-style-type: none"> • Practice time 		