

# 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"> <li>➤ Pivots</li> <li>➤ Two-foot Spin</li> <li>➤ One foot Spin</li> <li>➤ Back Spin</li> <li>➤ Sit Spin</li> <li>➤ Camel Spin</li> </ul>	Principle #1 <ul style="list-style-type: none"> <li>➤ Preparation</li> <li>➤ Entry</li> <li>➤ Centering</li> </ul>
5-10 minutes	Break-out groups • 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"> <li>➤ Upright change foot Spin</li> <li>➤ Sit change sit</li> <li>➤ Camel-sit Spin</li> </ul>	Principle #2 <ul style="list-style-type: none"> <li>➤ Teach mechanics of changing feet and changing position</li> <li>➤ Accurate positions and acceleration</li> <li>➤ Producing rotational force in transition</li> </ul>
5-10 minutes	Break-out groups • 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"> <li>➤ Flying Camel</li> <li>➤ Flying Sit</li> </ul>	Principle #3 Technique of flying spins <ul style="list-style-type: none"> <li>➤ Walk-thru</li> <li>➤ Take-off</li> <li>➤ Spinning position</li> <li>➤ Exit</li> </ul>
5-10 minutes	• Practice time	Flying Spins	