



Off-Ice For Figure Skaters: What we need to know

What is Off-Ice Training?

- ▶ Off-Ice is Figure Skating related training that is done OFF the ice to enhance On-Ice performance.
- ▶ Additional training to keep up with the on-ice demands and the continuous evolving sport of Figure Skating.



Why Do Figure Skaters Need Off-Ice?

Off-Ice training is used to enhance on-ice skills, reduce and prevent injury and keep up with the mental and physical demands of a progressing sport.

Off-Ice training enhances an athletes strength, power, endurance, flexibility, mobility and overall performance.

Figure Skaters need to be well conditioned to withstand the element repetition and reduce the risk of musculoskeletal injury.

What are the components of Off-Ice training?

- ▶ Warm-up/Cool Down
- ▶ Strength and Conditioning
- ▶ Jump/Plyometric Training
- ▶ Coordination Balance
- ▶ Anaerobic and Aerobic Conditioning
- ▶ Flexibility/Mobility
- ▶ Body Awareness and Musicality
- ▶ Mental Training



Warm-up/Cool Down

- ▶ Increase blood flow
- ▶ Increase muscle temperature
- ▶ Increase joint mobility
- ▶ Reduce risk of injury
- ▶ Mental preparation





Strength & Conditioning

- ▶ Classes designed to develop well rounded athletes.
- ▶ Equipment used:
 - Body weight
 - Dumbbells
 - Medicine balls - involves explosive throws and requires spacial awareness for oneself and others (something that should be ingrained from on ice training)
 - Skipping ropes
 - Athletes should also be ready to work inside or outside.

Strength & Conditioning

- Core strength and working on proper movement patterns are used to help with injury prevention (and rehabilitation).
- Games may be used at the beginning of practices as a warm-up or end of practices as a bonus.
- Games can involve throwing, running and learning to work as a team.



Off-Ice Jump Class

- ▶ Focus: develop off-ice jump technique
- ▶ Coordination, balance, agility, and strength
- ▶ Plyometric training

Eccentric Contraction -----> Amortization -----> Concentric Contraction



Off-Ice Jump Class

- ▶ Core of my class is working jump technique through sets of progressions
- ▶ Developing body awareness
- ▶ Building muscle memory
- ▶ Skaters should incorporate off-ice jumping into their daily warm-up routines



Ballet

- ▶ Strength
- ▶ Flexibility
- ▶ Body Awareness
- ▶ Balance Technique
- ▶ Discipline
- ▶ Musicality
- ▶ Aesthetics



Stability & Mobility

- ▶ Figure skaters need to be both flexible and strong. This class builds strength and increases mobility in all areas of the body which will help the skaters move more efficiently on-ice.
- ▶ Class focus
 - ▶ mobility and stability of the feet, ankles, knees, hips, lumbar spine, thoraco - scapular and gleno - humeral joints.



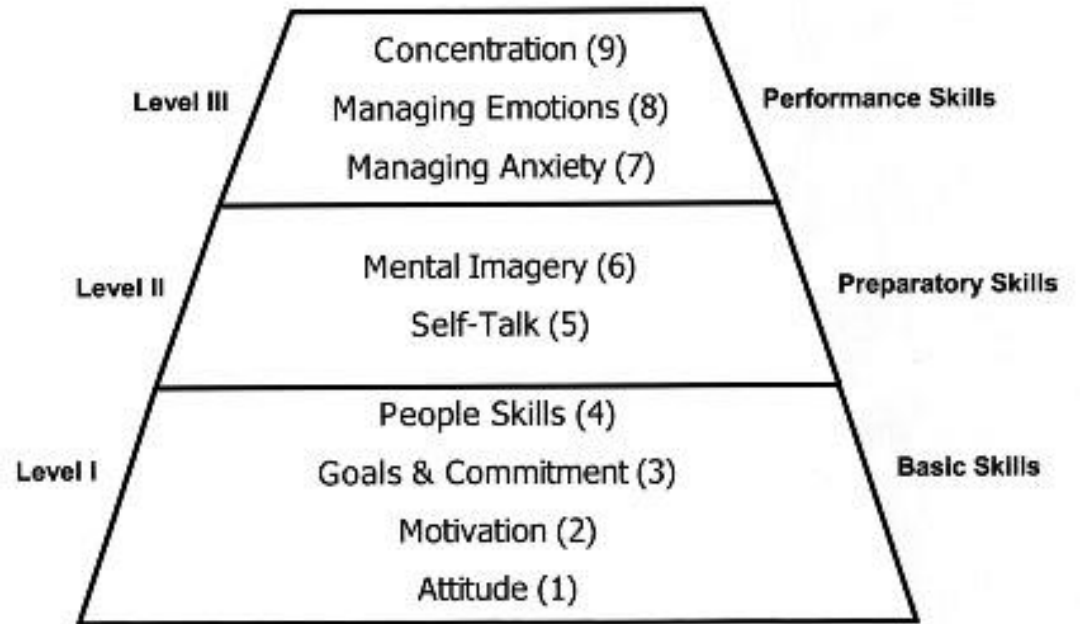
A woman with dark hair, wearing a black leotard and grey long-sleeved shirt, is performing a handstand on a dark mat. She is holding her legs together in a split position, with one leg pointing upwards and the other downwards. Her hands are flat on the floor, and her head is tucked down. The background is a plain, light-colored wall.

Stability & Mobility

- ▶ Main objective
 - ▶ lengthen all every major muscle group in the body while also moving the spine into flexion, extension, lateral flexion and rotation.
- ▶ How is this achieved?
 - ▶ contemporary dance, ballet floor barre, pilates, yoga tune up, as well as other somatic exercises to achieve greater range of motion in the distal joints and increase stability in the core.

Mental Training

- ▶ Visualization
- ▶ Goal setting
- ▶ Self motivation
- ▶ Condition the inner self-talk
- ▶ Training to be in the “zone”
- ▶ Competition preparation



Q & A

