



1/1 SPIN

Skill Type: Spin

Apparatus: FX and BB



Pro Coaching Tip:

Practice $\frac{1}{4}$ turns with a hold to reinforce balance and control before attempting full spins. Ensure the gymnast spots the landing and keeps the head position neutral.



SEE IT LIVE IN ACTION!

You can see how the skill should be performed by [clicking here!](#)



STARTING POSITION:

We recommend coaches selecting a starting position that is suitable for the gymnast.

However at IGA we recommend this starting position on the left. This position encourages **square hips**, and allows the gymnast to step onto a **straight knee** and toe immediately.

It is important that the arms are in the correct position. If the straight arm in the photo is too far behind the gymnast this will create an arch in the back, which is the incorrect body alignment for a spin.



RELEVÉ POSITION:

Once the gymnast has stepped onto the toe, the arms must be **above the head** and slightly forward. The knee must be high and connected to the other knee as shown in the picture, the bottom leg should be straight and the gymnast should be on a high toe.

Please note if the arms **go behind the head** the gymnast will create an arch in her back which is the incorrect body alignment.

If the gymnast is on a bent knee or not on a toe in this phase, the gymnast will not be able to complete the spin.

PHYSICAL PREPARATION CONDITIONING:

1.	Single-leg calf raises	3 x 15 hold last for 10	Focus on ankle strength and stability
2.	Relevé walks on beam	3 x lengths	Focus on ankle strength and stability on relevé
3.	Relevé hold using Beam	3 x 15 seconds hold	Focus on ankle strength and stability on relevé
4.	Side plank & dips	3x 15 hold last for 10	Focus on body tension and core strength
4.	Dish hold	3 x 30 seconds hold	Focus on body tension and core strength

TEACHING PROGRESSIONS:

1.	Ensure the gymnast is able to perform a $\frac{1}{2}$ spin confidently with little deductions.
2.	Progress the spin to $\frac{3}{4}$ - ensuring they are able to spin on a toe and a straight supporting leg.
3.	Once able to perform confidently, then initiate a 1/1 turn to finish.
4.	Once they have attempted the 1/1, it's important they know how to spot the landing.
4.	After the gymnast can perform the skill confidently on the Floor, progress to the Beam.