ADVANCED VIDEO
ANALYSIS

PERFORM LIVE

Your Technical Action Plan.

Priority #1: The two-foot anchor
The root cause of your directional drift is releasing the crossover too early.
By staying on two feet after the final crossover, you lock your momentum toward the front.
This "snowball effect" stabilizes your trajectory, ensuring you aren't fighting a curved entry t
hat throws you off-axis before you even start the turn.

The fix: Maintain two-foot contact to square your hips to the front.

Verbal cue: "Track the line."

The feel: feel like your skates are locked into parallel train tracks.

Arm and weight transition
As you transition to the left foot, your center of gravity needs to drop and stabilize.
High arms create drag and tension that disrupt the 3-turn.

The fix: Drop the arms to a neutral, low position during the weight shift.

Verbal cue: "Quiet arms."

The feel: feel your fingertips getting "heavy" toward the ice.

The linear 3-turn
The limitation in your current jump comes from curving the entry too much.
To achieve the correct inside-back position later, the push into the forward 3-turn must be linear.

The fix: Push into the outside forward 3-turn along a straight path rather than a deep circle.

Verbal cue: "Drive the rail."

The feel: feel like you are skating down a narrow hallway.

Performance window: Directional efficiency
Your current speed is high, but it is being dispersed into a curve.
By straightening the entry, you translate that horizontal velocity into vertical amplitude.
You don't need more power; you need to aim the power you already have.

The entry

Replace the one foot direct option by a two feet glide. It will allow better control

Toe-pick

The leaning inside is a reaction to the turn.

Take-off

Your "full blade assist" acts as a brake. To hit the performance window for height, you must redirect speed upward rather than pulling harder for rotation.