

JUMP FAILURE CHECKLIST

Why Your Jumps Keep Failing (and What to Fix First)

Most skaters don't fail because they "aren't trying hard enough."

They fail because:

One small breakdown in technique, alignment, or strength is disrupting the entire jump.

Use this checklist to quickly identify **what's actually causing the problem**, so you can fix it the right way.

TAKEOFF CHECK

If your jump is inconsistent, it usually starts here.

Check all that apply:

- Feels rushed going into the jump (no setup or control before takeoff)
- Leaning forward or hips feel off-balance at takeoff
- Doesn't feel like you fully push/extend through the takeoff leg
- Hard to feel stable or in control on the edge before jumping
- Jump feels low or like it doesn't get enough height
- Arms are swinging instead of staying controlled into the takeoff
- Free leg feels out of control or swinging instead of placed properly

What this means:

You're losing power and direction before you even leave the ice.



AIR POSITION CHECK

This determines rotation and control.

Check all that apply:

- Legs/ankles not fully crossed/tight
- Arms too wide or slow to pull in
- Head turning early or off-axis
- Air position feels tilted/ sideways
- No clear “snap” into rotation
- Feeling loose instead of tight in the air

What this means:

You're leaking rotation and stability mid-air, slowing down rotation

LANDING CHECK

Most falls happen because of what happens BEFORE the landing.

Check all that apply:

- Landing on a flat or wrong edge
- Upper body dropping/collapsing forward or to the side
- Free leg not controlled on landing shooting in front or to the side
- No check-out position (arms uncontrolled)
- Can't hold the landing for 2–3 seconds
- Landing feels heavy or unstable

What this means:

You're not absorbing force or controlling the exit as a result of the take off



OFF-ICE LIMITATIONS

Most skaters miss this.

Check all that apply:

- Limited ankle mobility (can't bend deeply)
- Weak single-leg strength
- Poor balance on one leg
- Can't hold a tight air position off-ice
- Lack of explosive power (jumps feel slow)
- Core not strong enough to stabilize

What this means:

Your body physically can't support the technique.

HOW TO USE THIS

If you checked:

- 1–3 boxes: Minor fixes needed
- 4–7 boxes: Key technical breakdowns
- 8+ boxes: You need a structured system to rebuild the jump

NEXT STEPS

If you want the exact drills to fix these issues step-by-step

Unlock the full training, drills, and corrections inside FLEXAFIT EDGE

Designed specifically for skaters and easy to follow—even for parents.

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Book a one on one session with us to identify your jump errors and help you get on track to more consistent jumps.

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