

With the advent of smart phones and tablets, the use of video in Speedskating has exploded. At every World Cup, you can see skaters and coaches huddled around checking out screens.

This fascination with video has nothing to do with checking out who has the coolest hair style but rather to check out technique. By using the slow motion feature of the camera, you and your coach can examine almost a limitless amount of technique issues. Hip position, direction of skate and track pattern are a few of the most favorite.

When you are first trying out video have the coach stand at different angles around the track. You will be surprised how much you can see when video is taken from behind and the side and not just from the front.