

The Spooner Boards



Teacher's Guide



THE SPOONER BOARDS

- BALANCE
- COORDINATION
- CORE FITNESS
- LEG STRENGTHENING
- DANCE & MOVEMENT
- CREATIVITY & FUN



INTRODUCTION

The Spooner is a unique and versatile board trainer used to develop balance, coordination, and core strength. The board's spoon shape works on any surface and allows the rider to maneuver in a manner that simulates most board sports. The boards are safe and fun for students of all ages and abilities. Some will enjoy its fluid dancing sensation, some its similarities to board sports, others will add their own creative spin, but most importantly everyone has a fun time while working out on the Spooner!



Step 1 – Debut

The included DVD is a great way to introduce the product. The first chapter is a 30 second promotion demonstrating what is possible on the Spooner boards! The following chapters include a step by step guide to getting started, Spooner games, and advanced tricks. The DVD helps generate excitement and gives an overview of the program.



Step 2 – Determining Riding Style

There are two riding styles that pertain to all board sports.

- Regular foot – Left foot forward
- Goofy foot – Right foot forward

The best way to determine if the student is “goofy” or “regular” is to have them each stand comfortably on the ground. Gently push the student forward. Whichever foot takes the first step is generally the front.



Step 3 – Getting on the board

Now that everyone knows their stance they can get on the board. The rounded end is the nose, the squared is the tail. Step the front foot on the nose and follow with the back foot on the tail.

Feet should be approximately shoulder width apart.



Step 4 – The Rocker

Have your students rock from front to back by transferring their weight from the left foot to the right foot. This is basic foot transfer skills and is a key part in all future Spooner board maneuvering.



Step 5 – The 180° Pivot

In order to pivot off the tail the student must turn his or her shoulder in the direction they wish to go. (front-side is often easiest) From here we must transfer all of our weight on to the back foot while leaning into the turn. Repeat this action in both directions. (front-side and back-side)



Step 6 - 360° Spin



Now that we are comfortable pivoting we can go for the famous 360°!

Ground the front foot by placing all the weight on the nose.

Wind up by twisting your upper body in the opposite direction you wish to spin.

Now unwind as you transfer all weight to the back foot.

For as long as weight is on the tail you should continue to rotate in circles.

This step usually takes the most practice, but is a fun process. For students who are struggling try having them push off with their back foot. Once the 360° is grasped try spinning in the other direction.

Step 7 – Maneuvering the board

Maneuvering the board in a smooth manner is the ultimate goal.

Start with the 360° spin. While in rotation weight must be transferred to the front foot.

The momentum created will allow the rider to continue spinning on the nose of the board.

We are now ready to begin experimenting with weight distribution as well as front-side to back-side turns. The Spooner is all about being creative and expressing your own style.

NOW HAVE SOME FUN!



Advanced Tricks

- The shov-it.* *When the board spins under your feet while your body remains stationary.*
- The super spin.* *Over 3 rotations without falling off your spooner.*
- The spooner glide.* *To move from A to B with such style and grace you appear to be gliding.*
- The flipper.* *To have the board flip under your feet.*
- The Superman.* *To lay face down on the spooner and spin.*



