

Eteri Tutberidze: World-Class Figure Skating Coach

Welcome to the world of high achievements and unparalleled figure skating mastery! Today, we will delve into the amazing story of the most successful coach of our time, whose name has become synonymous with championships and perfection. Eteri Georgievna Tutberidze - a legend of Russian sports, who has nurtured a whole galaxy of brilliant figure skaters, winning gold medals at the largest international competitions.

Our investigation will reveal the secrets of her unique methodology, which allows her to transform young athletes into true global stars. We will explore the coach's biography, her philosophy, work principles, and the challenges she had to overcome on her way to the pinnacle of coaching mastery.

 **by Miron's Digital**



Introduction



Figure Skating Legend

Eteri Tutberidze has truly revolutionized the world of figure skating, raising a whole generation of champions who are pushing the boundaries of technical complexity and artistry to unprecedented heights.



A Household Name in Sports

Tutberidze's name has become a true brand, synonymous with the highest level of mastery and victory. Her methodology is attracting the attention of coaches and athletes from around the world, who are striving to unravel the secret of her incredible success.



Undisputed Leadership

Eteri Georgievna's students are dominating the international stage, setting records and raising the level of women's singles skating to unprecedented heights, making her contribution to the development of the sport truly historic.





Brief Biographical Information

1

Birth

Eteri Georgievna Tutberidze was born on February 24, 1974 in Moscow, in a large family where five children were raised. She was the youngest child in the family.

2

Early Childhood

From an early age, she showed persistence and determination. Despite the modest means of the family, her parents supported their daughter's passions.

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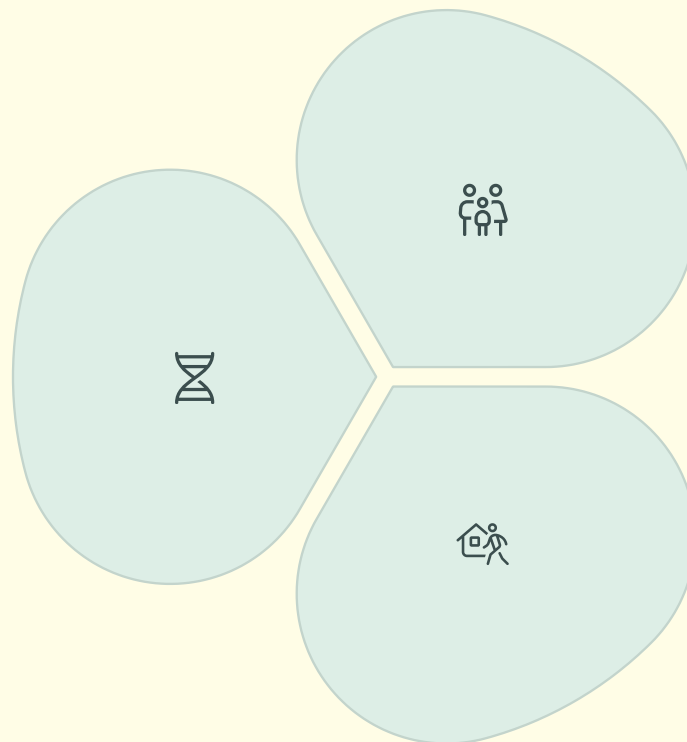
Beginning of Sports Career

At the age of 4.5, Eteri began figure skating, which determined her entire further life and career, which brought her worldwide fame.

National Roots and Family

Multinational Origin

Eteri Tutberidze has a rich cultural heritage: her blood is a mix of Russian, Georgian, and Armenian roots, which is reflected in her character and approach to work.



Family Traditions

Being raised in a large family instilled in her a special attitude towards discipline, hard work, and mutual support - qualities that she later brought into her coaching activities.

Parental Influence

Her father Georgy Tutberidze and mother Eteri Georgievna instilled in their daughter persistence, diligence, and a striving for perfection, which became the foundation of her professional success.

Childhood and Early Influence

Musical Education

From an early age, Eteri was trained in piano playing, which developed her musical ear and sense of rhythm - qualities that later became an integral part of her coaching talent.

Her musical education allowed her to sensitively feel the music and create unique programs for her skaters together with her team, revealing musical works on the ice in a very special way.

First Steps on Ice

At the age of 4.5, little Eteri first stepped onto the ice. This moment became pivotal in her life, defining her future profession and calling.

Despite the fact that by figure skating standards this was a relatively late start, Eteri showed remarkable talent and perseverance, which allowed her to progress quickly. It is these qualities - persistence and hard work - that she now seeks in her students.

Sports Youth



Beginning of Sports Career

In her youth, Eteri showed promising results, training in the Soviet sports training system



Back Injury

A serious injury interrupted her development in singles skating



Transition to Ice Dancing

After the injury, Eteri transitioned to ice dancing, which expanded her understanding of figure skating

Eteri Tutberidze's sports childhood and youth coincided with a difficult period in the history of Soviet sports. Despite a promising start, a serious back injury forced her to reorient herself towards ice dancing. This experience proved invaluable in her coaching career: Tutberidze personally experienced triumph and bitterness of defeat, as well as the pain of injuries - all of which her protégés subsequently encountered.

Performance Experience

Competitive Experience

In her youth, Eteri participated in the USSR Cup competitions, where she became acquainted with the intense atmosphere of high-level sports competitions. Her understanding of the psychological aspects of competitions from the inside allows her to now prepare her students to overcome stress at international tournaments.

Work in Ice Ballet

After finishing her competitive career, Eteri performed in the Russian ice ballet, which significantly enriched her understanding of the artistic component of figure skating. Thanks to this experience, the programs of her students are distinguished by a special expressiveness and a harmonious combination of technique and artistry.

Tour Activities

Participation in tour performances across Russia and other countries expanded Eteri's cultural horizons and provided invaluable experience in adapting to various performance conditions. She uses this experience when preparing her athletes for competitions on different rinks around the world.





Emigration and Survival in the USA

Departure to the USA



In the early 1990s, Eteri set out for the United States as part of the Ice Capades troupe, hoping for new opportunities to develop her career.

Financial Difficulties



After the bankruptcy of the ice show, Tutberidze found herself in a foreign country with virtually no means of subsistence, which became a serious test of her character and will.

YMCA Shelter



During this difficult period in her life, Eteri found temporary refuge in a YMCA shelter, where she learned to survive in extreme conditions.

Return to the Homeland



After surviving the 9/11 terrorist attack and accumulating invaluable experience in overcoming difficulties, Tutberidze decided to return to Russia.

Return to Russia



After returning to Russia in the early 2000s, Eteri Tutberidze faced the need to rebuild her professional life from scratch. The experience gained in America had shaped her resilient character and ability to achieve results in the most challenging conditions. Working at the ice circus became a transitional stage that allowed her to adapt and find her true calling - coaching.

Tutberidze took her first steps in the coaching field at the "Silver" ice rink in Moscow, where she began to form her unique approach to training young figure skaters. Her American experience, combined with the Russian school of figure skating, became the foundation of her future revolutionary methodology.



бор детей 2016-2019 г



First Steps as a Coach



Beginning in Zelenograd

Tutberidze's first groups of young figure skaters were trained in Zelenograd, where the foundations of her future methodology were formed. Here, she experimented with different approaches to teaching, developing her unique style.

2

Move to Moscow

The transition to Moscow schools allowed Eteri to work with more talented children and gain access to better infrastructure for training. This was an important step in her career, opening up new opportunities.



First Successes of Students

Tutberidze's first students began to show good results in local competitions, which attracted the attention of sports officials and parents of talented children.



Key Stage: The "Crystal" Center of "Sambo-70"

Beginning work at "Sambo-70"

In 2008, Eteri Tutberidze began working at the Sambo-70 sports school, which became a turning point in her career. Here she was able to create her own system of training figure skaters, having access to good infrastructure and talented children.

Opening of the "Crystal" department

In 2013, a new department of the school was opened, called "Crystal". This modern center with excellent training conditions has become a real forge of champions under the leadership of Tutberidze.

Formation of a unique school

On the basis of the "Crystal", Eteri Georgievna created a unique figure skating school with its own methodology and philosophy, which in the coming years will give the world a whole galaxy of outstanding champions.

The Tutberidze Team: Building a Team



Key Figures

The Tutberidze team is not only Eteri Georgievna herself, but also her talented like-minded colleagues. The core of the team consists of choreographer Daniil Gleichengauz and coach Sergei Dudakov, each of whom makes an invaluable contribution to the development of the athletes.



Roles and Responsibilities

In the Tutberidze team, there is a clear division of roles: Eteri is responsible for the overall training strategy and the mental attitude of the athletes, Dudakov focuses on the technical aspects of the jumps, and Gleichengauz works on the choreography and presentation of the programs.



Synergy of Talents

The success of the Tutberidze team is largely due to the synergy of talents of all its members, their complementary competencies, and a shared vision of what modern figure skating should be. This harmony creates the ideal conditions for the realization of the students' potential.



Awards and Recognition



**ТУТБЕРИДЗЕ ВЫСТУПИТ В
ЦЕРЕМОНИИ НАГРАЖДЕНИЯ
ГОСУДАРСТВЕННЫМИ НАГРАДАМИ**

For her outstanding achievements in sports, Eteri Tutberidze has received numerous state awards and titles. In 2014, she was awarded the title of Honored Coach of Russia, which was a recognition of her contribution to the development of domestic figure skating. Subsequently, she was awarded the Order "For Merit to the Fatherland" IV degree and the Order of Alexander Nevsky for outstanding achievements in sports and the training of Olympic champions.

International Recognition

2021

Best Coach in the World

The year when the International Skating Union (ISU) recognized Tutberidze as the best figure skating coach in the world

10+

International Awards

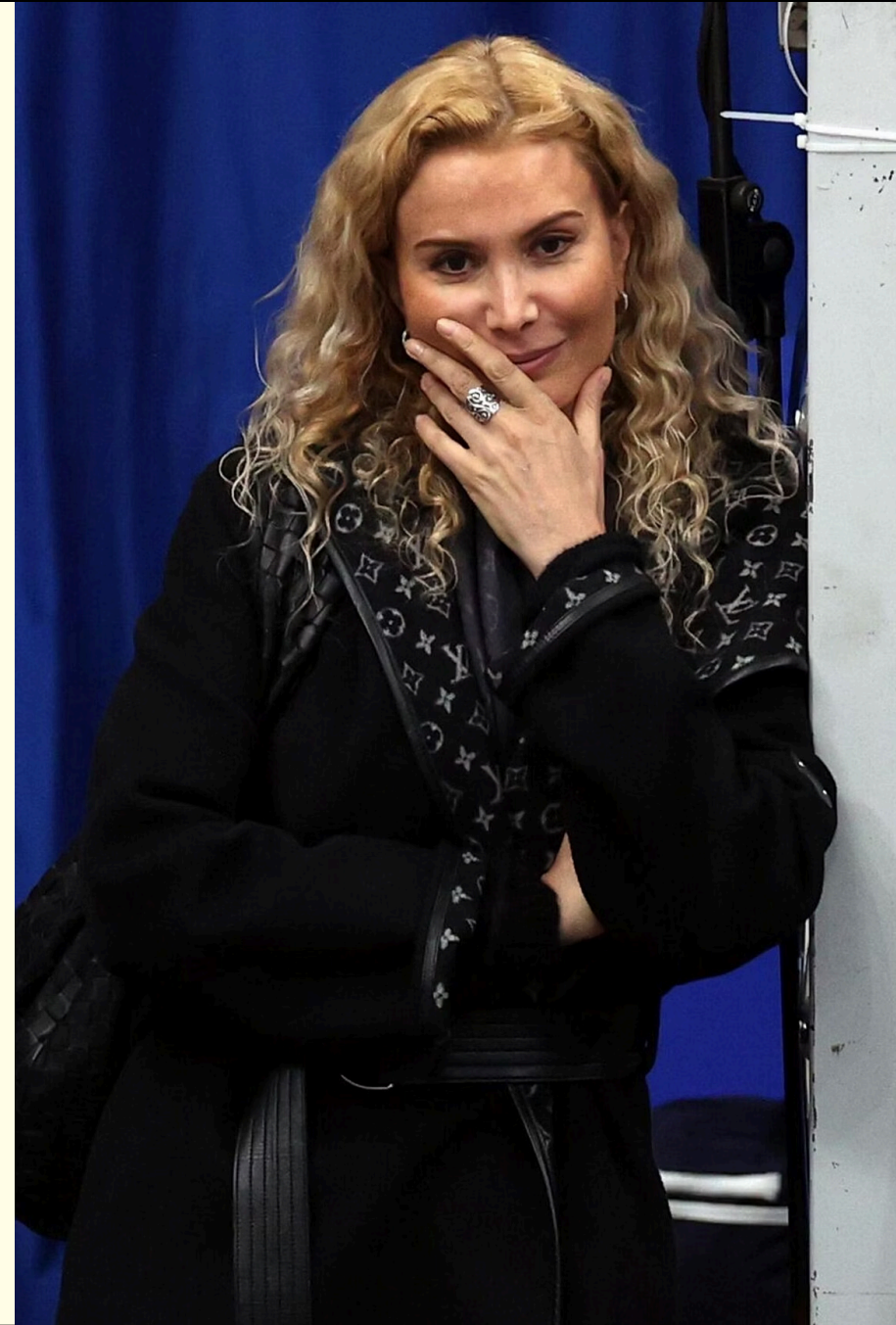
The number of prestigious international awards and titles received by Eteri Georgievna for her contribution to the development of figure skating

100%

Peer Recognition

The level of recognition of Tutberidze's achievements by the professional community of figure skating coaches around the world

Eteri Tutberidze has received unprecedented international recognition for her achievements as a coach. In 2021, she became the first coach in history to receive the special ISU award as the best coach in the world. Her methodology and results inspire admiration from colleagues and sports officials around the world, and state awards confirm her status as a national treasure of Russia.



Contribution to the Development of Figure Skating



■ Women's
Quadruple Jumps

■ Flow of Champions

■ Increased
Competition

■ Technical
Revolution

■ New Approach to
Choreography

Eteri Tutberidze's contribution to the development of world figure skating is difficult to overestimate. She has produced a real revolution, creating the so-called "flow" of champions - a constantly updated group of highly skilled athletes who compete not only on the international stage, but also among themselves within the group. Such competition stimulates continuous growth in skill and has taken women's singles skating to a completely new technical level.

Tutberidze's Olympic Legacy

4

Gold Medals

The number of Olympic gold medals won by Eteri Tutberidze's students at the Olympic Games

5

Silver Medals

The number of Olympic silver medals in the collection of Tutberidze's students

1

Bronze Medal

The number of bronze medals received by Eteri Georgievna's students at the Olympics

The Olympic successes of Tutberidze's students are impressive in their scale. At the last two Olympics (2018 and 2022), her students won a total of 10 medals of various degrees - an unprecedented result for a figure skating coach. The performance at the Beijing Olympics was particularly bright, where the entire podium in women's singles skating could be occupied only by Eteri Georgievna's students.



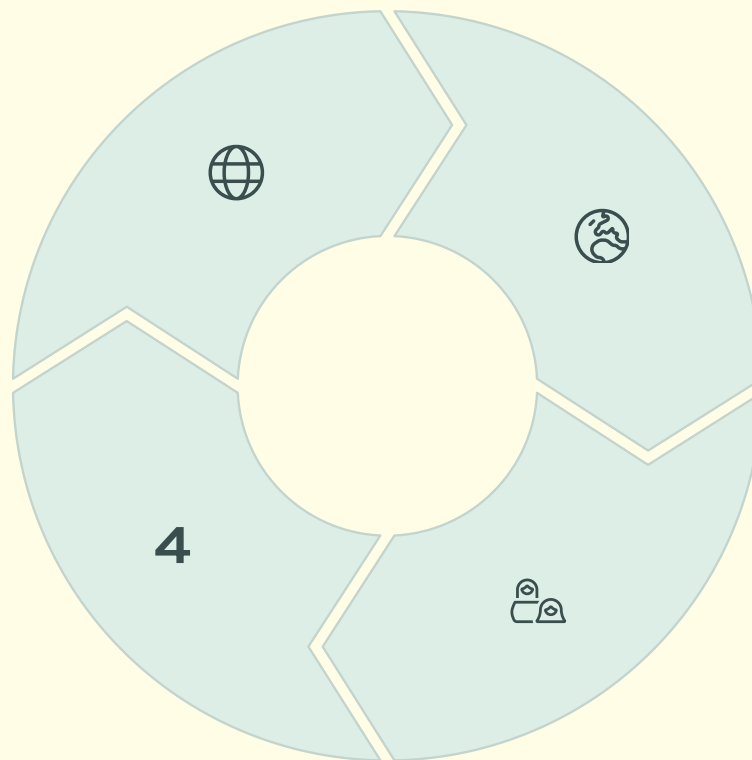
Global and European Dominance

World Championships

Pupils of Eteri Tutberidze have won 4 gold medals at the World Championships

Grand Prix Finals

Numerous victories at the prestigious ISU Grand Prix series tournaments



European Championships

Trainees of the Tutberidze group have 6 gold medals from European championships

Russian Championships

Complete dominance at the national championships since 2015

Alma Mater of Champions: Key Pupils



Yulia Lipnitskaya

The first bright star from Tutberidze's group, who conquered the hearts of millions with her poignant skating. At the age of 15, she became an Olympic champion in the team event at the Sochi Games. Her legendary performance to the music from the film "Schindler's List" went down in the history of figure skating.



Evgenia Medvedeva

Two-time world and European champion, silver medalist at the 2018 Olympic Games. She set numerous world records and introduced new standards in women's singles skating, combining the most complex techniques with deep artistry and emotional expression.



Alina Zagitova

2018 Olympic champion, world and European champion. She became famous for her unique program, in which all the jumps were concentrated in the second half, which significantly increased their value and allowed her to score record points.

Olympic Champions

Alina Zagitova: Pyeongchang 2018

At the age of 15, Alina Zagitova became an Olympic champion, brilliantly performing her programs at the Pyeongchang Games. Her technically complex program with elements of increased difficulty in the second half allowed her to surpass her competitors and win the gold medal.

Zagitova showed an example of the perfect combination of technique and artistry, embodying Tutberidze's philosophy of the need for constant progress and innovation in figure skating.

Anna Shcherbakova: Beijing 2022

At the Olympic Games in Beijing, the 17-year-old Anna Shcherbakova demonstrated exceptional psychological stability and technical mastery, becoming an Olympic champion in a very intense competitive struggle.

The flawless execution of quadruple jumps in the free program and the elegant short program brought her the well-deserved gold, confirming the effectiveness of Eteri Tutberidze's training methods.

Silver and Bronze Medalists of the Games

Evgenia Medvedeva: Silver in Pyeongchang

At the 2018 Olympic Games in Pyeongchang, Evgenia Medvedeva won the silver medal, delivering flawless skating and setting two world records. Her loss to Alina Zagitova was less than two points, which is a testament to the extremely high level of internal competition within Tutberidze's group.

Alexandra Trusova: Silver in Beijing

At the 2022 Olympics in Beijing, Alexandra Trusova, known as the "Russian Rocket", made a true breakthrough in the history of women's figure skating, performing five quadruple jumps in her free program. This outstanding technical achievement earned her the silver medal and the admiration of the entire world.

Other Medalists

At the Olympic Games, Tutberidze's students have also won medals in team events, which confirms the versatility and effectiveness of her coaching methodology, allowing her students to achieve high results in various figure skating disciplines.

World Champions



Pupils of Eteri Tutberidze regularly win the highest awards at the World Figure Skating Championships. Evgenia Medvedeva became a two-time world champion in 2016 and 2017, setting one world record after another. Alina Zagitova triumphantly won the 2019 World Championships, adding to her Olympic gold collection. Anna Shcherbakova became the 2021 World Champion, demonstrating exceptional stability and technical level.

European Successes



Yulia Lipnitskaya

Became the European champion in 2014, impressing the judges and the audience with her flexibility and artistry. Her programs were distinguished by a unique style and high emotional performance.



Evgenia Medvedeva

Became the European champion twice in 2016 and 2017, demonstrating exceptional mastery and stability of performances at the highest level.



Alina Zagitova

Won the European title in 2018, setting new standards of technical complexity in women's single skating.



Alena Kostornaia

In 2020, she became the European champion, captivating everyone with her artistry and perfect execution of the triple Axel - one of the most difficult jumps in women's skating.

Sports Pairs: A New Challenge

1

Mastering a New Discipline

Expanding coaching experience into a new area of figure skating



Adapting the Methodology

Transferring successful practices from single skating to pair skating



Olympic Success

Silver medal for Tarasova and Morozov at the 2022 Olympics

In 2021, the experienced pair of Evgenia Tarasova and Vladimir Morozov joined Eteri Tutberidze's group, which became a new challenge for the coach, who had previously specialized primarily in women's single skating. By adapting her methodology to the requirements of pair skating, Tutberidze and her team were able to take the skaters to a new level.

The result of this work was the silver medal at the 2022 Beijing Olympics, which confirmed the versatility of Eteri Georgievna's coaching approach. Success in pair skating has opened new perspectives for expanding the influence of Tutberidze's methodology to various disciplines of figure skating.

Kamila Valieva: The Phenomenon of Youth



Rising Star

Kamila Valieva has become a sensation in figure skating, demonstrating incredible technique and artistry at a young age



Triumph in Team Competition

At the 2022 Olympics, she made a decisive contribution to the victory of the Russian team

3

Doping Investigation

Her sports career has been overshadowed by a scandal and a lengthy investigation



Period of Disqualification

By decision of the CAS, she has been suspended from competitions for a long period



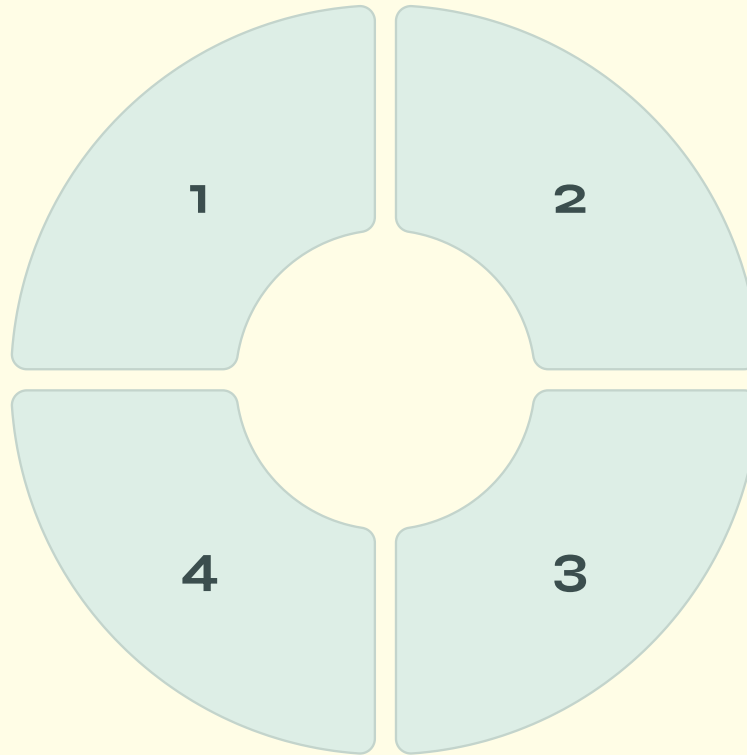
Other Significant Protégés

Daria Usacheva

Silver medalist in the Junior Grand Prix Final, known for her elegant skating style and artistry. She is part of the promising figure skaters in the group.

Daria Panenkova

A participant in international competitions, who has demonstrated potential for further development under the guidance of Eteri Tutberidze.



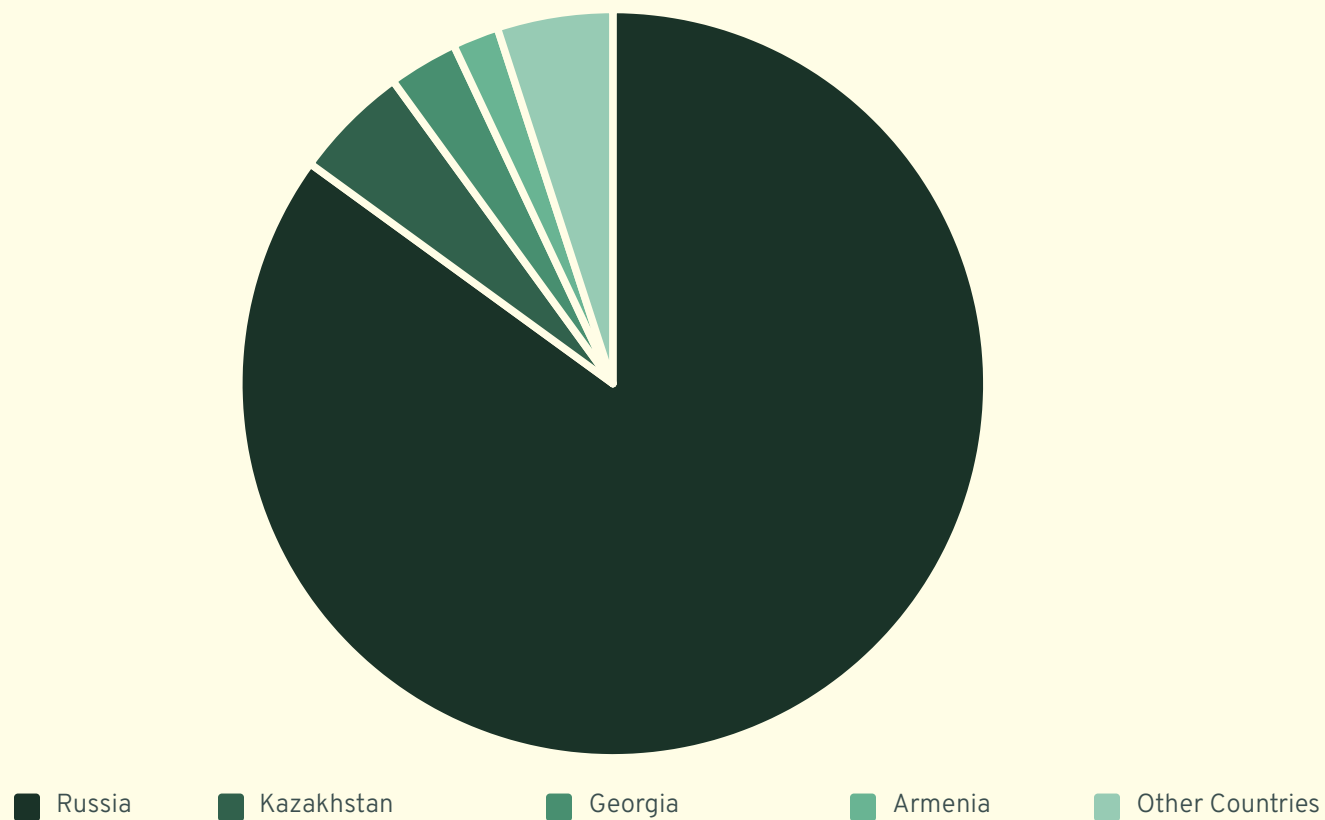
Maya Khromykh

One of the first figure skaters in the world to master the quadruple toe loop jump. Bronze medalist at the Russian Championships, combining high technique with expressive skating.

Polina Shelepen

A promising figure skater who has shown good results in junior competitions. She is known for her stability and psychological resilience.

Geography of Student Success



Although the majority of Eteri Tutberidze's students represent Russia, her coaching talent has also attracted athletes from other countries. The most prominent example of international success is Elizabet Tursynbaeva from Kazakhstan, who trained in Tutberidze's group and won the silver medal at the 2019 World Championships. Elizabet made history as the first adult figure skater to land a quadruple salchow in official competition.



The First Skaters with Quad Jumps in Women's Figure Skating



Alexandra Trusova

The first in history to perform a quad toe loop and a quad lutz in official competitions. She became known as the "Russian Rocket" thanks to her technical arsenal of five different quad jumps.



Anna Shcherbakova

Consistently performing the quad flip, which became her signature element. The 2022 Olympic champion, combining the most difficult technique with an elegant skating style.



Elizabet Tursynbaeva

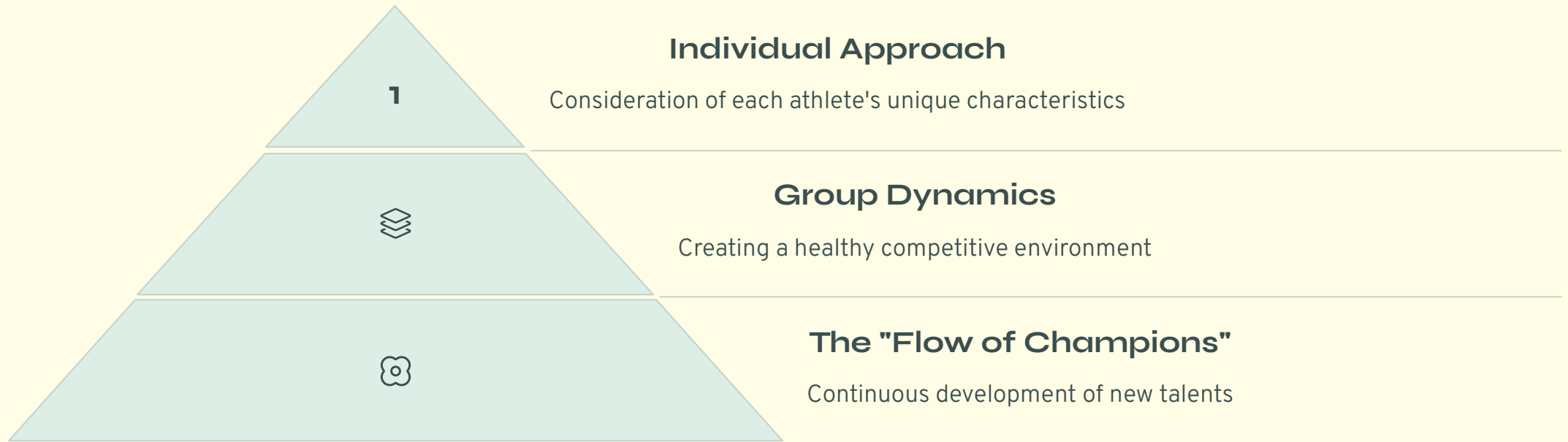
Under Tutberidze's guidance, she became the first adult female skater to perform a quad salchow at the World Championships, which earned her a silver medal.



Kamila Valieva

Mastered the quad toe loop and quad salchow, as well as the triple axel, becoming the first figure skater to perform these elements in one program at international competitions.

Individual and Team Approach



The uniqueness of Eteri Tutberidze's methodology lies in the skillful combination of individual and group approaches to training. On the one hand, she carefully considers the physical and psychological characteristics of each athlete, developing personalized programs and selecting optimal technical content. On the other hand, Tutberidze creates an atmosphere of healthy competition within the group, where the figure skaters motivate each other to constant growth and improvement.

The concept of the "flow of champions" implies the continuous preparation of new talents, ready to replace the leaders at any moment. This creates constant tension and motivation for all members of the group, not allowing anyone to stop in their development.

Choreography and Ballet in Training

Ballet Preparation

All students of Eteri Tutberidze regularly attend ballet classes. Barre work helps develop plasticity, coordination, and expressiveness of movement. Ballet training forms the correct posture and aesthetics of lines, which is extremely important for figure skating as a sport where not only technique but also artistry is evaluated.

Work with Choreographers

The Tutberidze team employs professional choreographers who create unique programs for each athlete. The head choreographer is Daniil Gleikhengauz, whose productions are distinguished by originality, musicality, and a fine understanding of the individuality of each figure skater.

Integration into Ice Training

Choreographic elements are integrated into daily on-ice training. Eteri Georgievna, having personal experience in ballet on ice, pays special attention to the quality of execution of connecting elements, hand positions, and expressiveness of movements, which makes the programs of her students recognizable and aesthetically appealing.



Building the Training Process



Daily Training

The athletes in Tutberidze's group train 6 days a week, with one day often including two ice sessions. Trainings are conducted both in the morning and evening, ensuring maximum efficiency in preparation.



Strict Regimen

Each training has a clear structure and time frame. The athletes' daily routine is carefully planned to ensure an optimal balance between workload, recovery, and education.



High Volumes

The figure skaters perform a large number of elements per training, significantly exceeding competitive requirements. This develops endurance and creates a "safety margin" for stressful competitive conditions.

4

Iron Discipline

Tutberidze demands absolute discipline and dedication. Tardiness, absences, and lack of concentration are not tolerated. This approach fosters responsibility and psychological resilience.

Eteri's Philosophy: Key Principles

Discipline and Hard Work

The foundation of Tutberidze's philosophy is a belief in systematic work and iron discipline. She is convinced that only daily work at the limit of one's capabilities can lead to outstanding results. "Talent without work is just unrealized potential," the coach often tells her students.

Competition as the Engine of Progress

Tutberidze creates a healthy competitive environment in the group, where athletes constantly motivate each other to develop. She believes that comfortable conditions do not contribute to growth, and that true champions are forged in competition not only with opponents, but also with themselves.

Fair Toughness

Eteri is known for her demanding nature, which is sometimes perceived as excessive harshness. However, her approach is based on the deep conviction that in high-performance sports, there is no room for compromises and concessions if the goal is Olympic gold.



Inspiration and Motivation

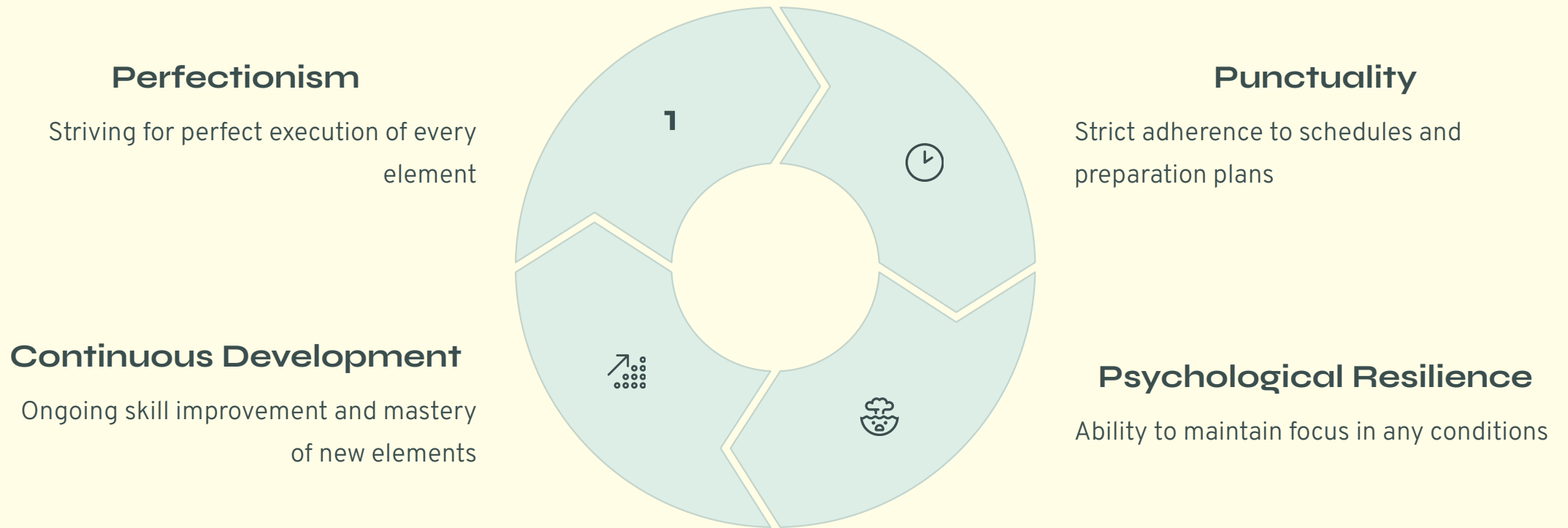
"There is no magic in sports. There are trainings, trainings, and more trainings. And the Lord God will give you the result according to your faith."

Eteri Tutberidze possesses an exceptional talent for inspiring her students to achieve the impossible. She knows how to find a unique approach to each athlete, revealing their strengths and hidden reserves. In numerous interviews, Tutberidze talks about the importance of internal motivation, which must come from the athlete themselves.

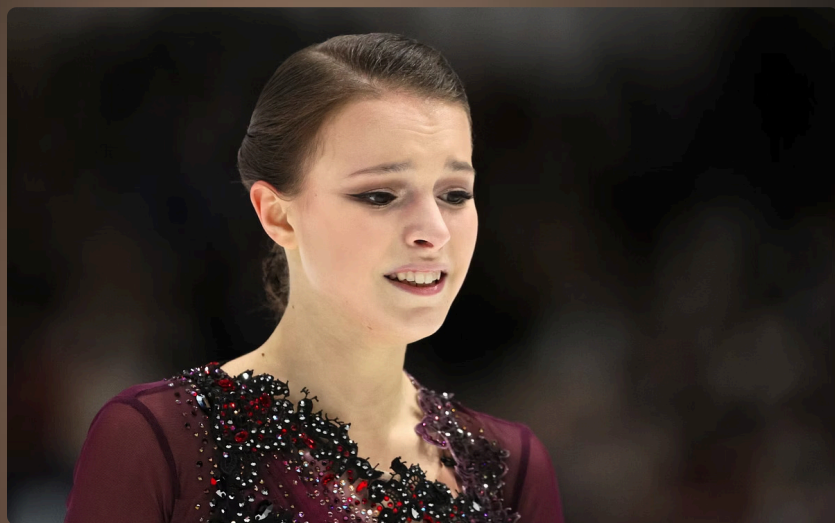
Her formula for success is based on a combination of discipline, determination, and the ability to overcome obstacles. "Any pain is temporary, but glory is eternal," is one of her instructions to students before difficult training sessions. These words reflect the deep philosophy of her coaching approach: through overcoming difficulties, one can achieve greatness.

An important aspect of Tutberidze's motivational work is her ability to show the athlete their potential and instill faith in their own abilities. She creates an atmosphere in which the impossible becomes possible, and then - mandatory.

Requirements for Oneself and Trainees



Eteri Tutberidze is known for her extremely high demands on both herself and her trainees. Her perfectionism is evident in all aspects of the training process: from the impeccable appearance of the athletes to the perfect execution of the most complex elements. At the same time, she never requires from her students what she does not demand from herself.



Working with Anxiety and Stress



Identifying the Causes of Anxiety

Tutberidze works with each athlete individually, helping to identify the sources of stress and psychological discomfort. Understanding the root of the problem is the first step towards solving it.



Creating Stressful Situations in Training

Training sessions simulate competitive conditions, which helps athletes adapt to pressure and learn to perform in stressful situations.



Psychological Support

Despite her demanding nature, Tutberidze provides emotional support to her students, especially during critical moments in their careers.



Ability to Let Go

An important skill that Eteri teaches is the ability to "let go" of failures, not to dwell on mistakes, and to move forward.

Studying Errors: Intolerance of Laziness

0%

Tolerance for Laziness

Tutberidze's level of tolerance for manifestations of laziness and insufficient dedication from her students

100%

Error Analysis

The degree of thoroughness in reviewing each error made during training or competition

24/7

Mental Work

The constancy of the process of analysis and improvement in the athletes of Tutberidze's group

One of the key principles of Eteri Tutberidze's methodology is the immediate and detailed review of errors. She never postpones the analysis of unsuccessful runs or individual elements, preferring to address the problem while it is still fresh. Eteri Georgievna is absolutely intolerant of laziness and attempts by athletes to avoid working on complex elements.

The process of error analysis under Tutberidze is always constructive and aimed at finding specific solutions. She teaches her protégés to perceive criticism not as a personal insult, but as a tool for growth. This approach instills in the athletes a habit of constant self-analysis and self-development, which is an important factor for long-term success.

Innovative Methods

The Revolution of Quadruple Jumps

Eteri Tutberidze and her team have truly revolutionized women's figure skating by widely implementing quadruple jumps. Previously, it was believed that women were physiologically incapable of consistently performing such complex elements, but Tutberidze's students have disproven this myth.

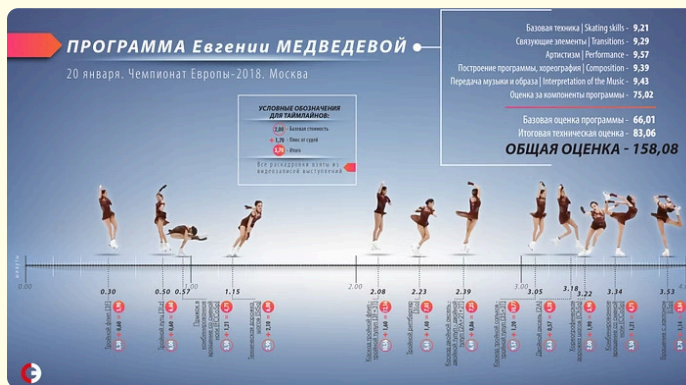
The innovative training methodology for quadruple jumps, developed by Tutberidze's team, has allowed her skaters to master the quadruple toe loop, salchow, lutz, and flip at a young age, when the body is most adaptable to new motor skills.

Breakthrough in Jump Technique

In addition to quadruple jumps, under Tutberidze's guidance, her students have widely mastered the triple axel - a jump with 3.5 rotations, which had been a rarity in women's skating for decades. Eteri has implemented innovative methods for jump training, including specialized equipment and preparatory exercises.

Particular attention is paid to the individual jump technique, taking into account the physical characteristics of each skater, which allows for the consistent execution of ultra-c elements even in stressful competitive conditions.

Technical Progress as the Key



In Eteri Tutberidze's methodology, technical progress is the foundation of success. She is convinced that in modern figure skating, it is impossible to achieve high results without mastering ultra-C elements. Priority is given to complex jumping elements, including quadruple jumps and the triple axel, which bring the highest number of points under the current ISU judging system.

Tutberidze's team has developed a special system of gradually increasing complexity, which allows athletes to safely master increasingly complex elements. Technical skills are practiced to automatism, which ensures the stability of performance even in stressful competition situations. An important component is also the constant improvement of already mastered elements.

The Role of a Competitive Environment



One of the cornerstones of Eteri Tutberidze's methodology is the creation of an intense competitive environment within the group. Unlike many coaches who prefer to work with one or two leaders, Tutberidze simultaneously trains several world-class athletes. This approach creates constant competitive tension in training, where each figure skater strives to prove her superiority.

Competition within the group acts as a powerful stimulus for progress. When one athlete masters a new, complex element, the others also strive to master it, not wanting to fall behind. This creates a "chain reaction" effect, where the technical level of the entire group is constantly growing. In addition, daily rivalry in training prepares the athletes for the high pressure of international competitions.

Family Spirit in the Team: Balance



Personal Contact

Despite the large number of students, Eteri Tutberidze maintains personal relationships with each athlete. She closely monitors their psychological state, health, and even family situation, understanding that success on the ice is impossible without harmony in life.



Team Spirit

In Tutberidze's group, special attention is paid to the formation of team spirit. Athletes learn to support each other, despite the competition. Joint events, training camps, and performances in shows contribute to strengthening the bonds between students.



Group Traditions

The team has its own traditions and rituals that create a sense of belonging to a special community. Celebrating birthdays, successes in competitions, and other important events together fosters an atmosphere of family and mutual respect.

Working with Athletes' Parents



Clear Rules

Tutberidze establishes clear and strict rules for the parents of her protégés. She demands complete trust in the coaching process and non-interference in the technical aspects of training. All decisions regarding programs, technical content, and competition schedules are made by the coaching team.



Partnership in Upbringing

Tutberidze views parents as partners in the upbringing of young athletes. She expects their support in maintaining discipline and regimen outside the rink, proper nutrition, and appropriate attitude towards education. Regular communication with parents helps create a unified system of requirements.



Balance of Involvement

Eteri Georgievna achieves an optimal balance of parental involvement: sufficient support without overprotection. She helps parents understand when to intervene and when to give the child space to overcome difficulties independently.

Balance Between Technique and Artistry



Technical Foundation

Mastering the most complex jumps and elements as a foundation



Performing Mastery

Developing expressiveness and musicality in skating



Harmonious Synthesis

Combining technique and artistry into a unique style

Although Eteri Tutberidze is known for her emphasis on complex technical elements, her methodology also places great importance on the artistic component. She strives for a harmonious balance between technique and expressiveness, understanding that true mastery in figure skating is the ability to tell a story through movements on the ice, surprising the audience not only with jumps, but also with the emotional impact of the program.

The work on artistry in Tutberidze's group includes classes with choreographers, acting training, and deep immersion in the musical piece that the program is set to. The athletes learn to feel the music and express emotions through movements, which makes their performances memorable and touching.

Programs Choreographed by Daniil Gleikhengauz

Creative Duo

The collaboration between Eteri Tutberidze and Daniil Gleikhengauz is one of the key factors behind the group's success. This creative duo combines Tutberidze's coaching experience with Gleikhengauz's choreographic talent and modern vision.

Together, they create programs that not only meet all the technical requirements of modern figure skating, but also possess artistic integrity and emotional impact on the audience and judges.

The Process of Creating a Program

The creation of a new program begins with a careful selection of music that must match the character and style of the skater. Then, Gleikhengauz creates a draft choreography, which is later refined in collaboration with Tutberidze.

Particular attention is paid to the distribution of technical elements throughout the program, taking into account the physiological characteristics of the athlete and the rules for awarding bonuses for elements performed in the second half of the program. Every movement, every transition between elements is carefully crafted to create a cohesive artistic work.

Impact of International Trends

Changes in ISU Rules

The International Skating Union regularly adjusts the judging rules

Trend Analysis

The Tutberidze team closely studies the changes and their impact on the scores

Rapid Adaptation

Timely adjustment of the training process and programs

Trend Forecasting

Development of innovations that shape the future of figure skating



Criticism and Scandals



■ Harsh Training Methods ■ Early Specialization ■ Short Career Paths of Athletes ■ Weight and Nutrition of Fig... ■ Doping Scandals

Like any prominent figure, Eteri Tutberidze inevitably becomes the subject of criticism and scandals. The greatest controversies surround her working methods, which some consider too harsh and uncompromising, especially given the young age of most of her protégés. Critics point to the short athletic careers of Tutberidze's figure skaters and the issues with injuries.

Another aspect that attracts media attention is the issue of controlling the athletes' weight. Tutberidze has repeatedly emphasized the importance of maintaining optimal physical form for executing the most complex elements, but her approach in this matter elicits mixed assessments from experts and the public.

Complex Transitions and Returns

Evgenia Medvedeva - Brian Orser

After winning silver at the 2018 Olympics, Medvedeva switched to Canadian coach Brian Orser, which caused a wide resonance. However, in 2020 she returned to Tutberidze's group, acknowledging that the Russian figure skating school is closer to her.

Alexandra Trusova - Changing Coaches

Alexandra Trusova, known as the "quad queen", has changed coaches several times, leaving Tutberidze for Plushenko and then returning back. Each of her transitions became the subject of wide discussions in figure skating.



Alena Kostornaia - Plushenko - Tutberidze

2020 European champion Alena Kostornaia left for Evgeni Plushenko's academy, but later returned to Tutberidze. This transition was accompanied by public disagreements and media comments from both sides.



Supporting athletes after major losses

Psychological rehabilitation

After unsuccessful performances, Eteri Tutberidze pays special attention to the psychological recovery of athletes. She helps them rethink the experience of defeat, learn lessons from it, and transform negative emotions into motivation for further improvement.

Technical analysis

Each failure is subjected to a thorough technical analysis. Tutberidze's team studies video recordings of performances, identifies the causes of errors, and adjusts the training process. This allows them to turn defeat into valuable experience for future victories.

Second chance

Tutberidze always gives her students a chance to redeem themselves after failures. She believes in their ability to overcome temporary difficulties and return to the top. Many of her athletes have won major competitions after defeats, demonstrating exceptional strength of character.

The Fate of Women in Sports: Early Maturity

Limited Time

In women's figure skating, the peak of performance often comes during the teenage years (14-16 years old), when it is easier to perform the most complex jumps. With growth and hormonal changes, the technique becomes more challenging.

Life Balance

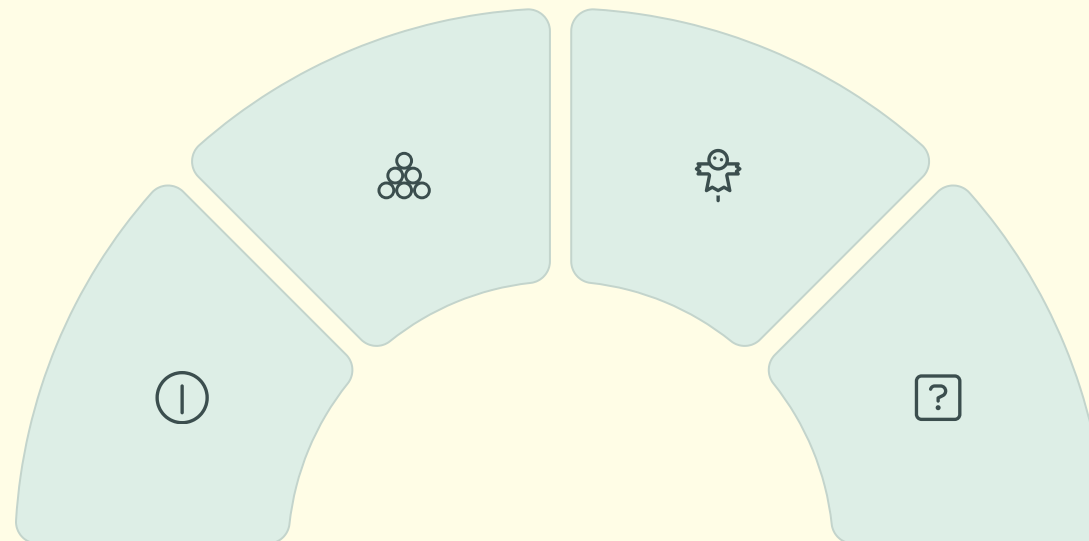
Girls in Tutberidze's group are forced to combine intensive training with studies and accelerated maturation, which creates difficulties in emotional and social development.

Future Planning

Tutberidze helps her students plan their lives after the end of their competitive careers, understanding that for most, the active phase of performances will be relatively short.

Psychological Support

A system of psychological support is created for the "little champions" to help them cope with early fame and high expectations.



Doping, Disqualification, and Ethical Issues

The Kamila Valieva Case

The story of Kamila Valieva's positive doping test at the 2022 Olympics became one of the biggest scandals in modern figure skating. The discovery of the prohibited substance trimetazidine in her body raised a number of ethical issues regarding the preparation of young athletes.

The Team's Position

Eteri Tutberidze and her team categorically denied the intentional use of doping. A version was put forward that the substance accidentally got into the athlete's body through contact with her grandfather, who was taking this medication. Tutberidze insisted on the innocence of her protégé and supported her during the investigation.

Consequences and Lessons

Valieva's disqualification raised the question of improving the doping control system in sports and protecting young athletes. This case became an occasion for a serious analysis of practices in elite youth sports and a revision of some aspects of working with young talents.

Tutberidze's Show Projects



Champions on Ice

A large-scale ice show organized by Eteri Tutberidze, in which her star students participate. The project allows the athletes to showcase their artistic talents outside the rigid framework of competitive rules, and allows the audience to see their favorite figure skaters in new images and programs.



Reality Show "Big Girls"

A television project in which Eteri Tutberidze helps adult women learn to skate and master figure skating elements. The show allows viewers to see the working methods of the famous coach and her pedagogical talent in working with beginners.



Media Projects

Tutberidze's participation in various television projects and documentaries helps to popularize figure skating and reveal the behind-the-scenes aspects of the work of the outstanding coach. Through these projects, Eteri Georgievna shares her experience and philosophy with a wide audience.

Goals and Future Planning



Own Training Center

Eteri Tutberidze's key goal for the near future is the opening of her own training center in Moscow, planned for 2024. This center should become the embodiment of her coaching philosophy and methodology, with ideal conditions for training champions.

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New Generation of Champions

Tutberidze is actively working on the preparation of a new generation of figure skaters who will be able to continue the tradition of success on the international stage. Particular attention is paid to the identification and development of talents at an early age.



Educational Initiatives

The coach's plans include the creation of educational programs and master classes for young coaches who want to adopt her experience and methodology. This will allow her approach to training and nurturing champions to be disseminated throughout Russia and beyond.



International Influence

Expanding international influence and recognition of the Russian figure skating school through work with foreign athletes and the organization of international training camps under the leadership of Tutberidze.

Modern technologies in training



Video analysis

The Tutberidze team actively uses modern software for detailed analysis of jump technique and other elements. Multi-angle video recording of training sessions allows identifying the slightest technical errors and correcting them at an early stage.



Biomechanical analysis

Application of biomechanical research to optimize the technique of elements taking into account the individual characteristics of the physique and physiology of each athlete. This helps minimize the load on the body when performing the most complex elements.



Sensors and trackers

Use of various sensors and trackers to monitor the physical condition of athletes during training. These data help optimize training loads and prevent overwork and injuries.

The Role of Diana Davis, Daughter of Eteri Tutberidze

Personal Lineage

Diana Davis, the daughter of Eteri Tutberidze, is an important part of her coaching history. Unlike most of Tutberidze's students, Diana has chosen the path of ice dancing, where she competes as a pair with Gleb Smolkin. They are coached by Eteri Tutberidze, thus expanding her coaching experience to a new discipline.

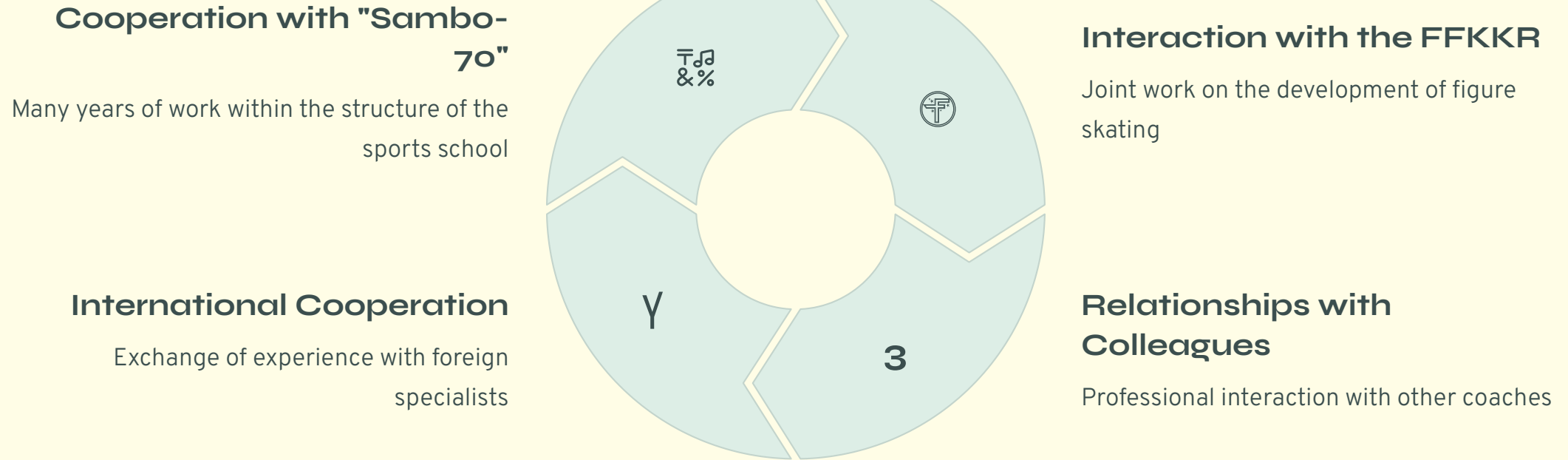
The mother-daughter relationship in the context of professional sports represents a unique case of continuity and the transfer of values, knowledge, and experience from one generation to the next within the same family.

Sports Achievements

The dance duo of Diana Davis and Gleb Smolkin has achieved significant success, representing Russia in international competitions, including the European and World Championships. Their progress demonstrates the coaching versatility of Eteri Tutberidze, who is capable of developing athletes in various figure skating disciplines.

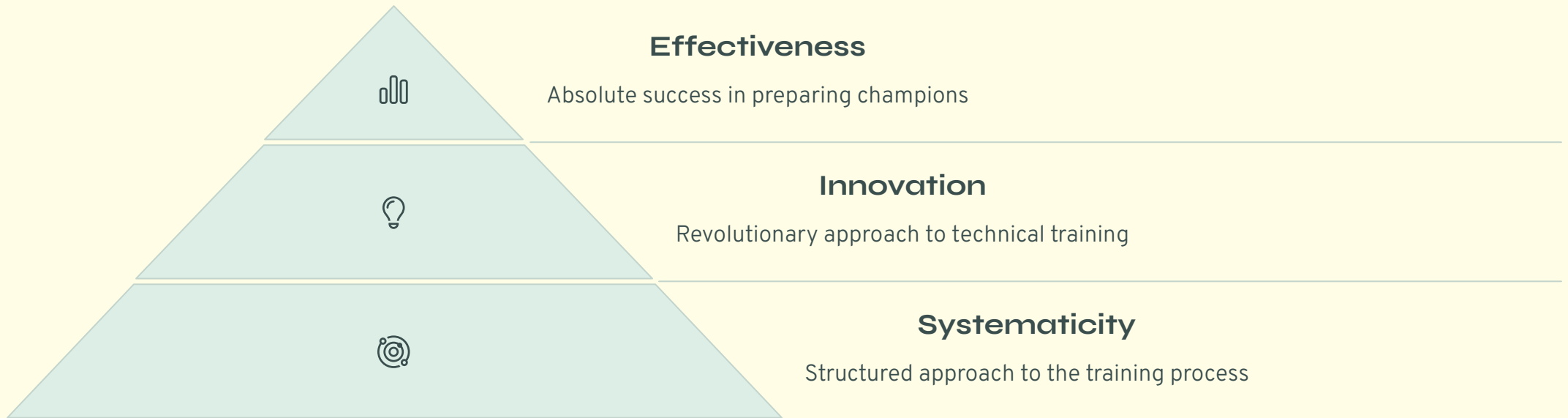
Working with her own daughter presents a particular challenge for Tutberidze, requiring the ability to distinguish between maternal and coaching roles. This experience enriches her understanding of the psychological aspects of the coach-athlete relationship.

Interaction with Colleagues and Federations



Eteri Tutberidze's professional relationships with colleagues and sports organizations are built on the principles of mutual respect and recognition of achievements. Her long-term cooperation with the Center for Sports and Education "Sambo-70" has created favorable conditions for the development of her coaching methodology. The Figure Skating Federation of Russia provides support to Tutberidze's group, recognizing her outstanding contribution to the success of Russian figure skating on the international stage.

Conclusions about Coaching Methods



Analysis of Eteri Tutberidze's coaching methods allows us to identify the key factors of her success. First of all, it is a systematic approach to athlete preparation, including the comprehensive development of technical, physical and psychological qualities. An important feature of her methodology is the standardization of the training process while maintaining an individual approach to each athlete.

The innovativeness of Tutberidze's approach is manifested in the constant search for new solutions for technical improvement, be it the methodology of teaching quadruple jumps or the organization of a competitive atmosphere in training. At the same time, her system is characterized by a high level of adaptability to the changing requirements in figure skating and the individual characteristics of athletes.



Critical Moments and Reflection



Strengths

High technical preparation of athletes, innovative training methods, ability to create a competitive environment that fosters the development of students, and constant updating and increasing the complexity of programs.



Areas for Improvement

Critics note problems with the longevity of athletes' careers, psychological pressure, and possible health risks due to intensive training at a young age.

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Evolution of Methodology

Over the years, Tutberidze's approach has evolved, and she has begun to pay more attention to the recovery and psychological well-being of athletes, which indicates her ability to reflect and adapt.



Seeking Balance

The ongoing search for the optimal balance between the highest results and the long-term health and well-being of athletes is a central theme of reflection in Tutberidze's work.

Examples of Training Day Schedules

6:30	Wake up, light breakfast
7:30-10:00	Morning ice training (jumps, technical elements)
10:30-11:30	Choreography session
12:00-13:00	Lunch, rest
14:00-15:30	Gym session (general and specialized physical training)
16:00-18:00	Evening ice training (program run-throughs)
18:30-19:30	Dinner
20:00-21:00	Stretching, recovery procedures
22:00	Lights out

A typical training day in Eteri Tutberidze's group is characterized by high intensity and strict discipline. The day starts early in the morning with the first ice training session, where the main focus is on practicing technical elements and jumps. After a short break, there is a choreography session, which helps develop flexibility, coordination, and expressive movement.

After the lunch break, the athletes engage in general and specialized physical training in the gym, and in the evening they return to the ice for run-throughs of their competitive programs. The day ends with stretching and recovery procedures. Such a packed schedule requires high self-discipline and the ability to effectively recover between training sessions from the athletes.

Tips for Young Coaches



Balance of Demandingness and Care

One of the key lessons from Eteri Tutberidze for young coaches is the ability to combine high demandingness with sincere care for athletes. Be strict when it comes to discipline and quality of element execution, but always remember that you are dealing with a living person with their own feelings, fears, and hopes.



Continuous Learning

Tutberidze emphasizes the importance of continuous self-education for coaches. Study new techniques, keep track of changes in the rules, analyze the performances of the world's best figure skaters. Never stop in your professional development, as figure skating is constantly evolving.



Psychological Support

Learn to understand the psychology of your students and adapt your approach to each of them. Remember that your task is not only to teach jumps and spins, but also to instill in the athlete psychological resilience, self-belief, and the ability to overcome difficulties.

Challenges: Professional and Personal

Constant Stress

The work of a top-level coach is associated with colossal stress, especially during major competitions. For Eteri Tutberidze, this is exacerbated by the fact that her students often compete against each other, and she must simultaneously support several athletes while maintaining professional neutrality.

Balancing Roles

Tutberidze has to juggle multiple roles: coach, psychologist, and sometimes even a parental figure for the young athletes. In the case of her daughter Diana, the situation is even more complex - she must separate maternal feelings from professional coaching decisions.

Overcoming Crises

Over the course of her career, Tutberidze has weathered many crises: the departure of key athletes, doping scandals, and criticism of her coaching methods. Her ability to overcome these challenges demonstrates exceptional psychological resilience and adherence to her principles.



Legacy and Contribution to Global Figure Skating

1

Technical Revolution

Tutberidze's place in history as a coach who has made a breakthrough in the technique of women's single skating

100+

International Medals

The number of international awards won by Eteri Tutberidze's students at the highest level of competition

10+

Coaching Methodologies

The number of innovative coaching approaches introduced by Tutberidze in modern figure skating

The legacy of Eteri Tutberidze in world figure skating is impossible to overestimate. She has brought about a real technical revolution in women's single skating, making quadruple jumps and triple axels not an exceptional phenomenon, but a standard of the highest achievements. Thanks to her work, the boundaries of human capabilities in this sport have been significantly expanded.

Tutberidze's influence extends far beyond Russia. Her methodology has forced coaches around the world to rethink their approaches to training figure skaters, and international federations to adapt the rules to the new level of technical complexity. Eteri Georgievna has forever inscribed her name in the history of figure skating as a coach who has changed the face of this sport.

Conclusion: Lessons of Eteri Tutberidze's Success



Vision of the Future

The ability to foresee the evolution of the sport and stay ahead of the competition



Systematic Approach

Creating an effective training system with clear role distribution

3

Perseverance

Overcoming obstacles and staying true to one's principles despite criticism



Continuous Development

Constantly improving the methodology and adapting to new challenges

Eteri Tutberidze's story is a story of transforming the champion training system. From a humble beginning in Zelenograd to creating a true "star factory" in Khrustalny, her path demonstrates that the key to outstanding achievements is a combination of a systematic approach, innovative thinking, and unwavering faith in one's principles.

Eteri's methods lead to the stars through the thorns of daily hard work, self-discipline, and constant self-improvement. Her legacy in the world of figure skating lies not only in medals, records, and technical breakthroughs, but also in creating a new paradigm of training elite athletes, which will inspire new generations of coaches and skaters. This is the greatness of Eteri Tutberidze as a coach who has transformed her time.