

Power Skating Notes – Sept 28, 2015

Key points:

- Hockey stance or “ready position”. Bend knees almost 90 degrees (over exaggeration helps players develop a good bend and will keep them low), chest up, hands out away from body. On the flats of the skate, not on inside or outside edge. Should stay in that same low position while they stride. Should be the same height in their ready position, stride and glide.
- Find a person in your group that is best suitable to demonstrate. This might be a coach from another team and you do power skating together. It’s important to have a good demonstration of the technique whenever possible.
- Forward “C” cut drill is for players to work on full extension. They don’t skate like that, but this shows them where they should be on leg extension. Maintain same low body position throughout. No bouncing. Full recovery after every c cut. Skate goes out and comes right back in line with other skate, not in front or behind. Stay in a straight line.
- Not a race! All about technique and doing it properly.
- Keep heels down on full stride, low to the ice. To work on this or correct it, one drill is to stride and maintain entire blade on the ice as you bring it back to recovery. So players “drag” their skates as they stride.
- At approximately Atom age, start to do same drills, but with stick above head, slightly in front of helmet. This puts focus on lower body and keeps the upper body calm. Have skaters look at glass at other end of ice and focus on that as they skate. Keeps chest up.
- Backwards “C” cut is really more like a half heart. Can be helpful to draw this on the ice and show players the pattern. Heel comes back to center of the opposite skate. Keep as much blade on the ice as possible throughout the c cut.
- V starts – keep entire blade on the ice and heels together. No longer teaching to get up on toes.
- Full extension and toe flexion or snap at end before full recovery.
- Backward alternating C cuts each leg must come in and touch other skate before doing opposite leg. Do this drill at 40% of maximum speed. When going full speed players won’t be able to come back in completely, which is okay and what you want.
- Backward skating – keep bottom hand near hip, rather than up. This allows quick access to their stick to react to puck, etc.
- Cross-over progression 4 steps. Have sticks on shoulders and lean body out away from circle but maintain eye contact with center dot. Keep heel low to ice. Stay low in hockey stance. Go slow.
- When working on undercut for crossovers, players must bend knees to do undercut. If you try with straight legs, you can’t get proper extension.
- Full crossovers – stay low, explosive and powerful and keep control of stick. Keep legs low to the ice as they crossover. Skates shouldn’t be coming way up and over.

- To keep kids motivated use 2 skating stations in a practice, but mix it up so they stay interested and insert other non-power skating drills.
- Tight turns, lean out away from cone, lead with inside leg and get it out in front of the other skate. After tight turn you throw in a crossover as they take off to the next cone.
- Transition skate you want to keep things in a straight line not way out in either direction. If using cones, go at cones, but don't pivot around them. Going around then can promote a long drawn out transition, but we want to stay in straight lines. Transition from backwards to forwards, skates should go heel to heel and as players get more skilled, it is typically a one leg stop then quick take off.

Drills:

- Hockey stance, stride to blue line then glide between blue lines. Should maintain same height throughout the drills. Get on flats for the glide. 2 hands on stick.
- 1 foot glide between blue lines. Skate goes back behind body (straight, not out to the side) and front leg maintains deep knee bend, which gives stability and keeps you straight. Drop the bent knee toward the opposite ankle and keep chest up.
- 2 foot glide backwards and 1 foot glide backwards. Same principles as forward skating.
- Forward "C" cuts (1 leg at a time 3 or 4 times each, alternating, then full stride).
- Backward "C" cuts (1 leg at a time, alternating, then full stride).
- Cross-over progression:
 1. Outside "C" cut around circle.
 2. Inside "C" cut around circle.
 3. Inside "C" cut followed by undercut around circle.
 4. Outside "C" cut followed by inside leg undercut, skates don't leave the ice.
 5. Full crossovers.
- Tight turns around cones either direction.
- Transition skate within the plexi glass. Choose a pane of glass and stay that width.