

LAURA STAMM INTERNATIONAL POWER SKATING SYSTEM

INTERNET TIP

May/June 2009

ALL SPORTS ARE THE SAME

Hockey, baseball, football, basketball, tennis, golf, swimming, running - *WHATEVER* - all sports are the same! Is this confusing?

What I mean by this is that all sports share the same fundamental principles of force application (power generation). While the methods of execution (the way forces are applied) are different and specific to each sport, the *principles* are the same!

PRINCIPLES:

When force is applied correctly, powerfully, quickly, explosively, and with exact timing, the result is movement (of the self, the puck, the ball or another object).

Most athletic motions include three or four basic elements. I call these elements the *wind-up* (coil or preparation), the *release* (push, swing, throw, etc.), the *follow through* (full extension or completion). An additional element is weight shift. In every sport it is essential to shift weight properly, completely, and at the precise instant.

To understand these elements, let's think of a pitcher in the process of throwing the ball. A pitcher's wind-up is a perfect example of an athlete's coiling action. The coiling action sets up the "spring", or throw. The release and follow-through exemplify completion of power along with properly timed force application and weight shift. The result is a ball that travels with lightning speed.

In skating the result of properly executed and timed force application is a player who travels with lightning speed.

EXECUTION OF FORCE IN HOCKEY SKATING:

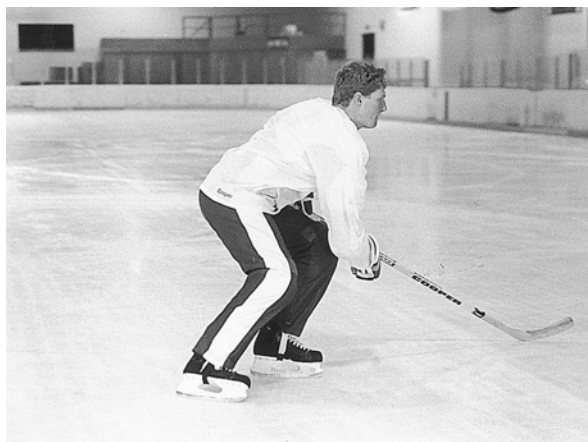
Every push in skating requires the above elements. Following is a brief description of how these elements are applied in performing each push of the forward stride:

- a. *Wind-up*. The wind-up requires that the knees be bent (90 degrees) with the pushing (inside) edge digging strongly (45 degrees) into the ice, and with the body weight totally (100%) over the pushing skate.



Wind-up of the Forward Stride

b. *Release*. The release is the actual push - when the pushing skate, leg, and body weight drive directly out against the inside edge, which is digging into the ice. During the release the body weight is still over the pushing skate.



Release of the Forward Stride

c. *Follow-through*. The follow-through is the completion of the push. The pushing skate and leg continue to push until they (now the free skate and leg) are locked and fully extended away from the body. The follow-through of the push incorporates a “toe flick” (a push from the very front of the inside edge). The body weight begins to shift onto the gliding skate at the midpoint of the push; the weight shift is completed just before the pushing leg reaches full extension.



Follow-through of the Forward Stride

There is one additional element that is necessary in some other sports, but not in all of them. This element is the recovery (return), which prepares the athlete for the upcoming motion. In skating the recovery refers to the return of the pushing skate and leg underneath the body.

d. *Recovery*. The recovery requires that the pushing skate and leg return completely to a position directly beneath the body weight (beneath the center of gravity) in order to execute the next push powerfully and explosively.

These four basic elements must be executed correctly, powerfully, and quickly, and timed perfectly, in order to generate speed.



Recovery of the Forward Stride

It is important to understand that the many skating motions are not natural to the human body. Actually, most of the skating motions are almost the opposite of natural. They must therefore be learned properly, and then practiced (correctly and diligently) over a long period of time. Too many players think that if they “go out there and skate” more and more they will get better and better. Not true. Without proper technique training these players are likely to pick up bad habits which must be un-learned and then re-learned (often a difficult process).

Today’s hockey is all about *SPEED!* If young players hope to compete at a high level of hockey, proper skating skills (with the resultant power and speed) should be the number one priority.

You can read more about Force Application and Speed Generation in hockey in my book, **LAURA STAMM’S POWER SKATING**. The book is available online at www.laurastamm.com

Also, you can check for an upcoming Laura Stamm Power Skating Clinic near you.

SKATE GREAT HOCKEY.

Laura Stamm
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