LAURA STAMM INTERNATIONAL POWER SKATING SYSTEM

JAN/FEB 2019

Where is your Weight? – Part 2

Today's hockey is, more than ever, a sport of blazing speed; a sport that requires players to be masters of balance, agility, and maneuverability (BAM), all while moving ***FAST*** on a platform as thin as a knife blade. Hockey is an intricate and difficult sport, comprised of numerous complex skills (stick-handling, passing, shooting, team systems, etc) that must mesh together. This process takes years of learning, practice, and lots of hard work.

When skating and playing hockey, do you know where your weight is?

Is it over the outside skate?
Is it over the inside skate?
Is it over both skates?

In order to perform complex skating maneuvers effectively, it's imperative for players to distribute their body weight properly. This is critical in order for them to achieve great balance, stability, speed, and strength on their skates.

Skating is basically a one-legged activity. Although in certain circumstances, such as coasting on two feet, standing on two feet with legs wide apart - ie - for balance and stability (i.e, to withstand an upcoming check), or in preparation for making a lateral move or fake, the push/glide process requires that their weight be totally on one skate/leg or the other.

Skating - or pushing, or checking - without having the body weight properly distributed over the "active" skate, is ineffective and most often causes balance problems.

This tip is a continuation of the September/October internet tip.

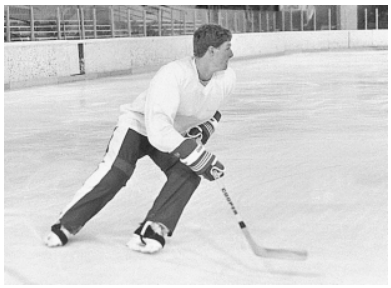
In this tip we will discuss proper weight distribution for tight turns, hockey stops, and checking.

Tight Turns:
Tight turns consist of two phases – the entry phase and the exit phase.
A. The entry phase: This phase involves a C-cut push. The C-cut push is done with the outside skate/leg, and therefore the body weight is totally over the outside skate/leg.
During the push the weight must transfer to the outside edge of the inside skate.
B. The exit phase: This phase consists of a crossover, and accompanying X-push. During the X-push, the body weight is transferred to the inside edge of the outside skate.

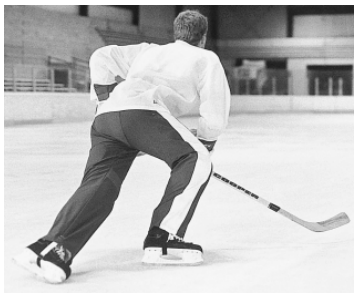
Hockey Stops:
When skating fast, and when in the heat of battle, hockey players most often stop with 60% of their weight over the outside skate, and 40% of their weight over the inside skate.

Checking:

When checking, players should have their body weight over the outside skate. The power of a check comes from pushing from the legs and hips. The shoulders continue the check, but not until the legs and hips have pushed powerfully into the opposing player.



Weight distribution on the entry phase of a tight turn



Weight distribution on the exit phase of a tight turn

Weight distribution during a hockey stop

Weight distribution when checking an opponent

I encourage all hockey players to put skating technique high on their list of essential hockey skills. The benefits will be long-term.

For a detailed explanation of how to execute each hockey skating maneuver correctly and powerfully, refer to

<u>LAURA STAMM'S POWER SKATING, fourth edition.</u>

Also, look for upcoming Laura Stamm Power Skating Clinics in your area.

SKATE GREAT HOCKEY!

Laura Stamm