

# LAURA STAMM INTERNATIONAL POWER SKATING SYSTEM

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## THE ROLE OF SKATING IN BECOMING A COMPLETE HOCKEY PLAYER

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. It is an intricate and difficult sport, comprised of numerous and complex skills (stick-handling, passing, shooting, team systems, etc) that must mesh together. The process takes years of learning, practice, and hard work.

The ability to control the puck and do magical things with it at high speeds are attributes of the greatest hockey players. These talents are developed naturally by only a minority of them. Most spend years developing what appears to observers to be an inborn gift.

Coaches, scouts, and team managers seek out players who can skate *FAST* – from stop to go, from slow to fast, when skating forward or backward, when starting, cornering, turning, or transitioning. Players may be good puck handlers, but if they can't skate fast - with the puck - their effectiveness is limited.

**Proper skating technique is key to, and an integral part of, becoming a successful hockey player.**

The skating motions are NOT natural to the human body! In fact, they are almost the opposite of natural. We are born to walk and run, not to skate! Skating technique must therefore be taught/learned/practiced over a period of years!!!

Over the years, parents have told me (many thousands of times) “my son/daughter is a great hockey player – he/she just can't skate well (fast) enough.” This statement reflects a lack of understanding. How can someone be a great hockey player if he or she can't skate well (fast)??? The sport of hockey requires *speed!* I have seen thousands of elite hockey players struggle to skate faster, not because they lack for conditioning, but because they lack for correct skating technique. They have grown up “skating” – but not necessarily skating properly.

Since coaches want their players to develop “fast feet”, players are put through a lot of “fast” skating drills. However, it is all too common for players to move their feet fast. They end up moving their feet fast but “going nowhere”. Remember that speed is a measure of distance traveled in time, so while strides must be done rapidly, they must also cover distance!

Proper off-ice training combined with sprint-skating are important for developing skating speed. But correct skating (technique-training) is the first step! **TECHNIQUE COUNTS.**

A world-renowned expert in off-ice training (Jack Blatherwick), used to say:

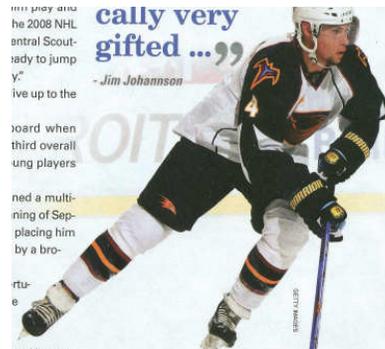
“The process of becoming a complete hockey player is a multi-edged sword: Without proper technique, no amount of off-ice training will help a player optimize his or her skating. On the other hand, without a good physiological base of strength, explosiveness, and muscular endurance (in a good skating position) skating instruction will have less effect.”

“If an athlete cannot get down on one leg to a good squat position, cannot explode from there, or cannot repeat it over and over without fatigue compromising the position – that athlete will never benefit (as much as possible) from skating instruction.”

“However, without good skating fundamentals, no amount of strength and power will allow players to reach their optimal skating speed.”

Some think that players over the age of 16-18 can no longer change their skating technique. However, this is not the case. Over the years I have worked with hundreds of high-level players. If they believe that modifying their skating techniques can help them succeed, they are able and willing to make changes. Some of my greatest successes have been with college, junior and pro players. So, remember - It's *never* too late to improve skating technique.

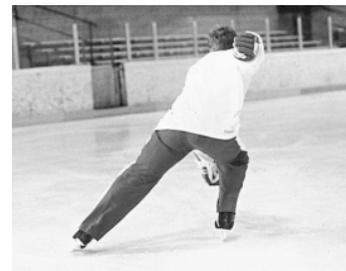
The *LAURA STAMM INTERNATIONAL POWER SKATING SYSTEM*® teaches players to execute every hockey move correctly, then powerfully, then explosively, then quickly, and **then** to execute the moves correctly, powerfully, explosively and quickly **with the puck, and in game situations**. This, progressive, building block approach makes for long term improvement - but it takes a long time to learn and years of practice in order to achieve permanent results. While we encourage players to skate fast, we also emphasize that they must **always** skate properly! Ask the pros who put in their effort if it was worth it; without exception, they'll say they couldn't have made it without all those years of proper and intense technique training.



**Forward Stride**



**Forward Crossovers**



**Backward Stride**

I encourage all hockey players to put skating technique high on the 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

**LAURA STAMM'S POWER SKATING, fourth edition.**

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

***SKATE GREAT HOCKEY!***

Laura Stamm  
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