

LAURA STAMM INTERNATIONAL POWER SKATING SYSTEM

NOV/DEC 2018

Where is your Weight? - Part 1

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

In order to perform complex skating maneuvers, it's imperative for players to place their body weight properly. This is critical for great (or not so great) balance, stability, speed, and strength on the skates.

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?

Many players don't know that skating is a one-legged activity. Unless standing with legs wide apart - ie - for balance, stability, and in preparation for making lateral moves or fakes, skaters have all their weight totally on one skate/leg or the other.

In other words, skating (or pushing, or checking) without having the body weight properly distributed over the "active" skate, is ineffective and also causes balance problems.

In this internet tip we will discuss weight distribution as it applies to the forward stride, backward stride, and crossovers. In the next internet tip (for May/June) we will discuss weight distribution for explosive starts, tight turns, shooting, and checking.

Forward and Backward Stride:

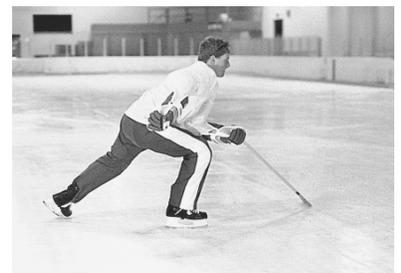
1. When pushing, the body weight is over the pushing skate. During the push, all of the weight (100%) is transferred onto the gliding skate and it remains there as the gliding skate becomes the new pushing skate.
2. When the gliding skate becomes the new pushing skate, all of the body weight must still be above this skate in order for this next push to be powerful and effective.



Fwd stride – weight totally on pushing skate-1



Fwd stride – weight totally on pushing skate-2



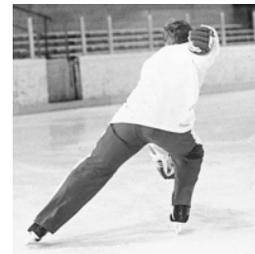
Fwd stride – weight now totally on gliding skate



Brian Rafalski – Weight totally on pushing skate



Backward stride – weight on pushing skate



Backward stride – weight on gliding skate

Forward and Backward Crossovers:

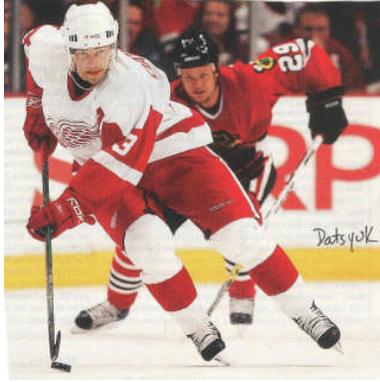
Proper weight application and weight shift also applies to crossovers.

Since there are two steps for every crossover, there must also be two pushes for every crossover. The first push is done with the outside skate/leg, and the second push is done with the inside skate/leg.

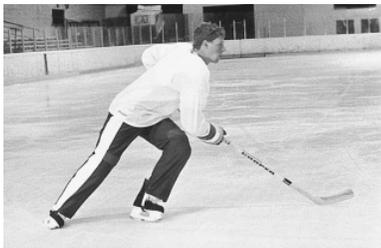
Many players do not know that when performing crossovers, the skates actually replace each other on the ice. The performing skate is always placed under the outside hip. Because the skates replace each other (and always skate under the outside hip) the body weight must always be over the outside skate.

Many players also do not know that “leaning in” to perform crossovers is **wrong**. The lower body (skates, knees and hips) leans (angulates) inward in order to be on edges and in order for the skates to create a curve. However, if the entire body leans inward, too much weight will be leaning toward the center of the circle. The skater will be off balance, and might fall.

In order to balance on deep edges at speed, the upper body (from the hips up) must lean outward (counter-lean) while the lower body (skates, knees and hips) lean inward.



Pavel Datsyuk using counter-lean (proper body position) – during forward crossovers



Counter-lean and weight distribution on Forward Crossovers



Counter-lean and weight distribution on backward crossovers

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 **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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