

LAURA STAMM INTERNATIONAL POWER SKATING SYSTEM

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THE IMPORTANCE OF PROPER TECHNIQUE TRAINING

“My child is a great hockey player but just not a great skater” Over the years, I’ve heard this comment thousands of times. The problem with this line of thought is that skating and hockey are truly synonymous – they are inter-related and inter-dependent. To be a great hockey, players need to “have the wheels”. Those who are less proficient skaters usually end up being less than great.

Another hockey myth: If players skate more they’ll get faster. **WRONG!** More does not equal better. Quality ice time and quality training are much more valuable than quantity ice time/training. Practices spent doing wind sprints, taking slap shots, doing push-ups and sit-ups, shooting on goalies, and going through the same repetitive drills day after day, accomplishes little in the way of skill development.

With forty years of experience, I **know** that the best way to become a great player is to become a great skater. Thus it is imperative to learn to skate **correctly** before trying to skate fast. Great instructors know that speed is the **last** element taught in any skill. Slowly first leads to fast later!

Proper technique should be compared to the bottom of a pyramid; if the base is strong, the structure will be strong. If it is weak, the structure may give way when under pressure.

Coaches tend to emphasize “fast feet” but don’t explain that “fast feet must be combined with proper technique and full range of motion. While their intentions may be good, they may not realize that fast feet alone do not make fast skaters; that choppy strides done quickly results in a lot of expended energy (fatigue) with very little yield (speed) – or, as I say, it results in “going nowhere fast”. Coaches need to spend adequate time on skating technique in their practices. Since not enough of them do, players need to seek out technique training (power skating instruction) on their own.

Conditioning programs specialize in strength, power, endurance, flexibility and quickness training. While I certainly agree that conditioning is very important (especially during the teenage years), I also believe that it is just one part of an entire developmental process. Conditioning alone does not make a well-rounded player!

In observing some conditioning programs, I’m often perplexed that skating technique is not even mentioned as a part of the hockey equation. There are multiple areas of hockey training and **all** need to be incorporated. Coaches and trainers do a great service to their players when they inform them that skating is a fundamental and complicated skill that needs to be taught at all ages and ability levels.

The speed in today’s hockey is mind-boggling. Every year we see players who are bigger, stronger, and faster. The players who dominate the sport are usually those who are the fastest and the most skilled. In recent years, many are European players. Why? European players learn to skate before they are allowed to use the puck. They work on skill development before they play games. ***Skill development is the most important aspect of their early training.***

The Laura Stamm International Power Skating System focuses on developing good skating habits and correct skating technique. The motions of skating are completely different from our natural motions of walking and running. I often tell players that skating motions are actually the opposite of natural. Thus they must be taught separately and properly, and practiced for years until they become habitual. In my Power Skating System we teach every skating maneuver in all its minute parts, and then combine the parts to create the whole. Only after

learning to execute a maneuver correctly do we encourage students to execute that maneuver faster. Then we have them perform the maneuver correctly, powerfully and quickly, and then correctly, powerfully and quickly, with the puck.

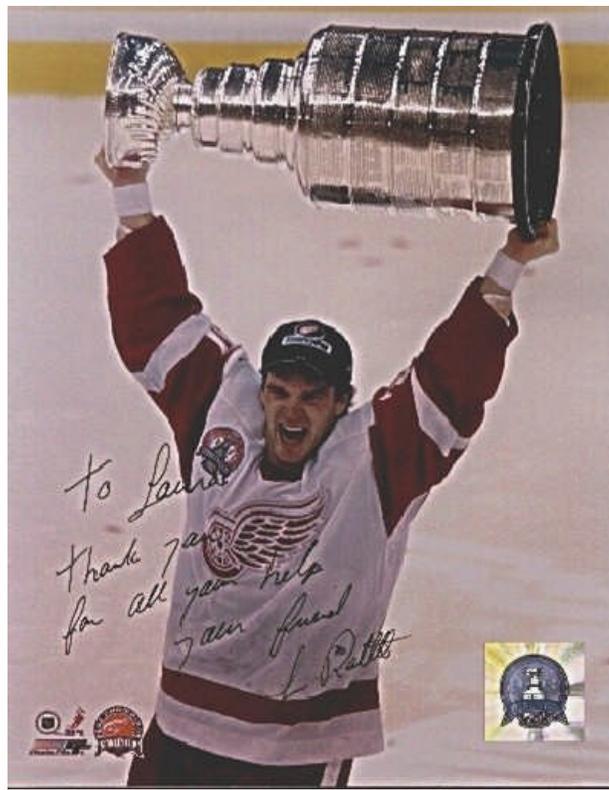
The two most fundamental hockey skills are skating and stick-handling. However, it's pretty difficult to be a great puck handler if you can't maneuver the puck while skating *fast!*

To improve your hockey skills, take advantage of a quality power skating program that teaches *correct* skating technique. Then enroll in a quality stick-handling program that incorporates correct skating with correct stick-handling. The results will be worth the time, effort and expense.

And at every practice, practice correctly.

Remember:

Practice does not make perfect – only perfect practice makes perfect!



For more information about the Laura Stamm International Power Skating System, read **LAURA STAMM'S POWER SKATING**, fourth edition, or view the dvd, "Laura Stamm's Power Skating".

Also - seek out an upcoming Laura Stamm Power Skating program in your area.

To find upcoming Laura Stamm Power Skating Clinics in your area, go to:

www.laurastamm.com and **www.laurastamm.net**

Skate Great Hockey!

Laura Stamm

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