



COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

FORWARD STRIDE

Description:

Begin from a ready position with the feet close together under the body and the knees bent with head and shoulders up (1)

With weight on the left leg, turn the right skate blade slightly to the side and push off with the right leg

The force of the push should be directly to the athletes side (2)

Extend the leg completely with the knee, following through the toe – complete planter flexion with the foot (3)

Keep the hips level and the glide leg knee bent

After full extension, pick up the right skate and, with a controlled movement, return it to its' start position under the body for balance, stability and a longer stride (4)

During this recovery phase, keep the toe of the skate blade close to the ice (5)

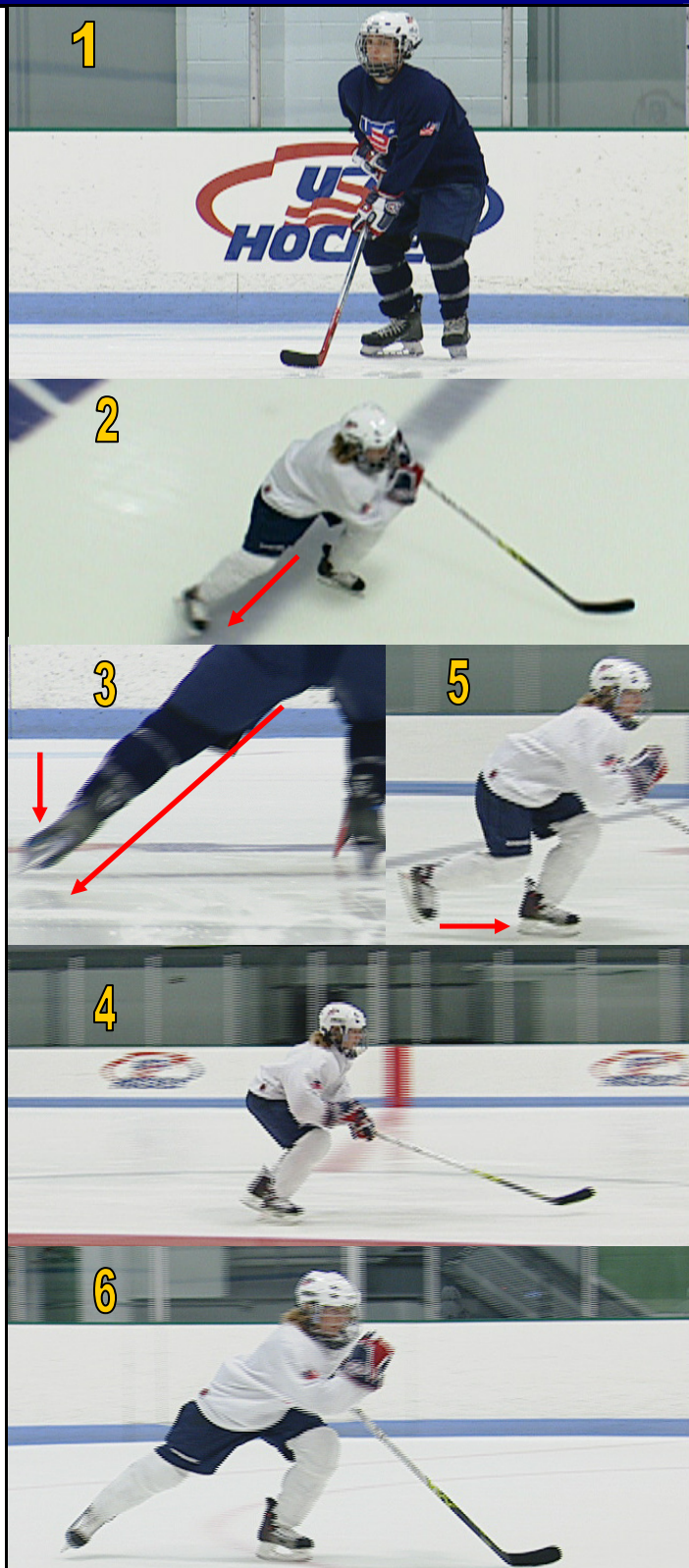
When right leg returns to the start position, transfer weight to right leg and push with left leg

Alternate legs down the ice

Arm movement must also be coordinated within the skating stride as the right skate pushes, the right arm is brought back (6)

When the right skate is recovering, the right arm is brought forward

Keys: level hips, bent knee, full extension and low recovery, front-to-back arm movement



Material taken from USA Hockey's Skills & Drills DVD-ROM

To order video on this and 400 other skills, go to www.usahockeyskillsanddrills.com