

Power Skating

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- **Balance**
- **Forward Skating**
- **Backward Skating**
- **Starting**
- **Stopping**
- **Turning**
- **Pivoting**

Balance & Agility

1. **1 Legged Glide** – Shoulders over Knee over Toe, Head Up, Skate pointing straight in the direction you want to go, weight over the ball of the foot
2. **2 Foot Sitting Glide** – Knees forward, head up Bottom down, weight over the ball of the foot
3. **Shoot the duck**
4. **Shoot the duck** – Alternate leg
5. **Russian Walk** – Objective is to work on Foot speed & quickness. Keep shoulder over the skates & head up, Skates pointing in the direction you are going (start on both knees, bring one knee up then the other)
6. **Frog Leaps** – Objective is to improve length strength and leg extension. Standing in hockey position let skates go out to the side, drive them back into the center by leaping off the ice
7. **Power Pulls** – Inside & outside edge of one skate then the other. Head up, shoulder over knee over toe weight on ball of foot
8. **180 ° Turn** – Upper body over support leg (shoulder over knee over toe weight on ball of foot) as you make a 180° & go backwards while staying on the same skate then turn again & go forward – do this until you run out of momentum
9. **Russian Kip** – Both skates at once
10. **Russian Kip** – Backwards

Forward Skating

Three Phases to forward skating – **Stride Phase**, **Glide Phase** and the **Recovery**

Stride Phase - Put weight on the ball of the foot & push inside edge, drive from the hip, through the knee and the ankle until a FULL extension of the leg occurs and keep the entire skate on the ice. The opposite leg is the support leg the head is over the knee and the knee is bent 90°. It is know in position for the:

Glide Phase – Front leg is the load bearing leg during this phase. It is straight (that is pointed straight ahead in the direction you are going), the knee is bent 90° and the toe knee shoulder/head are in a straight line. The position is very similar to the one legged glide from the balance & agility section.

Recovery Phase – Keeping the leg that was extended for the stride phase close to the ice pull it back up under the midline of the body (under the shoulder with the skate straight up and down).

NOTE: Do not allow the arms between the elbow and the shoulder to cross the midline of the body. This creates too much side to side motion and will prevent the stride skate from staying in full contact with the ice. The heel of the skate will come off the ice if the arms between the elbow and the shoulder cross the midline. Instead arms go back and fourth and the head is over the supporting leg.

DRILL - Leg Loading Drill

Drive hard from the hip through the knee and ankle from the inside edge of your left skate to the inside edge of your right skate. Keep your head and back up, weight over the ball of your foot and push laterally to develop a powerful and extended stride

DRILL – Three Count Stride

Keep the stick out in front of you at shoulder height with both hands holding the stick parallel to the ice begin the stride phase and then balance on the support leg (glide phase) for a full three seconds – demonstrating balance and control – knee bent & over toe and shoulder/head over knee then stride with other foot to repeat.

Backward Skating

C-Cut Method – There is also three phases to Backward skating – **Stride Phase, Glide Phase** and the **Recovery**.

Stride Phase – Take the stride leg and place it out in front of the support leg. Bend the knee and the ankle, keep the weight over the ball of the foot and the knee over the toe of the stride leg. cut the ice with your inside edge of the stride leg and push **ALL** of your weight back on to your support leg for the glide phase.

Glide Phase – The weight of your body should now be over your support leg. The skate is straight up and down the knee is bent and is over the toe of the skate the weight is on the ball of your foot and your shoulder/head are in line with the knee and toe.

Recovery Phase – Bring the stride leg skate back in to the shoulder line. That is both feet are shoulder width apart.

DRILL – C-Cut With Upper Body Isolation

Make c-cut with stick at shoulder height parallel to the ice. Stride glide and recover.

DRILL – Leg Loading

Same as in Forward skating only going backward.

DRILL – One Foot Board Drill

Start app. ten to fifteen feet from the boards. Push off and glide forwards the boards on one leg (just like the glide drill) at the boards stop by turning the skate parallel to the boards and push yourself backwards with a C-Cut. Do this all on one leg only then repeat with the other leg.

Backward Skating – Cross Over Step

Start the same, during the recovery bring the leg across the front of the body and drive hard off the inside edge of the support leg keep the weight over the ball of the foot and step through to the starting position and then C cut with the other skate, cross over and step through.

DRILL One C-cut and then stay on outside edge of inside skate for 360 degrees
Starting – V Start

For the v start you want to take 3 pushing motions without a stride. Bend knees, explode forward landing on the inside edge of each skate and lead with the chest not the head (Keep head up)

DRILL – Duck Walk.

Rotate skates 90 degrees from midline of body and walk. (Looks like a duck walking)

DRILL – V –Start Over Sticks

Place two sticks one a few feet in front of the player and the second a few feet in front of the first such that when he starts he must push hard and extend his legs out over the sticks

DRILL – Falling Sticks

Two players are 5-10 feet and they balance the but end of there sticks on the ice. One player give the go command and they must catch each others stick before they fall to the ice.

Starting – Cross Over

Player is perpendicular to the direction he wants to skate in. He first points the stick and head in the direction he wants to travel. The outside (trailing) skate comes across in front of the inside skate (NOT OVER) and lands on the inside edge (DO NOT BRING SKATE UP AND OVER AND BACK DOWN). The next step is to bring the trailing skate up and plant it without a glide landing also on the inside edge then continue with the normal forward skate.

DRILL – Coaches Command Drill

Players are on a line (goal line, blue line etc.) On the coaches command the players execute each step and hold it. The coach will say 1) Face the Wall, 2) Point Stick, 3) Turn head, 4) Step with outside (trailing) skate and plant inside edge 5) Step with other skate and plant inside edge 6) GO

Stopping – One Foot Stop

With this stop you are looking for the ability to balance all your body weight over the inside edge of the stopping skate. The front leg (stopping leg) has the knee and ankle bent, the knee is over the toe and the weight is on the ball of the foot . The trailing leg has the knee bent and is dragged across the ice for balance.

If the skates chatter this is because the weight is to far back over the heel of the skate. To correct this bring the knee forward over the toe.

DRILL – Zig Zag Drill

Player skates to cones placed in a zig zag pattern and executes a one foot stop at each cone. Have them do a cross over start to the next cone.

Stopping – Two Foot Stop

This stop is more difficult because we have to use the outside edge of one skate. Keep feet shoulder width apart – turn body 90° to the direction of the movement, with the back foot slightly ahead of the front foot, keep the weight on the ball of both feet. The weight of the body is over the back foot.

DRILL – Outside Edge

Stop on back foot only. Keep weight on the ball of the foot

DRILL – Two Foot Stop With Glide

Have the player complete a two foot stop as explained above only do not push down on the skates to try and stop quickly. The player should just glide to a stop.