

SIX KEYS TO IMPROVE SKATING SPEED & EFFICIENCY

As a club, there are 3 (well, maybe 4) main points I'd like us to take away from Six Keys to Improve Skating Speed and Efficiency.

1. Skate on your own. Encourage your young hockey player to find "open ice" or even better, outdoor ice, and just let them play. This is often where they will make the most improvements to their game. Like a golf swing, skating takes many hours of 'practice to make perfect'. Trust me, I skate okay, but my golf swing is terrible!

2. No player will have an identical stride (skating) as someone else. Everyone's body is built differently, and movement will be unique to that person. Finding an efficient stride is often different from player to player.

3. Off-ice training, if done correctly, can have a huge positive impact on how well a player can skate. The longer a player can maintain proper knee bend, and be explosive with that knee bend, the faster the player will be for an extended period of time. I will be putting together an off-ice training program for the club that we will share with each player and family.

Lastly, if you do remove padding from your hockey pants (in Minnesota we call them breezers), make sure you have a different pair to wear for practices and games.