

SCRA Coach Hand-Out

Summary of Coach Power Skating Session and Tips for Working on Skating Skills

In this handout I have included the skating skills that we covered in our coach power skating session as well as some additional skills that will be covered in the team sessions this season. I have included some key words to help you in working on these skating skills in your practices.

Ready Position

- Knees bent over laces
- Feet shoulder width apart
- Chest up, head up. “Roll the shoulders back to get chest up”!
- Ankles straight - no ankles falling in or out. *If you notice a skater with ankles falling in (pronating) or falling out (supinating) there may be a problem with the skate such as the boot is not laced tight enough in the ankle or the boot is not fitting properly. This is something that needs to be discussed with the parent as a trip to the skate shop may be needed to help correct this. This is very important to correct as proper ankle alignment and support is required for all skating skills.*

Glide

- Every skating skill has an element of glide and the warm-up can be used to work on balance and glide. E.g. 1 foot and 2 foot glides in a straight line - “skating on a tight rope”. Other warm up exercises include 1 foot leaps, power jumps, and tucks.
- Advanced skaters can increase the speed and efficiency of their glide with a deep knee bend over the toe and also by proper arm swing forward and back – “All momentum forward”!

Forward Stride

- Full blade push to the side. Aim for a uniform push with the inside edge of the entire blade – both the ball of the foot and the heel driving to full extension.
- Knees bent for power – “stay low, lower the hips”
- Head and upper body stay as still as possible with shoulders square, back straight, and a forward body lean.
- Arm swing forward and back – “just like you run in the park”.
- Beginners also benefit from work on the “T” push – ball of the foot push as this is the very start of the stride.
- Hip open and turned out with extension of the knee and ankle. Not toe down!
- Some drills include the “Drag-Touch”- drag toe turned out on first 2-3inches of the inside edge, leg fully extended for 3 seconds. Progress to “Stride-Touch” – exact same minus the drag of the toe.

- Advanced skaters will work towards a full blade push and ending the push by extending their ankle. This extension when practiced will give an extra burst of speed!
- Recovery of the drive leg is low to the ice (ideally ½ inch off the ice). Recovery should be as quick as possible under the body weight. *The speed of recovery is very important to get as many strides as possible in the shortest amount of time!*
- When stride technique is good then quickness training begins. We will be working on quickness training at most levels.

Back Skating

- “Boom-boom” drill on the spot – push hip out to the side R and L (this really helps beginner skaters feel the transfer of weight required).
- “Sit in chair” – it feels more like sitting on the edge of a chair with your back up.
- “Push down with toes” (back skating involves pushing with the front of the blade) “right, left, right, left”.
- Pre-beginner skaters should start off by just walking backwards with feet parallel “step, step, step”.
- Intermediate skaters will start to learn the “half a ♥ push” keeping the glide skate straight and under their body weight and shoulders square. This is so that they can skate fast backwards in a straight line rather than turning from side to side every stride.
- Advanced skaters will learn how to push down as much as possible at the start of the push to maximize power. They will also work on the “push-touch” exercise to return feet under centre ensuring a full stride and maximizes body weight on the glide.

***Note:** *In skating training we are practicing exact positions and “over training” some positions. E.g. with the push-touch exercises we are working the return of your feet under your body because we know that with speed, game situations, and fatigue there will be a break down in technique and that players will lose some of the learned position. This is why we always practice perfect positions and even “over train” some positions.*

Resistance Drills with a partner

- These are Chariot Pull type drills F and B for beginner skaters.
- Pushing against a partner exercises for intermediate and advanced skaters – to improve grip on the ice and power.

Stops – ½ snowplow stop, side stop, and quick starts and stops

If beginner skate blades are too sharp it is very difficult for them to learn to stop. I often recommend a 5/8th blade sharpening for younger skaters. This less sharp blade (higher radius of hollow) really helps to be able to feel the “shaving” of the ice that is needed to stop.

- All stops are a “skid” and then a “turn of the hips” and “sit” – ready position (two hands on the stick for stops).

- Practice both R and L stops.
- 2 foot skiing into side stop method works very well.
- Beginners can also be instructed to pretend that they are skating over a “speed bump” before the stop. This helps with the un-weighting required before the stop action.
- Intermediate and Advanced skaters will be working on Quick Starts and stops. Important points with Quick starts are staying low, gripping the ice, and moving feet as fast as you can!

Edges and Turns

- Beginner skaters start with F and B skiing and bubbles to work edges.
- There are 8 edges (LFI, LFO, LBI, LBO, RFI, RFO, RBI, RBO) so you can imagine the amount of edge exercises, drills, and work there is to do on these! I have a huge repertoire of edge exercises that I will be bringing to the team sessions.
- Work on edges leads into the learning of all turns, cross-overs and lateral movement, and agility skating.
- “Both feet on the ice” for all tight turns (use of both edges).
- For all turns the upper body turns first and then the hips follow.

Cross-overs – we will be working on these and some of the progressions are as follows:

- Side steps and cross-over steps on the line.
- “C” cuts on the circles.
- “Cross-over” – “step to the side” are the beginner key words to learning the cross-over.
- Intermediate and Advanced skaters will be working on the “swizzler” exercise, “under-push” exercise, and running cross-overs on the ball of the foot with two strong pushes to the side.
- Back cross-overs – intermediate to advanced skaters will be working on back “C” cuts to start and the “Reach and Pull” method will be taught to the advanced groups.

***Note:** Rings will be added as much as possible as the skating skills are mastered especially at the higher levels.

Ringette is a “skating game”. Make sure to include skating as a major part of each practice. If you have any questions just let me know. I will try and help everyone as much as I can. Young skaters with proper equipment, proper stick length, and proper training will come along very quickly! Thank you for all of your work coaches!

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