

A2-3-200-300 Skating Technique from Finland

Key Points:

Good posture with the knees over the toes and shoulders no farther than the knees. Use all of the edges both forward and backward. Skating is a sideways motion with a quick recovery. The four videos focus on exercise for balance, edges, proper stride, turning, stopping, starting.

Description:

Video 1 – forward stride, balance position and edges.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=200807230709354>

Video 2 – edges, forward, backward, tight turns.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723070937777>

Video 3 – backward skating, edges, stride, turn, stop.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723113213565>

Video 4 – transition pivots, tight turns, skating with the puck, forward and backward turning.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072311321856>

