

A2 - Gaston Schaeffer Skating Instruction - Youth

Key Points:

Be in a strong athletic position with the knees bent, seat down, shoulders no farther forward than the knees and the head up. The skating stride starts with a fall and about 3 forward pushes and then it is a sideways motion. When skating backwards stride sideways and don't turn the heel to the inside. Replace the Mohawk turn with the much more efficient Transition Turn.

Description:

Gaston Schaeffer leads a group of 12-14 year old girls and boys. They cover:

1. Forward long stride.
2. Forward medium stride.
3. Quick start.
4. Basic backward stride and starting.
5. Transition turn from front to back that is much more efficient than the Mohawk Turn.

A2 – Skating Warm up for Agility and Balance – Jasper Camp

<https://youtu.be/7DKq8pfeFSA>

A - Skating Instruction and Practice - U18 F

https://youtu.be/FgrqUfDa9_U

A2 Forward Stride Mechanics Taught by Dr. Gaston Schaeffer

<https://youtu.be/m0QNMLTyess>

A5 - Crossover Basics - 5 Circles - Jasper – Gaston

<https://youtu.be/MjFqt2euYyk>

A2 - Choctaw and Tight Turns – Dr. Gaston Schaeffer

<https://youtu.be/shujBk3w0d0>

A2 Backward Cross-over Principles 3 - U18 F

<https://youtu.be/U67WKtRt6lU>