

A3 - Figure Skater Edges and Balance Warm-up

While the National Teams are practicing there are also elite figure skaters at the COP complex with it's four rinks. These figure skaters are doing a lot of the same balance and edges exercises as the hockey players. Notice how efficient their movement is. I took some video and then gave my camera to someone else and I am the guy in the grey outfit that comes on the last 30 seconds.

Key Points:

Skate forward and backward pivoting each way. Skate on all of the edges with good posture.

Description:

1-forward stride.

2-backward stride.

3-crossovers forward and backward.

4-inside edges.

5-outside edges.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120811091636351>

<https://youtu.be/44QCTKXna18>

Gaston Schaeffer incorporates these exercises in the skating warm up at our camps and with our teams.

A2 - Edges and Balance Warm up - Gaston – Jasper.

<https://youtu.be/a7C9o5CmFSA>

