

A1 Testing Skate Blade Alignment

Key Points:

It is important that the skate blade is aligned properly so that you can glide straight and not off to one side or the other. The blade is usually in a line from just inside the big toe, but everyone is a little different and a poorly aligned skate can cause problems in the stride.

Description:

Do a T push and glide along a line on one skate without making corrections to fading one way or the other. If you can glide straight in this relaxed position then the skate blade is in alignment. If not then it should be adjusted.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110803100335419>

