



OMHA Coach Clinic - How to Teach Skating

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Date: December 15, 2009
Location: Orleans Recreation Center
Attendees: Select Mentoring Committee Members
House League Coaches

Pre On-Ice Session

- Glide is as important as stride
- Glide is the balance portion of the skating mechanic and tends to be the weakest portion for young players
- Skating instruction can be subdivided into 3 focus areas:
 - Technique and Mechanics
 - Agility Skating
 - Power Skating
- A well rounded skating program will cover all three

Proper Body Position

- look for a 90, 90, 90 position at the hips, knees and ankles
- 90 degrees scientifically proven to be the angle that provides optimum energy load on muscles across joints
- "picture frame" remains quite
- Stretch the imaginary string that attaches the nose and belly button
- Look for arrow-diamond position with legs

The Picture Frame

- area framed by the left and right shoulder and the left and right hip
- this area contains the jersey logo so make the connection with the logo being the picture inside the frame
- as player skates toward you, you should be able to see the picture frame

The String

- enforces the concept of keep the head up
- gives young players a clearer mental picture
- helps force body position better than "keep head up" instruction

Extension/Recovery

- full extension creates 180 degree line from toe through ankle, knee, hip and shoulder
- at end of full extension create toe push (listen for this as the sound of the blade "cutting" the ice)
- extension should be out at 45 degrees from line of travel
- recovery should be complete and back under the center of gravity (i.e. the CG)
- the CG is essentially at the players belly button

Flaws to look for

- Upper body wobbles – recover is not complete. Player not setting skate back under CG
- Upper body piston – player does not maintain 90, 90, 90 on the gliding side of the body
- Player stands up right – poor extension. Player will have a short stride
- Can't see the picture frame – player bends past 90 at hips, loses power and energy

On-Ice Session

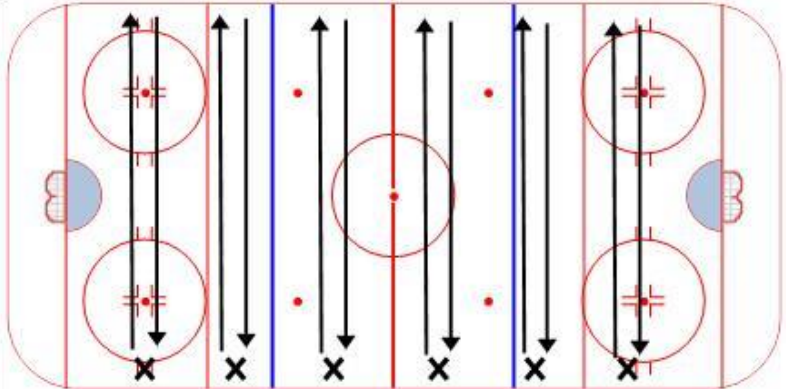
Title : Technical Skating

Content elements:

Components :

Description

Skating width of rink increases reps. Better for young players.
 Skating length of rink lowers reps but allows more time on task for each rep. Better for older players (bantam, midget)
 Keep groups to around 3-4 players.
 If available, assign an assistant coach to each group.
 It is important to have technically sound demonstrators for any technical instruction.



Key Points :

Focus on technique

Half speed

repeat verbal cues

maximize reps

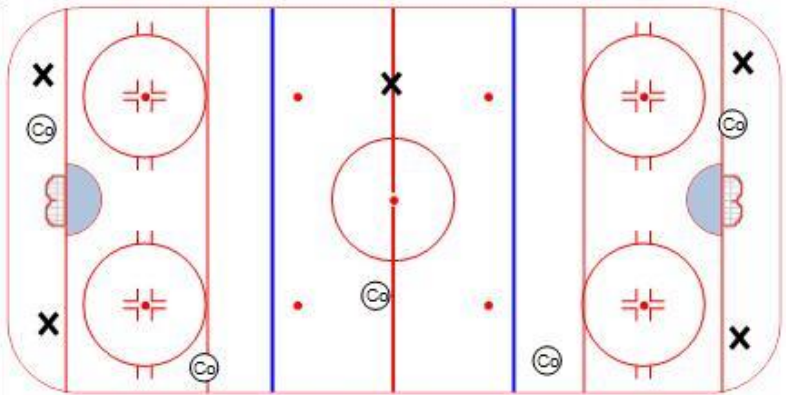
Technical Drills:

- **Forward Swizzles** – players assume a 90,90,90 position with skates together, player pushes out with both feet at the same time, then returns them to the starting position. Must maintain 90, 90, 90 position and avoid bobbing up and down.
Teaches proper body position.
- **Swizzle Jumps** – same as above drill but rather than return skates on ice players jump their feet back together, must maintain 90, 90, 90 position in this drill.
Teaches proper body position.
- **Push, Glide, Set** – players start in arrow diamond position (i.e. V-start), makes full extension stride with right leg, glides while in full extension, recovers stride leg completely and sets the skates heel to heel, transfers weight to recovery skate and repeats with left leg.
Teaches full extension, proper recovery and forces glide.
- **Toe Drag** – players skate making long full strides with complete recoveries, on the recovery players are told to drag the toe of the recovery skate.
Teaches players to recover the skate low along the ice rather than with a high kick.
- **Push, Stop, Push** – player starts in arrow diamond (V-start) position, and makes full extension with right leg. Encourage player to push with maximum force. Player glides on left skate and makes one foot stop. Player transfers weight to right skate and makes full extension with left leg. Repeat.
Teaches full, powerful extension, proper glide and proper weight transfer after recovery.

Title : Agility Skating Content elements: Components :

Description

Agility skating is the key to game play. When teaching ensure proper work : rest ratios (i.e 1:4) and use grouping to ensure maximizing reps. On occasion agility skating in a pairs (i.e. one on one off) setup is OK. Be aware of over loading players with this setup...drills should be quick (20 secs) and the number of drills should be low as well. Circles make for good grouping organizers but also teach players to agility skate without using markers. If teaching young players who struggle with visualizing the drill without markers pylons can be used. Do not use pucks if they restrict execution.



Key Points :

proper work:rest

Foot speed is key

Must group

1 asst. pre group

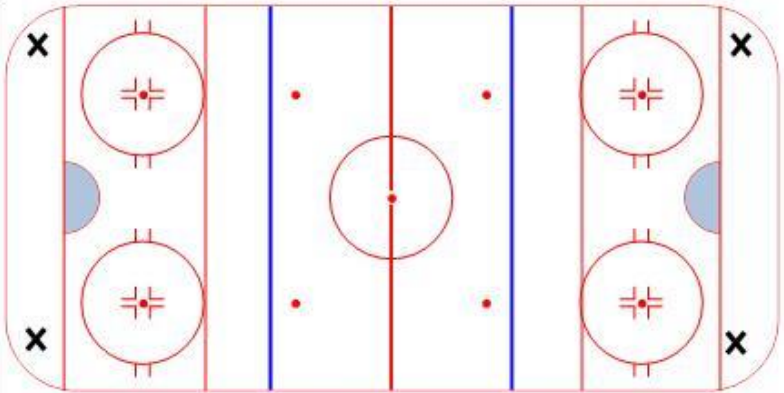
Agility Drills

- **Cross over Accelerations** – one player from each group skates around top of circle accelerating as they skate by using cross overs with speed. They return to the group and next player goes. Repeat often then have players run the drill in the opposite direction.
- **F/B Pivots** – players skate two laps of the circle performing transitions from forward to backward at the top and bottom of the circle
- **2 Tight Turns** – players accelerate through the circle crossing the dot. When they reach the opposite side of the circle they make a tight turn and return to the starting point. Players continue until they make 4 tight turns.
- **Multi Tight Turns** – player skates through circle making right hand tight turns at the face off dot and the circles edge. Player will make 7 turns in each rep. After a couple reps per player have them repeat the drill but making left hand turns.
- **Iron Cross** – player skates to dot and stops, laterals to the left edge of the circle and then laterals back to dot. Skates forward to circles edge, stops and skates backward to dot. At dot player laterals to the right edge then back to the dot. At the dot the player skates backward to group.

Title : Power Skating Content elements: _____ Components : _____

Description

I prefer to use large distances for power skating to allow players to focus on full extension and power generation over a rep that involves time.
Grouping is essential - avoid long lines.
1:4 is a good work to rest ratio for grouping.
The four corner set up illustrated is an easy one to manage and provides considerable variety.



Key Points :

proper work:rest

Power/Game Speed

Mimick game scenarios

avoid "bag" skating

Power Drills

- **Zigzag Stops Starts** – a player from each group leaves and skates cross ice and stops at the blueline. They then skate back across ice and stop at the next blueline. They then skate into the corner to join a group
- **Circle Sprint** – player skates around near circle once then explodes the length of the ice

Post On-Ice Session

Question – Is the Horse and Cart drill a good skating drill for technique?

Answer – Yes but in my opinion rather than have players pull the other player have them push. This will actually enforce the “push” of the skating mechanics and encourage the 90, 90, 90 position a little better than pulling (i.e. the pull version tends to create too much lean in the player doing the pulling).

Note – there was some concern about the safety of pulling rather than pushing and vice versa. The reality is that both have their inherent “dangers” and it is up to us coaches to assess what we feel to be safest for our players. If you believe that young players could be more prone to pushing their partner over and creating a dangerous situation then have them do the pull drill. If the players are older and more in control, then they can do the push version of the drill.

Be creative in designing skating drills. Look at samples on the web and modify them to make them work for you. Good drills need to develop agility, speed and power. They should force players to perform stops, starts, direction changes and use all their edges.

Incorporating a puck into skating drills is a very important requirement. After all, players do need to be able to skate with a puck. The issue that needs to be considered is “will the puck have a negative impact on technique”. If it will then you have to be cognizant of this and determine what is the goal of your skating instruction.