

Power Skating Classes

Dr. Bruce Forciea

Author of "Unlocking the Healing Code"

www.informationalhealing.com

Class is 30 minutes. Don't allow them to stand around. Split the group into two separate groups is necessary to keep them moving for the whole time to build endurance.

Power Skating

Devise a 10 minute warm-up and review of the previous class topics. Have the skaters skate around the perimeter ice using the Hockey lines as reference points. Have them skate fast between the lines and stop at the lines to do knee drops, stomach drops, leg pulls, grapevine, etc. This is a dynamic warm-up and also includes light stretching.

Pick 1 to 3 skills to work on. Briefly explain the importance of the skill and what the skill involves. Each skill usually has 3 to 4 teaching points in which needs to be emphasized. Both explain and demonstrate the teaching points before the skaters try the skill several times

The last 10 minutes is dedicated to drills and endurance. Each drill includes the skills learned that day and will be continuous until the whistle blows. These are full ice drills using pylons, lines, and face off dots.

For example: -

- Tight glide turns around each face off dot
- five circle cross over drill (2 times around each circle)

Once the skaters have completed the course, they return to the beginning which helps keep them moving at all times. Be creative and use the entire ice.

It is a challenge to come up with interesting exercises week after week. One drill worked very well was having the skaters skate from one end of the rink to the other and then do a waltz jump and then skate to the other end of the rink and do a salchow. Repeat with toe loop, loop, flip, lutz and axel.

Depending on how good their conditioning was I would have them continue from axel back down to waltz jump. The idea was to simulate what they needed to do in a program which is skate hard and jump. The more advanced skaters could also do doubles instead of singles.

I found this really helped with doing jumps when tired in programs. You can also do the same with spins. Start with scratch spins on one end of the rink then skate hard to the other end and repeat. Then continue with camels, sits, laybacks, combo spins, etc.