



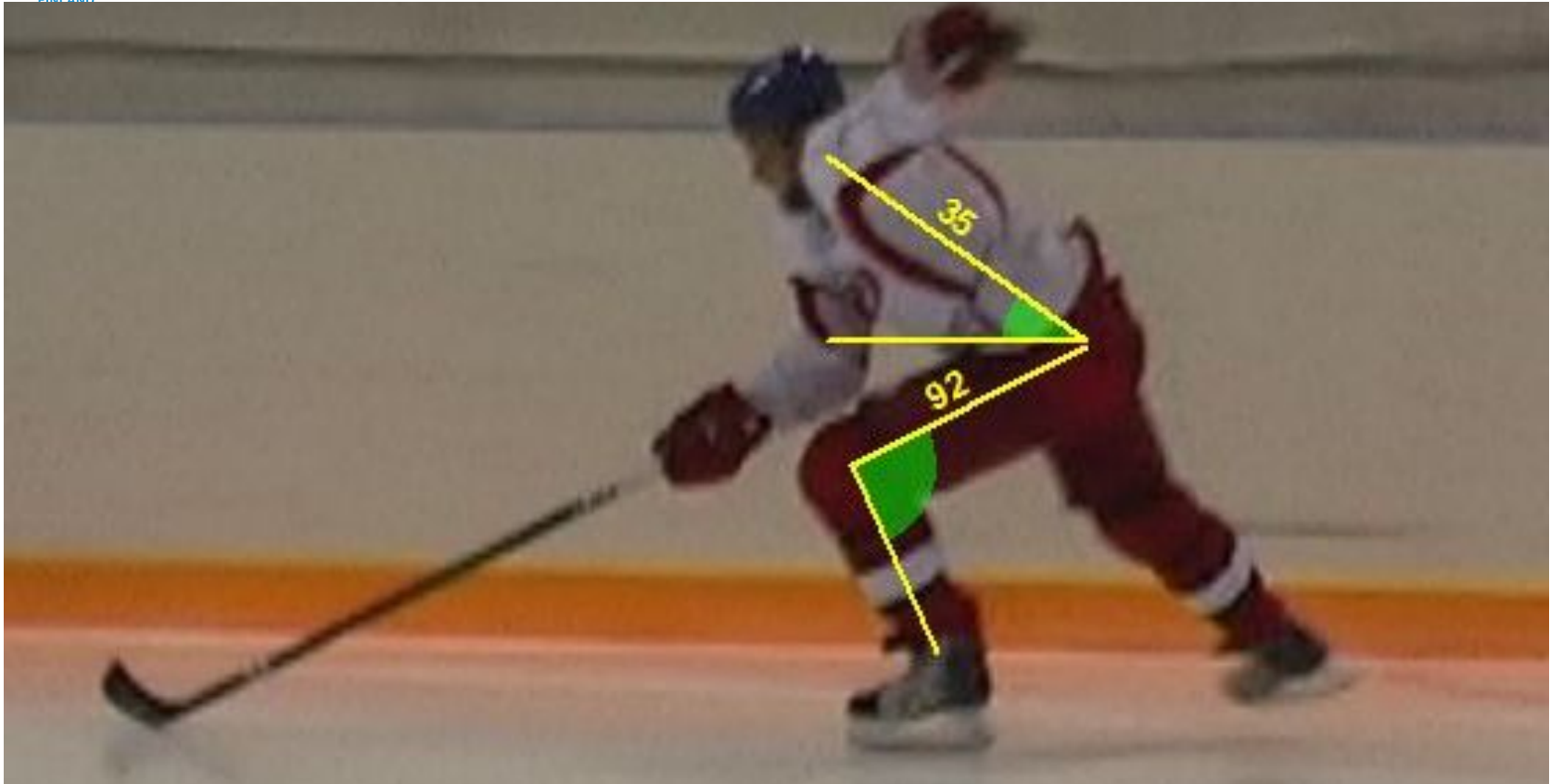
Basic criteria how to skate fast

Skating position



- Power comes from important angles
- Knee angle should be 90-100 degrees
- Upper body position to horizontal plane 30-40 degrees
- Optimal knee angle depends on persons body length and power resources
- Hip control is important

Skating position



Skate back to new glide



- Skate must bring back to the ice in movement's direction
- Skate have to come well enough under the body's center of gravity and slightly forward
- Skate have to come on ice slightly to the outer edge of blade
- Shoulder line stays horizontal

Skate comes back to the new glide



Push



- Most of the push has to be done with the middle part of the blade
- Push sideways so that the skate stays just under the body's center of gravity as long as possible
- Most of the power comes from gluteus maximus and vastus lateralis

Push direction



Weight transfer from leg to another



- It's important to get the whole body weight transferred on the pushing leg
- Through good body weight transfer skater can get more power directed to skate and ice
- Knee of returning leg have to come close to the pushing knee.
- Arms are helping to balance the body center of gravity

Body's weight transfer



Arms movement



- Arms should be moving slightly bent
- Arm is moving right to the gliding direction in front of body and behind little bit over upper body
- Arms are helping to keep the rythm of skating
- Shoulder line should stay horizontal

Arms



Curve skating



- Try to hold skating position low
- Pushes should be directed to radius of the curve
- Most of the push have to be done with the middle part of the blade
- Skates should be placed under the body's weight of gravity
- Shoulders should stay on the horizontal plane
- The whole body tilts to the center of curve

Curve position



Important facts to skate fast



- Correct skating position
- Good balance on one skate
- Correct direction of push
- Ability to use both edges of blade
- Good mobility on hip and legs
- Good relative power capacity
- Good explosive power

Facts



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skating

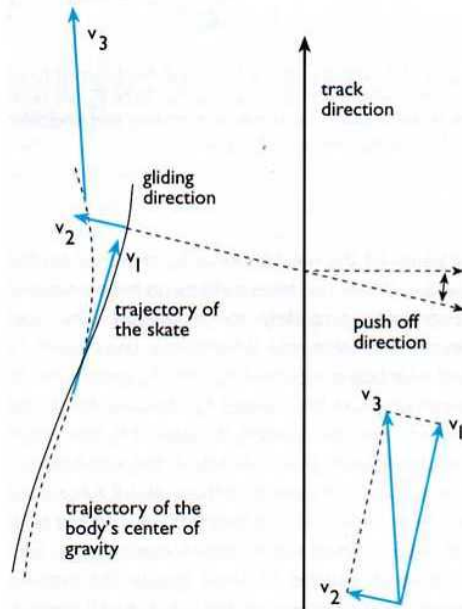
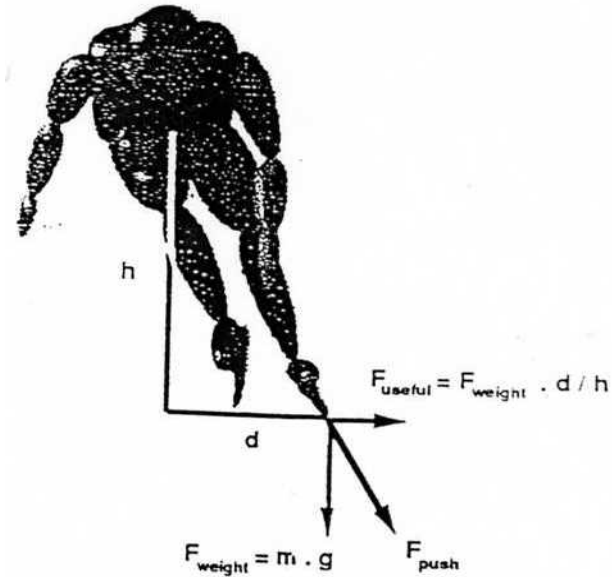


Figure 3.10. The push off results in a velocity v_2 of the body's center of gravity with respect to the skate. Together with v_1 this determines the new magnitude and direction of velocity v_3 of the body's center of gravity.

$$F_{\text{useful}} = F_{\text{weight}} \cdot d/h$$



Youth trainings



- Ice techniques
- Mobility
- Strength endurance in skating position
- Explosive power and speed
- Special trainings

For more information



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