

# SKATING – MOBILITY

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# BEING MOBILE ON YOUR SKATES

Speed might make you a fast skater.

But it's **MOBILITY** that will help you to have **more time and space** in the game and taking **right decisions** to be a **bigger part of the game.**

Mobility makes you a good skater.

**SKATING SKILLS** such as.....

- Start / Stop / Acceleration
- Quick & tight Turns
- Turning forwards – backwards - forwards
- Moving sideways (e.g. T-push)
- Crossovers
- Mohawk

..... are fundamental to be a great hockeyplayer



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# IN THE GAME

..... **In the offensive game good mobility helps to**

- Protect the puck while moving the feet
- Gain space and time
- Open up gaps
- Fake your opponent
- Be open receiving passes
- Get you in shooting position
- Win 1-1 situations

..... **In the defensive game good mobility helps to**

- Protect the inside position
- Close and control the gap
- Control the opponent, while having the puck in sight
- Have good overview of the game situation
- Anticipate the game well

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# KEY FACTORS

## .....IT'S ALL ABOUT THE RIGHT POSITION ....

- Shoulder – knees – feet
- Upper body - should be straight, don't lean forward
- Bended knees - to be able to stand well above the skate
- Free ankles - don't use tape around the skates and ankles
- Edges – they are making the skating, the turns and strides
- Perfect balance feeling

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# TEACHING ON ICE

**.....To teach mobility on the ice, players must understand.....**

- Which technique they are using
- What their skates and feet have to do
- In which particular game situation a certain technique will help
- What their advantage will be in using the skill

**.....Teaching....by following the “FAST”-principal**

- **FEEL** - the feet, the edges of your skates, feel the position
- **ACT** - correct execution starting on low speed
- **SEE** - video helps to control position, execution and progress
- **THINK** – about game situation where to use the technique
- Skate without the puck at first until the skill becomes familiar

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# TEACHING OFF ICE

.....**Off-ice trainings basically helps to build.....**

- Strong legs ----→ Russian Box, sliding board, jumps
- Balance ----→ jumping rope, all unstable grounds
- Coordination ----→ Plyometrics, runs in the country/woods
- and footspeed ----→ steps and jumps (fw-bw-sw), "the ladder"

Using **Inline-skating** helps a lot to work on the correct position, to practice footcontrol and also technique, such as strides, turns etc.



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# IMPORTANT POINTS TO REMEMBER

- IT'S ALL ABOUT POSITION
- FREE ANKLES
- EDGES
- INVOLVE THE PUCK ONLY TO EITHER FEEL THE DIFFERENCE OR TO IMPROVE THE SKILL
- AVOID TO PRACTICE TECHNIQUE AND FITNESS/CONDITIONING AT THE SAME TIME



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# Thank you!

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